

HELENA CAMPSITE RISES FROM THE ASHES

18 months after its destruction in a bushfire, the Helena Campsite was officially re-opened on 28 June 2019.

Parks & Wildlife Services collaborated with the Foundation regarding the design and took on board all the feedback provided by members and volunteers in our vision survey and workshop. We are very happy with the result which is based on the Deep South design and retains the renowned views from the shelter.

The shelter was given its first test and christening by a group of BTF volunteers who stayed there overnight while finishing off the new tent sites, internal trails and signage.



The number of hooks will keep hikers happy!

The campsite features:

- Sleeping platforms to cater for up to 24 walkers
- 11 tent sites
- Two water tanks
- Plenty of hooks to hang your gear
- Attachment points on the openings to hang a tarp if it is windy
- Five picnic tables (four under cover)
- Large toilet with plenty of room to get changed inside and an awning for shelter if you're queuing in the rain!
- Some of the best views to wake up to over the Helena Valley

If you're planning to head out to Helena Campsite please be mindful and keep off areas under rehabilitation. These areas have been covered with cuttings and small fallen logs. Please don't burn them for the fire!

It is also advisable to check for any groups. Groups of 8 or more are asked to submit a Notice of Intent (NOI) and these are listed on the Track conditions pages on our website.



The shelter is based on the Deep South design.



Gifts for Father's Day

Sunday 1 September 2019

There is bound to be something to suit every dad this Father's Day with a wide range of Bibbulmun Track gifts, maps and events.

Quality time with the kids on a Walking with Dad event!

Head to our website to book online (under Walk the Track / Events Calendar).

Father's Day gift inspiration

KeepCup or Waterbottle

Our funky Bibbulmun Track KeepCup is perfect for the Dad on the go, next time he buys a take-away coffee help him reduce disposable waste with a KeepCup. Or maybe a tough Nalgene N-Gen Tritan 750ml bottle which can handle hot water too!

RRP starting from \$16.36

T-shirts, mugs and more from Redbubble

A variety of Bibbulmun Track products are available from the Redbubble website.

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

If you're not sure what dad might enjoy, why not buy him a Bibbulmun Track Gift Voucher (any amount) and leave the choice to him?

Available directly from our online shop. View and order online at www.bibbulmuntrack.org.au or pop into our shop in the YHA building on Wellington Street.

Prize WINNERS!

CONGRATULATIONS TO THE
WINNERS OF OUR MONTHLY
MEMBERSHIP PRIZE DRAW

May

Jennifer Smith from Tumby Umbi, NSW received an XMug and an XS Ultramesh Stuff Sack.

June

Terry Sherriff received a Head Sox donated by one of our volunteers and a GoToob.



MEMBERS' EVENT

Tales from other Trails 2019

On Thursday 27 June, we hosted 145 Bibbulmun Track Foundation members and guests at our annual Tales from other Trails evening where three members shared their trail experiences.

Three very different destinations were presented, including a walk on WA's pilgrim trail, the Camino Salvado, by Hedley Amos, Tasmania's Tarn Shelf Circuit by Mark Pybus (Life of Py blogger) and The Continental Divide Trail in the US by Katie Stevens. Katie is the Foundation's new Tourism Assistant and you can read more about her adventure in our Trailing Around the World feature on page 30.

A light finger supper was served during the evening and a range of Back Country

Cuisine's freeze dried meals were sampled. Ellen Flower and her team from Sea to Summit provided a fabulous door prize and numerous spot prizes on the night. They also had a great range of Sea to Summit products on display.

Thank you to the presenters for sharing their knowledge, experience and amazing photographs with us. We are sure those present were entertained and inspired and we look forward to catching up with more members at the next event.





FROM MY Desk

Welcome to the spring edition of Bibbulmun News.

In addition to the highly anticipated reopening of Helena Campsite there has been plenty of action on the Track with the heritage sheds at Donnelly River Village being re-clad, extensive clearing of overgrowth and fallen trees in the Albany district and a planting day at Ball Creek Campsite.

As you'll see on pages 8 & 9 the Field Days were also very productive with volunteers sprucing up a number of campsites and the Deep River Bridge in Frankland looking like new.

Behind the scenes this all takes a huge amount of planning and preparation including liaison with department staff, pre-project visits to *measure up* and order materials, preparing budgets, collecting the equipment and materials and documenting the outcome. The Foundation is incredibly fortunate to have two volunteers, Mark Davidson and Charlie Soord, who carry out the majority of these tasks. They both also attend just about all the projects and help carry out the work. Having both retired last year they say they have never been busier!

They are ably supported on the ground by other volunteers with a wide range of skills and the work that has been carried out over the past two years has been outstanding. There is still a long list of projects to be tackled over the next three to five years so if you have good planning and logistical skills I'm sure the team would appreciate hearing from you! (Email Helen: volunteer@bibbulmuntrack.org.au.)

Also crucial to the sustainability of the Track and the Foundation is the support of our members and in this edition we recognise those that joined the organisation 20 years ago. Their dedication is hugely appreciated and it is wonderful to see that many have become Life Members.

It was great to see so many members at our *Tales from other Trails* event where we heard about three very different hikes including the Continental Divide in the US. Our new tourism and marketing assistant, Katie Stevens, walked this epic trail and you can read about her experience on page 30.

Thank you THANK YOU thank you

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

| | | |
|----------------------------|------------------|----------------------------|
| Bob Oxlade | Jane Wood | Robert de Luca & Lyn Isted |
| Catherine Cooney | Jessica Walton | Russell Montgomery |
| Dawn Finnie | Marcus Harris | Ryan Carlsson |
| Denise Hilsz & Alan Pitman | Mary McNulty | Sandra Willis-Jones |
| Elsie Tagliaferri-Boundy | Maureen Phillips | Thomas Shenton |
| Fred McGlashan | P&M Harris | Ultra Series |
| Holly Thomas | Paul Monaghan | Zoe Wendelin |
| | Robin King | |

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.

Finally, many thanks to those of you who supported our raffle. We got close to our target, raising \$18,000 which will go towards the erosion control project on the south coast. As any of you who have walked the coastal section will know, walking on sand is hard work at the best of times and there are a number of areas where steps and other stabilisation methods are badly needed to protect the dunes and improve the experience for walkers.

Whether you are a member, volunteer, donor, sponsor or a combination of all the above, it's your support that enables us to provide our services and give back to the Track. I hope you have a chance to get out there and enjoy it over the coming months.

Linda Daniels
Executive Director

Join us on



YOUR LETTERS

Feedback from our Pub, Pumps and Pipes event in June.

"Much better than expected. I was expecting the walk, but was unsure about the Pumping Station Tour."

"Bill Cutler's personal connection with the history of the weir and the pumping stations, and his infinite knowledge of CY O'Connor brought the history to life, and was totally engrossing and fantastically interesting. His photos (both National Trust photos and his personal photos) were most interesting. Bill should himself be classified by the National Trust as a National Treasure, and subject to special preservation orders! "

"Steve also did an excellent job as overall guide and coordinator - friendly and outgoing, and his rapport with Bill was palpable. They worked together as an excellent team. The weather even managed to hold off, most of the time. Overall highly enjoyable and we have told as many of our friends about it as we think would be interested."

Sandy

ED - This day walk is run a couple of times a year. You can find this and other events on our website under Walk the Track / Calendar of Events.

Bill Cutler explains how the pump station boilers, powered by jarrah logs, generated steam to pump water from Mundaring Weir to the Goldfields.



Hi,

I started the section from Northcliffe to Walpole on Tuesday last week and became unwell on Thursday. On the Friday I decided that it would be best if I was to get off the Track and get back to Walpole to recover.

I was fortunate that I was able to phone the Walpole Visitor Centre. Sally at the Centre checked all avenues for normal track transfers and having exhausted all of these, contacted the DBCA in Walpole. One of their Rangers was able to collect me and get me back to Walpole.

Obviously I would like to thank these organisations/individuals and to let others know of the great work done.

Thank You & Regards

Steve Campbell

The Bibb can hold itself up as one of the great walks. I couldn't help but compare it with the parts of the Appalachian Trail that I walked last month. You should be very proud at what the Bibb offers.

I very much appreciate the work of the volunteers in the field and in the office. World class all round.

Allan Mitchell

Amanda and Waugyl on the Hume and Hovell Track.



I completed the whole track end-to-end with my husband three years ago and I honestly have to say it was a life changing experience for me. I realised I couldn't stay in my public sector job and started studying at TAFE to change direction. I am now working part-time with two not-for-profit organisations in Canberra and loving it. We also got a puppy when we returned home and called him Waugyl (we changed the spelling so as not to offend) after the trail because it meant so much to both of us. He's been a life changer too. Walking the Track showed me that life could be different.

I tell anyone who's interested in hiking about the Bibbulmun Track so hopefully more people from the east coast will make their way over. An American couple I met on the Overland Track (TAS) last year are planning on coming back for the Bibb this year!

I am looking forward to being able to give back to the Track which has given so much to me by volunteering. Thank you to everyone who puts so much time and energy into making the Bibbulmun Track such a fabulous place.

Regan

Ed: Amanda is volunteering by helping with the log-book data entry.

Thank you to our long-term members 20 years!

Members are vital to the sustainability of any organisation and we are blessed that many people have supported the Bibbulmun Track and the Foundation right from the start.

A very sincere Thank You to the following members for your tremendous support over the past two decades!

Life Members

Adrian Cazalet
Adrian Clarke
Annie Keating
Ashley Carruthers
Barbara Brewerton
Bill Johnson
Bob Greig
Bradley Kent
Bruce Manning
Bruce Seligmann
Bryce Soraru
Carmel Mullally
Cathy Day
Ce Kealley
Colin Read
David Forster
Dawn Maton
Denise Stapleton
Derek Hutchison
Dianne Challen
Fiona Willoughby
Geoff Donegan
Geoff White
Geoffrey Robey
Geoffrey Schafer

Gwenyth Plunkett
Helen Laing
Jean Sayer
Jim Freeman
Jim Rule
Jim Sharp
John Burnett
Julie McAllister
June Crowhurst
Lynn Walters
Malcolm Colless
Mark Davidson
Mary Fraser
Maureen Potter
Michael Paterson
Patricia Bracknell
Paul Huisman
Paul McNamara
Pauline Johnson
Percy Boyes
Peter Dear
Peter Edwards
Phill Langley
Phillip Jacobsen
Shaun Bremner
Shirley Fisher

Simon Holthouse
Stroma Lawson
Sue Williamson
Terry Moore

Individual and Family members

Adrian Taylor
Alasdair Watson
Alma (Marty) Martin
Andrew Crocker
Anne Tregonning
Anthony Somes
Barbara Brennan
Bernice Thomas
Beryl Francis
Bjarne Fallesen
Bob Devereux
Catherine Phillips
Cheryl Feeney
David Bickford
David Rawson
Derek Callow
Diane Tinker
Graham Murdoch
Hans Hoette

Ian Butcher
Jacquelin Ann Halberg
Jacquie Heron
Jan Candy
Jane Scott
Jeffrey Beale
Jennifer Knight
Jennifer Wildy
Jenny Nichol
John Chellew
John Guidera
John Oldfield
John Steward
Ken Conolly
Kim Sarti
Klaus Groth
Kris Sheehan
Len Warren
Leonie Kirke
Lesley Kerr
Leslie Wiseman
Lindsey Kevan
Lionel Lovell
Lyn Woods
Mal Cousin
Malcolm Halsmith

Marjorie Harris
Maureen Quirke
Merryl Alexander
Michael Rosenberg
Mike Wood
Nita Pratt
Patricia Hogan
Phil Buckley
Philip Morrison
Raelene Hick
Ray Ross
Robert Heron
Ronald Fisher
Rosslyn Pavy
Russell Candy
Steve Murdoch
Steve Sertis
Sue Dicker & Bjarne Fallesen
Sue Haydon
Sue Martin-Robins
Sue and Charlie Soord
Suzanne Watt
Terry Ann Burridge
Terry Casey
Thomas Weir

Tim Parker
Tony Jennings
Valerie Cocker
Valerie Warren
Vere Berger
Vicki Grincer
Vincent La -Rosa

Walker Friendly Businesses

Blue Wren Travellers' Rest
Dwellingup Adventures

Affiliated Organisations

All Saints College
Dept of Local Government, Sport and Cultural Industries
Western Walking Club (Inc)



Photo caption competition

We received some great entries for this photo of Ross from Sea to Summit in the last edition of Bibbulmun News!

'Does my bum look big in this?'

