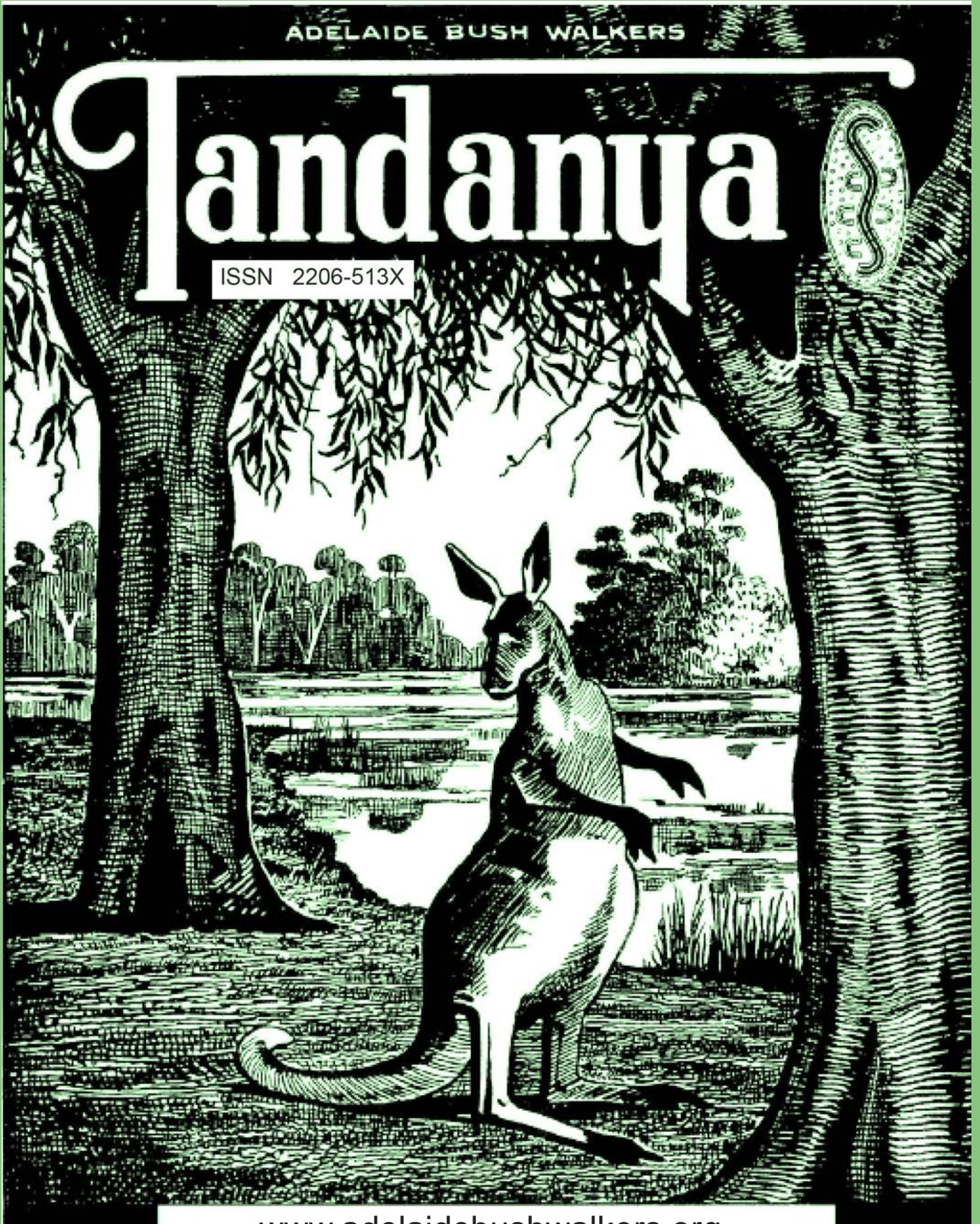


ADELAIDE BUSH WALKERS

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“God never made an ugly landscape. All that the sun shines on is beautiful, so long as it is wild.”

John Muir

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Close off date for next issue: 16th of November 2016

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Some of My Favourite Bushwalking Places



Sketches by John Bartlett

I first started sketching as a teenager living in Hobart, and studying art at Hobart High School.

Now, 65 years later, I decided to put pen to paper to capture scenes and memories from some of the best bushwalks I have ever done in Australia.

Without doubt, doing these sketches has given me an immense amount of pleasure, and I hope readers of this magazine enjoy them too, particularly those who know these 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

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Membership queries

Contact the Membership Secretary, Tracy, on 0457 339 383 or via email t

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.

