

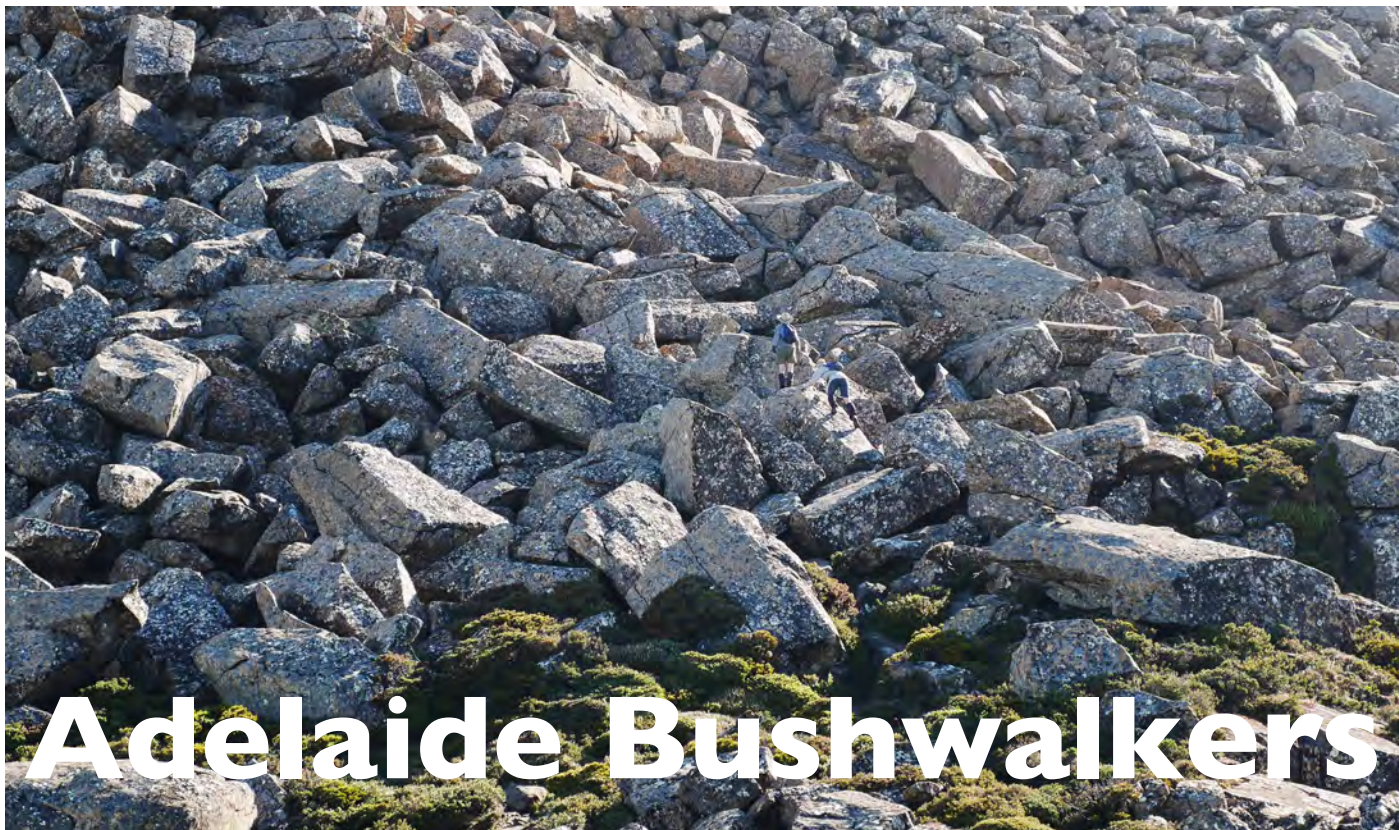
ADELAIDE BUSH WALKERS

# Tandanya



[www.adelaidebushwalkers.org](http://www.adelaidebushwalkers.org)

Volume 46 Number 1 Autumn 2016



# Adelaide Bushwalkers

Mt Anne,  
Photo: Arjunan Vikraman  
One of the images from the 2015  
Photographic competition

*“takes you places”*

## ABW Club information

The club meets at the North Adelaide Community Centre, 176 Tynte Street, North Adelaide on the first Wednesday of each month at 7.30pm (February to November)

## Annual subscription fees

Category	Normal	Student
Prospective Membership	\$60	\$30
Full Membership	\$60	\$30
Associate Membership	\$10	\$10

Family membership is no longer available for new members

## Contact details

Email: [info@adelaidebushwalkers.org](mailto:info@adelaidebushwalkers.org)

Web: [www.adelaidebushwalkers.org](http://www.adelaidebushwalkers.org)

Post PO Box 434, North Adelaide, SA, 5006

## Banking Details

Bank: Bank SA BSB: 105900 Account: 950 866 540 Account name: Adelaide Bushwalkers Inc.

## Membership queries

Contact the Membership Secretary Kate on 0410 660 562

or via email through [info@adelaidebushwalkers.org](mailto:info@adelaidebushwalkers.org)

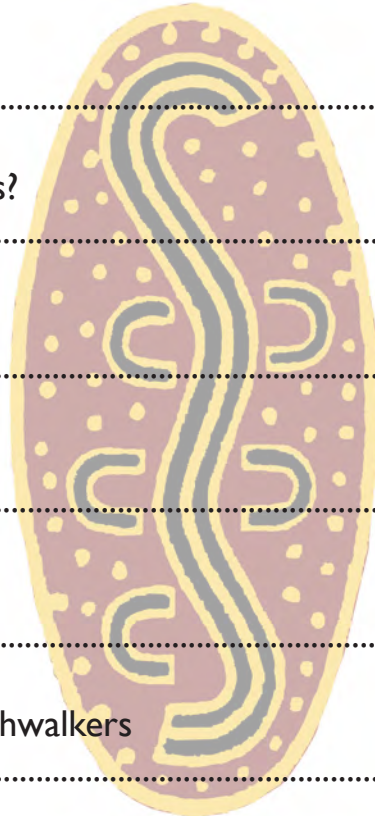
For privacy reasons, the names and contact details of other office bearers are no longer published in the magazine. Please use the contact details above.