- **Coralie Rossi** - and the same from **Patricia Lowe!**

'Right! So this is how you put on your full-body condom!'

- **Adrian Taylor**

Also, can be worn toga style to impersonate mermaids

- **Anne Armstrong**

And the winner is...

'And out comes a beautiful butterfly'

Well done **Kenny McIlwain** - a Sea to Summit waterproof case for smart phones is on its way to you.



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 fill out a Notification of Intent (NOI) form and submit it to noi@bibbulmuntrack.org.au. NOI forms can be obtained from our website or contact the Foundation.

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

donnely.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

RESPECT WILDLIFE

- Leave your pets at home. Dogs are not allowed in national parks, water catchments or nature reserves. As a majority of the Bibbulmun Track runs through these areas dogs are not permitted. The Track is also regularly baited for foxes with 1080 poison, which can be fatal for dogs even in tiny quantities.
- Don't feed animals or birds, and clean up even the tiniest food scraps.
- Secure food bags tightly and hang from rafter if necessary.
- Protect vegetation and other habitat around campsites.





Kerstin Stender,
Recreation and Trails Unit 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

The new Helena Campsite was opened in June 2019 after the original timber shelter and toilet were destroyed in the January 2018 bushfire. The revised rammed earth design includes more undercover seating for cooking and there should now be plenty of hanging space. A slight rotation of the shelter has maximised the stunning views over the valley and the opening to the north invites the warming winter sun. The engineer and building approvals have now been received for the replacement of the Sandpatch Campsite near Albany, which was destroyed by the unseasonably late bushfire in May 2018. This will go out to contract shortly and being a pre-fabricated design should progress quickly.

You may be aware that we have just seen the largest ever investment into trails in Western Australia and I would like to give you an update on the two projects.

The State Government supported the economic diversification of Collie with a \$10M Royalties for Regions funding of the Collie Adventure Trails project over the next four years. The project includes 65km of high quality dedicated mountain bike trails in the Wellington National Park, suitable for holding international events. A further 11km of mountain bike trails are planned in the Arklow forest block and 35km in the Westralia Conservation Park closer to Collie. The Munda Biddi Trail will be realigned for 20km to pass through Collie and a loop around Wellington Dam from Collie will offer multi-day cycle options. A new major bridge will provide access from Collie to the Wellington National Park for walkers and cyclists across the Collie River. The five-day Wilman Bilya walk trail will be completed around the Wellington Dam from Collie. Once completed, the Wilman Bilya will offer additional loop options for hikers by linking to the Bibbulmun Track and its Wellington Spur Trail. The town of Collie will seek to

upgrade to Trail Town status, which requires good trail facilities and services, offering business development opportunities.

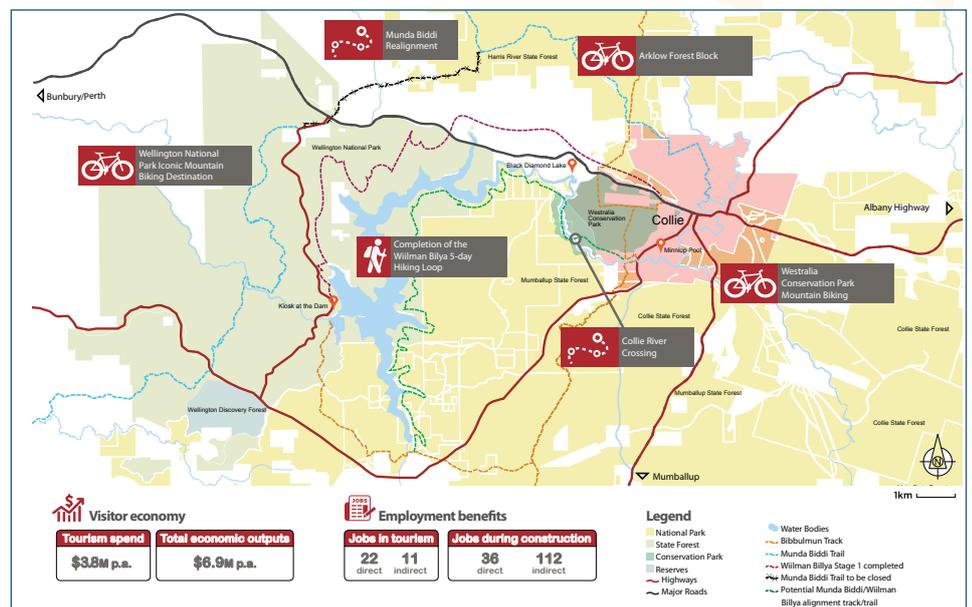
The Department of Biodiversity, Conservation and Attractions, with a contribution of \$4.95M, has partnered with the Shire of Murray to secure a Commonwealth Government Building Better Regions grant of \$3.456M to deliver the Dwellingup Adventure Trails. This will include 32km of new mountain bike trails in Murray Valley, and the 8km realignment of the Munda Biddi Trail will also offer a new trail link between Dwellingup and the Lane Pool Reserve. There will be a new trail centre at Baden Powell and a suspension bridge for walkers and cyclists, connecting to the Murray Valley trail network across the Murray River and a lookout over the rapids. New launch stairs will provide improved access to paddlers at Island Pool. Upgrades to scenic drive trails, including the 4WD Fawcett Track, are other project components.

In other news, the Google Trekker project is about to recommence on the Bibbulmun

Track, initially capturing Google Street View images in Perth Hills and then heading south.

The new project team to deliver the Collie and Dwellingup trails is headed up by Stuart Harrison with assistance by Sarah Campbell and other project managers. With their move to the new projects, I am now the Recreation and Trails Unit Coordinator and Lorene Bennett is the new Trails Coordinator. Emily Ward commenced in the Recreation Officer's position a couple of months ago, which had been vacant since Dave Lindner's departure in early 2018. Stephen King has just commenced with the Unit in the senior Recreation Officer's position, primarily dealing with mountain biking and motorised recreation. The Bibbulmun Track will now come under Lorene's responsibilities and she will be writing the department's updates in the future. No doubt I will still see you around, perhaps somewhere on the Bibbulmun Track.

Kerstin Stender
Recreation and Trails Unit Coordinator



Eyes on the GROUND



Clearing debris from the approach to Deep River foot bridge

The Eyes on the Ground Track inspection program provides the important communication of Track and campsite conditions to the DBCA.

Reports submitted by Track maintenance volunteers are processed by BTF office volunteers, before lists of major problems are sent on to the DBCA District offices for actioning (or allocation to the Support Volunteers if appropriate). We're extremely grateful for the ongoing sponsorship of the program by Newmont Boddington Gold.

In caring for their sections, the Track maintenance volunteers continue to work hard fixing immediate problems, keeping the Track clear and safe for walkers. A huge thank you to all our maintenance volunteers for your investment of time, effort and personal resources. Read more about the role of Track maintenance volunteers in Vollie Corner on page 18.

The Support Volunteers (SVs) continue to provide exceptional value. They undertake

strategic projects that complement the capabilities of the maintenance volunteers, the DBCA District offices and the Recreation and Trails Unit (RTU, the DBCA division that is ultimately responsible for the Track). Volunteers Mark Davidson and Charlie Soord coordinate and project manage the SVs as well as the BTF Field Days. As a result of their skills and efforts, a program of necessary work on Track structures is steadily being worked through.

We were very lucky with the weather and had a great turnout for the three Field Days held so far this year. Sectional volunteers for each District met to catch up with each other, touch base with local DBCA officers and the BTF coordinators, and put in several hours of productive work. Also to have fun!



Fixing loose boards on Gringer Creek shelter



A satisfied team at the Frankland District Field Day

Nullaki Campsite (Albany District)

Overdue for a makeover, the campsite and surrounds were treated to a transformation. By the end of the day, trees surrounding and overhanging the shelter were pruned to reduce fire risk; the old shade cloth gutter guard was replaced with steel mesh; the exteriors of the shelter and toilet were brushed down and oiled; the sleeping platform was sanded and varnished; tables were sanded and oiled; the tank exterior was cleaned and marker posts around the campsite were rationalised and painted.

Local Ranger, Geoff Harnett, was available for discussion of section issues and displayed a range of modern emergency first aid equipment.

Deep River and Walpole Trailhead (Frankland District)

We had a glorious south-coast day for work centred on the Deep River suspension bridge. A large party of volunteers, enthusiastically joined by DBCA Ranger Julie Ewing, set about cleaning down and oiling the bridge, clearing the footings of leaves and debris and brush-cutting the bridge approaches.

Meanwhile, another group walked into the Nuyts Wilderness to inspect regrowth in a recently burnt area and decide on the location for a new seat; while a team headed into Walpole to clean down and repair the trailhead (and get coffee).



The rejuvenated shelters at Donnelly River Village

Gringer Creek Campsite (Perth Hills District)

During a very welcome break in what was otherwise a wet and windy weekend, the district sectional volunteers made short work of the planned tasks—replacement of boards on the outside table; brushing down and oiling of the shelter and toilet exterior; refixing of some warped boards; sanding and varnishing of the bunks; closing in the bases of the bunks; improving signage and marking around the campsite and inspecting the gutters.

Being my first Field Days since starting in the Volunteer Manager role, these trips were a great opportunity for me to meet many of the maintenance volunteers for the first time. I'm gradually putting faces to names (and names to faces) and am looking forward to my future work supporting all the maintenance volunteers in their invaluable role.

Support Volunteer Projects

The late arrival of winter has allowed the Support Volunteers to tackle a varied number of projects including:

- Dookanelly Campsite improvements plus extra tent sites
- Preparatory work for Waalegh shelter extension later in the year
- Ball Creek shelter improvements including floor stabilisation
- Donnelly River Village Shelters Recladding, Stage 2
- Brush cutting in Donnelly District
- Preparatory work at Nullaki Campsite prior to the Albany field day
- Rame Head shelter improvements
- Painting of Walpole and Peaceful Bay Trailheads

Keeping our beloved Track up to scratch is a team effort. The daily experiences of walkers we read of throughout this magazine are directly benefitted by the work put in by sectional maintenance volunteers, DBCA District employees and the Support Volunteers. Combined with oversight and major projects by the team from RTU we are all working together to provide a trail that provides maximum opportunity for a wonderful experience.

Helen Grimm

Volunteer Manager



Volunteers very happy with new signage at Nullaki Campsite



The Eyes on the Ground maintenance program is generously supported by our premier partner, Newmont Boddington Gold.



Our thanks to Alcoa for sponsoring our Volunteer Support team.

Getting into Gear - CUSTOM SLEEP SYSTEMS FOR FEMALE HIKERS

Over the years, female hikers have been making compromises when it comes to their gear—settling for hiking pants and backpacks with poor fit (and not enough pockets) and sleeping bags that are too narrow, too long and too uncomfortable. However, the rise of women in outdoor activities such as hiking, climbing and mountain biking have led to a greater demand for technical gear that is specifically tailored to female physiology.

One specific problem, the difficulty of sleeping well outdoors, is something that Sea to Summit has sought to remedy with their new Women's Specific Sleep systems—a range of women mats and bags that are narrower in the shoulder, wider at the hip and packed full of extra insulation where women typically lose heat. These might sound like



small changes but for anyone who's had a sleepless night on the Track, such design details can make all the difference, and a good night's sleep can make all the difference when it comes to your endurance (and enjoyment) the next day.

"If you spend a night cold or uncomfortable then you don't climb well the next day," said world champion rock climber, Hazel Findlay. "You need to wake up feeling refreshed. More designers need to do their research on how women differ from men to support female athletes."

On top of these sought-after modifications, this 11-piece range of mats and sleeping bags uses the same technologies of the Perth design company's renowned unisex range—including lightweight fabrics, award-winning technologies such as Air Sprung Cells™ and new patents like the Free-Flow Zip™ System and PillowLock™. These can be paired with Sea to Summit's lightweight and ultra-packable pillows and liners to make up a complete sleep system.

The big reveal of the new women's specific range has already made waves at international outdoor shows in Germany and the US and now the systems are receiving kudos from high level athletes and other international gear reviewers alike.



