



Tablelands Bushwalking Club Inc

The Tablelands Bushwalking Club

Newsletter – July - August 2016

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If a Walking Trip is Delayed – What Your Emergency Contact Needs to Know.

Occasionally trips are delayed due to unforeseen circumstances. Before leaving on a Tablelands Walking Club (TWC) outing you should tell your emergency contact (family member or friend) where you are going and give them a copy of the phone numbers of the Committee Members as members of the Management Committee will be the Contact Officers.

Contact should be with **any member of the Tablelands Walking Club Management Committee**. The phone numbers of the committee members are found at the beginning of the Walks Program or the Newsletter. Move down the list until you find someone at home.

If there were a situation that required a search or rescue, members of the Committee would liaise with experienced walkers within TWC and with the Police and SES. They will also hold membership details for all TWC members, including the name of a family member or friend to contact in case of delay or emergency.

The articles and information in this document are printed in good faith. The club does not accept responsibility for errors or omissions in this document or for the manner in which the information contained in this document is interpreted or implemented.

Camel Treks. Hawker. South Australia

by Morris and Deb Mitchell

After our Great Ocean Walk we visited the Flinders Ranges for a week to do a Camel trek on Wonoka Station. On first meeting Karen and Paul who are Camel Treks Australia it was as if we were old friends whom we had not seen for a long time and when we first met the camels it was just the same, everyone is just part of one big family, everyone has their own personalities but Tanami, a four year old camel is just the best mate one could have.



The care and concern for clients and camels was phenomenal with nothing too much trouble and Karen and Paul's insight is very wide ranging, including the history of the land and surrounding region and the knowledge of how camels work and fit into the environment.



The property is typical Flinders Ranges type desert, way above the Goyder line, and it contains so many hidden treasures some of which we were shown, different ones every day, to ride a camel

along the old Ghan line was a much appreciated experience and to see wedge tail eagles just cruising on the thermals and their nests was for us a magical experience as part of our lives is spent as wildlife carers with raptors.



The food was varied and fresh every day and well prepared by the girls especially for us as individuals to suit our tastes and preferences. To wake up in a top class swag in the middle of a clay pan at around 4am and have a full moon on one side and piccaninny dawn on the other side and listening to Rodrigo's Concierto de Aranjuez Adagio on the I pod, was a once in a lifetime experience and a great way to add another tick to the bucket list, overall a great experience with very special people.



We were thankful to Karen, who made this possible by putting on a special trek to suit our itinerary dates, Paul and staff and the other guests and especially Tanami for this chance to experience the Flinders Ranges in a very special way, an experience where everyone would gain peace of mind and satisfaction in this life.

Review: Therm-A-Rest Neoair Xlite mat
Great Walks Enews 8 June 2016

Matt Gunn reviews Therm-A-Rest's lightweight Neoair Xlite mat.

"Remember the multi day hikes when at the end of the day all you had to look forward to was a blue yoga mat? My back still hasn't forgiven me. Today

there are multiple options, but when you get down to it, for me it's all about comfort and weight.

Ticking all the boxes is the Therm-A-Rest Neoair Xlite. It targets the "three season" market, but in the Australian climate, unless you're in the alpine region, with an R-value rating of 3.2, it's your four season buddy. It first grabbed my attention on the shelf in its stuff jacket where it was dwarfed by a water bottle and weighed a measly 350gm. Tick.

No pump required and I was able to inflate it without busting a lung. Tick. Once inflated and with my bag on it, I could easily adjust the valve and control the level of firmness. Tick.



Warmth. Yeah baby! The reflected body heat keeps you nice and comfortable when the temp in the tent drop. The tech speak is "The Triangular Core Matrix construction maximises insulating properties to keep the cold ground from robbing all your warmth". HUGE TICK.

Ok, so in the true spirit of balance, if you want to nit pick. Some may complain about the "lying on a bag of crisps" noise. For me, no issue, even less once your sleeping bag's on top. With the streamline, tapered, lightweight design, the compromise is width. If you toss and turn regularly, I suggest you either slip the mattress INSIDE your bag. TICK, or look elsewhere.

Finally, the price. It's not the cheapest on the market, but what price do you put on an awesome night's sleep? I feel now like I'm glamping. So much so I bought a Therm-A-Rest pillow!"

RRP: \$274-\$334 (depending on size)
Website: www.spelean.com.au

Check out Lord Howe's Seven Peaks Walk
Great Walks Enews 24 June 2016

Lord Howe Island's Seven Peaks Walk is a five-day guided adventure that takes you from the beaches and coral platforms to the mist forests of Mount Gower.

It's for experienced hikers who enjoy challenges by day – climbing Mt Gower, snorkeling trips and a guided boat trip – and luxury at night.

Some sections of this walking adventure travel along exposed narrow ledges across a 300m vertical cliff (protected by ropes).

Other sections will take you into the banyan forest rookeries of the Providence petrels. All groups are led by former park ranger and mountain guide, Dean Hiscox, from Lord Howe Environmental Tours, and supported by former United Nations ecologist, Luke Hanson, from Pinetrees Lodge.

Some sections of the walk are off-track and require a steady head for heights. You'll need to be fit – you should be able to walk 10km in three hours and climb 300 stairs in 20 minutes.

At the end of the day, hikers return to Pinetrees for hot showers, cold beer, great wine, four-course dinners and luxurious accommodation. This trip includes six night's accommodation, full breakfasts, lunches, four- or five-course dinners and use of all lodge facilities.

For more information about the trip and inclusions click [here](#); you can also **contact** Pinetrees Lodge for information and to book.

Get Remote with ExploreOz Traveller app

Great Walks Enews 14 June 2016

A new app is now available to help you plan trips to some of Australia's most remote regions.