# Tandanya

Season 2016 Volume 46 Number 1

## Contents

Walking in the Jagungal Wilderness Area, NSW Alex Donald.....	4
The Cazneau Tree Arthur Ward.....	8
Rogaining - is it for bushwalkers? Michael Round.....	10
The New Member Experience Sammi Lanyon.....	12
Palladium Canvas Boot Review Lee Marling.....	13
Reflections of a New Member Kerry Munro.....	14
The night sky landscape for bushwalkers Dr Ian Musgrave.....	16
The Final Frontier...Starts at Your Feet! Ben Campbell.....	18
2015 Photographic Competition.....	23



*The real voyage of discovery consists not in seeking new lands but seeing  
with new eyes.*

**Marcel Proust**

[www.adelaidebushwalkers.org](http://www.adelaidebushwalkers.org) • [info@adelaidebushwalkers.org](mailto:info@adelaidebushwalkers.org)

---

Close off date for next issue: 18th of May 2016

---

© 2016 Adelaide Bushwalkers Inc.

Material in this newsletter may not be copied or reproduced without written permission of Adelaide Bushwalkers Inc.  
Articles published in this magazine are the work of their authors and do not necessarily reflect the policies and views of Adelaide Bushwalkers Inc.

# Walking in the Jagungal Wilderness Area NSW

by Alex Donald



Mt. Jagungal

In mid-December 2015, my son Tom and I, set off for a four-day walk across the Jagungal Wilderness area. Located in the centre of Kosciusko National Park north of the main range, the predominant peak in the region is Mount Jagungal (2061m), the seventh highest peak in Australia.

We were pretty lucky with the weather which was generally fine, although a little warm for walking with packs, (maximum around 25 degrees). We planned to camp in our tents next to refuge huts, which are fairly common in the area. Managed by the Kosciusko Huts Association, most of the huts were built some time back with some rebuilt after fire swept through the area in 2003.

## Getting There

We drove from Adelaide, staying at Hay overnight, then on to Tumut via Wagga. We had planned to start the walk at the Round Mountain carpark at 4pm however when we reached Cabramurra at 3pm (about 40km from Round Mountain), the road was closed. Apparently the road had been closed for three days prior to us arriving and wouldn't be opened until 6pm that evening.

To fill in time, we visited Cabramurra where I learned that the road closure was due to a crane being transported to the Tumut Pondage dam wall

to carry out maintenance work. Cabramurra is a classic company town, of employees and families of 'Snowy Hydro', the company that operates the hydroelectricity schemes. The information centre had lots of information on the development of the Snowy Hydro scheme and how it operates today. We also learnt that Cabramurra is the highest permanently inhabited town in Australia (1488m).

Finally arriving at the Round Mountain carpark at about 8pm, we set off for a 2km walk along a fire trail and camped overnight at Round Mountain Hut. There was another group of bushwalkers staying at the Hut, one of whom was a barefooted bushwalker! After chatting, I discovered that he had been barefoot for the past eight years. As a member of the Society for Barefoot Living, he advocated its various health benefits.

## Day 1 – Round Mountain Hut to O'Keefes Hut

The next day Tom and I headed off (with boots on our feet) along the 12 km Farm Ridge track to O'Keefes Hut, the closest hut to Mt Jagungal. With spectacular subalpine scenery and a couple of creek and river crossings, the trail was easy to follow, although steep in some places.

Evidence of the 2003 bushfires still dominates the

landscape. Virtually all the snow gums had been destroyed leaving only dead trunks, some sprouting regrowth from their roots... not much after 12 years. Consequently, there was no shade and constant exposure to the sun sapped our energy.

As we reached the end of the Farm Ridge Track we turned south onto the Grey Mare trail where Mount Jagungal loomed in the distance. Our plan was to climb it after reaching camp that afternoon. I had read that a footpad existed from O'Keefes Hut leading up the mountain (albeit steep), and the climb was only about a 6 km round trip. I thought we could easily do this in the afternoon given the days were long at this time of year. We reached O'Keefes at about 2pm, rested and had some lunch. Tom and I then set out in search of the footpad leading up to the summit. We spent three hours working our way through the scrub, searching for a path. The scrub was exceptionally thick and only seemed to get thicker the higher we got. At about 6pm, totally exhausted, we abandoned our climb. Mount Jagungal had defeated us! We returned to camp a little disillusioned and slept well that night as the temperature dropped to eight degrees.

## Day 2 – O'Keefes Hut to Valentines Hut

The next day we headed off along the Grey Mare Trail towards Valentines Hut. After about 5km we came across a group of tents by the Tumut River where one of the walkers informed me that this was the usual 'basecamp' for climbing Mt Jagungal. There was a fairly clear path that could be followed and the climb from that direction was much less steep and much less scrub. Tom and I debated whether we should climb it (it would take most of the day),

but decided we should push on to Valentines Hut. The walk to Valentines was a long day. All-in-all about 22km south along the Grey Mare trail and then east along the Valentine trail. Again, the sub-alpine scenery was spectacular with some significant ascents and descents. No shade, and the March flies were fierce. We arrived at Valentines Hut at 4:30pm. The hut is situated next to a beautiful



Valentines



Alpine Scenery

alpine stream with a small beach, perfect for taking a refreshing dip, which we did!

As we approached Valentines Hut we could faintly hear people singing. As we drew closer we could make out the words and tune of a pop song (Taylor Swift I think!) As it happened there were two sisters (aged 16 and 18) camping at the hut for the night too. The older girl had almost completed The Australian Alpine Walking Track and had been on the trail for the last two months to raise awareness of the treatment of refugees. She amused us with some stories of her adventures / misadventures on the trail, including being chased by a bull and close encounters with wild dogs. Her website at <http://www.isabelbrown.com.au/> is worth a look.

### **Day 3 – Valentines Hut to Dershikos Hut**

The next morning the girls headed on to Guthega to meet up with their Dad. om and I retraced our steps back along the Valentine Trail and headed north along the Grey Mare Trail. We stopped for lunch at the interesting Grey Mare Hut, which had some derelict mining equipment situated close by. In the afternoon we pushed on to Dershikos Hut, just off the Round Mountain trail. At Dershikos we met a small group from the Wagga Wilderness Walkers club, who were planning to climb Mt Jagungal. That evening, the clouds rolled in followed by thunder, lightning and heavy rain. It was a wild night but our trusty tents managed to keep us dry, even though Tom felt like he was floating on the puddle that had grown under his tent. By dawn the rain stopped and we woke to the final day of our walk. The Wagga Wilderness Walkers abandoned their climb as the now enigmatic Mt Jagungal was engulfed in low cloud.

### **Day 4 Dershikos Hut to Round Mountain Car Park**

The 13 km walk along the Round Mountain track back to the carpark was pleasant with wide, open vistas and a cool breeze. We arrived back at the car by noon and headed off to Cooma where we had a shower, a pub meal and a beer (or two). Mostly we achieved what we had planned to do, with the exception of climbing Mt Jangungal. That will stay on my list for another day.