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.



seatosummit.com

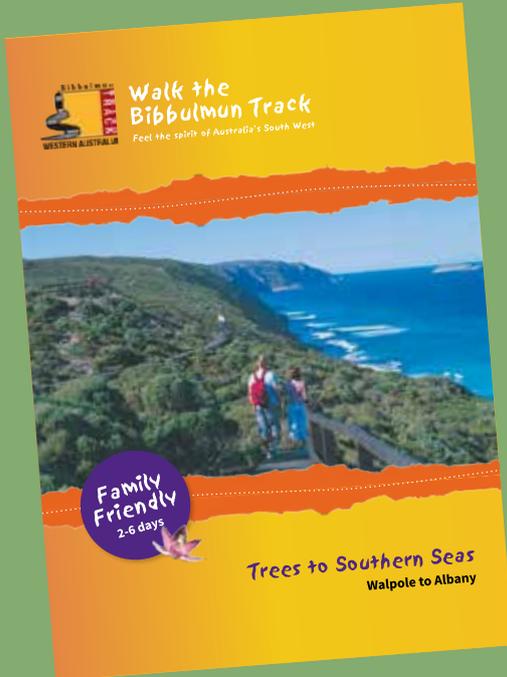


FAVOURITE SHORT WALK

TREE TOP WALK TO GIANTS CAMPSITE (MAP 7 WALPOLE)

Difficulty: Grade 3 - **Distance:** 3.4km return

Starting point: Tree Top Walk carpark



Follow the Track south, initially down some steps and along a boardwalk. Venture into the heart of the tingle forest on this short walk to Giants Campsite. Along the way, you'll pass several hollowed out red tingle trees – great spots for a unique family photo. When you reach the campsite, rest and take a moment to enjoy the tranquillity of the forest before retracing your steps.

Before or after your walk...

Get a bird's eye view on the world-famous Valley of the Giants Tree Top Walk. The 600m walkway leads you through the tops of giant red tingle trees that rise up to 40 metres above the forest floor. Down below, the 400 metre Ancient Empire Walk takes you around and right through the middle some of the forest's most ancient tingle trees – including a particularly gnarled veteran named Grandma Tingle!

Day Walk Itineraries

This is one of the walks in the family friendly Trees to Southern Seas itinerary which covers Walpole to Albany. You can find this and other itineraries on our website under Walk the Track/ Bibbulmun Walking Breaks.



Giant Tingle Tree

TRACK TUCKER

Wrong Way Jim's Chilli Con Carne (Serves Four).

All-time favourite dish that can be adapted to the heat level desired by the addition of more or less chilli powder.

Ingredients (4 serves)

- 1 tbsp olive oil
- 1 can diced tomatoes (400gm)
- 500gm lean beef mince
- 1 can red kidney beans (400gm), drained and washed.
- 2 large brown onions, diced
- 1 tsp cumin powder
- 1 large red capsicum, diced
- 3 tbsp tomato puree
- 3 garlic cloves, crushed
- 1 beef stock cube
- 1 tsp hot chilli powder
- 2 cups cooked rice
- 1 tbsp dried mixed herbs
- Salt and ground black pepper



Cooking dinner at Long Point Campsite - Pelusey Photography.

- Heat the olive oil in a large pan
- Add the onion, capsicum, garlic and stir constantly until the onion is soft.
- Add the mince and stir, turning the mix until the meat is uniformly browned.
- Stir in the tomatoes, tomato puree and add the herbs, plus salt and pepper to taste.
- Dissolve the beef stock cube in 300ml of hot water and add to the mix.
- Add the chilli powder and cumin, stir well and reduce the heat to low.
- Simmer for fifteen minutes, add the kidney beans and rice, cover and simmer for fifteen minutes. Check constantly and add a little hot water if the mix begins to dry.
- Remove from the heat, cool overnight. Dehydrate and split into four equal portions.

Yes, THEY DID IT!

And still they come!

Despite bushfires, Track deviations, destroyed campsites and some weather extremes, the Bibbulmun Track still lures walkers from all over the world to experience its magic. With the fire season over, the vegetation regrowth doing well, and all but one shelter now rebuilt, the Track has been busy, as evidenced by the latest group of walkers registering their end-to-ends.

As usual, they are listed in chronological order of completion. Our **congratulations** go to all of them!

Amanda Regan (43) and **Stephen Bailey** (43), from the ACT (N-S, 30.05.16 to 12.07.16), both loved the Track and thought the shelters, the towns and the people they met were amazing! Stephen liked the peace he found on Track and Amanda found her journey to be life-changing. She catered well for their trip with a combination of food drops and extra snacks in towns. Walpole to Peaceful Bay was the favourite section for both with the awesome forests and coastline. Highlights included the fungi, spotting a quokka, seeing seals and whales and meeting Bella the kelpie, in Pemberton—they got their own little kelpie when they got home, and called him “Waugyl”!

Deb Mickle, of East Fremantle (Sectional, 09.08.09 to 04.12.17), found her goal of finishing her end-to-end came quite quickly once she put her mind to it. She’s been back on Track many times since then, now dehydrates her own food and feels it would be easier to do a through end-to-end rather than a sectional one. Being on the Track regularly helps give Deb perspective on what is, and isn’t, important in her life. Her favourite section was the Pingerup Plains, despite having to wade. Highlights included paddling across the Irwin Inlet with two people in the single canoe left for them, and against a strong current. She’s now more comfortable with snakes and says she met a few wild people!

Trisha (65) and **Keith** (67) Howe, of Bunbury (Sectional, 04.04.04 to 30.10.18), started walking the Track as day trips and only started overnighting at campsites when two-thirds of it was completed. They loved the camping so much they wish they’d started doing that much earlier. Trisha loved the early mornings, found it was good to chat to other hikers and felt a greater sense of achievement. Keith’s favourite section was Mt Cooke and Trisha liked the spring

wildflowers and the quiet of the bush. Their favourite equipment included Fixomull and a hip flask!

Sarah Way (46), of Mandurah (N-S, 27.08.18 to 03.11.18), feels really connected with WA after walking the Track, which offered an intimate experience of WA’s diverse natural history. She loved the diverse landscapes and scenery between Walpole and Denmark, the tingle trees, coastal views and the impressive granite wonderland of Mt Hallowell. Other highlights included the Pingerup Plains and the gorgeous wildflowers. She also enjoyed the company and camaraderie of other walkers while sharing their stories. Sarah dehydrated her own food, posted boxes to accommodation and Visitor Centres, and also supplemented these with town purchases.

Jono Ride (32), of Swanbourne (N-S, 28.10.18 to 14.11.18), called himself *Sprocket* on his very memorable walk. He really enjoyed the experience and even felt an earthquake while hiking just before sunrise one morning! Jono had no problems resupplying along the way and thought DRV had the best selection for hikers. His favourite sections were around Pemberton and the tingle forests near Denmark. In addition to the earthquake, other highlights included the many gorgeous sunrises and the Mumballup Pub where Jono “had a few” and then realized he wouldn’t get to the next campsite until around 9pm—which he did, in the rain!

Tony Warwick (57), of Mindarie (N-S, 18.10.18 to 20.11.18), was *Keg on Legs* when he shared his journey with friends, and felt it was far more of a mental challenge than a physical one. Overall, he loved the walk but wasn’t too keen on the swamps in the heat or those sand dunes! The Monadnocks Conservation Reserve was his favourite

part, but Tony also enjoyed the views, the serenity, the karris and tingles, the smells when it rained, the shelters and meeting other walkers.

Timothy Rogan (47), of Highgate (N-S, 21.11.18 to 05.01.19), says his walk was a great challenge that he thoroughly enjoyed, whilst also learning to appreciate how much work his feet do! Lots of noodles were consumed and he bought extra snacks in each town. Like many walkers, he thought the whole Track was his favourite section, but he found that after 30+ days in the forests, it was a very beautiful and refreshing sight to see the ocean and coast. Timothy started his walk with a Trangia stove but found it was way too black and messy, so changed to a gas stove at Collie.

Leigh (58) and **Freddy** (24) **Simmons**, of Shenton Park (N-S, 19.11.18 to 17.01.19) enjoyed their father-son experience on the Track, which Freddy described as one of the best experiences of his life so far. It was an amazing adventure for Leigh and he would do it all again. He appreciated the work of all Track volunteers in providing such a well maintained free resource. Leigh liked the whole Track, but especially the sections within the Walpole-Nornalup NP. Freddy specifically liked the section from Frankland River to Rame Head with its great diversity of environments. They advise careful planning of food drops and appreciated the work of Track Angels in helping with resupply, especially in the northern sections.

Emma Pitt (41), from the NT (N-S, 27.12.18 to 12.02.19), says “What a fantastic Track!” and sends a huge thanks to all those who maintain it. She enjoyed her rest days in the Track towns and had no issues with resupplying in the towns. Emma’s favourite sections were between Walpole and Denmark and she saw “so many snakes”! A buff was her best piece of equipment as it was so versatile, with multiple uses.

Jessica Walton (29), of Manjimup (Sectional, 15.02.09 to 14.02.19), was *Waugal Stalker* on her “awesome journey”. She resupplied in some Track towns and made up her own food combos, some of which she hopes never to see again! Special Track sections were DRV to Northcliffe and Walpole to Denmark. Highlights included reaching lookouts and taking in the amazing views, the karri and tingle forests, epic sunsets and

Our CONGRATULATIONS to the following
48 walkers on completing an end-to-end!
3 from overseas, 12 from interstate and
33 from WA.



sunrises, meeting other walkers and sharing experiences, the first sight of the ocean and taking off her boots to enjoy long walks along the beaches. Jessica started off using her granddad's old, heavier gear but was happy to exchange some of it for lighter gear after Pemberton.

Michael Kalt (51), from Germany (N-S, 20.01.19 to 23.02.19), found it amusing that this summer end-to-end was not as hot as previous end-to-ends and he even had some rain! Michael had no issues resupplying in towns but felt it was more important to remain hydrated than to eat big meals. The Frankland section remains his favourite and he really enjoyed hitting the beach at Mandalay after being in the forests for so long. He still loves all aspects of the Track even though he has "seen it, done it, and been here before"!

Scotch College has produced another group of end-to-enders this year (Sectional, 07.03.15 to 02.03.19). Along with their teacher, **Richard Ledger** (59), the group included **Levi Waters** (17), **Denzil Brooks** (17), **Tom Cleland** (17), **Angus Cutler-Falconer** (17), **Toby Edgerton-Warburton** (17), **Kane Kennedy** (16), **Sam McConachy** (16) and **Liam McCreery** (16). Richard thought the infrastructure and maintenance of the Track enable walkers of all ages to connect with it and he warns that "it will get into your system". Kane found it was an unforgettable experience and, along with Angus, enjoyed the great scenery and views. Liam says it's an awesome track, being both a challenge and a delight at different times. He says friendships were forged between mates as they overcame the challenges along the way. Coastal sections were the favourites for many of the group, with Denzil especially enjoying the beach walking, but a great time was also had in the river at Tom Road campsite. The silence and beauty of the environment were unparalleled for Richard, and Kane found it far easier and drier than the Kokoda.

Matthew Primmer (41), of Rivervale (Sectional, 17.02.16 to 25.03.19), thanked everyone who works so hard to maintain the Track as a world-class trail. He enjoyed oats for his breakfasts and used quick-cooked meals for dinners. He thought one of the most beautiful, but challenging, sections of the Track was from Walpole to Denmark.

Michael enjoyed reaching each Track town and taking off his boots at the end of each day. March flies around Pemberton to Northcliffe became atrocious and the snakes along the southern portion never ceased to startle him out of his hiking stupor!

Margaret McMahon (55), of Noranda (Sectional, 13.06.15 to 15.04.19), loved the diversity from the drier, dusty hills of Kalamunda, to the tall trees of Walpole and the magnificent coast of Denmark and Albany. The views were truly amazing and the wildflowers and wildlife were awesome. Even a 2016 breast cancer diagnosis didn't prevent Margaret from continuing on Track and she loved the peace and quiet she found out there. Reaching each Track town and relaxing with a good meal and celebratory drink and meeting so many lovely people along the way were highlights. Margaret says that walking the Track has made her appreciate the wonderful country we live in.

Phillip Freeman (68), from NSW (Sectional, 10.07.18 to 24.04.19), walked the Track in two sections and sourced all his supplies in the Track towns. His favourite section was from DRV to Denmark and he loved walking in the forest pre-dawn. He says the shelters and other infrastructure are far superior to anything he's found on other trails.

Carla Best (44), from Tasmania (Sectional, 14.03.18 to 10.05.19), says walking the Track was one of the best things she has ever done and she enjoyed every moment. WA continually blew her away with its beauty! Her family was able to join her for some sections, but about half was walked solo. Food boxes were sent to Track towns where extra purchases were also made. Carla was happiest among the tall trees - she loved the Valley of the Giants and the forests around DRV and Pemberton. The people she met and the wildlife were real highlights. She accidentally stepped on a well-hidden dugite in the Pingerup Plains, where they both freaked out, but escaped unharmed!

