

# Bushwalk Australia



Winter Walking

Volume No 17, June 2016

Bushwalk Australia Magazine  
An electronic magazine for  
<http://bushwalk.com>  
Volume 17, June 2016

**“We acknowledge the Traditional Owners of this vast land which we explore. We pay our respects to their Elders, past and present, and thank them for their stewardship of this great south land.”**

Cover picture



Snowshoeing  
by Gorilla

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Please send any articles, suggestions or advertising enquires to Eva.

We would love you to be part of the magazine, here is how to contribute - [Writers Guide](#).

The copy deadline for August 2016 edition is 30 June 2016.

Warning

Like all outdoor pursuits, the activities described in this publication may be dangerous. Undertaking them may result in loss, serious injury or death. The information in this publication is without any warranty on accuracy or completeness. There may be significant omissions and errors. People who are interested in walking in the areas concerned should make their own enquiries, and not rely fully on the information in this publication.

The publisher, editor, authors or any other entity or person will not be held responsible for any loss, injury, claim or liability of any kind resulting from people using information in this publication.

Please consider joining a walking club or undertaking formal training in other ways to ensure you are well prepared for any activities you are planning. Please report any errors or omissions to the editor or in the forum at BWA eMag.

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## From the Editor

Hi

I love winter. It's not only a chance to play in the snow, but I also like the cooler weather. In this edition we explore a few interesting walks and check out a few yummy food ideas. In NSW we look into the recent diversion of the Great North Walk and explore a very practical solution to keep walkers in bushland and off public roads.

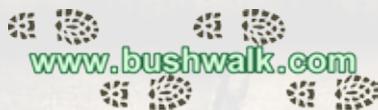
As it is winter we also dive into snowshoeing. Those of you who have not been snowshoeing should look at the Rock Creek article, which has detailed track notes and a map for a great first route. If you are looking for something more adventurous, then check out the Ten tips article for the backcountry snowshoe trips.

I am also excited that we are starting a new series on bushwalking tips. We kick off the series with an article on footwear. We will go into depth on many other bushwalking skills in future editions. I hope you find them helpful.

It's delightful to see how much this digital magazine keeps on growing. It is such a privileged to help share these great stories, articles and adventures with the broader bushwalking community. Thanks for all those who have been sharing this digital magazine with their friends and clubs. I really appreciate it, make all the effort even more worthwhile.

Happy walking.

Matt McClelland (aka Wildwalks)  
matt@bushwalk.com



### Declaration

The bushwalking community is a small world and paths often cross. To improve transparency I thought it would be helpful to list my associations within the outdoor community. In many cases I approached the authors of the articles included in this edition and suggested the topics. The opinions stated in articles are those of the authors and not of those involved in the production of this edition. The authors are mostly people I know through [Bushwalk.com](http://Bushwalk.com). I operate [Bushwalk.com](http://Bushwalk.com) and [Wildwalks.com](http://Wildwalks.com) and have written several walking guide books, published by Woodslane, I have also written for Great Walks. I contract part time to National Parks Association NSW on an ongoing basis to coordinate their activities program. I have had a partnership with NPWS NSW and have hosted advertising for *Wild* magazine. I have also partnered with a large number of other organisations in environmental campaigns and have a regular bushwalking segment on ABC regional radio. There is some commercial advertising through the magazine. I have probably forgotten something - if you are worried about transparency please either write to me or raise the issue on [Bushwalk.com](http://Bushwalk.com).

# In the News

## Heritage Bundian Way opened for public

The Bundian Way pathway has been used by the Aboriginal communities for thousands of years. In 2010 it became the first Aboriginal pathway to be listed on the New South Wales State Heritage Register. The opened section is the first part of it to be a 350 kilometre tourist route. Follow [this link](#) to read more about it.

## Bush Explorers Encyclopaedia - a new free resource for all bushwalkers

A new, free, online interactive resource [Bush Explorers Encyclopaedia](#) is available for bushwalkers to help plan walks. This covers the Gardens of Stone National Park, a part of the Wollemi National Park and a part of the Blue Mountains National Park.

## First baby koala born in ACT after the 2003 bushfires



Tucker is yet to venture out of his mother Yellow's pouch. Photo by John Bundock

Tidbinbilla Nature Reserve's koalas were wiped out during the fires. Their effort to mate koalas paid off this year when the first little guy was born. His name is Tucker, after bush tucker. Read more on [the story](#).

## Funding cuts to Tasmanian Parks

This financial year, \$5.2 million in federal funding was provided to manage 1.6 million hectares of Tasmania's protected wilderness. That funding will be reduced to \$1.8 and \$1.7 million for the next two financial years, expiring in 2018-19. State funding will continue. [Read](#) what others have to say about this.

## A writer calls for an end to cairns

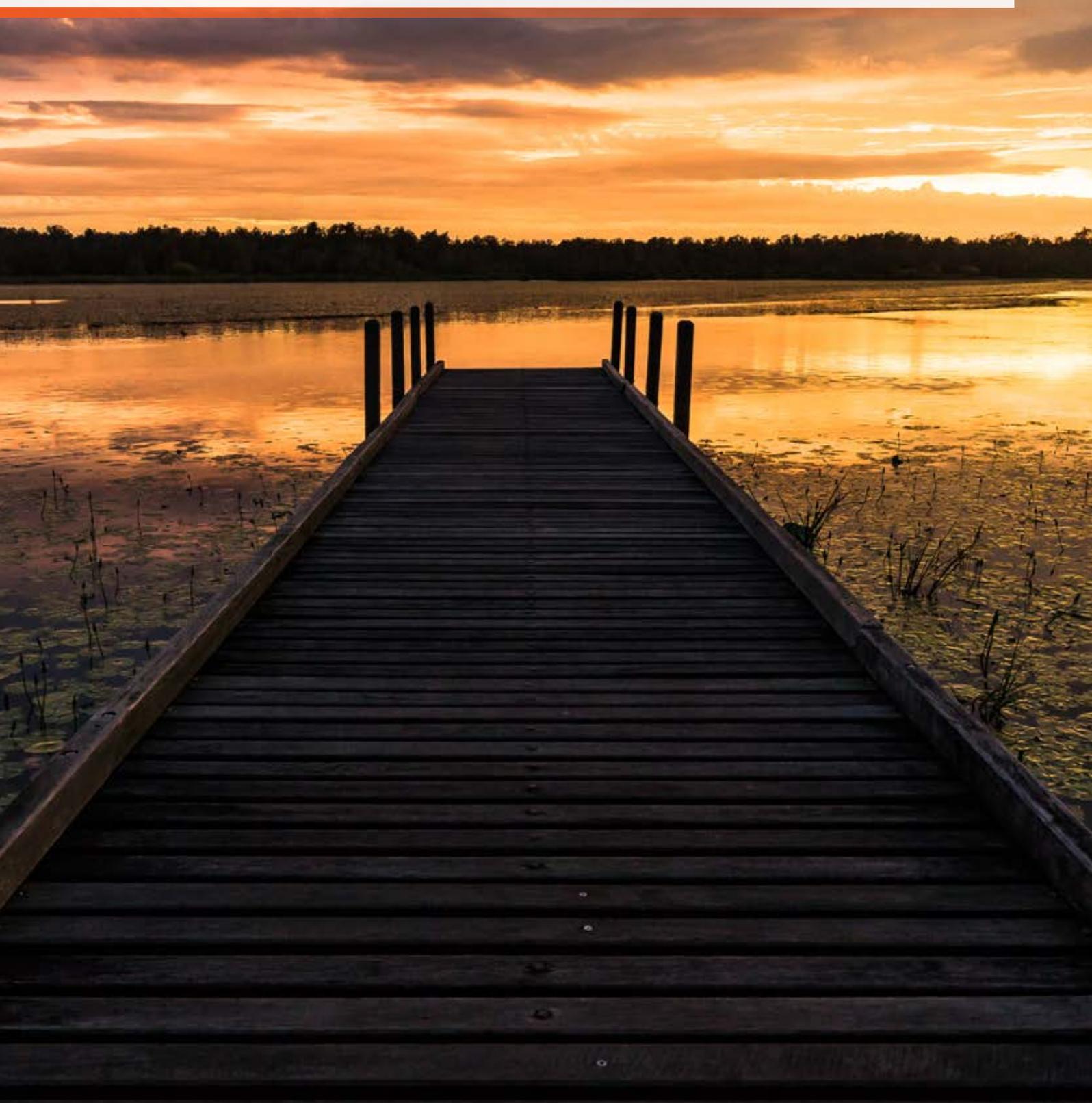
Read about the writer [Robyn Martin's plea](#) to stop the rock stacking and why.

If you have any news you'd like to let us know about and share here, please send it to Eva at [eva@wildwalks.com](mailto:eva@wildwalks.com)



# Overnight at Fig Tree Point

Cameron Semple



It's late January in south-east Queensland and summer is really starting to kick into gear. What better time to go for a walk in the hot, steamy wetlands of the Cooloola Recreation Area ... right?!

Sunset at Fig Tree Point  
Cameron Semple

With our time left in Queensland very quickly disappearing (we are moving to Tasmania in March), Maree and I were forced to stop being picky about the weather in order to give ourselves the best chance of finishing off our tick-list of local adventures before we go. So with this mantra in mind, and despite the poor forecast of hot and stormy weather, we hit the road as soon as work finished for the week and headed north.

Harrys Hut camp ground sits on the Noosa River, but forget the hustle and bustle of the lower reaches, this area is relatively unspoiled and holds a special place in my heart. Over the years I've had some great times here. Certainly there were ups and downs, but overall they were memorable to say the least. Some of the highlights include:

- A failed multi-day walk along the Cooloola Wilderness Trail with scouts, ending in the whole troop being ferried the last leg of the walk in a 4WD.
- A successful multi-day canoe trip visiting the more remote campsites and beautiful areas of the river even further upstream.
- Getting bogged with my Dad trying to get into the camp ground in his Camry after rain (the road in is a 4WD track).
- Escaping the camp ground after huge amounts of rain with a car packed full of friends from interstate ... also in Dad's Camry.

- Various trips to the Carlo Sand Blow. The best way to do this walk is to canoe half the way to Camp 3, then walk the 12 kilometres return from there. The most memorable trip though was when I convinced two uni friends to do it without a canoe in the middle of summer, resulting in a 23 kilometre walk and one of them spewing his guts out when he thought a good way to cure his dehydration was to skull a rum and coke when we got back!

It had been a few years since my last visit, and I was keen to take Maree here before we packed up and headed south. With Dad ditching the Camry years ago (to some lucky new owner), we had to break with tradition and test out our own recent acquisition: an actual four wheel drive!

It was well after dark by the time we arrived at Harrys Hut, and after recovering from the wall of humidity that hit us as soon as we stepped out of the car we quickly set up our tent in preparation for the onslaught of mozzies. To our surprise they weren't as bad as expected, so we went for a wander down to the river with camera in hand.

The night was dead still, and with a bright moon I was able to capture some great reflections on the river.

Saturday morning arrived and we set off along the Cooloola Wilderness Trail for Fig



Moonlit reflections on the Noosa River  
Cameron Semple

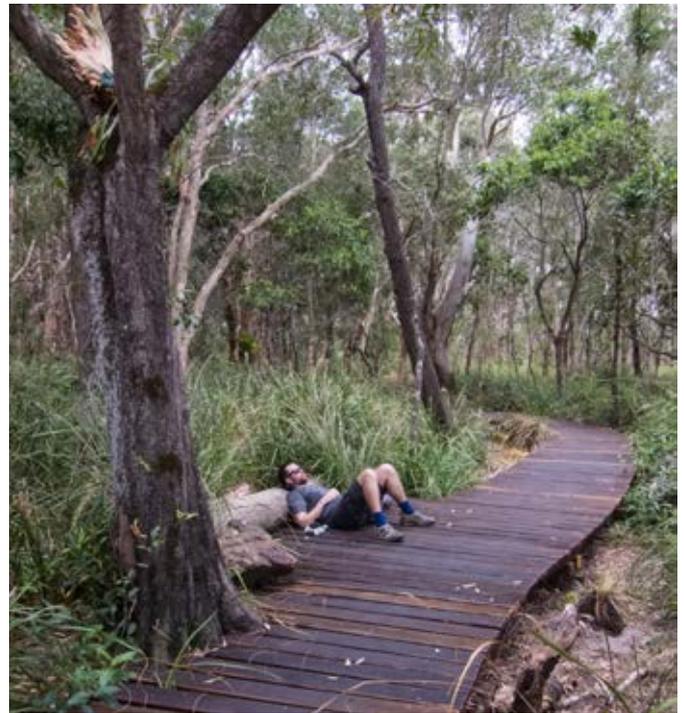
Tree Point. This campsite and day use area is only accessible by foot or boat and is located on the northern banks of Lake Cootharaba.

The trail heads back down Harrys Hut road for a short distance until a foot track splits off to avoid the traffic. This short section passes through open scrub and sections of dense cabbage tree palms before heading back to the road.

Although the road walking was one of the lowlights, the other sections of interesting, easy-going track made up for this in spades. If you get going fairly early you shouldn't have too many cars driving by.

After leaving the road again the track passes through more cabbage palms and a beautiful section of paperbark tree wetlands which showed signs of recovering from recent bushfires.

Even though the rest of the walk from this point followed a firetrail most of the way to the campsite, the constant birdcalls kept us entertained and served to distract us from the stifling humidity.



Chilling after lunch in the shade at Fig Tree Point  
Cameron Semple

Once arriving at Fig Tree Point I was immediately impressed with the work gone into creating a lovely campsite and day use area that sat so well within its natural surroundings. The downside was that a



large group had just arrived by boat, spoiling the serenity. As the afternoon wore on, the number of visitors eased off, leaving us and one other equally quiet camper at this lovely spot. We spent most of the afternoon sitting in the shallows being exfoliated by guppies.

While preparing dinner on the jetty, we were treated to a stunning sunset. Even with the sun setting out of view, the golden colours reflected off an incoming shower to create a stunning show of light.

Before long we retired for the night to avoid the incoming swarms of mozzies and rain. With the temperature barely dropping below 25 degrees inside the tent I cursed myself for not swapping out the interior to the full mesh option before we left home. Every whiff of breeze that penetrated the interior helped to keep things bearable.

Somehow we got some sleep, but as the sun rose, we woke to a feeling of urgency to escape the tent which was very quickly turning into a sauna.

We enjoyed a quick breakfast in between light showers before packing up the tent and hitting the trail. The rain held off for the rest of the morning as we retraced our steps to the car; the lure of air-conditioning urging us forward.