**Alex and Tom at Dershikos Hut**

**EVERYWHERE  
IS WALKING  
distance  
IF YOU HAVE  
the time .....**

- Steven Wright



**Scout  
Outdoor  
Centre**



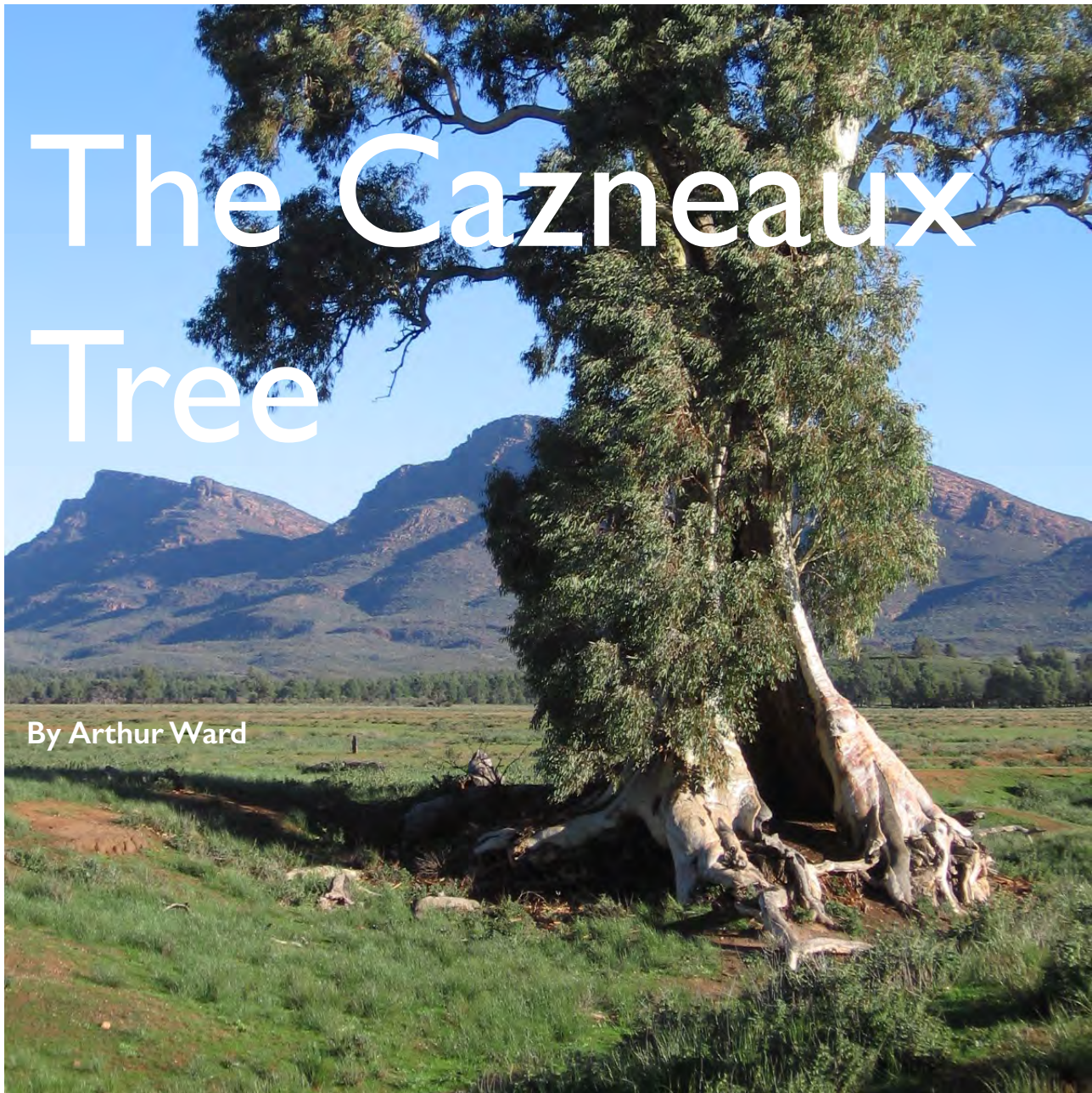
**Adelaide  
Bushwalkers**

*"Takes you places"*

**Adelaide Bushwalkers  
receive 10% Discount**

**In Store Only Excludes GPS,  
Watches, PLB's, Scouting  
Products & Sale Items**

08 8223 5544 - 192 Rundle Street Adelaide - [www.soc.com.au](http://www.soc.com.au)



By Arthur Ward

Renowned art photographer, Harold Cazneaux, is probably best known in South Australia for his 1937 photograph of a large old river red gum near Wilpena Pound. Cazneaux titled the photo “Spirit of endurance” and the tree itself is now known as the “Cazneaux Tree”.

See <http://www.artgallery.nsw.gov.au/collection/works/134.1975/>

On the right here is portion of a 1967 watercolour painting showing the tree from a viewpoint near to

that used by Cazneaux. On the left in similar format is my 2007 photo of the tree. From the website you will see that Cazneaux’s format was more artistic to emphasize the tree and that he even flipped the negative to achieve his desired result.

Since 1991 when Cazneaux’s grandson, Dick Smith, funded a plaque on site, the location of the tree near Wilpena Creek has been easy to find. Heading north on the Hawker to Blinman road, the turnoff to the tree west of the road is about 700 metres past the Wilpena turnoff.







# Rogaining – is it for bushwalkers?

by Michael Round

Rogaining is the name given to what is both a sport and a recreation and in it, teams of 2 to 5 people navigate across country on foot along a route of their own choice to collect as many control points as possible in the time available with events generally lasting 3, 6, 12 or 24 hours. Each event provides a different type of challenge physically but the 24 hour event is the classic and involves 60 or more control points covering 180 km<sup>2</sup> or so of countryside. The word rogaining is the rebranding of what was previously known as the 24 Hour Walk which began in Victoria and was introduced to SA by the Adelaide University Mountain Club in 1963. ABW organized and set the physically demanding 24 hour event of 1969 which was based at Waterfall Gully with the controls located along the escarpment and in the hills. ABW ran its own annual 12 Hour walk for several decades until it died out about eight years ago due to lack of support. Despite that, there are a number of ABW members who are currently very actively involved in rogaining.

So what's the attraction for bushwalkers? Top of the list of course, is that rogaining is a lot of fun and I can hardly think of a happier looking bunch of people than those gathered around the fire at the end of an event enjoying the companionship and

food while awaiting the results to be announced. (The food and catering never fails to be outstanding at these events!) But besides the fun, bushwalkers can benefit greatly from rogaining because it gives the opportunity to practice and improve navigation skills and perhaps the chance to discover that maybe you aren't as sharp as you thought! Another benefit is that it helps you get fitter (and ditto!) and the 12 and 24 hour events also give you the opportunity to navigate at night. Several years ago there was even an 'upside down' 12 hour event run entirely overnight and based at Saunders Gorge with the map vetted by ABW's Arthur and Ann Ward.