Mark Wilson (55), of Maylands (Sectional, 10.07.09 to 01.05.19), shared his adventure with his mate, **Craig**, and was awed at the diversity of the Track. Food and equipment were kept to essentials only. They had many adventures and the day from Boarding House to Beavis was especially memorable—they were up and out of camp very early, spurring each other on for one of the most challenging days on Track. Soon, they were

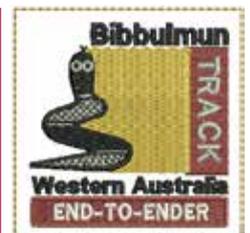
trudging up a very long, steep, slippery clay vehicle track with backs bent, heads down and poles dug in. But alas! No Waugals were to be found at the top! After a long, fruitless search, they slipped and slithered their way back down the hill and found the clearly marked turn they'd missed. Tired and completely demoralized they continued on, only to then hear a thunderous cracking sound as a gigantic marri tree smashed down the hill and across the Track only 20 metres in front of them! They somehow recovered after that adrenaline rush, fought their way through the foliage and finally arrived at Beavis campsite, feeling more exhausted than ever before on any hike. That's the stuff memories are made of!

Chris (60) and **Sue** (54) **Lee**, of Murdoch (S-N, 13.03.09 to 04.05.09) were *Me and 'er* on their hike through our magnificent country. Chris loved being in the bush each day, even if the hiking was sometimes difficult. Mailing packages to Visitor Centres worked well and these were complemented by purchases to support the Track towns. Boarding House to One Tree Bridge was a favourite section for Chris. Sue loved the Valley of the Giants and sharing the whole adventure with Chris. They had mixed feelings walking into Kalamunda—there was a real sense of achievement, but also sadness that the hike was coming to an end. A variety of wildlife was seen, including an echidna crossing the Track near Nerang.

Sophie Aubry (29), from France (S-N, 15.03.19 to 04.05.19), called herself *Sophie Wow* and is already missing the kookaburras, the stars, the trees and just walking. She had very little trouble catering for her vegan diet as she had prepared food parcels. Sections between Pemberton and Northcliffe, and Walpole to Denmark were her favourites as she enjoyed the peacefulness of the forests, the coastal views and meeting awesome people. Sophie says the shelters are excellent when compared to other walks. She felt much stronger, very satisfied and extremely happy when she finished.

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Yes, THEY DID IT! (CONT.)

Rod Hanson (72), of Piara Waters (Sectional, 24.01.15 to 11.05.19), liked the diversity of the Track on his walks as he never knew what was just over the next ridge. Food supplies were no problem on his sectional walks and he liked meeting interesting people along the Track. His stop at DRV was a highlight—it was very cold and his hot meal in front of the open fire was perfect. Rod enjoyed the challenging days as well as the nice, leisurely walking days. He advises taking lots of photos to share with everyone when you get back, just to prove how wonderful it is out on the Track.

Ant Ianna (40), from Queensland, and **Laurie Brown** (58), of Subiaco, walked together as *Ant and Lozza B* (Sectional, 7-8.10.18 to 11.05.19) after they met on Track last year and became such firm walking buddies that they are already planning their next walks. Ant's walk was one of the most rewarding challenges of his life and Laurie says it's the best thing he's ever done. Food was planned with minimum weight and maximum enjoyment—they were never hungry and probably carried too much! Ant's highlights included sharing the adventure with his mate and always finding more strength and drive to continue on after thinking he'd reached the limit of his abilities. Laurie felt totally at home and relaxed on Track and claims it's the very best therapy for life. He liked the area around Blackwood whereas Ant preferred the drier sections between Kalamunda and Dwellingup. They saw a huge variety of wildlife, including ten emus in one day and 20 snakes, one of which Ant nearly stood on!

Estelle Bancroft (52), from Queensland (S-N, 01.04.19 to 15.05.19) was known as *Hobbit* on a walk that met all her expectations of challenge and adventure. She had to cope with extreme weather changes, deviations around prescribed burns, getting lost and losing weight. She was a little in awe at times and, at other times, totally in her good space where all she wanted to do was walk and stare, and gasp and smile at the beautiful surroundings that were so different to her tropical Queensland! She loved the area around Pemberton and enjoyed seeing kangaroos on every single day of her walk. Estelle is planning a food drop in each town next time around, and will review the type of food taken as she found commercially dehydrated meals were awful after a while!

Simon Leigh (63), from Queensland (S-N, 15.04.19 to 21.05.19), generally had good weather on his walk but he underestimated how cold it might get, and a highlight was crossing Mt Hallowell in a hailstorm! Posting

food boxes to five Track towns worked well. Simon wasn't worried by the solitude, but felt safe with his navigation and the quality of the facilities on Track. He saw less wildlife than expected but enjoyed the variety of birds. His trail runners lasted well, producing happy feet all the way.

Peter Sweetman, of Cottesloe (Sectional, 18.08.13 to 25.05.19), registered his end-to-end but provided no other details.

Joel Verhagen (24), of Dalyellup (S-N, 09.04.19 to 26.05.19), is now hooked on long-distance walking and already planning his next hikes. He's most appreciative of volunteers' efforts in maintaining the Track and its facilities as they make the Track experience a unique world-class walk. Joel used Visitor's Centres for food drops and found them very friendly and helpful. Walking through the karri forests between Pemberton and DRV was a huge highlight, and the day spent walking over Mts. Cooke, Vincent and Cuthbert was also one of his favourite days on Track. He loved the amazing wildlife including the array of birdlife that fills the forest with its chorus.

Russel Montgomery (59), of Carlisle (S-N, 07.04.19 to 27.05.19), thoroughly enjoyed what was a life-changing experience. He says even though there are longer and more challenging walks in the world, the Bibbulmun Track is superb as a well-managed trail for a wide range of walkers. Russel ate pretty much the same type of food each day as it made purchasing and preparation very easy. He likes to eat nutritious hot food, keeping weight to a minimum. The variety of landscapes between Peaceful Bay and Pemberton made this his favourite section as he loved the way the Track flows from river valley to river valley. Other highlights included the many bird varieties and bird encounters, seeing two echidnas, the stunning coastal views

and the amazing hospitality of Track Angels at Balingup.

Sarah Wise (33), of Spearwood (Sectional, 02.11.02 to 31.05.19), started her end-to-end as a school student, and ended up sharing it with her mother, Sally, as she finished. She felt privileged being able to access the Track to experience the best WA has to offer, and gives it a 10/10. Sarah wrote songs while hiking, improved herself physically and mentally and met some incredible people along the way. The area around Denmark was a favourite, with a mix of forests and coastal views. A highlight was proposing to her wife at Nerang campsite, leading to a wedding earlier this year. She learned how to dehydrate her own meals as they are more cost effective and you know what goes into them. Wildlife included whales along the south coast and little critters sniffing around her pack looking for nightly snacks!

Bridee Lock (29) and **Leoni Winter** (29), both of Kewdale (S-N, 16.04.19 to 29.05.19 and 04.06.19) were One Sock Wonder and PB Steam as they enjoyed their hike on "a unique and special trail". Leoni enjoyed every single day of her journey and particularly the long days because they meant she could spend more time "with my feet on the trail". Bridee says she has found a new passion in her appreciation of the amazing nature of WA. They resupplied in Track towns, although Bridee advises using food parcels for Dwellingup and Balingup. Highlights for them included the wild and magical southern ocean, the peace and quiet of the Darling Range, the golden light on the Pingerup Plains and seeing an echidna.

Benjamin Ho (28), from Singapore (S-N, 20.04.19 to 02.06.19), called himself *Bin* on his longest solo hike so far. Finishing with his legs in good health, his gear largely intact and with barely any mishaps made him feel very satisfied. He resupplied in towns, even

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if variety in food was lacking sometimes. Benjamin didn't carry a stove so ate meals that required no cooking. Denmark to Walpole was a favourite section and highlights included sunsets at Mt Chance and Waalegh, the canoe crossing, Mumby Pub and the Golden Valley Tree Park with its autumn leaves. Benjamin appreciated the free, well-maintained Track with its shelters and facilities. He felt pampered with toilet bowls but thinks the paths to the dunnies at some campsites were long enough to be a proper side-trip!

Annaliese Caukwell-Mills (25), from Victoria (N-S, 10.04.19 to 07.06.19), says "Wow, an amazing experience"! She ate lots of rice and veggies along the way, plus many Cliff bars. Her favourite section was from Walpole to Denmark and a definite highlight was reaching the ocean at Mandalay Beach.

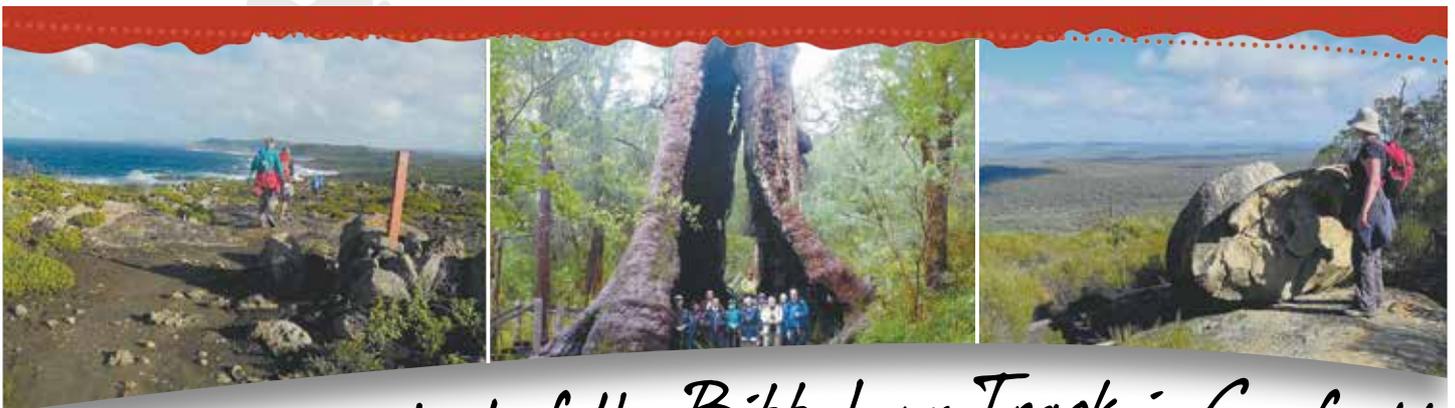
Susie Wood (50), of Albany (N-S, 29.04.19 to 09.06.19), found the autumn weather was excellent for walking and was pleased with how well her body reacted and responded to another day of walking after a good night's

sleep. Susie's family was able to support her with food supplies. Her favourite sections were around Mt Chance and Rame Head and she enjoyed amazing views along the way, and meeting other hikers.

Julia Thorn (61), from Victoria (N-S, 08.05.19 to 10.06.19), was *Pink Cap* on her first really long hike where she surprised herself with some 40+ kilometre days and plenty of double-hutting. She camped in her tent as much as possible and discovered star gazing was magical on so many clear nights. The karri forests and the coastal sections were her favourites, and she found the south coast was breathtaking at every turn, despite the rainy weather. Julia loved the relative remoteness of the trail and the lack of users, in contrast with overseas walks where other hikers are never out of sight. It was very cold around Collie where her clothes remained damp from heavy rain and her hands were so cold that she couldn't undo the clasps on her dry bags to access her gloves!

Jeanette Hartley (54), from NSW, and **Michelle Dearaugo** (50), from Victoria (S-N, 17.04.19 to 11.06.19) walked together as The Blister Sisters. They are very appreciative of everyone who's helped to make the Track possible. Michelle says "it's an amazing Track and a showcase of how hiking should be done". She had a wonderful sense of achievement on finishing. They had no issues resupplying and mailed boxes ahead to some of the Visitor Centres. The fish and chips at Peaceful Bay were a special highlight, along with a swim. Michelle also liked Giants, Frankland River and Dog Pool. For Jeanette, other highlights were meeting people from all over the world, lots of laughter and sharing the journey. Wildlife seen included "snakes, snakes and more snakes"!

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



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Join BTF Board member and professional guide Marielle Sengers on this specially designed trek in the Annapurna region of Nepal which takes in both the Annapurna Sanctuary, the Annapurna Base Camp and spends a night high up on the Kopa Ridge.