Campsite at Fig Tree Point  
Cameron Semple

Feeling pleased with ourselves for ticking one more item off our todo list, we headed back towards Pomona. Despite the conditions, it was still good to get out and quiet our minds from the constant planning and preparation for the move that has been our main priority for what seems like forever.

### Cameron Semple

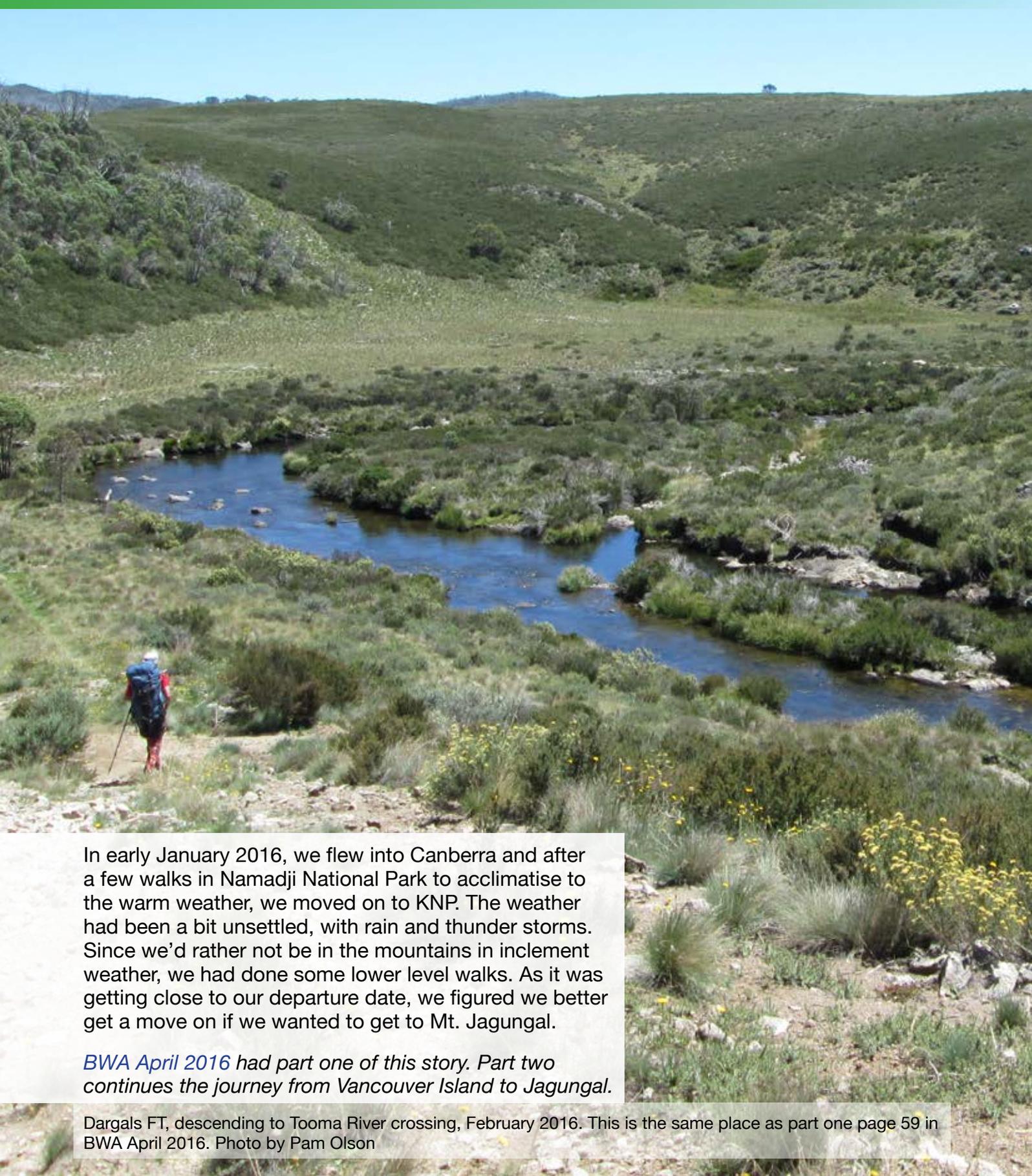
Having spent his first 30 years based in Brisbane, Cameron's love of bushwalking, climbing and photography have seen him make a recent move to Hobart. You can follow Cameron's photographic adventures via his [Instagram](#), or [Facebook](#) pages. Prints are available for purchase via his [Highandwide website](#).



Maree hiding behind her pack amongst the paperbarks  
Cameron Semple

# Two old Fahrt Canadians in Kosciuszko NP

Pam Olson



In early January 2016, we flew into Canberra and after a few walks in Namadji National Park to acclimatise to the warm weather, we moved on to KNP. The weather had been a bit unsettled, with rain and thunder storms. Since we'd rather not be in the mountains in inclement weather, we had done some lower level walks. As it was getting close to our departure date, we figured we better get a move on if we wanted to get to Mt. Jagungal.

*BWA April 2016 had part one of this story. Part two continues the journey from Vancouver Island to Jagungal.*

Dargals FT, descending to Tooma River crossing, February 2016. This is the same place as part one page 59 in BWA April 2016. Photo by Pam Olson

## Part two: a walk to Mt. Jagungal, February 2016

We chose the Round Mountain-Farm Ridge route for a couple of reasons. There are some huts along the route and while we prefer to camp, the huts are good temporary shelters from bad weather. Mountain weather can change suddenly and dramatically. The route is well established and there is no possibility of getting lost and even if a walker did get disoriented or lose all navigational equipment, walking a few hours in any direction would lead to a track or the highway. And the bonus was Mt. Jagungal (2061 metres). Earlier in our holiday, we had been to the tops of Mt. Twynam (2196 metres), Little Twynam (2120 metres) and Gungartan (2068 metres) but they seemed to be bumps on the ridge, some with a lopsided trig marking the summit. Jagungal looked like a real mountain, impressive profile and rocks on the top.

Early on a sunny day in February 2016, we drove from Corryong to the Round Mountain car park. We hold a world record for taking the longest time to get packed up and about an hour after arriving at the car park, we were on our way. The weather was warm

and sunny and the track easy to follow. We gave Round Mountain Hut a brief inspection and continued along the track. It was mainly downhill and after a refreshing wade across the Tumut River, we started the uphill slog to Farm Ridge. The walk along the undulating ridge through recovering snow gums was very pleasant. As we walked along, we were treated to many views of Mt. Jagungal. Although it appeared that the silver daisies were finished flowering for the season, there were still patches of colourful flowers among the grasses, gentians, blue bells, eye bright. After dropping off the ridge to join the Grey Mare FT, we continued downhill to Bogong Creek. Very soon, O'Keefes Hut came into view. We tried several tent sites before settling on one with the fewest ants. All huts had the best camping spots, so it seemed reasonable to camp near them. On Vancouver Island where we hike there are hardly any huts, and the ants are not so populous nor so vicious.

“ We hold a world record for taking the longest time to get packed up ...

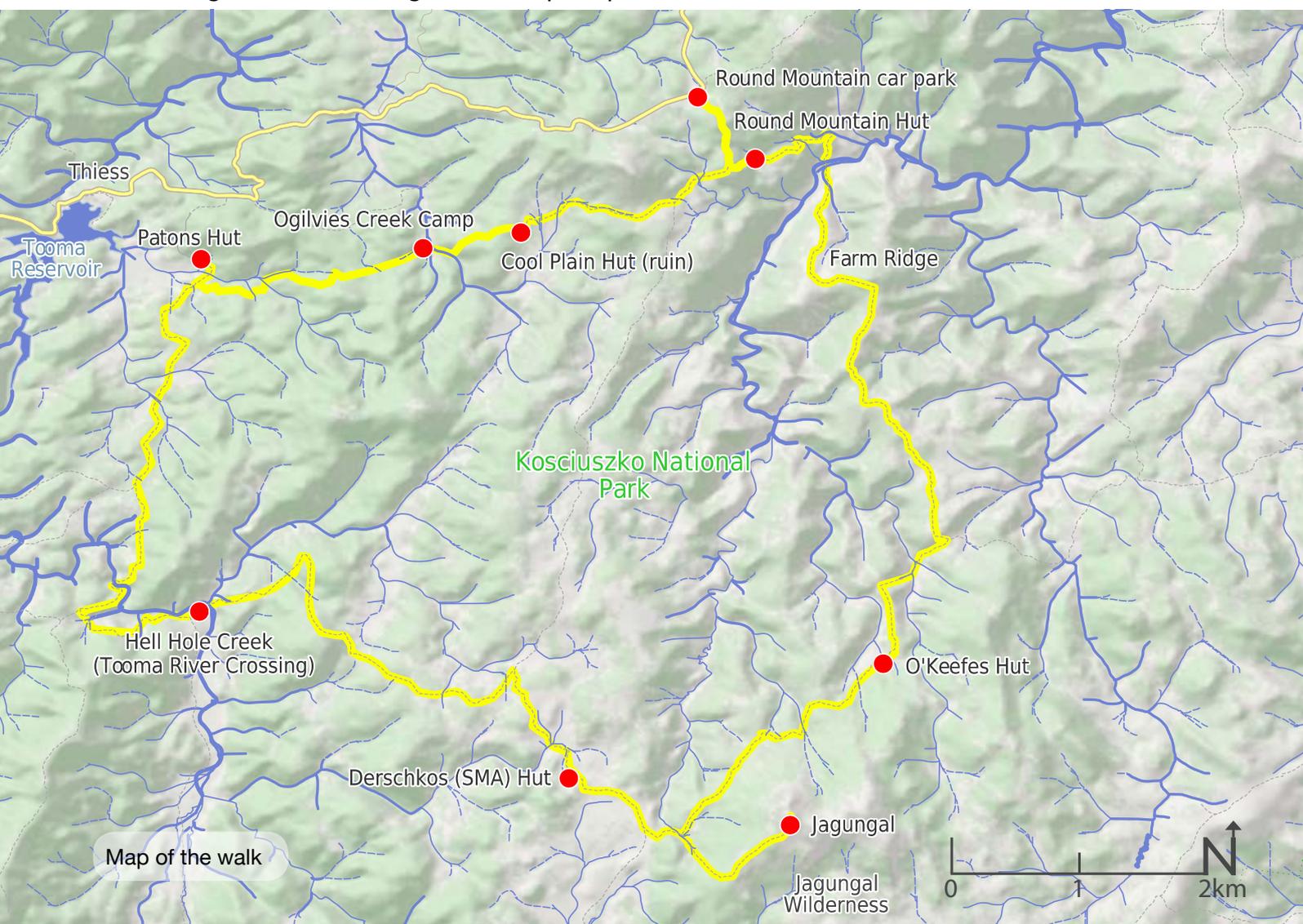


The next morning we got an early start as the weather forecast was for rain developing later. The plan was to walk up Jagungal then carry on to Derschkos Hut. It was easy walking along the fire trail. We did not see a cairn or any other marker near the meteorological station indicating a route so we continued on until we spotted the cairn near the upper Tumut. It was almost exactly where I had set my way point using the GRs I had determined from the topo map. I was pleased with myself! By this time, clouds were forming and rain was threatening. We had already pulled the covers over our packs and were dressed in our Gore-Tex jackets. At this point there was some discussion as whether we should go up the mountain since we would not be able to see anything anyway. There was some dissension and finally I said, "Well, when are we ever going to be back here?"

“ Well, when are we ever going to be back here?”

We thought about leaving our packs so we would be faster but then decided that if the weather got worse, we might have to put up

the tent on the ridge and sit out a rain storm. We headed off along the foot pad in clouds which got increasingly thicker the higher we went. Luckily there was little wind. It was obvious that the route gets enough visitors to make the foot pad easy to follow even in the clouds. Eventually the trig pillar loomed into view and my GPS indicated that we were at the summit. So much for the advertised magnificent views of the Main Range. The crows were nowhere to be seen. No time for summit photos, snacks or checking the phone for a signal. We turned around and charged back down to the Grey Mare FT, hopped across the upper Tumut River and set a hasty pace for Derschkos Hut, arriving there just after the rain started. We sat in the hut for a while letting our jackets and pack covers dry while we had tea and shortbread. By early evening the rain had let up enough for us to set up the tent. We chose the spot above the hut where we could get a view of Jagungal if the clouds ever lifted. Just before sunset, a hole opened in the clouds, revealing a patch of blue sky and a rainbow but Jagungal remained in the clouds.





Thiess Village FT, near Musical Hill, February 2016  
Pam Olson

A cold, fierce wind blew in overnight and we woke early in a wildly dancing tent. We had pegged it down well using all the guy lines. Since the previous two days had involved long walks, we decided we could do a shorter day as our plan was to walk out toward the car park, camping somewhere along the way. We retreated to the shelter of the hut to make coffee and have breakfast. The wind died down by late morning and we got on our way. At the Hell Hole Creek FT, we took a detour. The weather had turned sunny and we wanted to extend our trip. It was easy going to the confluence of Hell Hole Creek and the Tooma River where we found a level camping spot.

After our Earl Grey tea and shortbread treat, we had a rest then made soup for our evening meal, the only meal we cooked on the trip. When we were younger, we wondered how we could ever do week long trips because of all the food we would need. Now, we don't eat much. Back home, we take a half dozen seed buns, sandwich meat, lettuce, mayonnaise and mustard. Our first three meals are sandwiches. Then we eat cheese and crackers, nuts, granola bars and dried fruit. Occasionally we make soup. For this trip, we had extra buns and sandwich meat which sustained us for the first three days. We were pleased that we could find Canadian-made Best Foods mayonnaise in most supermarkets, even though it cost about twice what we would pay in Canada. We also had cheese and crackers and a bag full of muesli bars, nuts and dry fruit.

What better way to start a day than a cool wade across a river? The morning was sunny and warm and after crossing the Tooma, we put on our boots and headed off. The track to the second Tooma crossing was circuitous, up, around and down a hillside, probably because the river floods. When the vehicle road was built, the river valley would have been impassible at high water. At the second crossing, we had a good look around, trying to remember if we really had been at that spot around Christmas 1999. It looked familiar and we thought we could identify the tree on the top of the hill where we carried our first load of bikes and packs. We debated retracing our route to Wheeler Hut but when we realized we'd have to wade the Tooma yet again to get back to Dargals FT, we decided two crossings a day was enough. We did see Wheelers in the distance as we walked along Dargals FT. We carried on to Patons Hut which had been nicely rebuilt after being destroyed in the 2003 fires. There were a number of nice ant-free camping spots near the hut.