Rogaining can also be inspiring because it demonstrates what is possible! For example, the winning team at the national championships held on Holowilena Station (east of Hawker) a decade or so ago, covered over 120 km and completed the course with time to spare. Obviously that took great fitness but navigation is always the key. Most people go rogaining with friends but given the choice, most people wanting to do better at an event would look for a partner who is a better map-reader than themselves. Provided the map reading isn't compromised, a fitter partner can also see you finish higher up the table. That may sound like a recipe for suffering but then I did say that rogaining is about having fun!

You'll soon forget the pain and you'll be happy with the results.

You may be surprised at the distances you can cover during any of these events and it really brings home the fact that it is the weight of your pack and not the distance you travel, that can make bushwalking such a wearying activity.

From its humble beginnings in Australia (and the modern format was introduced in SA), rogaining is now an international sport with the 2017 World Championships being held in the eastern McDonnell Ranges in July. But that's a distraction because it's the many ordinary people who enjoy the challenge, social aspects and satisfaction of rogaining that are its real strength. In the past year, the very popular 3 hour event attracted over 200 teams while the 12/24 hour combined event was held for the first time at Warumba (Mt Craig-Mt Plantagenet) and had around 70 teams. The August 6 Hour event is special because it is a joint effort with the Asthma Foundation and the support is so high that Foundation members and regular rogainers now use the same map on different days of the weekend. You automatically become a member of the SA Rogaining Association when you enter any event and you can find out more and see the 1916 calendar and the results of past events at <http://www.sa.rogaine.asn.au>. To answer the question in the title, yes it is! Rogaining was invented by bushwalkers and you won't regret giving it a go!

It's also worthwhile for bushwalkers to consider doing at least one event in Orienteering S.A.'s bush-based winter orienteering season (April to September). That will really put your navigation skills to the test because, contrary though it may seem, navigation is harder with orienteering's large scale 1:10,000 and 1:15,000 maps than with the 1:40,000 or 1:50,000 maps used in rogaining. This is because the larger scale maps have you interpreting much subtler landscape features and which has been put on the maps by field inspection and survey done by the orienteering association. Vegetation densities and edges, stony patches, ditches, significant boul-



ders and even minor contour detail are all mapped. Events have several courses generally ranging from 3 to 12 km to suit different age groups or your own choice. Unlike rogaining where teams choose their own course, orienteering courses have a set order of the controls with the entrants setting off at one minute intervals. Also unlike rogaining, there's hardly any chance to relax the brain in orienteering because the ground is moving too fast due to the map scale but then again, the courses generally only take 1 to 1 1/2 hours. As with rogaining (and bushwalking for that matter!), the key is to always know your position on the map and to always have the map oriented to magnetic north. The experts appear to do this effortlessly and it saves a lot of time but it takes practice. The top orienteers in fact use a 'thumb compass' worn on the thumb and with no rotating plate. It indicates 'North' and nothing else. The thumb compass was invented by a Melbourne-based orienteer and is now manufactured and used worldwide by orienteers.

Orienteering can appear to be a more competitive activity than rogaining but the fact is, most people do it to enjoy the personal challenge and competition is not their prime motivation. You can walk or run but there's no point in going faster than you can think. I've been taught this sometimes expensive lesson many times but that doesn't imply I run fast! To find out more and about coming events, go to <http://www.sa.orienteering.asn.au>.

**2017 World Rogaining Championships  
Ross River Resort, East McDonnell Ranges  
23-24 July 2016**

# The New Member Experience

By Sammi Lanyon

Sammy on Mt. Falkland Summit

I joined ABW in May 2015 with previous experience camping and hiking, albeit very separate activities. Turning the big '4-0' prompted me to set a new personal challenge and as I sat in the cinema watching 'Wild', I decided overnight hiking was going to be my new 'thing'. I started trawling the internet for a hiking group abundant with good looking, successful, well dressed 40 year old single males ....but I found ABW instead.

My first qualifying walk with Trevor May up Mt Falkland (June long weekend) has been the most memorable. I was expecting to follow a lovely well-trodden path meandering past overflowing fresh water tanks... So after 12 people re-filled their water containers from a trickling creek bed puddle surrounded by paw prints, I remember standing at the bottom of Mt Falkland looking at the top and wondering... 'Where's the trail? How do we get up there?'. The answer (to my terror) was 'vertical and difficult'. I slipped and fell twice, cried once

(secretly), and was picking spinifex out my hands for two weeks. This walk pushed me to my limit and remains the most memorable because I achieved a summit I never thought I could reach. I recall the experienced members being tough but encouraging. I suppose we all need to remember we were 'green' once and save some patience for newbies.

As the year progressed, my biggest challenge emerged with hip and ITB issues. It's devastating to think this can stop me hiking and I'm determined to resolve it. Not a fast fix, but I'm getting there. During the summer as I've sat at my work desk, I missed the random group of oddballs who wander the back country searching for the middle of nowhere and incessantly talk about their gear and why it's better than mine. I can't wait for the 2016 season to start and fill up my yearly planner and book my leave. The rattly whirl of the dehydrator is calling.



The view at Deep Creek, SA

My 'top tips' for new members:

- Andrew Cope calls mountains 'bumps'.
- Packing up takes twice as long as you think it will.
- To remove a stubborn snake from a path – try taking a photo of it.
- Rehydrating pasta that's been cooked and dehydrated is confusing.
- Jetboil stoves ruin the serenity. I'm sorry.

## Palladium Canvas Boot Review

by Lee Marling

I was looking for some lightweight canvas walking boots for the warmer weather. I had hoped to get some Bata canvas jungle boots that you used to see in India but didn't find any on my last trips. I don't really like synthetic fibre boots although I have never owned a pair of Gore-Tex ones. I did an internet search and came up with Palladium Pampa.

Palladium were/are a French company that began producing boots in 1947. They say the boots were so comfortable and durable that they were used by the French Foreign Legion. Originally made in France they are now made in Sri Lanka, China and Vietnam, Mine are made in Vietnam. The internet is full of reviews bemoaning a consequent loss in quality.