In addition to 14 days of actually being on the trail, we spend three nights in the quiet, picturesque lakeside town of Pokhara and four nights in the bustling, medieval city of Kathmandu.

At this time of year the Rhododendron trees should be blooming adding a special quality to the magnificent landscape.

This trip has all the things you don't want to miss in Nepal.

Find out more at <https://summittravel.com.au/trips/trip-locations/nepal/annapurna-sanctuary-base-camp-trek-21-day/>



Mention the Bibbulmun Track when you book and Peregrine Travel WA will donate \$100pp to the Foundation.



**STAY AT
PERTH OR
FREMANTLE
YHAs**

Book your pre and post Bibbulmun Track stays & get:

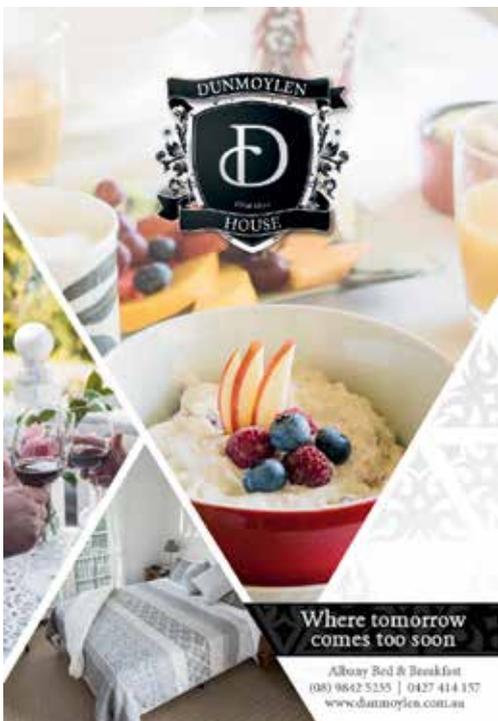
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*Valid until 31 July 2019, subject to availability. 5 nights max. Other conditions apply.



Where tomorrow
comes too soon

Albany Red & Breakfast
(08) 9842 5335 | 0427 414 157
www.dunmoyle.com.au

Vollie Corner

“If you go down in the woods today” you may encounter a member of the enthusiastic and dedicated group known as maintenance volunteers.

On most weekends of the year, and some weekdays too, one or more members of this nearly 300-strong population might be found in their natural habitat, somewhere along the 1000+km long Bibbulmun Track.

When first sighted, the maintenance volunteer may appear similar to the common variety of Bibbulmun Track walker. However, closer inspection will reveal some distinguishing features. The larger pack of long distance walkers is likely to be replaced by a day pack; this is not, however, an identifying feature in some regions where the Bibbulmun Track is a popular destination for day walkers. The maintenance volunteer can usually be found carrying tools such as secateurs, loppers, hedge trimmers, rake hoes or shovels. Their pace may be slower than other walkers, with frequent stopping to attend to a task. They are of a cheerful disposition and will readily communicate, but display intense territoriality for their sections.

They might be encountered solo but usually occur in pairs or more. The largest known individual group numbers twelve people and occurs in the vicinity of Frankland Campsite. The largest assemblage will be found in an annual regional migration.



After high winds you may see volunteers remove obstacles from the Track.

where larger groups will congregate to participate in an event known as a Field Day.



A not uncommon behaviour at a campsite.

Typical behaviours of maintenance volunteers include inspecting the trail for erosion, regrowth, weeds, damage and signage issues. Where any of these are encountered, the volunteer may stop, select a tool, and perform actions which produce a clear, safe trail for other walkers coming after. For example, some volunteers have been known to spend significant amounts of time neatly cutting away overgrown vegetation. Clearing out or repairing water bars and pulling up weeds are some other typical activities. If you are very lucky you may even obtain a sighting of a relatively rare behaviour—nailing a Waugal marker to a tree.

The territory of some volunteers includes a campsite. These members of the population have the additional tasks of checking and tidying the shelter, toilet and tent sites.

Communication by the maintenance volunteer is not much different from other walkers except in one particular. Sometime during or after their visit, they will communicate their findings and actions to coordinators at a location known as

working in a project involving technology. Some sessions at our office may be required, but not regional travel. Some familiarity with the whole Track would be beneficial.

Website upgrade

Our website is due for an upgrade and, as our CMS is out of date, requires a new solution. If you have a background in web



Helen Grimm

BTF office. This is an important activity, as these observers have the most recent and intimate knowledge of their section of the Track. Without this communication knowledge of problems needing more skills or resources to fix would not be passed on to the BTF and then to a second group known as DBCA. Return communication from both organisations to the volunteers improves their connection to their role and can assist the planning of their work.

The maintenance volunteer possesses a combination of special qualities. A love of the Bibbulmun Track is combined with the worthy desire to give something back, the willingness to dedicate personal time and resources to the task and the commitment to fit visits to their section (usually four times a year) into their lives. The activity and initiative shown by maintenance volunteers can be quite impressive. The population is comparatively stable (currently around 275), although retirement occasionally occurs and recruitment is steady.

Nevertheless, conservation of this group is essential to prevent loss of quality of the Bibbulmun Track [funny, since it's normally the other way around!]. Maintenance volunteers should be treated with appreciation and respect, with recognition of their activities and valuable contribution. If the ongoing provision of a high quality trail for walkers is the ultimate goal, then maintenance volunteers are a critical resource now and in the future.

(With apologies to David Attenborough!)

Helen Grimm

Volunteer Manager

Volunteer Opportunities

Google Trekker project

We're looking for an additional volunteer to help with logistics and coordination of the Google Trekker mapping. We made a great start last year – but there's still 600km to go! The role involves liaising with volunteers, DBCA offices and accommodation providers etc.

You don't need to be familiar with the equipment, but should be comfortable

development and would be interested in helping us to scope our new website and select a suitable developer then we'd love to hear from you.

Please send expressions of interest to volunteer@bibbulmuntrack.org.au

NATIONAL VOLUNTEER WEEK "MAKING A WORLD OF DIFFERENCE".

National Volunteer Week (NVW) is an annual celebration to acknowledge the role and contribution made by our nation's volunteers. In 2019, it was celebrated over the week 20-26 May, with the theme "Making a world of difference".

This year, the Bibbulmun Track Foundation participated by holding a social event for all active volunteers at the Belgian Beer Café in the Perth city. We were delighted and very grateful to receive funding specifically for this event from Lotterywest, in a grant made possible by Volunteering WA.

We hoped that the event would provide an opportunity for connection and strengthening the sense of community between our volunteers. While everyone is joined by a common love of the Track and desire to give back, most don't connect with many other volleys in the usual course of their work. The final gathering was small, but the evening was enjoyed by those that came.

We introduced some fun into the proceedings by inviting everyone to undertake a limerick challenge, starting with the line "There was a young walker from Perth...". The resulting compositions were quite entertaining! Here are just a few...



Sandra, Gary, Helen, Kat & Jon



Ruth, Colin, Sue & Chris



Lari & Clare



Steve & Valerie



**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.



Kerry & Don Hill

There was a young walker from Perth
Who had a poor sense of self-worth
So he tackled the Track
And when he came back
He felt like he had a rebirth

Colin & Sue

There was a young walker from Perth
Who decided to hike the earth
He walked here and there
With nary a care
But never got back to Perth

Tim & Barb

There was a young walker from Perth
Who thought "I really need to address my girth"
So she followed The Track
From Perth there and back
And now she's as thin as a serf.

Tony & Bill

There was a young walker from Perth
Who thought oldies travelled with mirth
They met in the hut
And sat on their butt
And the young fella admired their girth

David, Sarah, Bob, Val & Gill "The Galahs"

There was a young walker from Perth
Who wanted to walk the Bibbulmun turf
The summer ended, winter descended
The cockatoos chortled, the hiker retorted
And then rolled around in mirth



Support the Bibbulmun Track Foundation

Order your NEW 2018 | 2019 Entertainment™ Book or Digital Membership now

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.

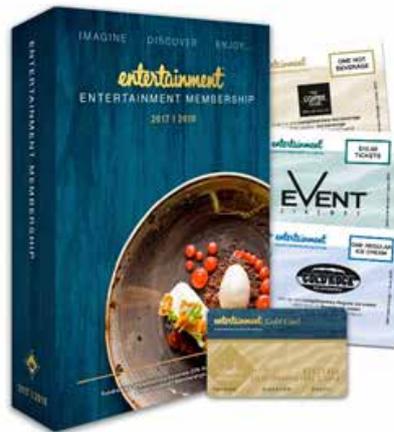
Thank you for supporting the Bibbulmun Track!

WEEKLY EQUIPMENT HIRE PRICES

| ITEMS | MEMBERS | NON-MEMBERS |
|--------------------|----------|-------------|
| Backpack | \$27.00 | \$33.00 |
| Sleeping Bag/Liner | \$20.00 | \$25.00 |
| Sleeping Mat | \$ 3.00 | \$ 5.00 |
| Stove | \$22.00 | \$27.00 |
| Tent | \$37.00 | \$42.00 |
| Dehydrator | \$35.00 | N/A |
| PLB | \$35.00 | \$45.00 |
| PLB e-2-e 2 mths | \$170.00 | \$200.00 |

All prices include GST and are for one to seven days
A bond is required prior to hiring equipment:

Payment may be made by cash, cheque or credit card
For all enquiries contact the Foundation: Tel: 9481 0551
Email: friends @bibbulmuntrack.org.au or download the booking form on our website under Trip Planner / Equipment & Hire.



OR



HAVE YOU CHANGED ADDRESS?

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 of this photo of Claus Steensbech from Denmark during his Bibbulmun Track end-to-end last year!

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 - ALBANY

The southern terminus of the Bibbulmun Track is located in Albany, a port city set on the rugged south coast of WA. Natural wonders abound this historical coastal city.

Albany's dramatic coastline is dotted with white sandy coves and clear blue waters perfect for swimming, surfing, diving and whale watching, with granite hills, limestone cliffs and rolling green paddocks making up the landscape of the city and its surrounds.

As the final departure point for the first ANZAC troops, Albany offers visitors a deeply personal connection to the ANZAC story at the National Anzac Centre. Albany also offers visitors a vibrant, fresh food scene. Indulge your inner foodie at one of Albany's many gourmet restaurants, weekly markets, wineries, breweries, and distillery.

With a vast network of tracks and trails that challenge people of all ages and fitness levels, Albany and the Amazing South Coast region is a haven for walkers, but especially for end-to-enders on the Bibbulmun Track. For those finishing their epic 1000km walk, Albany offers comfortable accommodation ranging from backpackers to hotels and luxury B&Bs. There is also a host of award winning pubs, restaurants and cafes where walkers can indulge in the food and beverages they have been imagining while striding through the bush. For those just beginning their journey there are camp shops that will supply those last minute items of equipment and supermarkets and shops where food and supplies can be purchased.

It is worthwhile spending some time in the town and the Amazing South Coast region itself, relaxing either after your walk or before you begin, absorbing the atmosphere of this historic settlement. Albany was the first place in WA to be settled by the Europeans and much of the legacy of these settlers still remains in the form of about 50 colonial buildings and the Brig Amity, now doing duty as museums, galleries and restaurants. The self-guided Amity Trail in Albany enables you, in just



Walk along the Bibbulmun Track at the wind farm.



Walk along the coast from Albany to Middleton Beach

30 minutes, to take in the convict prison, whaling ships, taverns and National Trust residences, covering two centuries of history.

Albany's prime industry from colonisation up until the late 1970's was whaling, and even after all those years of hunting, whales still use Albany's sheltered waters as a refuge during their long migration to icy Antarctica. Immerse yourself in the whaling history by visiting Albany's Historic Whaling station at Discovery Bay. From June through to October is peak whale watching season when humpbacks and the endangered southern right whales congregate. One of the most scenic coastal landscapes for whale spotting or just taking in the fresh sea air is Torndirrup National Park, where attractions such as the Blowholes, The Gap and Natural Bridge also thrill tourists.

Both the National Anzac Centre and Albany's Historic Whaling Station at Discovery Bay along with Valley of the Giants Tree Top Walk near Walpole can all be visited by purchasing The Amazing South Coast Pass.

Looking slightly further afield, Albany is a gateway for wildflower areas including the Stirling Range National Park and the Porongurup Range. These areas boast hundreds of species of flowering plants found nowhere else on earth. The wildflower season runs from August to November and the trails range from family friendly walks to challenging hikes with spectacular views.



Light horse memorial at Mt Clarence.