ExplorOz Traveller gives you offline auto-routing for trips such as the Canning Stock Route, Cape York, Flinders Ranges, Gunbarrel Highway, Kidman Way, Simpson Desert, Tanami Track and more.

The routes include photos, places to see, campsites, permit needs and the best times of year to visit and area.

It also has trip notes, including difficulty and vehicle requirements, and fuel usage estimates (and where to fill up).

Plus, the app can also plan and record your movements on separate map for live viewing, sharing and saving, so your family can access your trip and overnight stops.

It has three types of maps: street, satellite, and (topo)graphic. Topo maps are available both on and offline; so is the POI list for caravanners and campers, which you can access and contribute to as you go.

ExplorOz Traveller is available for iPads, iPhones, Android phones and tablets, and is available now from the App Store and Google Play (AUD\$59.99). The Premium Map Pack (AUD\$49.99) and Track Logger (AUD\$29.99) are available by in-app purchase – for more information click [here](#).



Fully Supported walk exploring NSW's stunning Sapphire Coast

We are very excited to release yet another new fully supported walking experience. This 3 day guided Light to Light walk explores the beautiful Sapphire Coast in NSW near Eden. Travel along the coastline from Lighthouse to lighthouse exploring a dramatic kaleidoscope of contrasts from the striking 320 million years old red rocky outcrops to coastal forests a diversity of stunning coastline and habitats.

No overnight packs to carry

This walk is fully supported, no overnight bags to carry, walk with as little as a day pack with your water and camera. Evenings are spent at the charming Seahorse Inn Hotel enjoying wonderful meals in the restaurant. Hurry limited places available.

2 departures: 7th – 9th Oct '16: 3-5th March '17
Hurry limited to 10 people per tour

Check out some of our other 3 day walking holidays coming up in the next few months. Some of these have great spot specials. Click on the tours names to find out more...

SEPTEMBER:

16th - 18th: [Three Capes Walk](#)
23rd - 25th: [Bruny Island Walk](#)

OCTOBER:

7th - 9th: [Light to Light Walk](#)
14th - 16th: [Six Foot Track Walk](#)
14th - 16th: [Flinders Island Walk](#)
21st - 23rd: [Bay of Fires Walk](#)
21st - 23rd: [Cradle Mountain and Walls of Jerusalem](#)
24th - 26th: [Three Capes Walk](#)
28th - 30th: [Bruny Island Walk](#)



Clean Up Ella Bay crew 2016

Be a better hiker with these six tips

Great Walks Enews 18 July 2016

Words_Marcus O'Dean

Use a smaller pack. While you may need a 70-litre-plus pack for skiing or snowshoeing, by judicious gear selection, you may get away with a 45-50-litre pack. I used to love the old Summit Gear Warrigal Aussie-made gems. Known as day-and-a-half packs, they fitted all I needed for a four-day Budawangs sojourn (with a loaf of rye bread) and we travelled fast and far. Naturally, if you are on extended walks with no resupply, temper this with common sense.

Multi-use items. The cord you use to support your light fly shelter between trees or sticks can double to lower your pack and gear down precipitous cliff lines. Why carry an extra rope? Carry that principle to a recycled wine cask bladder that you use to carry water to camp and can also be an effective neck cushion when you sleep. You get the idea. Look for those opportunities to take items that do double or triple duty.

An extra warm layer-two ways. You can save on expensive self-inflating mats, by getting a cheaper thinner budget one, placing it over a thin closed-cell foam mat and laying your folded spare clothes between the two layers for extra warmth and insulation. The large extra garbage bag, which weighs nothing, can be worn between layers when it turns out colder or sleeting and core temperature preservation is essential – just cut two arm holes and head hole. Bonus – a beanie on the head is worth two jackets on your back for warmth.

Take pressure off your joints. If you are walking in forested country like the Blue Mountains, grab two straight sticks about 1.5m long, cut shallow notches in one end and tie some wrist loops of cord on them and they'll do admirably for trekking poles (or you could just buy trekking poles – Ed), then use them at night to hold up one or both ends of your fly shelter. When you stop for a short breather, lean your pack against a tree and take the weight off your hips and shoulders. Also, keep your hip belt at the correct position and tensioned so it does its job.

Close and Heavy. Put dense, heavy items closer to your back in the pack. This keeps you better balanced through your centre of gravity being closer. Use weigh-nothing, draw-cord stuff sacks to compartmentalise your gear and keep a mental pack map of where everything is packed and do it the same way every time.

Light footwear pays. Most bushwalks do not justify heavy full leather boots with thick soles, especially if you minimise what's on your back and you relieve pressure with walking poles. US Army studies concluded that a kg on your foot was the

equivalent of 5kg on your back. Heavier boots tire your legs quicker and encourage sloppy foot placement.

Cleland Conservation Park is SA's park of the month

Great Walks Enews 19 July 2016

Cleland Conservation Park is being celebrated as South Australia's **Park of the Month** for July.

Conserving an important area of bushland in the Adelaide Hills face zone, the park is home to a network of walking and cycling trails, and the Cleland Wildlife Park.

These include one of South Australia's most popular walking trails – from Waterfall Gully to Mt Lofty Summit, passing scenic waterfalls and sensitive bog areas to views of Adelaide and its surrounds at the summit.

There are a number of other hikes, including Crafrers to Mt Lofty link trail, Bilba hike, Chambers hike and Wine Shanty hike; the long-distance Heysen Trail also passes through parts of the park.

The park is also home to the Southern Brown Bandicoot, the Yellow-tailed Black Cockatoo, old growth stringy bark forests, swamps and a range of native orchids.

To find out more or plan your visit, visit the [National Parks South Australia website](#) or the [Nature Play SA Blog](#).



Crossland's grave



Hartley Creek Falls