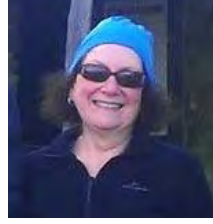
Unfortunately they have become fashionable and are described as 'urban grunge streetwear' commanding an extortionate \$120-160 price tag. I found some for \$60.00 on eBay. (I'll also be testing their reception at various nightspots around town ;)



They weigh 400 g per boot. By way of comparison, my mid range/weight Scarpas (forget the name of the model) weigh 840 g each.

My first walk was a December weekend at Deep Ck. We did 29km over the weekend covering all the steep sections. The weather was low to mid twenties Celsius and the ground quite dry. I found them to be very comfortable walking, managing the terrain quite easily. I did the Mt Lofty walk in them during January and find them lightweight and breathable. I'll report back periodically on their performance throughout the year, particularly from the Sumatra trek.

# Reflections of a New Member



By Kerry Munro

A campervan trip around Tasmania was the catalyst for my joining ABW. After several days of hiking near Cradle Mountain with some friends there was talk of the Overland Track and I thought that sounded like a great goal to aim for. I did some research and decided that ABW looked like the best group to join to work towards my goal whilst enjoying some of the walks available around South Australia as well. My first club walk was the new member's weekend in Kupto. It was a very damp affair and my first experience at throwing an 18kg pack, with everything bar the kitchen sink on board, onto my back and heading off down the fire tracks. When I reflected on that weekend as I walked to work in the rain a few days later, I couldn't get over how much fun we had, especially sitting around the camp fire in the evening in the rain, and not being bothered one bit by the downpour – no such thing as bad weather only inappropriate clothing being the saying that came to mind at that point. The new members' weekends are a good place to start for the uninitiated, not too intense on the walking side of things and you get to learn a lot about different items of kit, what you need and where to find it.

I didn't manage to do a lot of walks with the club last year, having joined midyear, a lot of the walks were already full by the time I started looking, but I have now learnt to put your name on the overflow list, you will often be lucky enough to get a spot when it gets closer to the walk date.

It's difficult to pick a favourite hike when you have not done many. The June trip to the Flinders Ranges though was spectacular and I cannot think of a better way to spend the long weekend, when the weather here in Adelaide is likely to be miserable, than to escape to the magnificent Flinders. The Christmas in July walk was also a lot of fun and is one to be sure not to miss.



Mt Misery

My biggest challenge is trying to love hills. My experience of day hiking when I was younger was mostly in Queensland with lots of rain forests and meandering steps (often steep, but steps none the less) carved into the hills and gullies of the national parks, so the number of fire tracks we encounter here on walks was a surprise. Fitness at climbing those hills is my challenge. At least I haven't had to worry about leeches here in SA.

I think the main thing I am still trying to refine is over packing. Always trying to ensure that every contingency is covered adds lots of weight to a pack. So applying the – it must have at least 2 purposes rule – for anything new that finds its way into my kit can be hard to stick to. Over packing food is another pitfall. The kitchen scales are my new best friend on this – weight everything would be my top tip for new members – everything that goes in the pack and with your food, everything that returns from a walk uneaten. Nothing worse than sitting around the campfire at night trying to offload the excess food that you have carried all day, or even worse having to carry it back out.

The greatest thing about joining ABW is not just the fantastic places you get to see, for me it has been the fantastic group of new friends I have made since joining the club.



**Blinman Pools, Northern Flinders Ranges**



**Northern Flinders Ranges - Kerry Monroe, Martin Flood, Sammi Lanyon, Sean Bryant, Romano Mihailovic**

# The night sky landscape for bushwalkers

by Dr. Ian Musgrave

Autumn nights are cooler and longer than summer, so the autumn skies will be on display before the weary walker hits the sleeping bags. This year there is a subtle penumbral lunar eclipse and some planet hijinks to brighten up the autumn night.

The nights of the autumnal Full Moons are Wednesday March 23, Friday April 22 and Sunday May 22. While nights on and around the full Moon are great for not tripping over things in camp, or night walks, they wash out the magnificent canopy of stars. On Wednesday March 23 there will be a penumbral lunar eclipse. In contrast to the more spectacular total or partial lunar eclipse, where the Moon is either fully or partially immersed in Earth's shadow, observers will only see a subtle darkening of the southern part of the Moon's disk. From 8:07 pm ACDT the Moon will start to slightly darken. At 10:17 pm ACDT the Southern part of Moon will be faintly but visible darker than the rest of the Moon.

Three bright planets grace the autumn skies, Jupiter, Mars and Saturn. Jupiter is the brightest object in the evening sky. There are few bright stars near it, and Jupiter is almost exactly between two white stars, Regulus (the brightest star in the constellation Leo) and Spica (the brightest star in the constellation Virgo). While Venus (and the Moon and Sun of course) is brighter than Jupiter, Venus graces the morning sky. Jupiter is visible above the north-eastern horizon at the start of autumn, easily recognisable by its brightness and its warm yellow colour. It is at opposition on March 8th, when it is biggest and brightest as viewed from Earth, but it will be magnif-

icent for most of autumn.

In case you have difficulty deciding which bright object is Jupiter, on March 22, April 18 and May 15 the waxing Moon is close to Jupiter. If you have binoculars with you, Jupiter's Moons are easily seen in even small binoculars. As autumn progresses, Jupiter moves from the north-eastern to northern then north-western skies.

During autumn the summer constellations of Taurus, Orion and Canis Major sink lower on the western horizon. Orion vanishes around mid-autumn. At the same time, Orion's nemesis, Scorpius the scorpion, rises in the east. The distinctive curled question mark of Scorpius is very easy to pick out. The body of the Scorpion, the stem of the question mark, contains the bright red star Antares the "rival of Mars". But you will see another bright red object to the left of the three bright stars that mark the end of the question mark. This is Mars itself.

Mars starts autumn in Libra, the Scales, but in old star charts this was the claws of Scorpion, indeed the names of the brightest stars of Libra, Zubenelgenubi and Zubeneshamali, mean right and left claw. These days many new star charts show the three stars which made the head of the Scorpion (Graffias, Dschubba and pi Scorpii) as the claws. During March Mars moves away from Zubenelgenubi and Zubeneshamali and heads towards Graffias, on the 16th Mars will be less than half a finger-width from this star. Graffias also means "claw", so for the first half of March Mars will be in the claws of the Scorpion.



After this, Mars heads towards Antares. It is closest by 26 April, and then reverses and heads back towards Graffias, coming close again on May 16 (but not as close as on March 16). Mars dramatically brightens during autumn, and is at opposition on May 22nd. For those of you with telescopes, a week either side of opposition even a small telescope will show Mars as a visible disk, with a hint of polar caps and markings.