“What better way to start a day than a cool wade across a river?”



Hell Hole FT, inspecting a wombat tunnel. Usually we wear gaiters to keep snow, not snakes, out of our boots. Photo: Pam Olson Collection

After coffee and breakfast the next morning we reviewed our options: walk out to the highway then walk or hitch hike back to Round Mountain car park (booooring), retrace our route back to the Round Mountain FT (nope!) or see if we could find the old Thiess Village FT that was on our topo and GPS maps. “We’ll give it an hour and see if the road is still there.” Hah! I had won the “let’s go to the summit in the fog” so I had to endure the “let’s find the old road”. There was some grumbling. The area had been burned badly in the 2003 fires and there was a lot of new growth. We spent a few hours fighting through thick clumps of eucalyptus saplings, tall prickly grevillia shrubs and tall thick vegetation, possibly swamp or alpine heath. Finally we found the semblance of a road and it was just where we needed it to cross a deep, ugly stream gully. There was a culvert and an intact earth bridge leading to a road cut on the other side. After that, we saw no traces of a roadway until we came to another stream just east of Musical Hill, a feeder stream for Ogilvie’s Creek, where we could discern a faint road cut.

On the GPS, our route was a zig-zag crossing and recrossing the road line. We were crashing around trying to avoid the worst of the undergrowth. When we couldn’t see over the tops of the saplings, we moved up slope or down slope to see if we could get a better route through the tangled vegetation. There were no songs going through our heads, just a lot of bad language. We had to admit that we had not experienced such fierce bush anywhere on our hikes on Vancouver Island or other mountains in British Columbia.

It was late afternoon when we reached this stream which had lovely

“ ... we had not experienced such fierce bush anywhere on our hikes ... in British Columbia

clear water and the area looked like an inviting camping place. We were exhausted as well as covered in scratches and cuts. Fortunately, we were past the badly burned area and into open forest with nice tall gum trees, maybe alpine gum or mountain ash, with little undergrowth. We found a level



Rees Ridge from Ralph Ridge, Vancouver Island  
Pam Olson

spot and set up the tent. We had our tea and shortbread but were too tired to eat anything else but muesli bars and nuts. We really needed our bedtime Disprin Forte to ease the bush bashing aches. If you are not covered in scratches and bruises after a hike, obviously you did not have any fun. Was it the location of our camp site near Musical Hill or did I hear Lanie Lane singing “my feet are aching, don’t get a break” as I was falling asleep?

After a good sleep, a couple of cups of coffee and some breakfast, we were on our way. Walking through the open forest was easy and soon we came to Ogilvie Creek. While crossing the creek valley, we could see the remains of an old quarry and considered trying to get to it as a bail out route if we could not find the overgrown Thiess Village FT. However, as soon as we got to the other side of the creek valley, we found the old road. It was still very viable. Obviously the road had been closed deliberately as large trees had been dropped

“ Before we left Australia, we sent a donation to the Kosciuszko Huts Association.

across it to deter vehicles. We made good time to the remains of the Cool Plain Hut where we stopped for a rest. The hut was just a pile of metal sheets! Remarkable that some huts survive bush fires and others are reduced to heaps of scrap.

The walk to the Round Mountain FT was easy and we reached the car park late in the afternoon. Quickly we changed our clothes and had a refreshing drink of lemonade mixed with soda water. Then we set off to find civilization. The Alpine Tourist Park in Adaminaby has a friendly manager and comfortable ensuite cabins. We checked in, parked the car at our cabin and walked over to the Snow Goose Hotel for cold beers and a pub meal. We got into an interesting conversation with a retired SMA employee who used to ski into the mountains to check on electrical installations; he knew where we had been. Adaminaby’s big trout sculpture had been repainted recently and looked quite stunning.

Before we left Australia, we sent a donation to the [Kosciuszko Huts Association](#).



# Rock Creek Snowshoe Trail

## Matt McClelland



 3 kilometre circuit

 1 hour  
30 minutes

 85 metres

 Medium

This well signposted snowshoe walk is a great way to get into snowshoeing for the first time. Starting from Perisher Centre, this walk soon leaves the main road to follow a series of snow poles up a gully and around a small hill. There are some interesting information signs to help you learn more about amazing battle for life under the snow. On a sunny day, the contrast between the rocks, sky and snow might mean you fill the memory card in your camera - allow some extra time to explore the area.

**GPS of start and end**  
-36.4058, 148.4119

### Getting there

*Train:* Walk starts opposite the Perisher Ski Tube Station.

*Car:* Drive to the main upper car park in Perisher Valley. Snow chains and national park entry fee required.

### Finding the track

This walk starts opposite the The Man from Snowy River Hotel where Kosciuszko Road is normally closed in winter. Visit [Wilderness Sports](#) for snowshoe hire.

### Winter only route

This walk is available only when there is sufficient snow cover. During the warmer months, crossing important and sensitive bogs will cause significantly damaged, even by light footed walkers. Please only walk this track when it is well covered with snow.

### Share the snow

Here are some tips to help you share the snow with skiers. Please avoid snowshoeing on ski trails, whether groomed or ungroomed - it is fine to walk right next to the ski trail. When crossing a ski trail, please do so in a single file and on a flat, more visible, section. These tips aim to minimise trail ruts and collisions.

### Intersection of Kosciuszko and Porcupine Roads

(0 km) Walk west along the main Kosciuszko Road, away from the The Man from Snowy River Hotel and keeping the main valley to your right. You soon cross Rock Creek, then continue beside the road to an intersection marked with a Rock Creek Snowshoe Track sign just after the Rock Creek Ski Club hut (both on your left).

### Rock Creek Ski Club intersection

(0.2 km) Turn left to leave the road and head towards the Rock Creek Ski Club building. Just before the building, veer right to find the Rock Creek Snowshoe Track information sign. From here you follow the snow-pole line with the yellow signs. The poles lead over a small rise then down into the valley, as you keep the creek to your left. Just past the second pole, you pass an intersection with a bridge, on your left. From here, continue straight ahead, following the Via Porcupine sign and the series of snow-poles past a few lodges. The trail rounds a small point then leads left, gently up the side of the hill to pass a large green timber lodge. The poles then lead up and over another rise, then gently down to an intersection of snow pole lines - Here, the yellow-signed poles continue ahead (past the stone building in the valley) and the white snowshoe poles head right.

### Perisher Reservoir intersection

(0.7 km) Veer right to walk south-west up the valley away from Rock Creek, following the snow-poles with the black and white snowshoe symbols. After about 70 metres, you pass a pole with a Where are all the Animals? information sign. Continue following the poles up the valley (with a view of some lodges up to your right) for just over 200 metres to find a pole with an A carpet of Wildflowers information sign. A further 260 metres up the valley, following the poles, is



626000

18 | BWA June 2016

1820

1780

Perisher Ski Tube Station

5970000

2.7

0.2

Rock Creek Ski Club

Kosciuszko Road

The Man From Snowy River Hotel

Wheatley Road

Kosciuszko National Park

**Rock Creek Ski Club**

This building was first opened for use in 1948 then destroyed by a lightning strike in January the next year. In 1959, a few men drove down from Sydney most weekends over a few years to build the current lodge. Still owned by the builder's families, the lodge is available to the public for hire. The lodge has two bedrooms and sleeps six people. The lodge can be hired in winter or in summer and makes for a great base with its central location in Perisher Valley.

2.0

0.7

Perisher Reservoir

1760

1780

1800

1820

5969000

1.4



another similar information sign titled Ancient Herb Garden. After another 150 metres, you come to the top of the gully (where the snow-poles lead sharply right). (There may be a track leading left, from skiers and snowshoes taking an off-track link to the porcupine track)

### Top of gully

(1.4 km) Turn right at the top of the gully, follow the snowshoe trail poles north up the gentle hill. The poles lead up through a grove of dead snow gums and past a scattering of granite boulders for about 300 metres to find Snow-loving gums information sign. Continue to follow the pole line that leads into the lush snow gum forest for about 100 metres, where it finds a Snow gum sanctuary information sign. About 50 metres further into the forest, then turn left at the Tracks in the snow information sign and continue following the snowshoe trail poles downhill. The poles soon lead to the right and come to an intersection with Wheatley Road, just below the UAC Lodge.

### Intersection of Rock Creek snowshoe trail and Wheatley Road

(2.0 km) Continue walking downhill on Wheatley Road, keeping the bulk of the orange snow-poles to your left. This road is also used by over-snow transport in winter, so take care. The road soon leads under some power lines, then runs parallel to Kosciuszko Road and past a series of lodges for about 600 metres, to find a large signpost at the intersection with Pipit Place. Turn left here and head downhill along the road for about 130 metres to an intersection with Kosciuszko Road, just in front of Corroboree Restaurant & Bar. Turn right follow Kosciuszko Road gently downhill. After about 60 metres, continue along the road, passing a track (which leads to a bridge over Perisher Creek, on your left) and continuing for about another 50 metres to another intersection in front of Rock Creek Ski Club. Continue straight to retrace your steps back to Perisher Centre.

For more information read <http://wild.tl/rcst>



Following the Snowshoe trail sign

# From Dream to Departure What Goes Into Developing a New Commercial Walk?

Greg Donovan



Sometimes it feels as though every time we open the weekend travel supplements, there's the announcement of another multi-day walk being planned for somewhere around Australia.

Approaching Uluru from the south  
Greg Donovan

Having spent nearly three years planning the 2014 Burke & Wills Trek, which followed in the footsteps of these explorers, I understand the massive amount of unseen work that goes into trips like this.

Although the 2014 Burke & Wills Trek was an enormous success in many ways, proving the hunger and enthusiasm that Australian Bushwalkers have for meaningful walking connections to our land, the epic scale of logistics, the 11 days duration and the remote location, meant that we simply didn't get the numbers needed to run it again in 2015.

Uluru represents many things to many people. As an iconic landform it can represent an image of Australia to overseas visitors that is quite different to what Aussies see.

For many of us, it is simply a bucket list destination, but for others, it is a graphic visual reminder of our ancient land and the people whose country we walk upon daily.

“... moving over the land at ground level has always been important to me.”

# TREK TO AUSTRALIA'S HEART

As much as the positive testimonials and “raving fans” we created in 2014 were good signs, after digging deep on the research, we realised that for a commercial walking trip to be a success, it needed to be easier for people to fit into busy lives.

Not being able to run the trek in 2015 was a huge disappointment, not only for those who had expressed an interest in joining the trek, but a personal disappointment to myself and our team having invested so much energy to bring it about.

Inevitably, this kind of disappointment caused a rethink. How could I continue to provide these remote, unique and meaningful experiences to walkers, whilst still meeting their needs of fitting around the busy lives (with limited annual leave) that so many of us lead?

The answer was to look to our heart. Not only the heart of Australia geographically, but also, the heart of our history.

My background includes managing remote running events such as the Big Red Run, Anzac Day Challenge and the Big Red Bash music Festival in Birdsville, which rely on a collaborative approach with local communities, and a crack team of organisers. The Australian Government's June 2015 announcement of looking for quality tourism opportunities in Kata-Tjuta National Park, seemed like a natural fit.

As someone who's been drawn to trail running all my life, the act of the journey, of moving over the land at ground level has always been important to me. It's about seeing the small detail, feeling the changes underfoot, breathing in the air and feeling a part of the world around me. Becoming one with the landscape, not just travelling through it.

The Big Uluru Trek has been on my mind for a few years and is my way of helping people feel these things for themselves in an amazing outback environment.

The remoteness is only one part of what makes this trek unique. Spending time under the big blue sky with the Anangu people, the traditional owners who have traversed this land for millennia will be an enriching cultural experience.

This relationship with the traditional owners and the importance of this whole trek being a fully consultative and collaborative process has been at the core of what we set out to achieve when developing this experience.



Typical Desert Campsite - Burke and Wills Trek  
Robyn Leeder

This is one of the reasons that developing these types of walking experiences take time. This isn't about simply a tourism product contributing to the local economy, but one that provides deep connection and meaning to those who tread lightly on it, hand in hand with those who own the land itself.

Some examples of what this has meant during the process of bringing the Big Uluru Trek to life are:

- Access to lands that are otherwise off-limits. This is the only way to do this trip.
- Working with traditional owners to better understand their culture and what the land means to them.
- Surveying the trek route and campsites with traditional owners to ensure we respect culturally sensitive areas.
- Looking at ways the local aboriginal community could derive meaningful benefits from the establishment of the Trek, and benefit from employment opportunities and learning new skills in the tourism area.



Typical wheel track type track taken by trekkers.  
Uluru in the distance.  
Greg Donovan



Desert trekkers during the 2014 Burke and Wills Trek  
Robyn Leeder

All of this planning and dreaming has led to the first [Big Uluru Trek](#) taking place in August 2016. It gives walkers the opportunity to travel from the SA-NT border to Uluru, walking towards the iconic heart of our country.

This walk is over five days from Tuesday to Saturday, trekking 100 kilometres along old tracks. The walk is fully supported with three delicious and nutritious meals each day, with your tent and campsite set up for you. All you need to do is walk with a day pack.

Our numbers for this inaugural trip are limited to 60, which seems a lot. However you can choose to walk with people or seek out the solitude and silence that the outback brings.

“ All of this planning and dreaming means that now ... the first Big Uluru Trek will take place.

It is my dream that the Big Uluru Trek becomes deeply connected to the bushwalking community in Australia and helps strengthen the existing bonds that they feel to our country, to this ancient land and the people who know it so well, as well as enable the indigenous owners to showcase their country, explain what it means to them, and gain meaningful employment and commercial benefits from their involvement in the Trek.

For full details and information, visit [Big Uluru Trek](#).



Greg Donovan (on left) is the founder of [Big Run Events](#), which specialises in off-road and outback events and adventures. Formerly an insurance executive, Greg left the corporate world a few years ago to pursue his passion organising events in remote places, giving participants unique and inspiring experiences. Many of Greg's events raise money for charities, and over the last few years well over \$1 million has been raised for charities such as [Juvenile Diabetes Research Foundation](#), [Soldier On](#) and [Mates 4 Mates](#). Greg is an Australia Day Ambassador and in his spare time enjoys walking, ultra endurance running, boating, snow skiing and many other outdoor pursuits. Greg and his wife Raylene have three adult children, and have lived on Sydney's Northern Beaches for most of their lives.