Closer to town there are several walks with views over Albany and the coastline, or you can take a drive up to Albany Wind Farm and feel dwarfed by the towering turbines as you take in sweeping ocean-cliff views and stroll along the Bibbulmun Track.

Albany has a little bit of something for everyone, whether you are a history enthusiast, adventure seeker, food and wine lover or simply looking for a relaxing place to put your feet up after a hard day's trek.

Fact file:

Albany Visitor Centre
221 York Street

Open: every day except Christmas Day
9am to 5pm

(08) 6820 3700
stay@amazingalbany.com.au
www.theamazingsouthcoast.com

Please support our Walker Friendly Businesses in the area

Albany Bayview Lodge YHA
(08) 9842 3388

Albany Harbourside Apartments & Houses - (08) 9842 1769

Albany Visitor Centre - (08) 6820 3700

Camp Kennedy Baptist Youth Camp
(08) 9845 1040

Down Under Discoveries
0439 463 285

Dunmoylen House B & B
(08) 9842 5235

Walk Into Luxury 1300 662 452



WALKER STORY

#IHAVELUNGS WALK - ONE BREATH AT A TIME

Despite being a non-smoker, Carolyn Riordan, daughter of one of the Track's founders, Peter Hewett, has lung cancer. In a tribute to their Dad's legacy, Carolyn and her sister, Penni Ellis, are walking the Bibbulmun Track to raise awareness that 10 to 15% of people who contract the disease have never smoked. This is their story, as told by Penni:

When our Dad, Peter Hewett, was working for the Forest Department and part of the planning team for the original development of a long-distance walk trail in WA, Carolyn and I were in high school, then living in Japan and Canberra. Like most teenagers, we kind of knew what Dad did, but only really came to appreciate the role he played in the early development of the Bibbulmun Track as we got older and started our own families.

We have always wanted to walk the Track but with young families, work and all the other reasons that you don't do things, we just hadn't made the time to do it.

Then in May 2018 Carolyn was diagnosed with Stage 4 lung cancer. Any cancer diagnosis is a shock, but for someone who has never smoked, this seemed quite unbelievable. The five-year survival rate for people with her type of lung cancer is only 17%. Not one to simply accept a diagnosis like this, Carolyn started researching. She discovered that anyone can get lung cancer. One Australian dies

every hour from lung cancer, making it the leading cause of cancer death in Australia; more than breast, prostate and ovarian cancers combined. Carolyn also discovered that lung cancer is one of the most poorly funded cancer research programs in Australia. This is due largely to the stigma associated with smoking—the premise that if you smoke, you deserve to get lung cancer. She decided to become an advocate for Lung Foundation Australia and do something about these dreadful statistics.

Carolyn also decided to bring forward our Bibbulmun Track walk and use it in the hope of changing the way Australians think about lung cancer, as well as to fundraise for money to go into lung cancer research. As we had always talked about doing it, that meant I was also in for the trek! Our walk is also about honouring our Dad and his legacy.

We started out in Albany (my home town) on 13 April with Carolyn's daughter Courtney, school friend Keren and other



Following the beautiful coastline.

friends walking with us. Keren completed the entire first stage from Albany to Northcliffe with us and was a fantastic walking buddy. Many other friends and family have walked different sections, lent us gear, provided food and fitted in with our time frames.

Walking long distances, especially with elevation, is not an easy feat for someone with a partially collapsed lung but we got to Northcliffe in 19 days covering 352km. We learnt a lot about efficient walking, saw some incredible coastal country and tingle forests and were well supported by all three husbands along different sections of the Track.

Stage 2 commenced on 16 June, earlier than planned to fit around Carolyn's treatment, and finished on 10 July—some 481km and 26 days later with no break!



Half-way - near Donelly River



Boonerring Hill

ADVENTURE RAFFLE 2019

WE ARE DELIGHTED TO ANNOUNCE THE WINNERS OF OUR 2019 ADVENTURE RAFFLE.



"Remembering our Dad, Peter Hewett, and his wonderful contribution to the creation of the Bibbulmun Track. He was a man of many hats but his favourite was probably his hard hat."

Again Carolyn's friends and family were incredible, flying over from Sydney to walk with and support her (and me) off track. She sets a cracking pace on the flat and downhill so I'm quite happy for a few hills to be able to catch her! We camped for four nights during this stage, as there are less access points between campsites, so Carolyn's husband Bernie (support person extraordinaire) couldn't pick us up.

The final stage will commence after the next round of treatment. We hope to finish the #ihavelungs walk with a mostly family celebration at Hewett's Hill, and an event with the Lung Foundation Australia and Bibbulmun Track Foundation in Kalamunda.

It has been a wonderful, challenging, special journey. We have been humbled by the support of family and friends. We hope we've done Dad proud.

Penni Ellis

You can still donate to Carolyn's fundraising to support lung cancer research at:
<https://lungfoundation.grassrootz.com/shine-a-light-on-lung-cancer/bibbulmun-track-ihavelungs-walk>



The #ihavelungs walkers

With the support of our wonderful prize donors and you, our members and supporters who bought tickets or made donations, we raised a total of \$18,000!

100% of all funds raised go to Track projects. It is 20 years since the new Bibbulmun Track was opened and much-needed funds will be allocated towards erosion control on the south coast. This is a \$90,000 project; therefore the funds raised are a vital contribution to the project.

And the winners are...

1st place

Eleanor Morley won two places on any fully-supported tour with Inspiration Outdoors up to the value of \$4,750.

2nd place

Pauline Lane won a 7-night Blackwood River Valley Holiday for four, including a week's accommodation at Donnelly River Village plus Track transfers from Time Travel Tours, lunch at The Cidery and a cruise on the Donnelly River.

3rd place

Beverley Davis won a 3-night Pemberton Discovery Holiday for four. Two night's accommodation at Pemberton Lodge, one night at Karri Valley Resort, lunch at Holy Smoke Café and an eco-tour with Pemberton Discovery Tours.

4th place

Robert Guthrie won a \$500 Sea to Summit voucher.



First prize winner Eleanor Morley with Simon Mendelawitz from Inspiration Outdoors.

Special thanks to all our raffle sponsors who very generously donated the fantastic prizes:



Notice board

FOR SALE:

BACKPACK

DUETER 'FUTURA PRO' 38L – EXCELLENT CONDITION, HARDLY USED, BEAUT BLUE COLOUR REALLY STANDS OUT IN THE BUSH! BARGAIN AT \$50. ALBANY AREA.

Contact: Ian

E: ian.rae@westnet.com.au

BOOK

'WILDFLOWER WALKER: A PILGRIMAGE TO NATURE ON THE BIBBULMUN TRACK'. AN END-TO-END SOLO OF ONE WOMAN ON A QUEST TO DEEPEN HER CONNECTION TO NATURE. REVIEWS AT WWW.GOODREADS.COM

PAPERBACK \$25 (+\$7 POSTAGE IN AUSTRALIA). E-BOOK ALL FORMATS AVAILABLE VIA EMAIL OR ON AMAZON

FULL INFO AT: WWW.WILDFLOWERWALKER.COM/WILDFLOWER-WALKER-BOOK/

Contact: Heidi

E: wildflowerangel@gmail.com

AARN BACKPACK – NATURAL BALANCE

PURCHASED FEB 2017. ONLY DONE ABOUT 100 KMS ON THE TRACK WITH IT. STILL IN GOOD CONDITION. RELUCTANT SALE. \$275.

Contact: Mike - 0427 850 883

BACKPACK

BOUGHT IN 2018. USED ONCE FOR 3-DAY HIKE. INCLUDES ULTRA-LIGHT, REMOVABLE DAYPACK AND RAIN COVER. NEW \$399 – SELL \$250.

Contact: Claudia - 0421 483 370

E: claudia12brux34@gmail.com

LOST:

CLOTHESLINE

AT DOG POOL CAMPSITE. SEA TO SUMMIT CLOTHESLINE LEFT HANGING IN THE SHELTER. WOULD LOVE TO HAVE IT RETURNED IF FOUND.

Contact: Tiffany - 0438 880 340

E: tiffanyzoe@gmail.com

FOUND:

POCKET KNIFE

FOUND SOMEWHERE IN THE VICINITY OF WEST CAPE HOWE (BETWEEN LOWLANDS AND WEST CAPE HOWE CAMPSITE. LAGUIOLE BRAND

Contact: BTF Office - (08) 9481 0551

E: friends@bibbulmuntrack.org.au

READING GLASSES

FOUND AT WEST CAPE HOWE CAMPSITE.

Contact: BTF Office - (08) 9481 0551

E: friends@bibbulmuntrack.org.au

WANTED:

HIKING COMPANION

HIKING COMPANION WANTED FOR A LONG DISTANCE HIKE FOR APPROXIMATELY 3-WEEKS DURATION IN SEPTEMBER.

Contact: Judy - 0458 580 562

E: judyenk1@gmail.com

HIKING COMPANION

62 YEAR-OLD FEMALE PLANNING END-TO-END ON BIBBULMUN TRACK BEGINNING 1ST OCTOBER 2019. LOOKING FOR COMPANION TO WALK WITH - A COUPLE OR OTHER FEMALE WHO MAY ALSO BE WALKING THEN. IF INTERESTED PLEASE GIVE ME A CALL.

Contact: Lynne - 0487 467 115

E: lynnefreeman@bigpond.com

Want to advertise on our notice board?

- Free for members – just log into your profile on the Bibbulmun Track website. Click the Notice Board & Classified tab under the News tab.
- 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**

Notice to members – 2019 Annual General Meeting

The 2019 Foundation AGM will be held on Thursday 31 October 2019, 5.00pm at the YHA Building, 300 Wellington Street, Perth.

Agenda -

1. Apologies.
2. Acceptance of 2018 AGM Minutes.
3. Chairman's annual report.
4. Executive Director's annual report.
5. Treasurer's annual report.
6. General business including:
 - Appointment of auditor.

Members proposing to attend are asked to notify Ce by telephone on 9481 0551 or by email to admin@bibbulmuntrack.org.au.

Election of Board Members

Under rules 31 and 32, members are notified as follows –

- Three positions are declared open for re-election.
- Members are invited to nominate for election. A member's nomination must be in writing (form available from the BTF), signed by the member and be received by the Foundation before the close of nominations at 4.00pm Monday 30 September 2019.

- Should a poll be needed to elect a Board member it will be conducted during the AGM.
- The term of office of each person elected to fill those vacancies will be two years from, and including, the date on which he or she is elected.

The elections will be held because –

- The terms of John Holan, Bruce Manning and Mike Wood will expire. All members are seeking re-election.

Linda Daniels

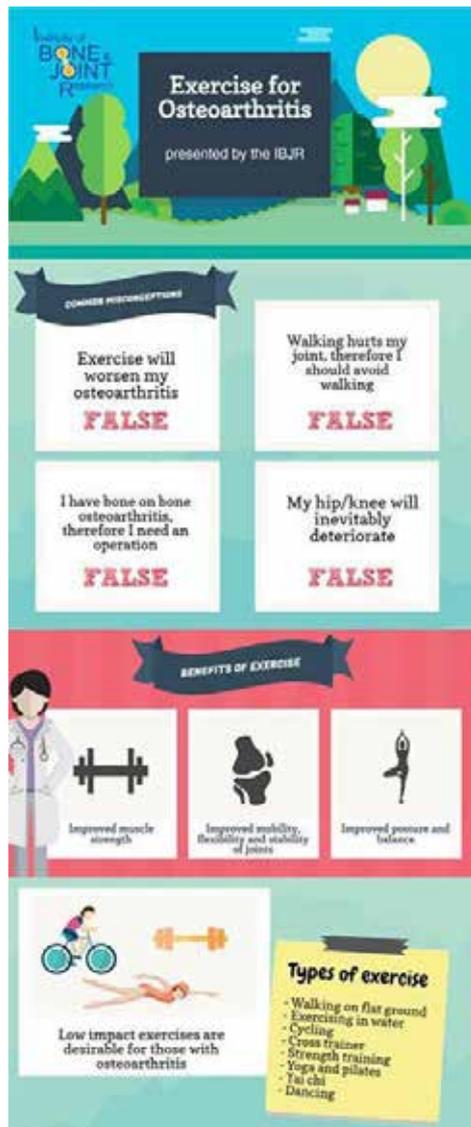
*Executive Director
Bibbulmun Track Foundation*

Many Bibbulmun Track walkers suffer from aches and pains due to osteoarthritis, especially in their legs. Long-time volunteer and End-to-Ender and qualified physiotherapist Isabel Busch offers some advice to sufferers:-

Osteoarthritis no longer means an end to your Track walking life—read on to find out more:

Did you know that 5% of people aged 35-55 will have osteoarthritic changes of their knees and hips? This is frequently due to joint injuries caused earlier in your journey through life.