The Fraser Island Great Walk

18th to 25th May 2016

Andrew Cope



Lake Wabby

The walkers at the end of the board walk and the official end of the Great Walk at Dilli Village

During May of 2016, eight walkers from ABW walked the Fraser Island Great Walk. The walkers were Alex Donald, Alex Potoczky, Bernie Koszegi, Nino Fioretti, Trevor May, Colin Kinnaird, Lorraine Thomas and me.

The Fraser Island Great Walk is one of several walks in Queensland designated as 'great walks'. It appears that they have pinched the New Zealand terminology. All the Great Walks seem to be well set up and have extensive information available. Fraser Island is the world's largest sand island and home to the purest strain of dingoes. We tackled the walk north to south, which is the reverse of how it is described in the trail notes, but I think it proved to be a good way to do it.

The walk is around 90km in length but finishes at a point where you can't get off the island without organising land based transport to the barge, so it necessitates a further 25km of walking with a camp along the way to get to the nearest barge to the mainland.

Our plan for the walk was:

- 18th Barge to Kingfisher Bay, 4WD taxi to Happy Valley trailhead, walk to Lake Garawongera campsite (8km)
- 19th Walk to Valley of the Giants campsite (13.1km) and a side trip to the Giant Tallowood (4km)
- 20th Walk to Lake Wabby campsite (16.1km)
- 21st Walk to Central Station campsite (12km)
2 nights
- 22nd Side trip to Basin Lake and Lake McKenzie (12km)
- 23rd Walk to Lake Boomanjin campsite (14.7km)
- 24th Walk to the official end of the Great Walk at Dilli Village and then onto Jabiru Swamp campsite (16.3km)
- 25th Walk to Hook Point (15km) & barge pickup. Bus to Hervey Bay

The group gathered in Hervey Bay before the walk with people arriving over the two days prior to the walk. The evening before, we met up at the bar at my accommodation for happy hour and then walked to a restaurant at the nearby marina for the customary pre-walk dinner. The daytime temperature had been around 27° (as were most days) and the evening mild but the locals thought it cool so we were surprised to find the outside gas heaters on at the restaurant.

The walk went as per the plan and here are my recollections of each day;

Day 1

It was quite an involved and lengthy process to get to the start of the walk. First a bus to the barge then the barge to Fraser Island and finally a two hour cramped and bouncy 4WD taxi trip (nine people in a Land Cruiser) to the trail head. This meant we started walking just before lunch at the warmest part of the day and it was quite humid. The walk started uphill and in fact was the highest climb of the entire walk, a height gain of only 200m but quite taxing at the start. We were all quite glad to stop after 30 or 40 minutes for lunch before finishing mid-afternoon. The first campsite was very pleasant amongst the rainforest and was a couple of hundred metres from the lake where I think everyone went for a refreshing afternoon swim. The campsites were spaced well apart and were set up as either singles or doubles as determined by the size of the food storage box. The trail notes had said to bring food in sturdy rat-proof plastic containers as the campsite boxes were to keep dingoes out, not rodents, but the boxes at this camp were solid sheet metal.

Day 2

Cooler walking as we started at 8:30am and the trail was well shaded by the rainforest. We had morning tea at Petries camp historical site a few hundred metres off the main trail. A pleasant enough spot but not much there. Although it was walking on sand, the trail was firm and the walking easy, which translated into a fast pace. As we got closer to the Valley of the Giants camp the trees got ever larger, hence the name. We made camp for lunch. No lake at this camp so for part of the afternoon we did a side trip to the Giant Tallowwood, which was indeed a giant of a tree. Because all the camps were in the forest, which filtered out a lot of the sunlight, it started to get quite dull after 4pm. It

was all I could do to stop people starting dinner then. Rules had to be enforced, no dinner until 5:30pm. Even then it was all I could do to keep people up after 6:30pm and it wasn't even cold (people blamed the mossies but I didn't think they were bad). Colin, Bernie and I generally were the night owls staying up until 8pm!!

Day 3

Off again through the rain forest on a firm sandy trail. The giants now diminishing as we move away from the Valley of the Giants but still significant rainforest. A side trip this morning to the Badjala sandblow. This involved a steep scramble up loose sand and provided spectacular views across the sandblow to the sea and in the other direction across endless rainforest. There are not many views through the rainforest so these sandblows present a welcome change. The day's walk finished with quite a tough climbing section up to the Lake Wabby campsite. The lake is a bit over 1 km from camp and unfortunately was closed due to a troublesome dingo, so no swim today either.

Day 4

The end of this day will mark half way though so we are heading to Central Station campsite where we will spend two nights. This is the area where we expected to encounter the most tourists, and that did prove to be the case, but most were day visitors and those who were camping were well separated from the walkers camp, so still a quiet camp. This campsite provided the luxury of hot showers for \$2 and rubbish skips. The rubbish skips took a bit to find, being at the far end of the 4WD camping area. (Why would you place them near the walkers camp??). This campsite had a central dingo-proof food cage rather than the separate boxes and proved to be the only site like this and therefore the only one where we needed our rat-proof containers. If we had camped at Lake McKenzie instead I think we could have saved some weight and not needed the rat-proof containers.