Elated Trekkers arrive in Birdsville after 11 days trekking 330 km across two deserts from the Dig Tree on Cooper Creek  
Robyn Leeder

# The Great North Walk Takes a Big Step Backwards

Matt McClelland



Bushwalking in NSW can be like that wonderful friend with great potential, but who makes weird decisions that leave you wondering “What were you thinking?” You know the guy, he is naturally smart, does not need to study, but sleeps through the exam – the guy who is asked out on a date by the girl of his dream, but thinks she is kidding, so laughs at her “joke”.

View from the end of the Mitchell Trail on the proposed route

The previous NSW Minister for the Environment announced that she wanted NSW to be the premium walking destination in the region. Since then it seems that people are still giggling, thinking it is a joke. Because NSW does not have the same scenery as Tasmania and New Zealand we seem to think we are just too boring to be taken seriously.

NSW has taken a couple of steps forward, but sadly many more steps backwards. Australia has seen a massive spike in the popularity of bushwalking in the last five years with around 30% of the population are now enjoying the pursuit. During this time, NSW has lagged as the state with the least growth, a growth rate two thirds that of South Australia. I think this is due to a lack of vision and understanding about what makes NSW a wonderful walking destination. This article will run through just one of these backwards steps, a strange decision that detracts from the experience of a popular walk. I don't blame those who made the decision, I just think we can do better.

### **The Great North Walk**

The Great North Walk (GNW) links Sydney to Newcastle through some surprisingly wild places. One of my favourite stretches is through the Berowra Valley. Soon after you leave Thornleigh Train Station you are surrounded by dense bushland where lyre birds and water dragons dart around you. The GNW is very popular, hosting more visitors each year than the Overland Track (Tasmania) and Milford Sound (NZ) combined. Like many other bushwalkers, I'm very upset to see this walk recently degraded because of one of those strange decisions.

### **The problem**

For many decades the GNW track between Fishponds and Steele Bridge passed through a deep valley within the Hornsby Rifle Range "Danger Area". Walkers and shooters have got on fine with no incidents. Recently, the oversight of rifle ranges was passed from federal control to state police. Although the risk to walkers is very low, under the new rules there is a zero risk policy.



Lower crossing of Tunks Creek on proposed route

### The decision

This change in risk tolerance has recently lead to a multi-agency working group deciding to close the main walking track and detour walkers via public roads to avoid the rifle range. Until this you could walk for 25 kilometres through the Berowra Valley without stepping onto a road. Now you only get seven kilometres in before being diverted into suburbia. Walking on roads is not uncommon on the GNW, but the plan should be to get more and more of this walk into bushland where possible. It seems that the road diversion is simply the path of least resistance.

This issue has been bubbling away for many years, and has been in serious focus for the last six months or more. I have bounced ideas with parks and rifle range staff. The local MP Matt Kean has also been great in trying to find a solution that works for everyone. Many other people have also been trying to find a solution, with MLC David Shoebridge, Kean and I [chatting on local radio](#). One thing is clear: people want a better solution.

### A better option

There's a better option that would improve the overall walking experience, keep people safe and not interfere with the rifle range.

This solution has two parts:

1. Create three new short walking tracks of about three kilometres in total, allowing a diversion to the west of the danger area. The tracks would link Mitchell and Quarry Trails to the GNW.

2. Maintain and signpost the original walking track for use when the rifle range is not in use.

This solution gives people more choice, allows you to walk the full length of the national park without stepping onto roads, improves access to walking tracks from more suburbs, is Bewlow, affordable to build and maintain and creates a new circuit walks. Everyone wins.

“There's a better option that would improve the overall walking experience ...

This is what I recently sent to the NSW Minister for the Environment, Mark Speakman, for his consideration. The idea is being explored as you read this. I am not fixed on this solution; there may well be even better solutions out there. Like many others I just want a solution that is better than diverting such a fantastic walk out of the bush onto public roads.

“Create three new short walking tracks ...

As bushwalkers we cannot let our great walking experiences be degraded because of poor-quality decisions like this. We need our government agencies to be more creative, consultative and working towards a vision on better walking in NSW. As bushwalkers we need to be able to better work with all agencies to make significant improvements to our walking track networks. We need a vision and a plan to make NSW a premium walking destination, Let's start by making the Great North Walk great again.



Lower crossing of Tunks Creek on proposed route

# Great North Walk & Hornsby Rifle Range

Original Main spine of GNW

Current Reroute via Roads

A) Section of track now closed

B) Access only allowed if range not active (by phone call)

Original Track

Proposed Western Route

RDA

New Reroute

A

B

D

C

## Proposed Solution

Original track access whilst range not in use,

A) Maintain this existing track, using similar access rules for trail (B)

B) Current plan allows for access when range not in use.

Establish western route through the national park. Action required

C) Formalise track, already planned (270m)

D & E) Build 2 new tracks, joining existing fire trails (~3km)

(Green route) signpost, maintain & promote (~5.5km)



# Photo Gallery



Dawn at Surveyors Pool - Tom Brennan

Competition: Landscape June 2012



# BWA Photo Competition



# Other States

## June 2015

### WINNER



Afternoon stroll  
down the Nattai  
John Walker

After discovering the joy of public transport free travel rewards using my NSW Opal Card, I worked out that I could get to the fringe of the Nattai Wilderness from home in less than 90 minutes by train. So I've been doing a few day trips in that area and saving on fuel costs while enjoying a scenic train ride. On this occasion I was completing a circuit starting from Mt Alexandra Reserve at Mittagong. If you have enough time and food you can walk to Katoomba from here in about five days. Anyway returning along a trail above the Nattai River the afternoon light hitting these trees caught my attention, begging to be photographed.



On the way to  
Waitpinga Cliffs  
Beardless



Sawtell arch  
landsmith



# Tasmania June 2015

## WINNER



The ridge leading to  
Castle Crag, Tasmania  
Andy Szollosi

Is this the right way? Cloudy days in winter make for tricky navigation. The crest of this ridge was unsuitable for walking. The size of some of these boulders were the size of small houses, with small house-sized gaps in between.



Winter pastels,  
Cradle Mountain  
Tortoise



Tarkine afternoon  
Tigercat



# Landscapes June 2015

WINNER



The Du Cane Range  
in winter  
Andy Szollosi

Traversing the Du Cane Range in winter is a spectacular, but equally treacherous undertaking. The dolerite boulders can be covered in inches of hoar frost, making each step an uncertainty.



Last light Tarkine Coast  
Tigercat



Full moon rising  
Tortoise



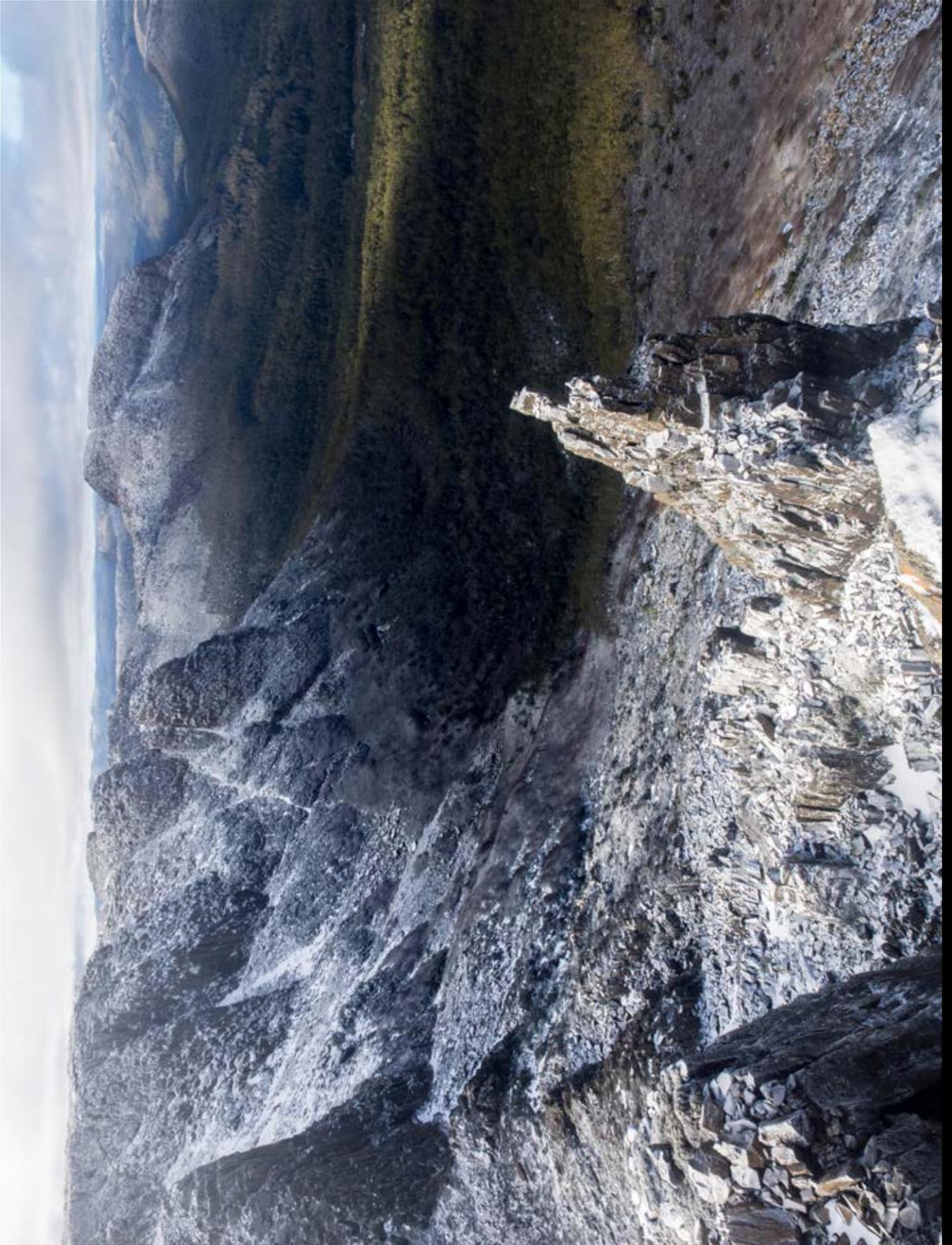
Emerald Beach sunrise  
landsmith



The king's waves  
Beardless



A window into wilderness  
John Walker



# Non-landscapes June 2015

WINNER



Bloodwood leaf  
Tom Brennan

I was swimming in a waterhole in the Carr-Boyd Ranges of the Kimberley one afternoon when this bloodwood leaf floated by with a water drop on top of it. I raced out of the pool, grabbed my camera, swam back out to the leaf and spent the next half hour first blowing it to a spot where I could stand, and then stopping it from blowing any further as the light breeze turned it into a mini sail.



Grey Fantail  
landsmith



Misty Mountain ash  
Trickos



Julius River Gorge  
Tigercat



What the....  
John Walker



Horseshoe Falls  
MJD



# Other States July 2015

## WINNER



Sometimes the simple things are best  
landsmith



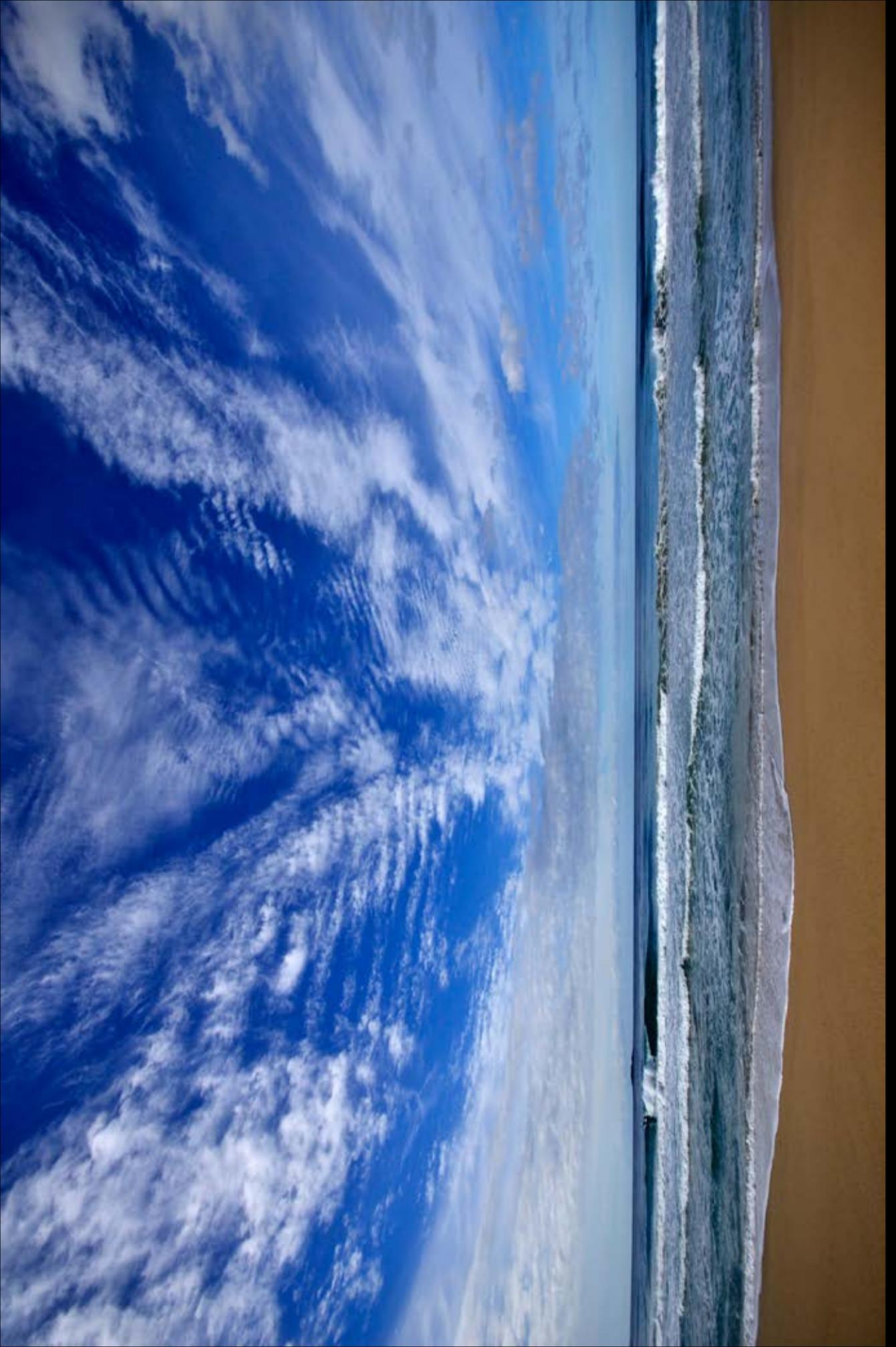
Queensland  
snow camping  
Cameron Semple