Women are more prone to knee osteoarthritis (OA) than men and it often begins with patello-femoral (kneecap) pain.



Osteoarthritis Chart

The answer is GLA:D® (Good Living with Arthritis: Denmark) an education and exercise program developed by researchers in Denmark for people with hip or knee OA symptoms.

Results from research in Denmark show the progression of symptoms reduces by 32% following involvement in the program.

Other outcomes include less joint pain, less use of pain medication, less sick leave and increased levels of physical activity twelve months after starting the program.

Key to the program is learning to reprogram how you move, using neuromuscular exercises with a mirror for visual feedback when retraining movement patterns and strengthening exercises in the standing position.

There are an increasing number of physiotherapists in each Australian state running this program in their rooms and the results are great. Clients feel empowered with the knowledge gained, are moving easier and understanding how to manage their pain plus finding possible alternatives for difficult physical activities.

Much is covered in two education sessions and a six week program of targeted exercises follows. These are usually performed in the physiotherapists' rooms twice a week and take around an hour to complete.

For more information and to find the location of a physiotherapist near you refer to the GLA:D® website at www.glaaustralia.com.au



LIFE MEMBER PROFILE ADRIAN CAZALET

Adrian reveals his reasons here for becoming a Life Member in January 2005.

"I first heard of the Bibbulmun Track when a friend of mine sent me a BTF leaflet at Christmas 2004 with a note saying "You should do this." I had been with him in Nepal and he knew me to be keen on long walks in the USA, France and in my home countries of England, Scotland and Wales. My brother and sister-in-law also happened to visit Perth early the next year, when they gleaned some further information and made contact with the BTF office.

So in September 2005 I was on my way with the guide books and a rough plan. I was lucky. There had been plenty of rain to fill the water tanks at the campsites and there was little likelihood of bush fires. The volunteers, of whom I met quite a few, and DEC (as they were known at that time) had done an excellent job in getting the then seven-year old Track into good shape. Both the Bibbulmun Track Foundation and DBCA must take a great deal of credit for their management and their drive.

I found over the 50 days of my hike that basically the Track divided into three parts; the forests in the north, the swamps in the middle and the beaches in the south. This made for a variety that was not shared on other walks I had done. Overall I enjoyed the experience immensely.

After I registered my end-to-end walk back in Perth I felt that I should put something back, and the best way of doing this was to become a Life Member, which also had the practical advantage of avoiding the slightly more difficult problem of paying an annual membership in another currency. So I still get, and read avidly, news from the Bibbulmun Track Foundation— and I couldn't be more grateful."

Adrian Cazalet

UPCOMING EVENTS

Whether you're new to bushwalking, learning new skills or just want a fun day out with family – you'll find some great events coming up.

Spring is nearly here and it's the best time to go walking so get on to the website and book yourself an adventure. www.bibbulmuntrack.org.au

Food in a Fuel Stove

Tired of eating the same old food when out on the Track? Learn some interesting tips and recipes. This workshop is suitable for all levels of experience.

Date: Wed 14th August 2019 at 6pm
Where: Leederville
Cost: Members \$70, free;
Non-Members \$90

Get Lost with Steve

Do you really know how to use a compass?

Steve will guide you through a series of practical and theoretical exercises on and near the Track in Mundaring. You will have fun learning and perfecting basic map reading and compass skills. Involves approximately 7km of walking on and off tracks.

Date: Sunday 18th August 2019 at 8:30am
Where: Near Mundaring
Rating: Beginners
Cost: Members \$80; Non-Members \$95

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: Saturday 7th and Sunday 8th September
Where: East of Armadale
Rating: Beginners
Cost: Members \$150; Non-Members \$170

Balingup Explorer

One of our most popular and longest running events. A fabulous weekend walk south of Balingup, camping out in style on the Bibbulmun Track. This walk is set in the beautiful Blackwood district. Spend Friday night in Balingup before being transported 40kms south for two full days of walking with only your day pack!

Date: Friday 20th to Sunday 22nd September 2019 at 2:30pm
Where: Near Balingup
Rating: Beginners to Intermediate
Cost: Members \$280; Non-Members \$305

Blackwood Weekender

Head down to Balingup for a two-day guided walking break. Carrying only a day pack, we walk 40km over the two days. We set off very early on Saturday morning and begin our walk through mixed jarrah forest on our way to the Blackwood River. You are then transported back to Balingup to make your way to your accommodation. On Sunday be transferred back to where you left off and continue your walk back into Balingup.

Date: Saturday 21st to Sunday 22nd September 2019 at 6:30am
Where: Near Balingup
Rating: Beginners to Intermediate
Cost: Members \$110; Non-Members \$95

Wellington Wander Trek

Enjoy the beauty of the spring flowers as you explore the Wellington Spur Trail south and west of Collie over the September long-weekend. We begin at Wellington Dam and follow the spur and then the main trail into Collie. Not suitable for chronic AFL fans.

Date: Saturday 28th to Monday 30th September 2019
Where: Murdoch Park'n'Ride (transport included)
Rating: Experienced
Cost: Members \$225; Non-Members \$235 (check website for early bird specials)



Bibbulmun Blossoms

A fabulous day and your new wildflower book is included!

Don't just gawk at them! Come and learn about the many wildflowers in bloom on a guided walk near Kalamunda this spring. Our guides will assist you to identify the flora along the way. A copy of Wildflowers of the Northern Bibbulmun Track and Jarrah Forests is included. A good level of fitness is required. Be quick, places won't last too long.

Date: Sunday 6th October 2019 at 8:30am
Where: Near Kalamunda
Rating: Beginners
Cost: Members \$50; Non-Members \$60

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 8th October 2019 at 9:30am or 12:30pm
Where: Near Kalamunda
Rating: Beginners
Cost: Adult members free; Kids \$40



Ramble and Paddle

A fantastic walking and paddling weekend escape in Dwellingup.

Two adventures wrapped up in one weekend! This is one of our favourite events. Forget the heavy packs; enjoy a rewarding 14km walk on our Track with only a day pack. You will have time to enjoy some of the local attractions and a fascinating tour of the historic Marrinup POW camp before a tranquil paddle down the Murray River. Includes accommodation, breakfasts (other meals not included), guided POW tour, experienced guides, canoe equipment and instruction, return transport for from Murdoch Park'n'Ride rail terminal, as well as all transfers over the weekend.

Date: Friday 18th October 2019 at 3:45pm
Where: Dwellingup
Rating: Beginners
Cost: Members \$310; Non-Members \$330 (check website for early bird specials)

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 26th October 2019 at 3:30pm
Where: Near Mundaring Weir
Rating: Beginners
Cost: Adult members free; Kids \$40

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

Fundraiser

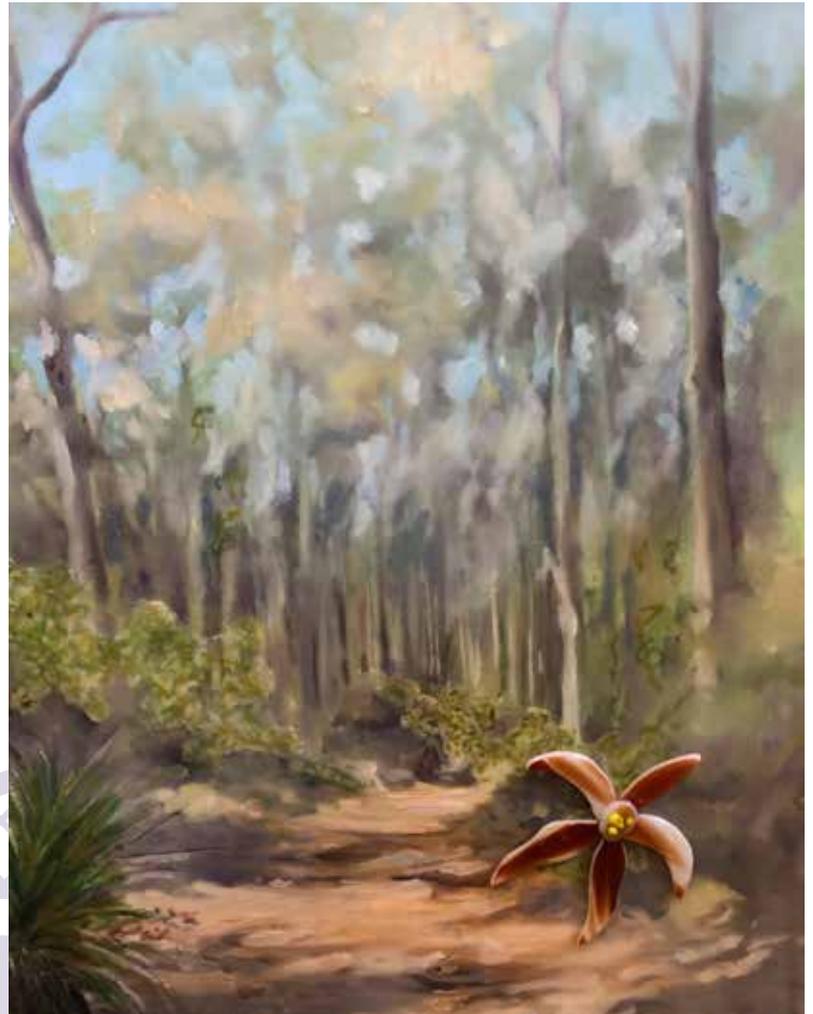
Artwork 'The Track' for Sale

Submit your bid for this beautiful artwork.

This delightful artwork of the Bibbulmun Track, featuring a glass orchid, was created collaboratively by boutique fine art exhibition group Shared Palette. The four members; Felicia Lowe, Lyn Isted and Lou and Tes T'louze, use different media including glass, encaustic (wax), acrylics, oils and pastels.

The group held an exhibition in Kalamunda recently and donated this piece to the Foundation to raise funds for the Track. If you would love to own it please email your bid to friends@bibbulmuntrack.org.au by 30 September 2019 and we will notify the highest bidder.

Note: Due to the glass orchid the artwork will need to be collected from our office.



Social Sunday walks

Free for members. See booking conditions online.

WALK RATINGS: BEGINNERS INTERMEDIATE EXPERIENCED

| | |
|--|---|
| 1st September 2019 @ 9.00am | 13th October 2019 @ 8.30am |
| 16.2km return walk from North Bannister to the Serpentine River via the Gringer Creek Campsite | 18.4km return walk from Dale Road to Beraking Campsite. (Fit and experienced walkers only!) |
| 15th September 2019 @ 8.30am | 20th October 2019 @ 9.00am |
| 23.5km return walk from Perth Hills National Parks Centre to Helena Campsite (Fit and experienced walkers only!) | 16km Mt Cooke circuit walk via Mt Cooke Campsite |
| 22nd September 2019 @ 9.00am | 3rd November 2019 @ 4.00pm |
| 16.3km return walk from Sullivan Rock to Monadnocks Campsite | 6.4km return sunset walk from Camel Farm to Hewett's Hill Campsite |
| 6th October 2019 @ 9.00am | |
| 18km return walk from Sandpatch to Mutton Bird Campsite near Albany | |

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.



Hello Fellow Walkers!

This Track Trivia comes to you from the sunny (yes, honestly) shores of England, where the sun has just shone down on the England team winning the 2019 Cricket World Cup. For those of you who follow cricket, this was one of the most dramatic games of all time, challenging the tied Test match in 1960 between Australia and the West Indies. But enough of cricket—yes, I am an Aussie citizen, but I was born in the UK—it’s in the blood—we won!

Back to the Track. I’m delighted to see that the Helena shelter has been rebuilt and the campsite is open. I shall pay it a visit as soon as I return to Perth—it looks like the Hilton Hotel of the Track! Helena has fond memories for me; it was my very first overnight stay, when I did my end-to-end in 2001 and where I first spotted UFOs—and pig hunters—but that’s another story!

So I’ve been walking. Over the last six years I’ve walked a number of the National Trails in the UK (National meaning government sponsored). This a very different experience to carrying a heavy pack out on the Bibbulmun Track, camping out and living on dehydrated food. Walking in the UK means just a day pack and staying in comfortable accommodation each night, enjoying good food and more importantly real ale and delicious food.