By mid-March Saturn is rising before midnight. It is the golden yellow object underneath red Antares. Saturn doesn't move much, although it brightens subtly as it approaches opposition in June. However, Mars, Antares and Saturn form a nice triangle in the sky. During autumn the triangle first becomes shallow, then elongates again as Mars approaches, then recedes from Antares.

The Moon visits Mars on 1 March, 28 March 24 April, and 21 May. The Moon visits Saturn on 3 March, 29 March, 25 April and 22 May. At these times the patterns formed by the Moon, Saturn, Mars and Antares are rather nice.

Venus and Mercury are visible together in the early autumn skies, but Mercury is rapidly lost to view.

Venus remains the brilliant morning star, easily visible in the twilight, for March and April, but is rapidly lost to view in May as it sinks into the dawn glow. The crescent Moon joins Venus for some attractive morning views on 7 March, 6 April and 6 May.

Autumn brings another opportunity to see the constellation of the Emu. This indigenous constellation is made up of dust clouds and the dark right of the Milky Way, and it is really only visible under the dark skies of the bush. It is best seen around mid-autumn, when its distinctive shape is high enough to see before midnight.

Looking south, the Southern Cross and the two pointers are obvious around midway between the zenith and the horizon. The coal sack nebula, a dark area clearly visible under dark skies between the Cross and the Pointers, is the Emu's head. The dust lanes below the pointers form the Emu's neck and the dust lanes around the curl of stars that marks Scorpius's tail is its wings and body. Once seen this "dark constellation" is obvious.

Takes you places

Adelaide Bushwalkers

ABOUT ▾ ACTIVITIES ▾ BLOG MAGAZINE MEMBERS ▾ CONTACT

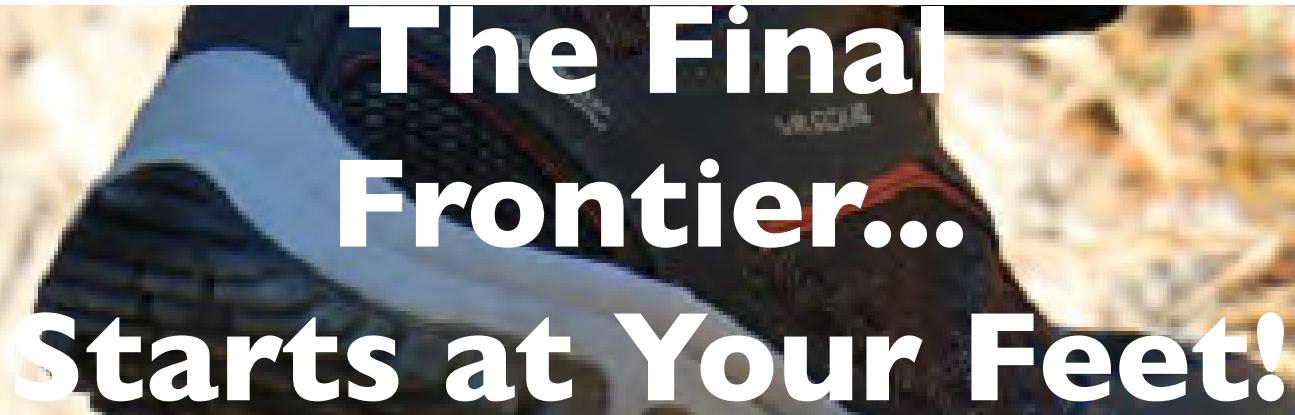
For further information about Adelaide Bushwalkers visit our website at <http://www.adelaidebushwalkers.org/>

Multi-day hikes

Pack-carrying

Camping

Takes you places



# The Final Frontier... Starts at Your Feet!

by Ben Campbell

A discussion about boots, light-weight footwear, dynamics of walking, and walking in wet conditions

***“We are living in exciting times” , our Prime Minister, often reminds us...***

I have to agree. There has never been a more exciting time to be a light-weight bushwalker. Gone are the days of the heavy and cumbersome canvas packs and huge and bulky tents. The quality and technology of even the humble sleeping mattress has finally reached space-age status with the application of high-tech lightweight materials and special insulation coatings.

These days, we are surrounded by excellent technical resources – both material and informational - regarding methods and products available to improve the lives of the light-weight hiker. This is great for both the growth and interest in the sport, which is increasing rapidly. As more people of varying ages and fitness levels can access technology and resources to enhance and improve the comfort and safety of the hiking experience.

## ***But what about footwear?***

I look around at my fellow hikers, who spend hundreds of dollars on ultralight packs and gear, but the boots they are wearing are still heavy, cumbersome and rigid, and add close to 20% of their entire pack weight: Then they strap these bulky archaic devices to their feet and go hiking with them!

Are we embracing and guiding this technological change when it comes to our footwear, or are we enabling an industry to continue to manufacture backward products which disadvantage us?

The market is incrementally moving towards lighter, more user friendly and higher-performing products. But there is still plenty of misinformation and snake oil pervading the industry - much of it historical and self-imposed by hikers ourselves. Some of this is our own fault. As hikers, we are some-times too set in our ways - and the market provides us with correspondingly limited choices.

Interestingly, problems with foot-wear are not limited just to hikers. The Australian Army are having their own problems with footwear, they are endeavoring to come up with better footwear solutions for their troops. In this article, I will attempt to discuss some persistent myths regarding footwear.

First off, some things to consider when buying hiking footwear:

1. Every kilogram of footwear on your feet equates to an extra five kilograms in your packs. (U.S.Army Research Institute, 1984).
2. Every extra 500 grams on your feet, equals five percent more energy expended walking. (British Army Personnel Research Establishment, Ergonomics, 1986)
3. Add an extra 1kg to your feet, and you are expending 10% more energy than people wearing

lighter footwear.

4. Your feet swell and grow during the day – up to a size larger - so try new shoes late in the day, preferably after a hour or two of walking.

5. Your foot flattens when hiking, and can gain a size in length as well as width. Under load and continual use, your arch will flatten considerably, which makes your feet significantly wider than usual. Foot-wear which is already too narrow, will increase chaffing and squeezing of your toes and forefoot – leading to further blistering, discomfort and gait problems.

6. As leather shoes age, they shrink lengthways and widen across.

7. Many European brands of footwear – especially hiking boots - are designed for delicate, high-arched, narrow feet. They can be detrimental to people with wide feet, or flat arches.

8. American footwear brands tend to accommodate wider feet and have a range of wider options available. New Balance can accommodate the widest feet in the industry, with a range of footwear up to 6E wide (extra, extra, extra wide)

### **What is the alternative to heavy boots?**

*"For traversing steep, rugged terrain you need strong flexible ankles and light, flexible footwear. Doing exercises to strengthen your ankles is better than splinting them in heavy, rigid boots."*

- Jörgen Johanssen

The best alternative to heavy hiking boots are Trail Running shoes.