Day 5

Having not had a swim since day 1, this was the day to catch up. We had a day walk to Lake McKenzie with a stop on the way there and back at the smaller Basin Lake. Lake McKenzie was beautiful but very popular with day visitors. We had a swim and morning tea and then headed back to Basin Lake for lunch and

another swim. We had Basin Lake to ourselves except for a couple of visitors who dropped in for a short time near the end of our stay.

Day 6

This day was a four lake day; Lake Jennings, Lake Birrabeen, Lake Benaroon and finally camp at Lake Boomanjin. This camp was a bit different from the others being a bit more open and a bit higher and therefore not as dark as early. It also had a bit of a view and an even better view was had from the day visitor picnic area where we had dinner, there being no visitors then. The lake was also great for a swim even if the colour of tea due to the tannin from the vegetation.

Day 7

This was the day we finished the 'Great Walk' at the Dilli Village trail head. On the way there was another side scramble up Wong Sandblow for more great views. The entire walk meanders through the centre of the island so we had not been on the beach since day 1. Dilli Village is on the coast so we had a long morning tea watching the surf from the dunes near Dilli Village. Then came the worst part of the walk: a hot 10km stretch through soft sand to Jabiru Swamp campsite. This was the smallest campsite (officially only caters for six people) and has no facilities so I was fearing it may not be very nice, but as it turned out it was still a great spot. We had been told by a passing walker that they had had a dingo in camp the night before. Having not seen one we were keen to see one but also a bit apprehensive. As it turned out it was a no-show.

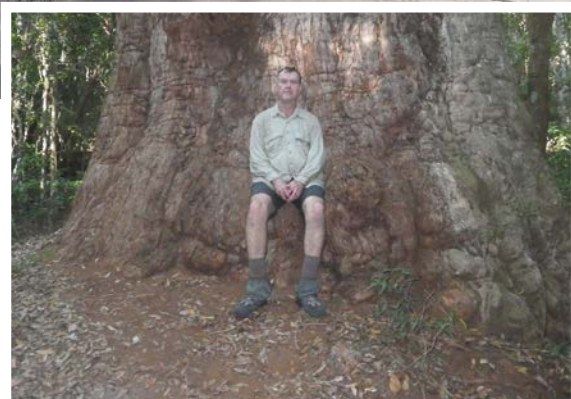
Day 8

We were all worried that today's 15km was going to be like the last 10 of the day before but fortunately it was OK. It was cooler, being the morning, and the track, while not as firm as most of the walk had been, was firmer than the day before and quite good. We zipped along at 5km/hour and finished before lunch. The decision as to where to have lunch, here or on the mainland, was made for us as when we emerged from the forest onto the beach the barge was there. It was leaving but having seen us and a 4WD coming along the beach it came back for us. We had quite a wait at Inskip for our bus transfer so we had lunch and some had a swim. We arrived back at Hervey Bay in time for a shower before meeting at 5pm for happy hour and dinner. An appropriate post-walk

celebration was had.

To Sum Up

I really enjoyed this walk. Perfect weather, a great group of people, very nice campsites and a great walk. If you are after a rugged tough walk with lots of peak bagging then this one isn't for you, but if walking on pleasant tracks through beautiful rainforest and swimming in freshwater lakes surrounded by forest appeals to you then this is the walk. Apart from days 4 and 5 when we were camped near the tourist hot spots we saw very few people. We only saw 10 other walkers over the eight days and had most of the campsites to ourselves.



Andrew sitting on the Giant Tallowwood tree

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Mark Proctor, Life Member of Adelaide Bushwalkers



Mark on top of Precipitous Bluff, Tasmania 2010

The following is the text of a letter to the Committee from Life Member, John Bartlett recommending Mark Proctor for Honorary Life Membership.

Mark Proctor has given outstanding service to Adelaide Bushwalkers, and I believe that his contribution should be recognised in a positive way.

I can recall getting to know Mark on a walk during the May 2003 long weekend in the Mt Falkland/ Aroona Valley area of the Flinders Ranges. I believe this walk was in the early stages of his membership of ABW.