Gnarly Marley  
John Walker



Surprise Beach at  
Royston Head  
Beardless



# Tasmania July 2015

WINNER



Breakers  
North-north-west



King of the castle  
Doogs



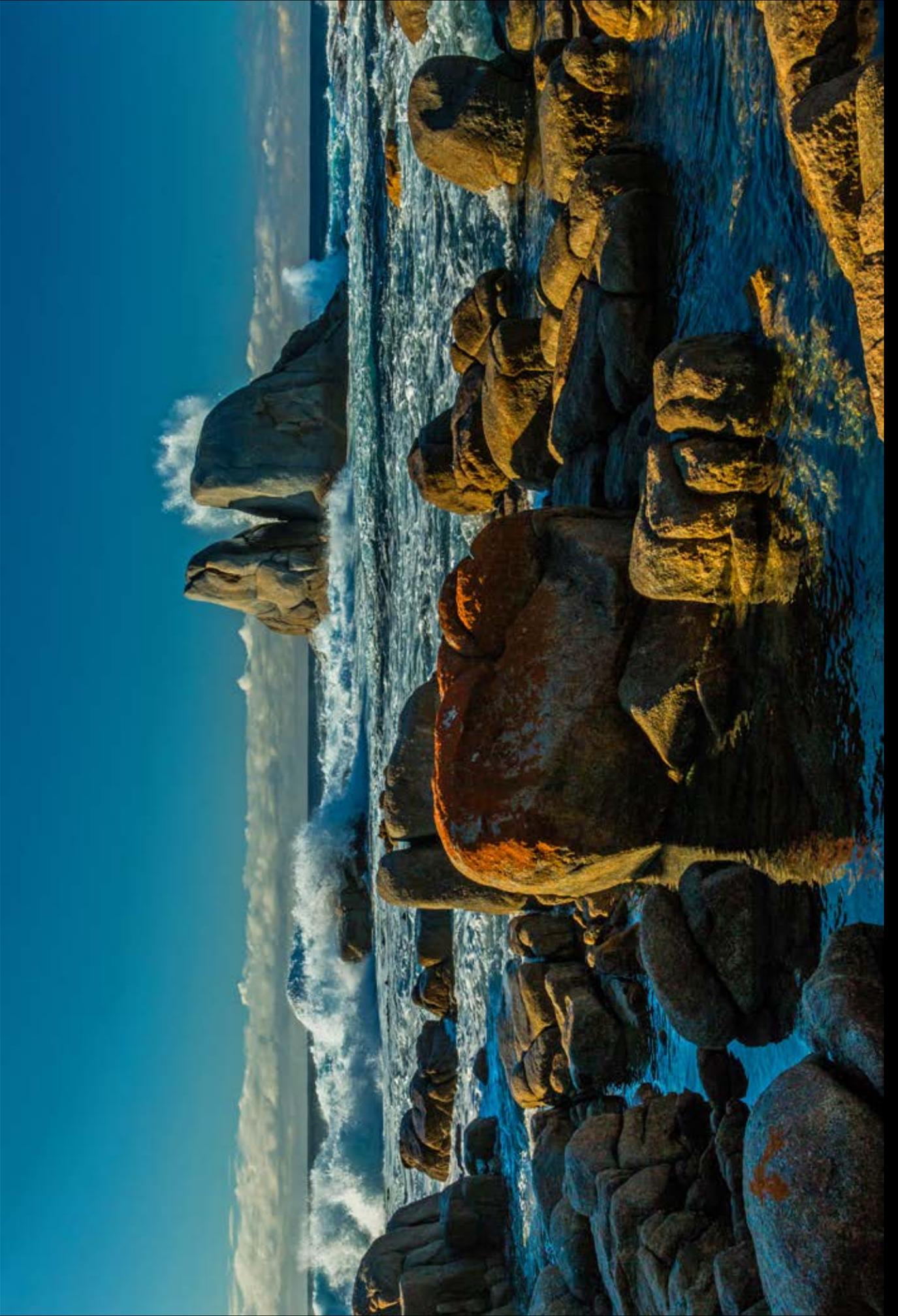
Rock Bridge,  
Mersey River  
Tigercat



Water and ice,  
Waterfall Valley  
Tortoise



At low tide  
Graham51



# Landscapes July 2015

WINNER



Skeleton Point  
North-north-west



Tree on a rock  
Doogs



Afternoon at  
Antechamber Bay  
Whitefang



Moonee sunrise  
landsmith



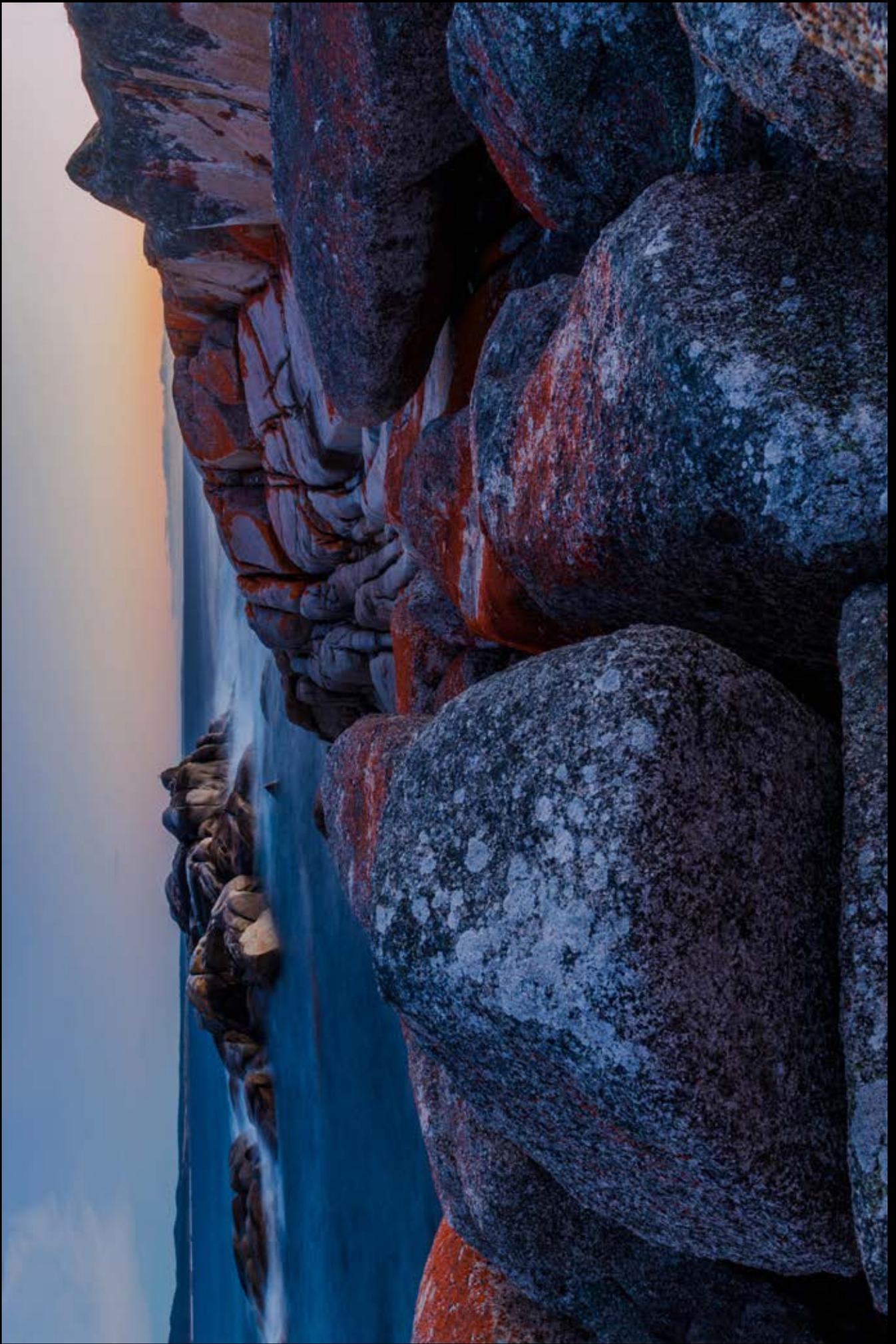
Girraween sunset  
Cameron Semple



Innes simplicity  
Beardless

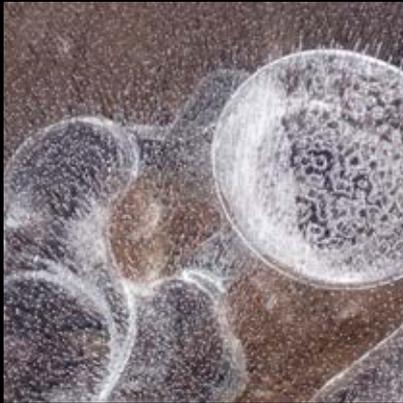


Ice flow  
Tortoise



# Non-landscapes July 2015

## WINNER



Tiny worlds of  
ice and sedge  
Tortoise

In winter 2015, a friend and I decided to have a shot at Mt Inglis, an off-track walk west of Lake Will, Tasmania. While we didn't achieve our goal, we were fascinated by the vast array of patterns in the frozen puddles, bogs, creeks lakes and waterfalls - plates of ice, whorls, lace, lattice, fingers and fringes, icicles, ice curtains and more.

In this image, frozen sedge is poking through the icy surface of a little pool. Together with the planet-like circles, it gave me a picture of something celestial.



A cold day below  
Fergusson Falls  
Tigercat



Rock of arrows  
John Walker



Must be lunch time  
landsmith



Sir frosty fern  
Human



Chilly Rosella  
Cameron Semple



Drosera schmutzii  
Whitefang



## Gear Freak



Good footwear is crucial for an enjoyable bushwalk. No single footwear type suits all walks and people, so more experienced bushwalkers may own several different types and select the most suitable pair for the expected terrain and weather. It's important that footwear is well fitted and kept in good condition before, during and after walks.

# Footwear

## Helen Smith

### Materials

Footwear materials determine the weight. The lighter the footwear, the less energy it takes per step. Unfortunately, lightweight materials tend to wear out quickly, so there's a trade-off between more durable and heavier materials that last longer and lighter materials with a shorter life.

Shoe uppers are typically made from leather, mesh or synthetic material. When well looked after, leather is the most durable, but it's the heaviest and most expensive. Synthetic materials are also strong, and lighter, but not as breathable as mesh, which is the lightest, but least durable upper.

Rubber soles are common. Additives such as carbon are sometimes used to increase the hardness of the sole, such as in mountaineering boots. In general, the harder and sturdier the sole, the more expensive the boot is, and the longer it will last.

Modern laces are made from synthetic fibres such as nylon, textured polyester, spun polyester and polypropylene, which are inexpensive and lightweight. Synthetic laces tend to be more slippery and hence more likely to come undone than traditional materials such as hemp, jute and cotton.

Waterproof boots are only waterproof until the walker steps in a creek, river, or puddle higher than the height of the boot. In such cases the boot fills with water, becomes heavy and uncomfortable. When crossing rivers it's advantageous to have footwear that allows water to easily enter and leave. However, in cold and wet environments such as alpine regions, such footwear fails to keep feet warm. In these conditions, waterproof boots are preferable to running shoes. When

“The lighter the footwear, the less energy it takes per step.”

walking in wet conditions for a long time, perhaps several hours, no bushwalking footwear is waterproof.

Leather is naturally water-resistant. If kept in good condition and treated well to avoid cracks and drying out, leather can be effective for a long time. Wax maximises waterproofness. Treatments for Nubuck and suede are available, with different re-proofing products required. Fabric boots may be made more water resistant by regularly applying the correct product, although due to mud and dirt getting into the material they tend to degrade faster than leather boots.

Sandshoes, Vollyes or Vibram shoes are non-waterproof, and tend to wear out more quickly than heavier leather or fabric boots. On walks with multiple river crossings in close proximity, lighter footwear is best. A light shoe or sandal may be useful if there are many river crossings and you want to keep the main footwear dry.

### Leather hiking boots

Hiking boots are common in Europe and North America, where many tracks climb exposed mountain ranges with extreme weather conditions. Australia has fewer tracks that require hiking boots. A common reason to select "high-top" or high-ankle boots is to provide ankle support, however, there is little to [no scientific evidence to support this](#). In fact, people who wear footwear with a low-cut ankle not only show no difference in ankle injury, but also have footwear that's lighter, more comfortable and costs less. It's also hard to feel the terrain underfoot while wearing thick heavy boots, making it harder to judge what's slippery or uneven, arguably leaving the walker more prone to injury than a walker wearing a lightweight pair of sports shoes. So although the ankle support reason for wearing boots appears to be a myth, boots have merits that should be considered.

A thick, rigid sole provides foot support, thicker materials keep feet warm and dry in cold and wet conditions, and boots are more durable than other footwear. The downside of boots is that they are heavy, they don't breathe as well as lighter footwear, breaking in is necessary, they cost more (\$250-450), and some people find boots uncomfortable.

“... landing on the fore-foot has less impact than landing on the heel ...”

### Synthetic boots

Synthetic boots have much the same advantages and disadvantages as leather boots but are generally a little lighter and more comfortable.

### Low-cut walking boots, sports shoes

These are half-way between a hiking boot and a running shoe. Low-cut walking boots are generally made with the same material as synthetic boots, the sole is thicker and more rigid than a sports shoe, and the ankle is still cut low. Sports shoes generally have very low ankle support and are made from thin materials. Because of the rubber sole, Dunlop Vollyes are very good for creek walking and canyoning, but have a shorter life than was formerly the case.

Being lighter they're comfortable and at \$50-200 are much more affordable than boots. However, you may need 10 pairs to last

as long as a pair of boots. Disadvantages include the short life. and the low-cut ankles allows detritus to build up inside, even with gaiters.

### Barefoot-style shoes

There's debate whether minimalist shoes such as the barefoot Vibram five finger running shoes lead to less injury than running with traditional running shoes, and more research needs to be done to determine if there are [disadvantages to using minimalist shoes](#). However, research on the biomechanics of foot impact while running suggests that landing on the fore-foot has less impact than landing on the heel and this style of running is encouraged by barefoot style shoes. Traditional running shoes promote [heel landing](#). While, some bushwalkers like using Vibram five finger running shoes, others find them extremely uncomfortable. If considering using them on a bushwalk, try them out thoroughly around home first before committing to them on a bushwalk.