- A typical pair of trail runner-style shoes might weigh about 300g per shoe.
- Some more extreme pairs weigh 200g. Minimalist pairs even less.
- This weight is up to two thirds lighter than a typical mid-weight hiking boot.
- Trail running shoes provide just as much support as trail walking shoes, but are lighter, less restrictive and more comfortable. The difference between trail running shoes and trail walking shoes / boots, is that trail running shoes use lighter materials, are less rigid, quicker drying and designed for excellent traction on most surfaces.
- Trail running shoes are designed to be light-weight, quick-drying, impact absorbing and provide excellent grippiness and traction.
- Trail running shoes are designed for rough terrain, and often have light-weight built-in protection such as rock guard soles and toe protection. Their soles

are soft rubber and mould well to rough, difficult surfaces.

When it comes to trail running shoes, those who use them tend to have similar experiences. Once tried, people are surprised how much difference they make - and few desire to return to the old torture device - hiking boots. There are several different types, of varying comfort, weight, construction and materials. It is best to start with what feels comfortable for you.

- If you simply must wear boots, I will list some lighter-weight suggestions at the end.
- Otherwise, quality trail-running shoes can - and will - change your life.

### **The case against hiking boots**

When it comes to hiking boots, the best place for them is on a construction site. On a construction site, you don't need to walk very far and they are more likely to protect your toes if you drop something heavy. Otherwise, I couldn't think of anything worse than walking long distances in hiking boots. Hiking 20 km in heavy, rigid boots seems like torture to me.

One poor lady I know broke her ankle wearing a pair of rigid leather European hiking boots while training near Mt Lofty. After months of recovery, she decided her old boots weren't providing enough 'support', so she bought an even a heavier pair of boots. And broke her ankle again. She never completed her planned adventure, and she has subsequently retired from hiking forever. It doesn't have to be this way!

I have been wearing trail running shoes for over 5 years, and have never suffered any chaffing, strains or even a single blister - let alone any ankle or knee injuries. In fact, I have done more damage to my knees when I was dancing at a Christmas party than I have ever done while hiking on rough terrain wearing trail running shoes and carrying a 20kg pack!

So why do so many people still do it? Trudging all day wearing rigid, heavy boots weighing up to 2000 grams a pair? Especially now there are a variety of well-designed trail running shoes available at a fraction of the cost and weight? When it comes to boots, there are many myths - many self-imposed - others sold to us. I think there are four mains

reasons people still use hiking boots:

**1. The 'not that heavy' perception** – Why not carry a spare pair of hiking boots in your pack..? They only weight about 1-2kgs? Of course 1-2kg is damn heavy! But you carry them on your feet right? Well, you would be 5 times better off carrying them in your pack instead. The Army tells us it is 5-6 times more efficient carrying the weight of heavy boots in your pack than on your feet.

**2. The ankle support myth** - Boots really don't provide much support, and if they did, it is to the detriment of proper walking gait, flexibility and capability– as well as potentially WEAKENING your ankles, due to improper gait, and not allowing your ankles to gain strength due to constriction.

**3. The waterproofing myth** – Apart from Wellingtons, 'waterproof' boots and shoes do not perform as advertised. They are a lie. Period.

**4. The 'durability' conundrum** – We believe if we buy heavy boots, they will last forever but they weigh several times more than trail shoes, and generally cost much more. Why not buy 3 pairs of trail shoes instead of the price of one pair of heavy boots? You would probably get more use out of the trail shoes, as they are comfortable enough to wear every day – and you won't trip over your own feet nearly as much compared with boots!

### **1. The 'not that heavy' perception**

Although it is obvious most boots are heavy, it not immediately obvious to us just how much they slow us down.

The 5:1 ratio tells us 1kg on our feet equals 5kg in our pack - so if you simply must carry boots, you are 5 time better off carrying them in your pack than carrying them on your feet! Furthermore, every extra 500 grams on your feet, equals five percent more energy expended walking.

- Boots can increase 50% in weight when wet, and can take many times as long to dry as shoes – up to a week in wet conditions.
- Boots often keep your feet wetter than shoes, adding to more weight, soggy skin and possible fungal and bacterial conditions.
- Heavy boots are holding you back - and more

likely to cause you injury.

- You will be much faster, safer and more comfortable if you carry your heavy boots in your pack or not at all, rather than on your feet.
- With a lighter pack, you simply don't need heavy boots.
- Buying the latest light-weight gear won't help you nearly as much as wearing lighter footwear.
- A pair of hiking poles (and knowing how to use them correctly) will provide many times more support and stability than hiking boots or ankle brace ever will. Four points of contact will always provide more lateral stability than the heaviest, most rigid hiking boot.

The simple answer to alleviate and assist with many of the problems listed above come in one simple, comfortable, lightweight package - trail running shoes.

### **A Comparison of Footwear when dry**

Despite my shoes being particularly large and bulky to begin with (owing to my ginormous feet size UK13 extra wide), the contrast between a minimal pair of trail runners and a reasonably light-weight mid-cut hiking boot is staggering.

My first heavy leather hiking boots (solid rubber soles and thick leather) weighed almost 1600 grams per pair. The footwear below are feather weights in comparison, but still very different when compared to each other even when dry:

1. Minimal Trail 584g pair
2. Standard Trail 682g pair
3. Mid Weight Boots 1225g pair
4. Heavy Leather Hiking Boots 1600g

### **Equivalent dry weights in pack**

1. Minimal Trail - 2900g (*equivalent weight in pack*)
2. Standard Trail - 3410g (*equivalent weight in pack*)
3. Mid Boots - 6125g (*equivalent weight in pack*)
4. Heavy Leather - 8000g (*equivalent in pack*)

### **A Comparison of Footwear when wet**

For this comparison, I submerged all my shoes in a bucket of water for 10 seconds, then shook them

out three times before putting them on the scales. When wet, already heavy boots increase in weight by up to 700 grams – that's like wearing another pair of shoes!!