Since then, Mark has contributed to ABW in many ways, and I list some of these contributions that I can recall:

- committee positions; Secretary, Treasurer, President, Vice President, all more than once, with President's position being taken four times
- organiser of ABW's involvement in the Warren Bonython Memorial Walk of the Heysen Trail in 2013
- considerable involvement in the general overhaul and upgrading to the electronic age of the administration and running of ABW, i.e. the Member Activity and Registration System (MARS)
- currently, Secretary of the Sub-Committee organising the Flinders Ranges Water Tanks Project
- Mark is an endorsed multi-day walk leader and has led many walks.
- assisted other Committee members, e.g. proofreading Tandanya

- the club has developed a number of policies during the last few years; e.g. the recent Members Protection Policy, and Mark has had an active input to these
- helped organise the bus trips to the Flinders Ranges and Grampians on many occasions

Mark has been able to use his professionalism, administration and leadership skills as well as his computer technology skills to good effect in his obvious devotion to ABW.

Therefore, I am submitting this for the committee to consider approving the nomination of Mark for honorary life membership in order for it to be presented to the general meeting in July for ratification by the members.

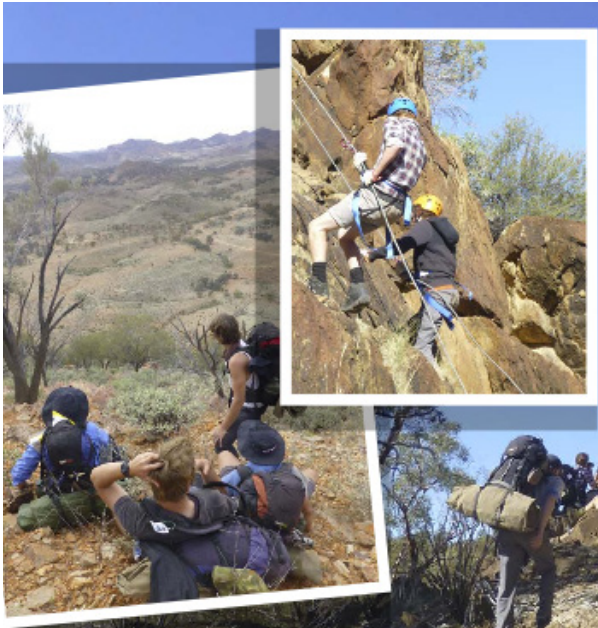
John Bartlett

Highlights of Mark's Time in ABW

- Nov 2001 – joined ABW and did his first walk lead by John Bartlett to Deep Creek
- Mar 2002 – finished his third qualifying walk to become a full member (led by John Golding) to the Devil's Peak on his 50th birthday
- May 2003 – joined the committee as Secretary
- June 2003 - led his first walk (Dutchmans Stern)
- Feb 2005 – first walk in Tasmania (South Coast Track) led by Trevor May
- May 2007 – Treasurer – moved the club to online banking
- May 2008-10 – club President
- 2008-15 – organised the bi-annual bus trips
- Feb 2009 – led his first Tasmanian walk (Frenchmans Cap)
- Feb 2011 – led Tasmanian walk (South Coast Track) with his daughter
- Mar 2012 – Federation Peak (did not summit due to injury)
- Mar 2013 – wrote functional requirement for MARS
- Feb 2014 – first walk in NZ (Mt Aspiring)
- May 2014-16 – club President
- Sep 2015 – first walk in WA (Bibbulmun Track led by Andrew Cope)
- Aug 2016 – life member

Operation Flinders-helping our youth

General Meeting talk Wednesday 1st June



Operation Flinders Foundation is a South Australian based charitable organisation that runs a world leading remote outback intervention program for young people at risk. The program takes participants between the age of 14 and 18 years on an eight day exercise in the far northern Flinders Ranges, providing an opportunity for its participants to break away from their past and grow as valued members of the community.

The Foundation offers a unique program that presents its participants with a new direction in life. Teams trek 100km through the spectacular Flinders Ranges with the aim to develop personal attitudes of self-confidence, leadership, motivation, team work, goal setting and responsibility.

They learn basic bush survival skills, are taught to abseil, discover Indigenous culture and learn of the rich history of the Flinders Ranges. Unlike other aspects of their lives, there is not an opportunity for the participants to 'opt out'.

The program has been running since 1991, and in excess of 6500 young people have participated since its inception.



Get ready for adventure! The Operation Flinders Challenge is set for the 8th & 9th October 2016 and is your chance to have fun, get fit and support a great cause. All funds raised from this event will solely support the Operation Flinders Foundation, helping transform the lives of young people 'at risk'.

Designed as an endurance event, the Operation Flinders Challenge gives you the choice of 15, 57 or 85km distances to tackle in teams of two, three or four. The event also provides you with the opportunity to complete the trail as an individual for the 15km distance.

Starting at 7.00am at the Morialta Conservation Park in the beautiful Adelaide foothills, you'll walk or run through the stunning Adelaide Hills and Mt Lofty Ranges, taking in some of Adelaide's most scenic walking/running trails (including the spectacular Heysen & Yurrebilla). So grab your friends, family or workmates and take up the challenge together. Push your limits and join the fun and join in on Adelaide's premium adventure event.