Having battled over the years with the spectacular and tough climbs in the Lake District, the hills and dales of Yorkshire and Lancashire and the ups and downs of the South Downs Way, this year I returned to the part of England where I was born—Norfolk, on the east coast. Why? Partly nostalgia and partly bearing in mind a well known line from a play by Noel

Track Trivia

Coward, *Private Lives*, where one character says “Norfolk? Very flat, Norfolk”.

A good description, given that the highest point in the county is only 103m above sea level. And it was the sea that was the attraction, as we set out for five days along the 145km trail, the Norfolk Coastal Path, that follows the cliff-tops and beaches of the Norfolk shore. There were three of us, a Pom who lives in Perth, Australia, a Pom who lives in Nashville, Tennessee and a Pom who lives in Pommie-land. An Englishman, an American and an Australian—sounds like the first line of a bad joke!

It was a great walk—Brian, who is well aware of my directional ineptitude, took over navigation. “Sea on the left, Jim, every day.” Norfolk is, and always has been, a backwater of England. It is largely rural, has some beautiful nature reserves and boasts an amazing array of bird life, which was very apparent as we worked our way along the coast.

Norfolk can be glorious in the sun and can also be a wild, bleak and spooky place, with its empty salt marshes, ancient churches and remote cliffs. A few pictures of the scenery may give an idea of our experience. If you get the chance, give it a try.

So, I shall be returning to Perth in the spring, looking forward to some day walking on the Track and resuming my tasks in the BTF office, which



Bleak Coastlines

remarkably seems to have survived without me. Must be some really good people there! Until then I leave you with this quote:

“The bushwalker may justly claim that this pastime is one of the very few that develops both the mind and the body. It takes him far away from the hustle and bustle of the modern city and he may tread in places where no man has trod before. He learns to appreciate the strange, peaceful charm of the bush, and realises that man and his civilisation form only a small part of a wonderful creation.”

— The Federation of Australian Bushwalking Clubs, 1939.

Happy Walking!

Wrong Way Jim



Friendly Natives

Reflections

FROM THE REGISTERS

Blackwood:

I could sit and look at this view forever... but southward, ever southward! Hopefully there will be fewer magpies; I love their black and white markings and their warbling chortles but I hate being swooped!

Rodney Batkin (Woolongong) 28/10/2003

This is a lovely walk, very different from what we get in Sweden. I've been in Australia for four months, and this is the best time I've had since I arrived!

Sebastian Lindquist (Sweden) 08/11/2003

We are back on the Track after a short break in Balingup—hot pies, showers and a bit of clothes washing. Last time here was in January and very hot, so different to this time of year. Just sipping a Baileys, watching the Earth turn away from the sun and listening to the kookaburras laugh at the close of day.

Jen & Andrea 25/05/2004

Mutton Bird

Have not yet put pen to paper in the Red Books but as this is our penultimate day on our journey from Pemberton to Albany I thought it was time.

We think we might be the only multi-gender, lactose tolerant, gluten embarrassing, emotionally stable group of Queenslanders to single hut from Pemberton to Albany. Please check your records. (Ed: I checked the vast domains of the BTF computer system and only one other group came near this—a war-party of Paiute Indians who

walked the Track in 2002. And of course, one has to question the whole concept of emotionally stable Queenslanders.)

In the face of reading about “double hutting” we did think we'd give it a go—sorely tempted to push on with weary limbs and sore feet instead of drinking coffee, enjoying the shelter and the surroundings, reading books, playing scrabble, chatting to other walkers—maybe not! The walk hasn't changed our lives—too late!

Three of my best friends—who happen to be my wife and two sisters—thoroughly enjoyed their 23 days on the Track. The Bibbulmun Track is an exceptional walk with amazing infrastructure support. We loved the changing scenery, the wild flowers, the hospitality in the towns, the vagaries of the weather and the camaraderie. All together a wonderful and memorable experience!

Peter, Alison, Leanne and Deb 21/10/2018

Rame Head

There's hope for all! Our group ranges in age from 40 to 73, from novice to experienced, all doing well on our trek from Conspicuous Beach to Peaceful Bay. For some first time ever on the Track, for others first time on this part of the Track. Recommend it to seniors of all ages!

Terry, Leo, Ian, Andrew and Gerry from Perth and Africa! 11/01/2003

Wow! What can one say? This coastline defies words—I am speechless, stunned and I'll be back, with the family. Off to fish and chips at Peaceful Bay tonight.

John Harmel 02/12 2003

Mount Dale:

Got here quite early in the day and despite hurting feet decided to go on to Brookton. I walked out and was so focussed on my pain that I walked back in the direction I had come from...for an hour. So I limped back here and I guess I am staying the night. Thank God I brought a violin with me! I am going to play some Bach to the thousand year old grass tree that's right in front of me, while dreaming about iced coffee with whipping cream in Dwellingup.

Eeza (aka Peanut) 03/11/2017

Ed: I guess any comment would be superfluous...

This marks the end of my 1000km journey on the Bibbulmun Track, which I started in 2015 with the wonderful friends that are here with me today. We have been doing sectional walks to complete the whole Track. Today we had only a day walk to complete so we carried in yummy food for a celebration lunch, including sparkling wine. Delicious! Enjoy your journey, everybody!

Soggy Possum 01/09/2018

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.

TRAILING AROUND THE WORLD

A SNIPPET OF THE CONTINENTAL DIVIDE TRAIL, US

by Katie Stevens

In 2018, my partner and I ended a wonderful chapter of our lives living in Melbourne and moved back to Perth to get married. The planning of this relocation, wedding and resignation led us to the realization that this may be the perfect and possibly only time that we would have the opportunity to tackle a long-distance thru-hike.

Considering my husband proposed to me on a bright green mossy carpet in Pine Valley on the Overland Track in Tasmania, we thought it a poetic start to a new chapter in our lives.

After six months of intensive planning, research, scheduling, and replacing gear, our two mates, my husband and I were suddenly touching down in Tuscon, Arizona. Here we would spend two days completing our first resupply, before making the very long journey by Greyhound to Lordsberg, New Mexico.



CDT Map Continental - Divide Trail Coalition

The next morning we met our driver at 6am along with a handful of other hikers. The air was cool, but we knew the heat would rise rapidly as soon as the sun showed itself. Jeff (our driver) bravely tackled the four or five hour grueling 4wd track in his seasoned Ford Scout all the way through the Hatchet Wilderness to Crazy Cook Monument on the border of New Mexico and Mexico. This marks the southern terminus of the Continental Divide Trail. The general level of tension and apprehension in the group was already high, and rendered most of us into a state of nervous banter. This was only worsened by Jeff, who after removing us and our gear from his vehicle at midday in the oppressive heat, pointed north and said “Walk to survive”, before taking off in a cloud of dust. I’ll bet he laughed to himself all the way back to Lordsberg.

The Continental Divide Trail (CDT) runs over 5,000km across five states of the USA. Starting from the South it travels through New Mexico, Colorado, Wyoming, a tiny bit of Idaho, then Montana, with the finish line just across the border into Alberta, Canada. The trail loosely follows the Continental Divide of



ENJOY!

Triple Divide Pass Glacier National Park Montana KS



Water Source, New Mexico

the Americas, hence its name, and along with the Appalachian and Pacific Crest Trails, collectively known as the Triple Crown Trails.

There are a few ways to tackle the CDT; Northbound or NOBO, Southbound or SOBO, and Flip-Flop which consists of completing the trail by flip-flopping to different sections. Finally, for those who really like to avoid real life you can Yo-Yo, which means that after completing the track, you simply turn around and do it all again in the opposite direction (crazy, I know). My husband and I being the sensible pair that we are decided to join the masses and take the popular and traditional journey Northbound. When I say masses, we were four of approximately 300 hikers to attempt the CDT last year, and these 300 hikers tend to spread out over the months of March, April and May for their start date. Suffice it to say you should be prepared to be alone a lot on the CDT.

The first section of New Mexico is called The Bootheel, or as I like to call it The Surface of the Sun. Water is managed by trail angels and CDT volunteers

for the first two weeks, in the form of stocked caches dotted along the trail, (and maybe an icy cold Gatorade and pack of chips if you're lucky) then after that you're on your own. The heat was relentless and the severe lack of shelter made it near impossible to find any relief from the sun. There were many sarcastic references at this point as to why we had chosen to do this for our honeymoon; there were many tears (and tantrums—mostly aimed skyward at that searing ball of fire) and a lot of pain from aching hips and calves, to sunburn, to toes that no longer resembled toes. However, if



Traversing South San Juans Colorado - Brian Kelly Photos

truly a welcome relief from the heat and harshness of the desert.

As many of you may understand, when completing a long distance hike in a remote area, soap can have the wonderful effect of giving you a momentary sensation of cleanliness and normality. When you're on the trail for weeks on end, or months, this need for such a sensation tends to become stronger and stronger as you begin to cherish those tiny moments when the dust has been cleaned off your legs, or the crystalized sweat is no longer prickling on your skin, even for a little while.

With this in mind, I leave you with a short story about a tragic loss. This excerpt is from our CDT Blog, written by my husband.

Sam and Kate Hike: CDT Chapter 2 - Cold Feet

It was the end of a very long day. Our camp was within sight, a few short strides up the sandy river embankment. I simply had to cross the relatively shallow, albeit

rocky flow of the Gila River again before I could return to the warm embrace of our smoky campfire. But alas I was tired and my feet, lazy.

Upon exiting the river my left foot failed to find safe purchase and lurched ominously sideways, the USD \$1.00 thongs I had purchased from the Family Dollar store in Lordsburg a week prior failing to provide even a smear of frictional resistance against the pebble slick river underlay.

Having just finished bathing myself in a shallow turnout I was wearing only my underwear, carrying the remainder of my clothes, shoes and our eco-friendly, biodegradable soap under my arms.

As my foot denuded itself of the micron-thick, questionably manufactured protective varnish of the thong the middle meat of my already battered foot struck an upright rock with enough force to expel from my lips a guttural sound somewhere between a bloodcurdling death gurgle and a heavily pregnant warthog birthing a sizeable litter. Though apparently not loud enough that Josh, who was fishing some 15 meters upstream, nor the girls, who were tending the fire, registered the noise.

I fell to my knees in the river and glanced sideways to witness the maiden voyage of the H.M.A.S Camp Soap as it plunged bow first into the froth of the river, expertly navigating every set of rapids and obstacles as it sailed out of sight and into oblivion, taking with it our last vestige of small human comforts for the next week or more.

- Sam Gabell

Katie & Sam's Journey continues on the next page...



Gila River Valley, New Mexico

the desert was a test, we passed—not with distinction but we made it through. The saving grace of New Mexico is the incredible diversity that somehow manages to cling to life in the desert, and the promise of fresh water in the Gila River Valley. This oasis of trees and, more importantly, reliable free flowing water, is something to behold. Sheer cliffs surround you on either side as you follow the river for four glorious days, it is



Great Divide Basin, Wyoming by Brian Kelly Photos.

Trailing Around The World *cont*

The CDT is obviously far more than just New Mexico, and each section is a story on its own. The San Juans, for example, in Colorado are one of the most talked about sections of the trail, and for good reason. They're loaded with majestic but daunting mountain peaks and they're completely wild and alarmingly remote. They're also very

dangerous and very challenging and we have many a story of the literal and metaphorical ups and downs of tackling that section. There are so many sections of the CDT that provided significant challenges, frustrations, enlightenment, and jaw-dropping scenery; a single article could not even begin to describe them all. We both look back on the good, the bad and the ugly (yes it got ugly at times), with a sense of pride and achievement and feel genuinely lucky to have been able to have witnessed some of those beautiful sections of wilderness in the world.

FACT FILE - for detailed lists and planning info see the article on the BTF website

(News/Trailing Around the World)

When to go: If NOBO - mid-March - mid-May.

What to wear: Be ready for 4 seasons. Shoes that can dry out are essential due to the number of river crossings.

Equipment: NOTE: Don't sacrifice all comfort for weight, however - if you have too much weight you won't finish - gear lists and popular items on trail are on the website article.

Guidebooks and Maps: paper maps and guides available along with excellent digital maps and navigation apps.

Water: Get a decent filter, know that cow poop and algae blooms will be what you're filtering through. Enjoy those fresh snowmelt streams in the mountains!

How to get there: NOBO: Fly to Tuscon, Arizona (closest city to Southern Terminus) > Greyhound Bus to Lordsberg, New Mexico > Shuttle from Lordsberg to Southern Terminus.

Permits: A number of permits are required.

The Continental Divide Trail Coalition:
<https://continentaldividetrail.org/>

With grateful thanks to our sponsors:

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