1. Minimal Trail 810g pair - **wet: 38% increase**
2. Standard Trail 997g pair - **wet: 46% increase**
3. Mid Boots 1903g pair - **wet: 55% increase**
4. Heavy Leather - 2400g - **wet: 50% increase**

### **Equivalent weights in pack when shoes are wet:**

1. Minimal Trail - **4,050g** (equivalent weight in pack)
2. Standard Trail - **4,985g** (equivalent weight in pack)
3. Mid Boots – **9,515g** (equivalent weight in pack)
4. Heavy Leather - **12,000g** (equivalent in pack)

## **2. The 'ankle support' myth**

*"It took 4 million years to develop our unique human foot and our consequent distinctive form of gait, a remarkable feat of bioengineering. Yet, in only a few thousand years, and with one carelessly designed instrument, our shoes, we have warped the pure anatomical form of human gait, obstructing its engineering efficiency, afflicting it with strains and stresses and denying it its natural grace of form and ease of movement head to foot."*  
- New York Times - 'You Walk Wrong'

Strengthening your ankles and feet is far better than strapping on heavy boots. Boots offer little extra support - and if they do, they are restricting your movement: *Flexibility of movement is more of an advantage than limited support.* If you insist on extra 'ankle support' when hiking - try using ankle braces - or even better, hiking poles. They are both much lighter and provide better support than boots.

First off, ankle support of boots is debatable. Leather does not provide much resilience to lateral forces, but heavy rigid leather restricts movement and affects the way you move - which is much worse! The use of boots to provide 'extra ankle support' inevitably leads to the opposite - weakened feet and ankles and other musculo-skeletal problems as well. Not only do boots restrict movement and weaken ankles, they also lead to exhaustion and complacency - and increased chance of injury late in the day - when hiking.

Ankle support is at least overrated and at best leads

to false sense of security. It also increases tiredness as constricting your ankles and feet leads to an incorrect modification of your natural walking gait - tiring you out sooner and leading to aches and pains in muscles and places you didn't know you had.

If the boots you are wearing do brace your ankles, then there are already affecting the way you walk - and not in a good way. I have seen more injuries and falls at the end of a long day's hiking by people wearing the heaviest 'most supportive' boots than I have people wearing simple trail running shoes on the same trail.

If this were to extend to 'chronic' injuries - such as muscle soreness, over-tightness, unbalanced walking gait and stress on ligaments and joints, I would say most people who wear boots are suffering some type of chronic injury every time they go hiking - or at least increasing their risk of incurring an acute injury due to their weakened feet and ankles.

Try rock hopping from rock to rock in a creek bed using boots - you're likely to stumble, over or undershoot your footing, and misplace your feet when wearing heavy hiking boots - even more so when you are tired and trying to balance with a heavy pack.

Rock-hopping in trail running shoes is a dream - you will notice you instantly become more nimble, balanced, precise and flexible - further improved with soft grippy rubber outsoles which mold to the surfaces to provide more traction.

In conclusion, boots on average are two to three times as heavy than shoes. Boots are more cumbersome. Boots are less flexible. If boots do provide more ankle support, they do so to the detriment of flexibility and manoeuvrability. *None of these qualities help when hiking.*

## **3. The waterproof boot myth**

Waterproof hiking boots or shoes is an oxymoron. It is a lie sold to us by manufacturers.

- Boots can increase 55% in weight when wet, and can take many times longer to dry than shoes.
- Boots often keep your feet wetter and for longer than shoes, leading to skin problems, and discomfort.

- Once water - or perspiration - gets inside a 'waterproof' boot, it will be locked inside and not come out.
- There is no such thing as waterproof hiking boots.
- All shoes will eventually succumb to water if enough of it is present, and worse, when your waterproof hiking shoes get wet (and I promise they will) they will stay wet.
- Gore-Tex shoes take a long time to dry, and leather in particular, when soaked through, is heavy; the only option is to hope you can dry them out by a fire, after which they become brittle and unpleasant to walk in.
- You can wax them all you like, but eventually, with enough rain or walking in swamps, they will still get wet, and you will end up with wet feet."

### **A few words on Gore-Tex footwear**

Gore-Tex waterproofing in footwear is a myth I will bust using simple mathematics. Your boots are waterproof because they Gore-Tex right? Wrong. One of the reasons Gore-Tex has become so popular is it's claimed breathability. But while it does breath, it does not live up to the hype. Feet still get sweaty in Gore-Tex shoes, and the perspiration often remains locked inside the shoe in your socks, and your feet get wet from the inside anyway. Gore-Tex's effectiveness is further reduced by wear, dirt, perspiration, and body oils.

### **Gore-Tex and simple Mathematics**

- With a vapor shedding ability of about 10,000mL every 24 hours per square metre - Gore-Tex sounds like a wonder product.
- But mesh and polyester has a breathability rate of 20 times this.. and also, your boots are covered in leather.. and have a surface area of less than 10% of one square metre...
- So that maximum shedding rate drops to 1,000mL every 24 hours, or a maximum performance, under exacting laboratory conditions, with no leather covering, to perhaps 41 mL per hour..
- This reduces to even a fraction of that when it is covered in saturated leather.
- Your feet can easily sweat 41mL per hour - so your feet are still wet.

Conclusion about Gore-Tex

- If you are walking in hot weather, with sweaty

feet, your Gore-Tex boots are wet inside.

- If you are walking in heavy rain or swampy conditions, your feet are still wet inside your boots.

*What's The solution? It's easy! 1. Throw away your 'waterproof' boots. 2. Strap on light-weight non waterproof trail running shoes. 3. Let your feet get wet!*

### **It's a sock thing**

Managing wet feet is simple. The key to success with this technique is choosing the right socks! Rather than panicking about water, simply manage your socks and enjoy your new found freedom:

1. Keep different socks for walking, sleeping and camp.
2. Thin socks are best for hiking – they absorb less water and dry quicker – even while you are walking.
3. What about chaffing I hear you ask? Chaffing is caused by ill-fitting footwear that is usually the wrong size, width or cut. Furthermore, non-waterproof aerated shoes dry out much faster, and squeeze the socks dry much more effectively than thick heavy socks and boots.
4. Warm wool socks for camping and sleeping – you can still use your wet shoes in camp, simply line them with a plastic bag first.
5. If it's cold and wet, try neoprene socks (wetsuit material) – it's not waterproof, but it will keep your feet warm.

That's it! Happy trails!

### **Three Lightweight Boot alternatives to heavy leather (if you simply must wear boots)**

Although I don't recommend boots due to restriction of movement, and overall weight, if you simply must wear boots, here are some lighter-weight suggestions (*weights are for men's size 9US*):

1. **Vasque Inhaler II** weight - 872g (*Soon to be available in Non-Gore-Tex – Also available in shoes!*)
2. **Merrel Moab** weight - 872g
3. **Vasque Breeze 2.0** weight - 1140g

# 2015 Photographic competition

To see the competition entries from the 2015 photographic competition go to the ABW website Blog page for the full selection of images.



The beginning of the climb to 5000m,  
Photo: Lee Marling



**Top: Mr Action Trevor Jones on Lots Wife,  
Photo: Mike Round**