Contact: Jonathon Robran

291 St Vincent Street

Port Adelaide SA 5015

Telephone 08 8245 2666

<http://www.operationflinders.org.au/>

First Aid App

By Richard Bowey

Don't have a first aid certificate?

You haven't done a first aid course for so long you've forgotten all the good stuff?

You've been somewhere when someone has been injured and wish you knew what to do?

Well have I got good news for you.

The Australian Red Cross has got just the thing. It is a first aid app (for both Apple and Android phones) with a very user friendly format and



layout which will get you out of trouble in most situations and, at the very least, will allow you to stabilise your patient until help arrives. Furthermore, all the information is downloaded on your phone when you install your app so that even if you are in remote bush areas and don't have reception, if you've got your phone, you can quickly look up what to do. And it has diagrams, photos and videos to assist.

Combined with the emergency app which Mark introduced at a recent ABW meeting which gives you instant coordinates so that emergency services can easily find you, it offers that extra comfort of knowing you can survive an accident which could otherwise cause great anxiety.

To find it simply google Australian Red Cross App.

Are you carrying your ICE?

Please carry an *In Case of Emergency* form in your pack in an easily accessible place, for example the top pocket of your pack. The forms can be downloaded from the ABW website.

Date of Birth	Details	yes / no	
Medicare No.	Name and practice:	yes / no	
Health insurance		yes / no	
Doctor	Angina	yes / no	
Known medical conditions	Epilepsy	yes / no	
	Heart attack	yes / no	
	Stroke	yes / no	
	High blood pressure	yes / no	
	Low blood pressure	yes / no	
	Chronic bronchitis	yes / no	
	Diabetes	yes / no	
	Emphysema	yes / no	
	Allergies:		
	Other:		
Confirm what medication is carried on person (or in pack) which will assist your walk leader in an emergency:			
Special instruction or administration which will assist your walk leader in an emergency:			
Emergency contact person (1)	Name:	Ph no:	
	Relationship to you:		
Emergency contact person (2)	Name:	Ph no:	
	Relationship to you:		



Jungle and Volcanoes, Sumatra 2016

Lee Marling



Mt Sinabung from Mt Sibayak

The idea of trekking in the Sumatran jungle and visiting Lake Toba had been on my 'bucket list' for years. I had found very little information on the internet, it seemed few people trekked there for any more than three days. In the end I opted for a commercial trek with Expedition Jungle who offered a seven day trek across the Gunung Leuser National Park from Semadam in Aceh to Bukit Lawang in North Sumatra. Eight ABW club members joined up.

We arrived in Medan during a torrential downpour after a 90 minute drive from the airport which was 40km from the city. This wasn't the last time we were going to experience the challenges of driving in Sumatra.

The next day we were collected by Edy our guide and we drove the 70km to Berastagi in two and a half hours. It is an agricultural centre in the Karo Highlands and being at 1300 metres above sea level it has a pleasant climate, less humid than the coastal areas. We spent the afternoon wandering the market area and getting views of the two volcanoes, Mt Sibayak and Mt Sinabung.

The aim of the stop over was to climb Mt Sibayak, a volcano that still releases clouds of sulphurous steam. We started out at 4am with a local guide in order to get the views of the sunrise over the surrounding area. Unfortunately it was raining steadily and quite cool so it was a cloudy dawn view. Nevertheless, it stopped raining and we spent a



couple of hours wandering around the top of the volcano and were rewarded with Mt Sinabung sending up a plume of smoke. It's eruptions had already killed villagers on two separate occasions earlier in the year.

We set off for Semadam at 10am and arrived at 4pm having enjoyed the drive through the Alas River valley. We spent the night with a local family of farmers who served us dinner, half of us sleeping inside, the other half outside on mats. Our 'crew' arrived and we discovered that we were to have ten staff to support the eight of us! The local crops were mainly cacao, corn and mango.

It was a Muslim village and we were awoken by the first call to prayer at 4.20am. We began just before 8am and walked for an hour through the cacao orchards of the villages. From there on in we climbed steadily through forest on a narrow path. We gained a thousand metres in 7.5km and made camp by lunch time. Some of us found it a tough climb in the humidity at first but we were soon camping at 1230m altitude and noticed the cooler atmosphere.

The following day we continued up to the saddle of Mt Lumut at 1700 metres in a damp



Baboon



Mt Sibayak crater



Walking in the river



Semadam cottage with cacao drying



misty cloud with dense jungle, a completely different environment to what we had experienced yesterday. Then began a slippery three hour descent to the Birkhail River where we camped for the night even though it was only just lunch time. We were all glad to jump in the cool water. Our guides caught fresh fish for dinner that night. Half of our dinners consisted of the freshly caught fish that the guides lightly smoked over coals during the evening.