They are lightweight and quick drying. The negatives are that they are easily ripped, don't keep feet warm, and require regular cleaning to stop them from smelling bad.

“Sports shoes generally have very low ankle support ...”



### Sandals, thongs

Due to the thin heel, straps, poor protection from debris and temperature and lack of comfort, many people find sandals uncomfortable over long distances. Sandals may be an alternative to shoes at camp or for river crossings. Because the foot is not secure, thongs are less suited for river crossings, and thongs cannot be worn with socks. The light weight and ability to dry quickly are advantageous.

“Walking barefoot brings an amazingly close connection to the track ...”

### Barefoot

Dot Butler is famous for her barefoot explorations of the bush around Sydney. Walking barefoot brings an amazingly close connection to the track, the terrain and the wildlife where the track goes, but leaves the walker vulnerable to injury from sticks, rocks and snakes. Walking barefoot is generally inadvisable, but is done by some experienced people who know their body and the terrain well. The weight and price appeal – nil. The lack of protection does not. It takes time to get used to barefoot, and to wash the feet.

### Fitting

It's important to take time to find the right footwear. Everyone's feet are different, and different brands have slightly different sizing, so trying on a variety of brands and sizes will more likely help to get a good match. Take time to thoroughly trial them. Note that the most suitable footwear might not be an expensive high-end shoe or boot; expensive shoes that fit badly can make for a miserable bushwalking experience.

### General tips

Footwear must fit well and feel comfortable. Any discomfort like pinching, rubbing and tightness will get worse on a bushwalk. Because feet tend to swell during the day, aim to fit new footwear in the evening. Also, check the fitting again first thing in the morning. In both cases, the footwear should be comfortable. When fitting, wear the socks that you walk, trim toenails, and take orthotics. Properly fitting footwear will lock the heel in place, with a snug fit around the foot but still allow enough room to wiggle toes, which should not hit the toebox. Unless buying a pair that has previously worked well, buying footwear online is hard. If considering a new style or brand, visit an outdoor shop.



Leather boots need breaking in, particularly near the front of the boot, the sides and the heel. Keep this in mind when fitting leather.

### Custom fitting

Everyone's feet are slightly differently shaped, and it can be challenging finding footwear to work for some types of feet. There are a few tricks that can help improve fits for some common foot types.

*Narrow foot:* Use a thicker insole or try a different lacing technique.

*Narrow heel:* Try woman's footwear as they tend to have a slightly narrower heel

*Wide foot:* Try a men's footwear as they tend to be wider. Alternatively, change the lacing technique to remove pressure on the front of the footwear.

*High instep:* Put in additional arch support on the insole.

### Repairs and adjustment

Basic repairs and adjustments may give an old pair of boots or shoes a new lease of life. As long as the soles are not too worn and the upper material is still in good condition, it's worth tweaking a few things to make footwear last longer.

Laces stretch and wear out over time; new laces have better grip and may hold the foot more strongly in place. Insoles wear thin and degrade over time; a new thicker insole improves support by providing a tighter fit. An extra insole should lock the foot tightly, and may stop the heel from slipping. Note that the fit should be snug, not tight. Socks wear out over time, so replace when they are worn.

### Ethics

It's easy to consider bushwalking as a low-impact pastime, especially when following Leave No Trace principles, but in an increasingly global economy, it's common for bushwalking gear to be produced in other countries. Bushwalking gear often travels half-way around the world before it's sold. Hence, the environmental and social impacts

of where and how gear is produced must be included when calculating the true impact of a pastime such as bushwalking.

In the last 20 years, more and more major footwear and clothing companies have been accused of exploiting workers in third world countries, typically unfair pay and working conditions. Companies have also used materials damage human health and the environment.

The [Ethical Company Organisation](#) evaluated the performance of top players in footwear production on human rights, environmental and animal rights. They found that Po-Zu, Cheatah and Birkenstock performed the best, and Reebok, Shelleys, Umbro were the least [ethical shoe making companies](#).

Although campaigning has forced major companies to re-evaluate working conditions, there is still much room for improvement. Take a moment to consider a company's ethics before buying footwear, or indeed any other product, from them.

“... it can be challenging finding footwear to work for some types of feet”



Helen Smith is a passionate conservationist and someone who is constantly planning her next escape into the bush. In early 2015 she completed her PhD at The University of Sydney studying the impacts of exotic and native rodents in Australia and New Zealand. Now she's working at the National Parks Association NSW developing information to help bushwalkers build their confidence and bushcraft skills.

# New on Kickstarter

## Matt McClelland

### Large light and power source - BioLite BaseLantern

BaseLantern is a large light and power source for those lazy walks where you plan long evenings at a base camp or time in huts. Great to see people thinking more about mood or space lighting.

[kickstarter.com/projects/biolite/biolite-baselantern-smartgrid-goes-off-grid](http://kickstarter.com/projects/biolite/biolite-baselantern-smartgrid-goes-off-grid)



### Hiking trailer - Monowalker Fatmat

Cars and bicycles have trailers, so why not bushwalkers? Bushwalking trailers are not a new idea, the concept has been around for a while, but this more interesting. In some situations where this makes a lot of sense. A FatMate is suitable only on smooth tracks. The disk brake would be very handy on steeper downhill tracks. The trailer weighs 9 kilograms and costs about \$A1100 plus delivery.

[kickstarter.com/projects/87677361/monowalker-fatmate-the-ultimate-hiking-trailer/description](http://kickstarter.com/projects/87677361/monowalker-fatmate-the-ultimate-hiking-trailer/description)



### Flying Tent

This is a bivy, hammock and poncho in a 1.2 kilogram package. A single person tent that can be set up as a bivy or slung as a hammock with fly netting, and rainproof covers. The makers claim it can be set up in seven seconds. The tent and fly screen can be removed for lazing in the hammock during the day, and the base turns into a poncho.

[kickstarter.com/projects/255929858/flying-tent-7-seconds-to-the-stars/](http://kickstarter.com/projects/255929858/flying-tent-7-seconds-to-the-stars/)



### Mobile phone and tablet macro and micro lens - Blips

Blips is a tiny lens that sticks to your phone or tablet, turning it into a microscope. See the world closer up. Want to get those macro shots but don't want to carry a full SLR? Obviously more expensive gear and better lighting will get you clearer images, but you should be able to get great images for a lower price and weight.

[kickstarter.com/projects/blips/blips](http://kickstarter.com/projects/blips/blips)



# Ten Tips for Backcountry Snowshoeing and Winter Bruce Easton



The Snowy Mountains Main Range and High Plains of Victoria and Tasmania are at their most spectacular in winter, but also at their most challenging. Multi-day trips camping overnight out in the wild require improved planning and preparation and can be especially hard on you and your gear. Here are Bruce Easton's pointers for safe and successful backcountry snowshoeing and winter adventuring.

Bruce Easton, a mountain and snowshoe tour guide at Kosciuszko National Park, New South Wales  
Lisa Hogben

### 1. Planning is everything

In winter, daylight hours are significantly shorter, the weather can be much more serious, and you'll be carrying a heavier load. Winter backpacking is a much tougher proposition.

It's a good idea to be less ambitious when planning a multi-day winter trip. Your daily distance covered will be lower than walking in summer months, and while you might happily romp up multiple peaks in a day on a summer outing, this is going to be far more challenging in winter. Be realistic about your abilities and experience, tailor your route to the predicted conditions. Have Plans B and C, alternatives you can fall back on if the weather is worse than forecast or expected, or if the snow is slow or cannot be crossed. Plan to reach camp early, say 3.30 pm, and try to eat while it's still light if you can.

### 2. Hone your skills

Navigation is more important in winter. Paths are often buried in snow, making casual navigation difficult, and bad weather may include a whiteout. In such conditions it can be hard enough to tell up from down, let alone north from south. Needless to say, your map and compass skills will have to be up to the task; dialled in and well practised if your route takes you up onto the tops. Do not rely on electronic equipment, consider them as back ups.

Get used to assessing the snow conditions and snowpack. Learn how to identify wind slab, spot wind-scoured areas that might prove safer to walk on, and dig a test pit to look for common indications of hazardous layers within the snowpack.

### 3. The right gear

Look for lightweight winter hardware. Trekking poles are really useful in winter, especially when coupled with snowshoes you are familiar with and carry spare parts and repair items. Don't forget a good head torch with a powerful beam plus a set of spare batteries; or better yet, a spare torch.

“It's a good idea to be less ambitious when planning a multi-day winter trip.”

When selecting a tent, wind resistance is the top feature to look for. Lightweight, one-person summer tents can be used, but they are less resistant to high winds and snow loading so you'll have to be much more careful when selecting a location to pitch and camp. In winter, using summer tents above the snowline is not advisable. A good four-season tent is suggested - any brand - but ensure you have pitched it at home or on a bushwalk prior to the snow trip and ensure you have sufficient snow pegs, stakes or snow anchors. A good shelter will weigh about one kilogram per person.



I don't actually carry a four-season sleeping bag in winter. Modern synthetic sleeping bags are very functional and can stay dry relative to down bags used by inexperienced winter campers. Synthetic sleeping bags are both lighter and more compact these days with modern technical fibres, plus they are affordable if starting out. I have a quality three-season down bag rated to freezing, which I use in conjunction with a thermal or silk sleeping bag liner, doubled up foam sleeping mats, and my clothing system. I've found this to be effective down to about  $-10^{\circ}\text{C}$ , but everyone is different in this respect – cold sleepers may well need more insulation. If in doubt, invest in a four-season down bag. You may also need a thicker sleeping pad/mat than you would use on summer trips.

“Packing light is all about removing the “just in case” items ...

#### 4. Food and eating

It's colder in winter, and you're working far harder to carry more gear and travel through snow. That means you're burning many more kilojoules and also to stay warm.

In winter I choose items dense in kilojoules and resistant to freezing. Food like chocolate bars might be useful for an impromptu belay anchor, but there are stories of nearly breaking teeth on frozen chocolate. Many experienced people don't carry chocolate in winter. Porridge is good for breakfast, and I have yet to find a better food for during the day than black bread. In the evening, something hot and filling is best – Pasta 'n' Sauce with extra cheese and toppings always works well.

Allow for extra brews of tea or hot chocolate, which always perk people up and bolster spirits.

#### 5. Wild camping or huts

Winter camping can either be a wonderful experience or downright misery, but a little preparation can make all the difference. As it takes a lot to warm up the space, huts can be cold places and invariably it's folly to rely on any wood, especially dry material that will burn and likely not throw off any heat. Hut stoves are inefficient. You will also discover

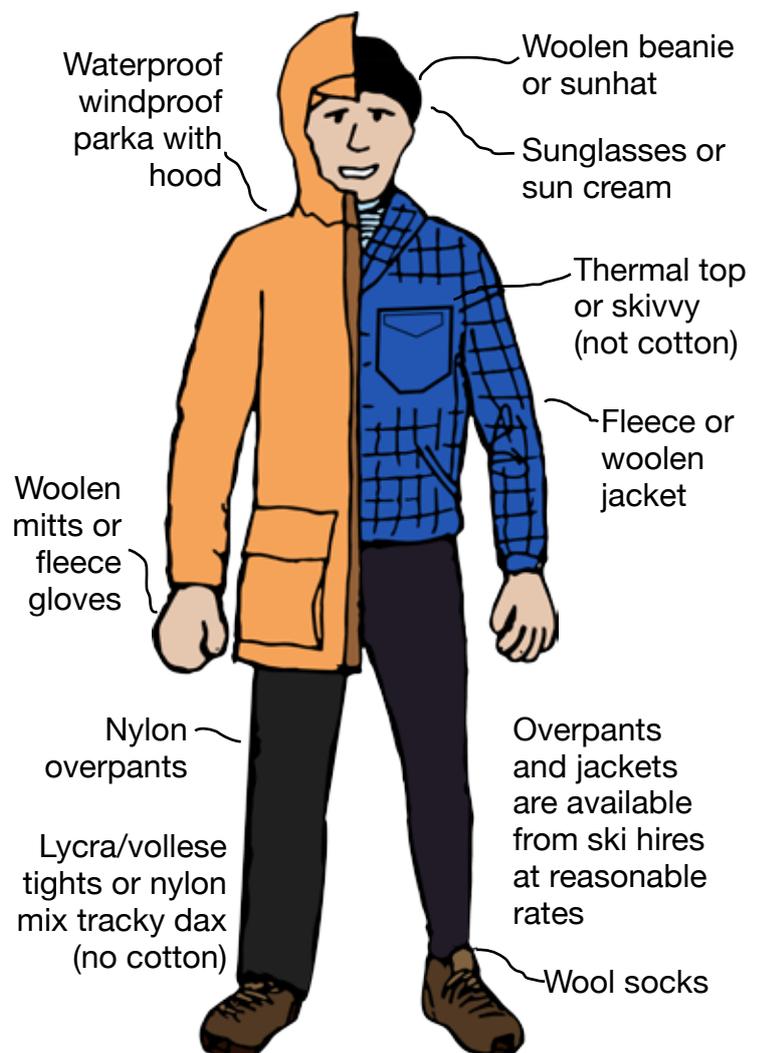
why the mountain animals like huts that are also not too hygienic. By all means use them to shelter in but tents are warmer and cosier for guaranteed sleep.

Please ensure you carry out all refuse and waste. This includes faecal waste. Ensure when you clean dishes that you're well away from water sources and minimise your impact on the environment. Liquid hand sanitiser is smart to use and lightweight.

“Winter camping can either be a wonderful experience or downright misery, but a little preparation can make all the difference.

#### 6. Tech gear

Most bushwalkers carry a head torch, mobile phone, a camera, and maybe a GPS too. Batteries do not like freezing temperatures – you might find devices unexpectedly dieing on you unless you keep the batteries warm.



A useful trick is to keep a spare, fully charged battery in an inner jacket pocket, ready to swap with a cold battery. Of course, this only works if the device has a removable battery. Devices such as cameras that you use during the day should be carried in an inner pocket. Solar chargers are useful for extended trips, but only if you anticipate good weather.

“

Snowshoeing can be tough. ... But the rewards can be very special.

### 7. Light is right

You'll need more gear in winter, but that doesn't mean you can't still pack light. The more experienced you are, the more you will learn about yourself and about what you really need and more importantly actually use. Packing light is all about removing the "just in case" items where (and only where) it's safe to do so. Base this on the forecast and your planned trip, and replacing older heavier items with new lighter alternatives. There are limits to sensible weight saving and there are certainly some absolute essentials that you should not leave behind in winter:

spare head torch batteries (or, better, a spare torch/emergency light), ample stove fuel, multiple pairs of gloves, sufficient warm layers, and spare dry socks!