The next four days consisted of descending through the Birkhail River and gorge, spending about half the time in the river. It was great fun going down through the occasional waterfall and rapid with the guides and porters assisting when necessary. After a couple of days we got into leech territory which was the most frequent encounter with wildlife we experienced! Other than that we had a couple of snakes cross our path and the occasional monkey. In places we saw deer tracks, evidence of elephants feeding and on one occasion, fresh tiger tracks following those of the deer.

Our second to last day saw us do another steep up and down to the river that flows in to Bukit Lawang, the village at the end of the trek. The last day was another day mostly in the shallow water of the river, arriving in Bukit Lawang at lunch time. After lunch and a couple of well deserved Bintang's four of us went off for an afternoon walk with a guide determined to track down some wildlife. After forty minutes we got to see a mother and baby orangutan, Thomas Leaf Monkey, baboon and another kind of monkey!

The next day took us on a nine hour drive to Parapat on the shore of Lake Toba. From there we took the ferry to Samosir Island and stayed at the village of Tuk Tuk for some well deserved down time. Our last day was meant to be a leisurely tour to the airport. At around lunch time we were told that the road was blocked by an overturned truck and it took an anxious five hours to reach the airport for our flight out.

Lastly, I think we can all agree that we would recommend Expedition Jungle, the staff were great and everything went to plan.



Mother and baby

Something extra for bushwalks

By Ray Hickman

Photos by Garry Trethewey



Young Bellfruit tree

The recreational activity of bushwalking sees people walking into remote wilderness areas. This is done for exercise, the experience of 'getting away from it all' and other reasons.

Bushwalkers see things that will only be seen by those prepared to walk away from a vehicle carrying all they need to stay in good shape for days while moving on foot through rugged and remote terrain. This item is about the possibility of adding to the recreational bushwalking experience without detracting from it.

The attraction of wilderness areas is that they are, in the imagination at least, as they were centuries ago. However, the reality is that most 'wilderness' is different from what it was only years or decades, let alone centuries, ago. These changes are being monitored as well as can be expected, given that it is very hard

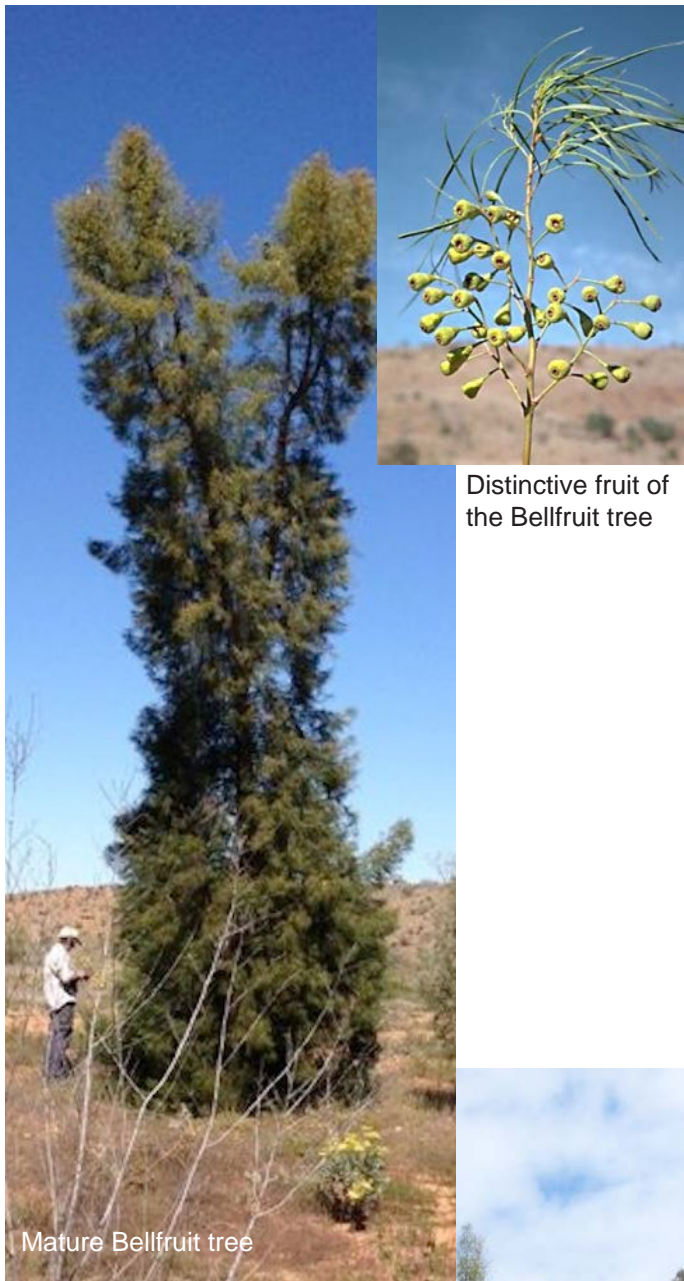
to make money out of a wilderness without changing it into something else. There is some potential for bushwalkers to contribute to the monitoring of wilderness. This might happen as follows.

The leader and members of a bushwalking group might be prepared 'to keep their eyes open' for certain features of a wilderness or they might even be prepared to modify their walk so that the chance of making some particular observation is increased. This leader and her/his companions would need to know what observations are indicators of the state of the wilderness and would want to know that their observations are going to be recorded where they have the potential to contribute to the preservation of wilderness. They will usually need someone to assist them in this.

One person who is in a position to do this is a Mr Robert Brandle, an ecologist with Natural Resources, SA Arid Lands, which includes the National Parks in this region. Part of his responsibilities include advising the department on how our natural resources and species of conservation concern are tracking, and whether current management is being effective.

Robert thinks it is possible that useful observations in remote areas could be made by bushwalking groups visiting those areas, and he is prepared to have a go at assisting groups that are interested in collecting such observations. His assistance would usually be in the form of information provided via email to interested bushwalking leaders who contacted him. Usually the location for the walk would be sufficient to tell him if useful observations might be made there by a bushwalking group and what information he could provide to assist.

I contacted Robert about this sort of variation to a bushwalk in anticipation of leading an ABW group into Mainwater Pound in the Vulkathunha-Gammon Ranges in June. It turned out that rain-affected roads prevented



Distinctive fruit of the Bellfruit tree

Mature Bellfruit tree



Adoration for a Bellfruit tree on the Mawson Plateau

us from getting to the starting point for the walk but, for the purposes of this article, it is worth outlining what resulted from my approach to Robert. His suggestion was that members of my group be on the lookout (without going out of our way) for specimens of the slender bellfruit tree, yellow-footed rock wallabies (YFRWs), echidnas and the scats of these animals. Robert supplied photographs and written information about all these things.

I was confident of recognizing YFRWs, echidnas and echidna scats but not YFRW scats or a slender bellfruit tree. Robert had supplied photographs of the YFRW scats and the tree. His requirement of my group was that we should take photographs of animals (where they stayed in sight long enough) or scats (which were not likely to move anywhere unassisted) and of any slender bellfruit trees we saw. Photos had to have something in them to allow a good estimate of the dimensions of scats and trees. We were also expected to mark the position of every sighting using a GPS. With both a GPS and a digital camera being normal equipment for every bushwalking group these days Robert's requirements would have been easy to meet had we got into Mainwater Pound (which we did not).

It turned out that on a later walk on the Mawson Plateau I did see a slender bellfruit tree close up and many others on distant ridgelines. Their appearance closeup, and at a distance, is quite characteristic (see photos below) and I think in future I will be able to recognise them.

This slender bellfruit tree is thought to be extinct in New South Wales and had been in decline in South Australia until a few years ago, when there were several consecutive years of good rainfall in the north of the state. Robert thought that this rainfall might have produced a comeback by the tree and this is why he suggested I keep an eye out for it on my bushwalks.

If you are an ABW multi-day walk leader, or become one in future, I hope this article leads you to consider adding this conservation element to one or more of your walks. If it does, you can contact Robert Brandle at the e-mail address robert.brandle@sa.gov.au or talk to him on 8648 5373 or 0427397470.

Walking in South Korea

By Richard Bowey

Maison (Horse Ears) Provincial Park

설악산 국립공원



Temple in cliff face

What better way to introduce the reader to walking in South Korea than to quote from a CNN website singing its virtues.

It would be a shame to visit Korea without clambering to the top, or at least along the slope, of one of the country's many, many mountains. Korea was blessed with a shapely topography: 70 percent of its landscape is mountain (the other 30 percent, expensive coffee shops!).

Around this time of year [autumn], due to the startling colors of the curvy landscape, the trails will doubtlessly be packed with streams of hikers in garishly colored hiking gear, sometimes smelling like soju [a mix of water and ethanol, Korea's most popular alcoholic beverage].

But there are also many paths to the top of the mountain [literally], and many excellent paths that don't necessarily lead to the top.

My wife and I recently had the good fortune to visit Japan and South Korea for a total of seven weeks and while in the latter country, I took the opportunity to go for a walk or two.

Koreans, young and old, love their walking and on weekends when the weather is fine, they turn out by the hundreds and thousands in their parks, many of which are in the mountains. The two longest walks I did, the first in the UNESCO-designated biosphere of Seoraksan National Park and the second in Maison Provincial Park further south, were quite an experience. While it was spring and the vegetation was green with new shoots

everywhere rather than the many colours which are on display in autumn, it was still very beautiful and quite challenging in its way.