### 8. Sound information

Effective planning needs quality information. I recommend speaking with the staff of a local outdoor/ski store who have recent experience in the mountains and current snow and weather conditions. Nowadays there's a huge amount of information available online, although reliance on the web can be misleading; compared to first-hand and knowledgeable personal information. Much of it applies equally to summer or winter. A good map is the best starting point. Next on the list should be a reliable and up-to-date weather forecast.

### 9. Be inspired

Snowshoeing can be tough. It's hard work, your pack weighs a ton, and finding the perfect place to pitch your tent can feel impossible when the wind is gusting and spindrift is hurtling in all directions. But the rewards can be very special. These include



full moon jaunts to ridge tops and mountain peaks; the starry skies and southern lights; skills learnt for journeys and exploration to other places and higher mountains; satisfaction of staying warm in wintery places following blizzards and gale-force winds with large snow falls.

### 10. Remember to have fun

Explore new places and use maps to go to different locations and also change the directions you travel to reach those places.

What you need to remember, especially with snowshoes, is that it's essentially like walking. Snow is the variable and so more time is needed on the trip to plan ways to get to places.

This winter a number of “Come & Try” Snowshoeing Events at Perisher plus also a number of dedicated snowshoe trails for you to experience. Check [www.wildernesssports.com.au](http://www.wildernesssports.com.au) for more information.

The original snowshoe race in Australia is the Snowy Mountains Snowshoe Stomp at Perisher on 27 August, with 6 kilometre and 12 kilometre races and also some fun events over the weekend.

Other events to watch are the new [Bigfoot Snowtrail Event](#) a new distance event at Falls Creek on 17 September, 27 kilometres and 42 kilometres.

Look for some additional events in Perisher like Snow Rogain and Orienteering Events plus “Come & Try” Events.



Bruce started guiding in the early 1980s, working with World Expeditions, and has over 25 years Telemark teaching ski experience. Bruce has made [Wilderness Sports](#) in Jindabyne into Australia's largest backcountry hire and guiding business, attracting passionate and knowledgeable staff. He simply loves the mountains and the sports which occur in them! He knows a lot about the history of the ski and outdoor industry over the last couple of decades, the equipment they used and the future direction and future of the mountain sports. You can follow him on [facebook.com/OZWildernessSports](https://www.facebook.com/OZWildernessSports).





# Birds on bushwalks

Eva Gomiscek



Walking down the track you hear a beautiful sound. You know it's a bird, but which one is it? Do you know the birds of Australia?

Eastern Spinebill about to feast on a Waratah  
landsmith

Australia has more than 890 species of birds, about half of them endemic, meaning they only live here. You'd think that with such a large number of different birds we're at the top of the [list](#), but many countries have a larger number of bird species, starting with Columbia, which has 1821.

We focused on the ones that can be found while bushwalking.

For instance, do you know which is the smallest bird in Australia? It's the **Weebill**. Although small, it has a loud whistling voice that makes up for it. You can find it anywhere across Australia, just listen for its call. To find it, search for a 8 to 9 centimetres olive-yellow bird that has a grey bill, brown wings, pale yellow eyes and grey feet.

The rarest bird in Australia is the critically endangered **Western Ground Parrot**. There are only 140 birds still living. You can spot them at a handful of sites in the Fitzgerald River and Cape Arid National Parks on the south coast of Western Australia. They have also been recorded in the Nuytsland Nature Reserve and Waychinnicup–Many Peaks area. Read more about the bird on the [Friends of the Western Ground Parrot website](#).



Weebill  
Patrick\_K59



Western Ground Parrot  
Brent Barrett



Male Superb Lyrebird  
Brian Ralphs

The special one is the **Superb Lyrebird**. This one metre long bird with brown and grey plumage has a fantastic ability to accurately mimic a **huge variety of sounds**. The male's tail has sixteen feathers, with the two outermost together forming the shape of a lyre.

The **New Holland Honeyeater** (image below) is about 17 centimetres in size. It's streaked black and white, has a distinctive large yellow wing patch and yellow edges on the outer tail feathers and a small white ear patch.

**Lewin's honeyeater** is about 21 centimetres long in dark greenish grey colour. It has a creamy yellow gape (fleshy corners of the mouth) and large yellowish crescent-shaped ear patches that differentiates it from other honeyeaters.

**Grey Shrike-thrush** is also known as a Grey Thrush or a Joe Wicky in Tasmania. It is about 24 centimetres long with (as the name tells) grey plumage and a special gift for ringing melody.



Lewin's Honeyeater  
Ian Smith



Grey Shrike-Thrush  
Cameron Semple



New Holland Honeyeater  
Brian Eglinton

**Satin Bowerbird** is has violet-blue eyes with completely shiny black plumage that seems metallic blue. They got their name for the courtship ceremony. Males build specialised structures (bowers) of sticks and colourful objects, including berries, flowers, and even ballpoint pens, drinking straws and other discarded plastic items like clothes pegs.



Female Bower Bird  
Cameron Semple

**Olive-backed Oriole** (image below) is about 25-28 centimetres long with head and back in olive-green colour grey wings and tail and a light coloured chest with black streaks.

**Eastern Spinebill** (image at the start of this article) is about 15 centimetres long, and has a distinctive black, white and chestnut plumage, a red eye, and a long downcurved bill. The best time of day to spot spinebills is around breakfast. They love to eat early in the morning, particularly in the first 90 minutes after they wake up.

### Learn more

There are several websites on the topic.

Birds in and around your backyard  
[backyardbuddies.net.au](http://backyardbuddies.net.au)

Birds in Blue Mountains and Sydney  
[bmbirding.com.au](http://bmbirding.com.au)

If you don't know which bird you saw – try these websites

[birdsinboxyards.net/finder](http://birdsinboxyards.net/finder) or  
[birdlife.org.au](http://birdlife.org.au)

To learn of sounds of birds download one of these apps

[Bird Calls](#) for iPhones or  
[Australian Birds Sounds](#) for Androids

Have fun searching and exploring bird life next time you're on a track.



Olive Backed Oriole  
landsmith

# EcoCheck: Australia Alps are cool, but the heat is on

Dick Williams & James Camac



EcoCheck series takes the pulse of some of Australia's most important ecosystems to find out if they're in good health or on the wane.

Mt Olympus from the Overland Track, Tasmania  
Ryszard Stemachowicz

Think of an Australian landscape and you're unlikely to picture snow-capped mountains or alpine meadows. But that's what you'll find atop the peaks of the country's south-eastern corner.

Although relatively small – covering about 11,000 square kilometres or 0.15% of the continent – these alpine and subalpine ecosystems have outstanding natural value and provide billions of dollars' worth of benefits to the nation each year.

They are in comparatively good health but are facing numerous threats. However, their health in decades and centuries to come will depend largely on how we deal with these threats now.

Australia's main alpine and subalpine areas are the Snowy Mountains in New South Wales, the Bogong High Plains in Victoria, and central and south-western Tasmania. They occur above about 1400-1500 metres on the mainland, and 700-1000 metres in Tasmania.

Although Australia's mountains are relatively low by global standards (Mt Kosciuszko, the continent's highest peak, rises only 2228 metres above sea level), there is true treeless, alpine vegetation above the climatic treeline.

“The Australian Alps are hugely important for conservation, water production and recreation.”

Treeless patches may also occur in the high subalpine zone, just below the treeline, typically on rolling high plains where accumulations of cold air or water prevent trees from establishing and growing.

The alpine climate is cold, wet, snowy and windy, with a short growing season. The soils are highly organic and can hold tremendous amounts of water. Alpine plants are short: mostly tussock-forming snow grasses, rosette-forming herbs such as snow daisies, and ground-hugging shrubs.

The dominant plant communities are grasslands, herfields, heathlands and wetland complexes rich in peat moss

(*Sphagnum*). The animals are mostly invertebrates such as moths, grasshoppers and ants.

The Australian Alps are hugely important for conservation, water production and recreation. Most alpine areas are within national parks and are home to many unique plants and animals.

There are about 700 native alpine plant species on the mainland, while some animal species are extremely rare – there are only about 2000 mountain pygmy possums in the wild.

Major rivers – such as the Murray, the Murrumbidgee and the Snowy – begin in the Alps. Water from alpine catchments is worth \$9.6 billion a year to the Australian economy.

Millions of people visit every year to camp, walk, ski, ride and take in the scenery. The Alps are one of Tourism Australia's “National Landscapes” and the local tourism industry is worth hundreds of millions of dollars annually.

### Highly studied

The alps also have a rich history of scientific study, dating back to celebrated botanist Sir Ferdinand von Mueller in the 1850s. Pioneers of Australian alpine ecology, Alec Costin and Maisie Carr, established some of the earliest study sites. Research continues to this day and now includes international climate science projects such as the International Tundra Experiment and the Global Research Initiative in Alpine Environments.

These scientific discoveries about alpine flora and fauna, and the factors that affect them, have directly informed land management practices.

We now know that high levels of vegetation cover are needed to protect alpine catchments; that livestock grazing damages alpine ecosystems; how to better implement cost-effective weed control; how to better manage small Mountain Pygmy Possum populations; and that large, infrequent fires do not necessarily cause “ecological disaster”.

### Existing and emerging threats

Alas, the alps face multiple threats, including global warming, invasive species, disturbances such as fire, increasing pressure from human recreation, and unsound ideas about how to manage the high country.

The climate has already changed. Since 1979, average temperatures during the growing season on the Bogong High Plains have [risen by 0.4°C](#), while precipitation has [decreased by 6%](#). Since 1954, the depth and duration of the snowpack in the Kosciuszko region have [declined](#).

Rising temperatures are a serious problem because the Australian Alps are relatively low mountains and the alpine species, already at their distributional limits, have nowhere else to go. Woody vegetation

“Rising temperatures are a serious problem because ... the alpine species ... have nowhere else to go.”

may increase – the treeline may rise and shrubs are likely to expand into grasslands and herb fields, which may make the landscape more [prone to fire](#).

Mainland alpine ecosystems can [regenerate](#) after large fires. But Tasmania’s alpine vegetation is [extremely fire-sensitive](#), and more frequent fire is likely to be detrimental to all alpine ecosystems.

The threat of livestock grazing to alpine ecosystems has [all but ceased](#). However, feral animals and plants are a clear threat and will become more difficult to manage in the future without concerted action now.

Horse and deer numbers are [increasing with alarming speed](#). These animals are occupying habitats well above the treeline. Many alien plant species have [invaded](#) the alps over the past half-century, a trend likely to be exacerbated by climate warming.

We also need to be wary of maladaptive ideas and practices, particularly those concerning the putative benefits to the alps of large non-native grazing animals. We have variously been told that “alpine grazing reduces blazing” ([it doesn’t](#)); that grazing combined with burning has “[actually prevented soil erosion](#)” ([it didn’t](#)); and that a “sustainable, viable” feral horse population can “[co-exist](#)” with the alpine environment (surely an oxymoron). There may be strong cultural imperatives behind these propositions, but they have no basis in science.

There is cause for hope, however. The Australian Alps are on the [National Heritage List](#), which is protected by federal law.

There is also still time. The world is [acting on climate change](#). Some species may adapt [genetically](#), while some likely changes to vegetation may happen [slowly](#). Scientists and land managers are working together to anticipate and manage change in the alps.

Change is [inevitable](#), but with enough research, imagination and action, our high country will provide Australians with high-value environmental benefits for generations to come.

#### Dick Williams

Adjunct Professorial Fellow, Research Institute for the Environment and Livelihoods, Charles Darwin University

#### James Camac

Postdoctoral Research Fellow, Macquarie University

The article was first published in [The conversation](#) (an independent source of news and views, sourced from the academic and research community and delivered direct to the public) on 29 April 2016.

# Magazines



## Wild 153 issue

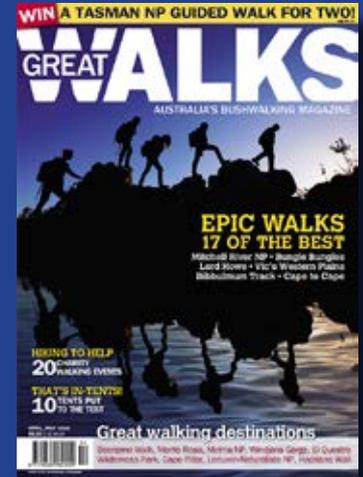
Wild, Australia's wilderness adventure magazine

This issue covers several iconic Australian adventures, including a paddling trip on Lake Yarrunga, a first look at the Three Capes Track, bushwalking the Tarkine and track notes for routes in Mount Barney National Park. Our international feature for this edition follows Dan Slater's expedition in the jungles of Colombia. You can also learn about how Australian forests evolved, read about tree climbing techniques or catch up with a rare breed of mountaineers in Tasmania: the Abelists.



## AG Outdoor May-June issue

From a massive adventure road trip through Utah and a first descent of a NZ whitewater river, through to an extensive guide to Car Camping and a remote trek into the East Himalaya, this issue covers all types of outdoor escapes. We reveal the hidden secret that is the NSW Shoalhaven coast, explore the fantastic Cook Islands and offer expert advice on the different types of camping stoves. Yep, it's another grand issue of the best adventure mag on the planet.



## The Great Walks April-May issue

- WA walking special
- Two-person tent review
- The world's great wall walks
- Outdoor photography
- 18 charity walking events



# Megaliths, Dolmens, Feng Shui and Tents

Stephen Lake



There's a lot of history behind where we camp, spanning 7000 years and many countries.

Townsend rock  
Stephen Lake

A [megalith](#) is a large stone that forms a prehistoric monument: a standing stone or part of a series such as a circle. A [dolmen](#) is a megalithic tomb with a large flat stone laid on upright ones, found chiefly in Britain and France. Between 5000 BC and 500 BC, megaliths and dolmens were constructed in Europe. The location of megaliths and dolmens can apply to contemporary bushwalkers.

Megalith sites may be on level ground on a spur, with ridges around the spur. Chinese have [Feng Shui](#) to determine optimum siting of buildings. Vastly simplified, Feng Shui would often put a building under the lee of the surrounding hills on slightly elevated ground. Proximity to water is good. Megaliths, dolmens and Feng Shui have similar characteristics.

Megaliths and dolmens are often aligned to astronomical events such as a solstice, an equinox or a sunrise. [Stonehenge](#) in Wiltshire, England, is one of the best known. One school of thought suggests that ancient man was tuned to earth forces. For example, Christian churches are built on sites of Iron Age hill forts, which were sites of earlier sun god temples. Could there be some connection between the preceding and contemporary bushwalkers? Cautiously, there may be a link.

With limited knowledge of the above, bushwalkers are continuing this tradition. High spots give good views. The lee side of rocks or the hill protects tents from the wind, frost hollows are avoided, and the morning sun can flood the tent with warmth, useful after a cold night. This is not quite the same as a 2000 BC megalith or dolmen, but who carries a 70 tonne rock to sleep under? (Paddy Pallin no longer has the dehydrated version.)

Wherever possible I try to camp high. The views are best, especially sunset, and if I can drag my weary body out, sunrise. Also, it's invariably downhill from camp. Some of my best campsites more or less meet the megalith, dolmen and Feng Shui specifications. In Victoria, the West Peak of Bogong has a sheltered spot just off the summit. Near Cope Hut is a hollow in a hill under the main ridge line and above the valley floor. In the night it blew, but our tent was sheltered. I stood up, and was buffeted. Moving out and more wind. About 20 minutes later a party member was lifted up! Mt Cope has fairly sheltered summit campsites. Viking summit has sites, with others nearby.

In Kosciuszko National Park, behind Grey Mare Hut on Strumbo has a fair site, sheltered on three sides, nearly level, great views. Just south of the summit of Tate there's a fair to good site, sheltered if the wind does not blow. Mann Bluff has a good site with rocks and terrain on three sides. [Gungartan](#) has a lovely summit campsite, if somewhat exposed, sometimes with a water outlook. The east side of [DuCane Gap](#) in Tassie has a lovely exposed spot.

“[Ley lines](#) are hypothetical alignments of a number of places of geographical interest, such as ancient monuments and megaliths.” It could be said that bushwalks follow ley lines – car parks, summits, ridges, and campsites.

If you look carefully you will find camp sites such as the above. Use them and you will be continuing a tradition that is 7000 years old.

“Wherever possible I try to camp high. The views are best, especially sunset ...

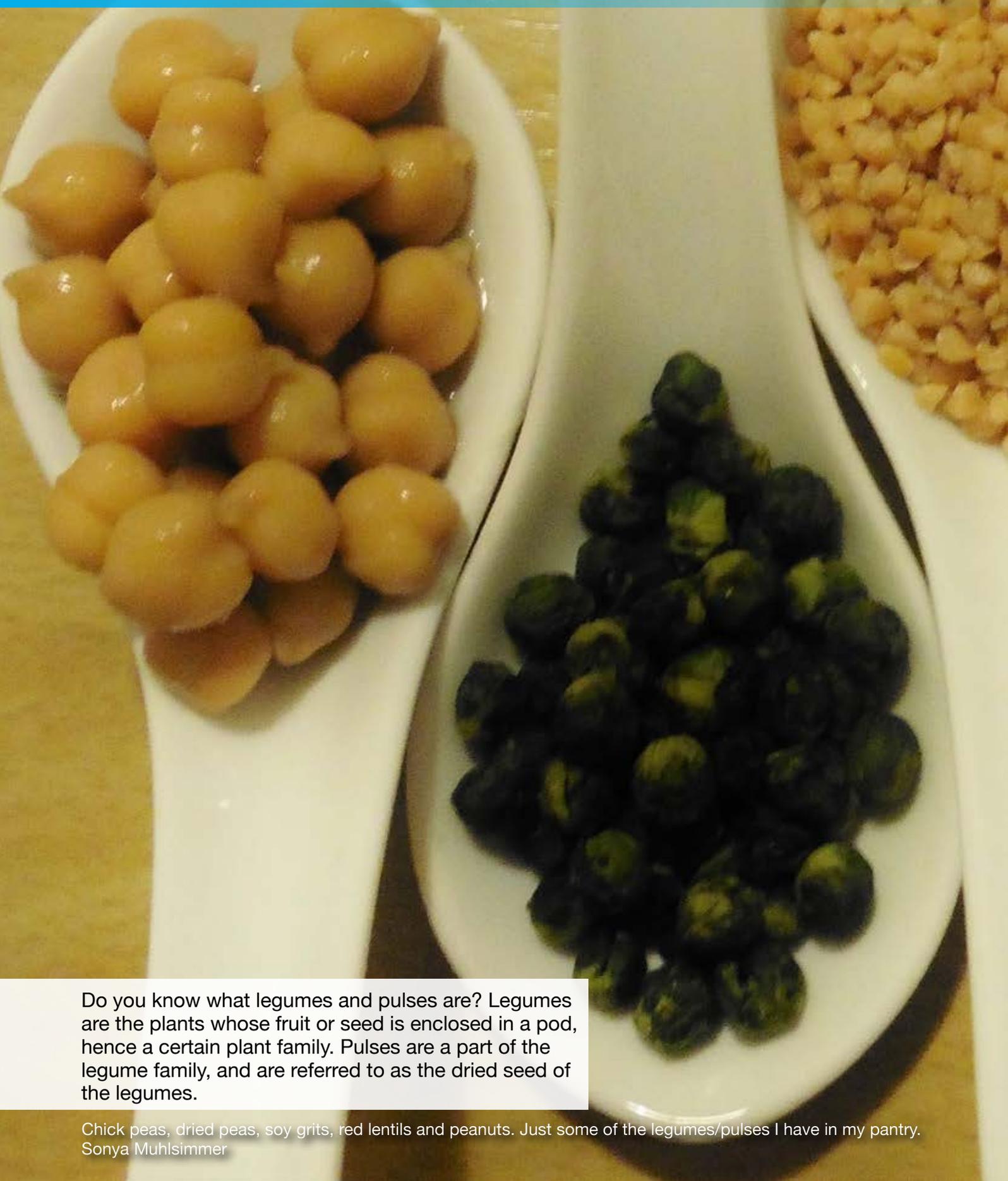
“... bushwalkers are continuing this tradition.



Stonehenge  
Gareth Wiscombe

# Legumes and Pulses

Sonya Muhlsimmer



Do you know what legumes and pulses are? Legumes are the plants whose fruit or seed is enclosed in a pod, hence a certain plant family. Pulses are a part of the legume family, and are referred to as the dried seed of the legumes.

Chick peas, dried peas, soy grits, red lentils and peanuts. Just some of the legumes/pulses I have in my pantry.  
Sonya Muhlsimmer



So, I bet you have all eaten peas, baked beans, nachos (with those kidney beans in it), soy sauce, peanut butter and even hummus at some stage right. What about lentils? Maybe not as much, right? Do I hear some of you say lentils are only for those, um, vegetarians? Well, fear not of the humble pulses. They are for everyone.

Pulses are known to contain about twice the amount of protein found in whole grain cereal. Protein helps our body recover after a hard day out on the track. Pulses are also a good source of iron, which is needed for oxygen transfer through the body. Pulses are also a good source of complex carbohydrates with a low GI. This is where your energy comes from. And lastly they are

packed full of micronutrients, calcium and B vitamins. Oh I nearly forgot, they are gluten free too.

By the way, did you know that 2016 has been declared the International year of pulses? I just found out recently. Some organisations are asking people around the world to make a pledge to increasing pulses in the diet. Your physician will confirm that having a pulse is good.

Why is there a year dedicated to the legumes and why should you increase your legume intake? They are so good for you, read on. You don't need to be a vegetarian to eat good food like this. Here are two recipes that can help with your pledge.

# Chick Pea Patties

Chickpeas have all the good nutritional stuff as mentioned before, and they are very versatile. Chickpeas can be made in hummus, falafels, added to curries or made in to patties. Yum, there is so much good food to choose from here. Apart from having a hard time choosing what to eat, at least you will know your health will benefit from eating pulses. Scientific studies have shown that eating chickpeas, and other pulses can result in better satiety (that is you will feel fuller for longer) good bowel health, can also lower cholesterol and could lower the risk of cancer. My pledge is to spread the word on the humble pulse, and to eat more. What will your pledge be? Just a hint with these patties, cook these up the night before and have them for lunch. Also, the best way to eat these is in a wrap or mountain bread with tabouleh.

## At home preparation

Label the bags and place all ingredients into the allocated bag and container. Copy or print out Method at camp and keep together with the bag.

## Method at camp

Place the contents of the pattie mix bag into a bowl. Slowly add  $\frac{1}{3}$  cup of water, stirring through to make a paste. Place oil in the pan and put over a low heat.

With a spoon scoop out a heaped Tbsp and add it to the pan. Cook for 2 to 3 minutes, flip over when the underside is golden brown and flatten down with a spoon. Cook for another 2 to 3 minutes until the pattie is firm to touch. Serve.



## Bag 1 (pattie mix)

Chick pea flour	$\frac{1}{2}$ cup	30 grams
Almond meal	2 Tbsp	24 grams
Bread crumbs	2 Tbsp	90 grams
Egg powder	1 Tbsp	80 grams
Vegetable stock	$\frac{1}{2}$ tsp	62 grams
Ground cumin	$\frac{1}{4}$ tsp	45 grams
Ground coriander	$\frac{1}{4}$ tsp	44 grams
Mustard powder	$\frac{1}{4}$ tsp	32 grams
Dried onion	$\frac{1}{8}$ tsp	3 grams
Dried garlic	$\frac{1}{8}$ tsp	
Dried chilli	few pinches	
Salt, pepper	few pinches	

## Container

Olive oil	2 Tbsp	30 grams
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**Water** -  $\frac{1}{3}$  cup

## Meat option (Bag 1)

Pork crackling	1 Tbsp	7 grams
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# Lentil Soup

Lentils, soy grits and peas are all in this dish. It is a mighty soup. Mighty as it is not only tasty, easy to make but it is so good for you too. By the way, if you are after a gluten free version of this recipe, just check the beef jerky as some brands contain wheat.

## At Home Preparation

Chop the mixed peel as fine as you can. Label the bags and place all ingredients into the allocated bags and container. Copy or print out Method at camp and keep together with the bags.

## Method at Camp

In a bowl add  $\frac{1}{2}$  cup of water to cover the lentils (Bag 1), leave to soak for a minimum of 15 minutes. Discard the water and then add another  $\frac{1}{2}$  cup of water and let soak for another 15 minutes. Meanwhile, in a pot add 2 cups of water and add the contents of Bag 2 (vegetable mix) the sun dried tomato and beef jerky. Soak the vegetables for about 10 mins. After the soaking time, add to the pot with the vegetables to the stove, bring to the boil and simmer for about 5 minutes. Drain the lentils and add them to the pot, cook for a further 8 to 10 minutes, stirring occasionally. Serve with a drizzle of olive oil.

## Hints

Soaking the lentils for as long as possible helps remove dirt, minimises cooking time and removes some complex sugars that can produce flatulence. The more soaking and changing the rinse water, the better it is.

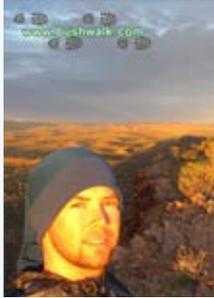


Red lentils	4 Tbsp	75 grams
Soy grits	1 Tbsp	25 grams
Dried peas and corn	2 Tbsp	15 grams
Fried shallots	2 each	12 grams
Dried mushrooms	$\frac{1}{2}$ cup	7 grams
Vegetable stock	$\frac{1}{2}$ tsp	3 grams
Mixed peel	$\frac{1}{8}$ tsp	1 gram
Dried onion	$\frac{1}{8}$ tsp	1 gram
Dried garlic	$\frac{1}{8}$ tsp	1 gram
Italian herbs	$\frac{1}{4}$ tsp	1 gram
Ground chilli	few pinches	
Salt, pepper	few pinches	
Sun dried tomatoes	2 each	10 grams
Beef jerky		25 grams
Olive oil	1 Tbsp	15 grams
Water	1 cup for soaking	
	2 cups for cooking	

## Vegetarian option

TVP beef slices	5 each	10 grams
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# Bushwalk Australia Digital Magazine



## First edition

- What is Bushwalk Australia
- Larapinta Trail NT
- Our adventurer – A2K
- 10 things that ensure your rainshell is up for the walk



## Walking in Summer

- Nadgee Wilderness & The Coast Track RNP
- Heat illness in the field
- Is it safe to walk?
- Making water safe to drink



## A lifetime of walking

- What is BWRS?
- Dealing with emergencies
- Wilderness communications
- Are you in a Club yet?



## Autumn edition

- Aboriginal rock art
- Bushwalking Tracks round Sydney and beyond
- Was the heat an outlier or a taste of things to come?
- How to make your feet love you



## Winter edition

- Two Weeks in Fiordland – Tips on trip planning
- Guthega River Snowshoe
- Snowshoeing – Tips to get started
- Hypothermia in the field



## Winter wanderings

- Dehydrating food
- Snowshoe walk – Wheatley Circuit
- Colong Wilderness Walk
- Sydney Harbour & Coast Walk – The Inaugural Walk



## Best of Australia

- Best walks in Australia
- Bushwalking blog
- The AAWT for Peter Mac
- Sea to Summit Ultra - SIL



## Keep your cool

- Hornsby To Mt Kuring-Gai
- Our national parks need visitors to survive
- What is a Total Fire Ban day?
- Sports Drinks And Electrolytes



## Best of ACT

- ACT's Best Walks
- Gardens of Stone
- Powering the 21st century bushwalker
- Terra Rosa Gear
- A Quick Guide to Blister Prevention for Bushwalkers



## Best of QLD

- Best walk in Queensland
- Toolona Creek Circuit and other walks in Queensland
- Walking with insects
- A quick guide to foot blister treatment



## Best of NT

- Best walks of Northern Territory
- Kakadu-bushwalking on Aboriginal land
- Larapinta track
- Jatbula trail
- Rescue: inside and out



## Best of WA

- Western Australia Offers A Hike For Everyone
- Western Walking Club
- Native Forests and Logging



## Best of SA

- Best walks of SA
- A Weekend in Deep Creek Conservation Park
- The Friends of the Heysen Trail
- Review Bungy Pump Poles



## Best of TAS

- Best walks of Tasmania
- Overland Track
- South Coast Track Adventure
- Rescue at Cradle
- TasTrails.com



## Best of VIC

- Best walks of Victoria
- Wilsons Prom
- Fortress
- Aarn Pack Review
- AussieHikingTours.com



## Best of NSW

- Best walks of New South Wales
- Wolgan Gorge Adventure
- Southern Shoalhaven Coast Walk
- Warbonnet Hammock Review