There were some big differences from the Australian experience, however. Firstly, the walking I saw was confined to favourite parks where hundreds, perhaps thousands, of walking enthusiasts turned out to commune with nature and give their bodies a workout. The parks inevitably begin with a carpark where a few private cars and tourist buses rest after disgorging their passengers by the score and where local buses deliver people from the closest towns.

From the car park it is a short walk to the entry point where an admission fee of perhaps \$A10 is demanded of everyone. Once through the gate, there are restaurants, eating places and shops selling products related to walking. A bit further on are various statues of the Buddha, a temple or two and sometimes even a hermitage. The people of South Korea are predominantly Buddhist and Confucian.

Secondly, in contrast to Australian bushwalkers who seem most comfortable in old clobber, in South Korea there is a standard "walking costume" which differs only in colours. The

outfits are trim, long trousers with panels of different colours which are vibrant (or garish, depending on your taste) and multi-panelled and multicoloured tops. Most amazing of all, many walkers wore lightweight plastic rain jackets despite the fact that there was no forecast for or evidence of rain in sight. Perhaps they wore them to protect them from the winds, which were a bit nippy when one reached the heights of the mountain tops. All were dressed in walking boots and had day packs as well as sunglasses, hats and many were armed with walking poles and had neckerchiefs despite it not being particularly hot. [Some had full backpacks – what could they be carrying?] In contrast to the Australian experience, it was like a fashion parade where yours truly was conspicuous by his casual and battered gear.

Thirdly, the tracks were broad, well-trodden, meticulously maintained and crowded. Winding their way from the crowded entrance with all of its paraphernalia, the tracks took us along and across dry rocky river beds via beautifully crafted stone bridges and into dense vegetation of evergreen and deciduous trees which would be absolutely stunning in autumn. There were many tracks. I did three walks in this first park but they all eventually led upwards. Water taps and public conveniences were sited regularly along the routes. Two of the paths I followed led to a cliff face and the only way to progress was via the steep steel stairs which were mounted onto the granite walls. It was pretty tough going in some areas although that did not stop the walkers; they simply slowed down or stopped to have a rest.

Fourthly, the views at the top were stunning. Here the walkers had a well-deserved rest, enjoyed the magnificent vistas and had a bite to eat. This is how I learned what was in their day packs and watched the chipmunks as they watched us waiting patiently to snatch up some dropped food scraps to eat. At the end of one particularly strenuous climb, the steel steps led the walkers / climbers to a hole in the granite face, a grotto, in which was situated a small Buddhist temple together with a young and happy looking Buddhist monk who maintained the place and accepted donations. He spoke a bit of English and when he learned I was from Australia and a Buddhist to boot, he chatted happily to me between looking after the visitors who constantly arrived in their ones and twos. There was only room for about ten people in this space so I had to leave him. On the way down I passed some young and fearless rock

climbers at work on one of the near vertical granite faces.

Fifthly, lots of people, families and friends, stopped by streams to have a lunch consisting of a quite elaborate picnic of many dishes. At last I discovered what was in those backpacks they were carrying! They were very jovial but at the most appealing places there were people everywhere. On that first day I walked about 25 kilometres, including about two vertical kilometres. Magnificent.

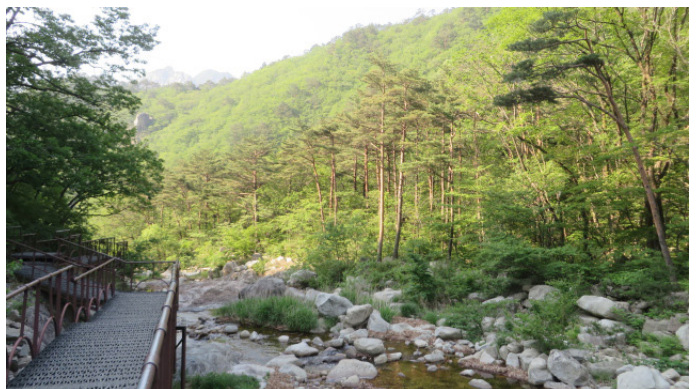
My second, far less strenuous walk was in Maison Provincial Park. Maison means “Horse Ears”, a name given because of the obvious resemblance of the two enormous karsts which stood at the top of the park. It was not a weekend so there were not as many people walking and most of those we saw seemed about retirement age. Nevertheless, the drill was much the same as before. Carparks, shops, payment station, Buddhist temples, beautiful scenery and vegetation.

This walk, while very different, was beautiful nonetheless. So if you are going to South Korea, do take your boots. You won't be disappointed

For more information go to <http://travel.cnn.com/korea-best-hikes-609141/>



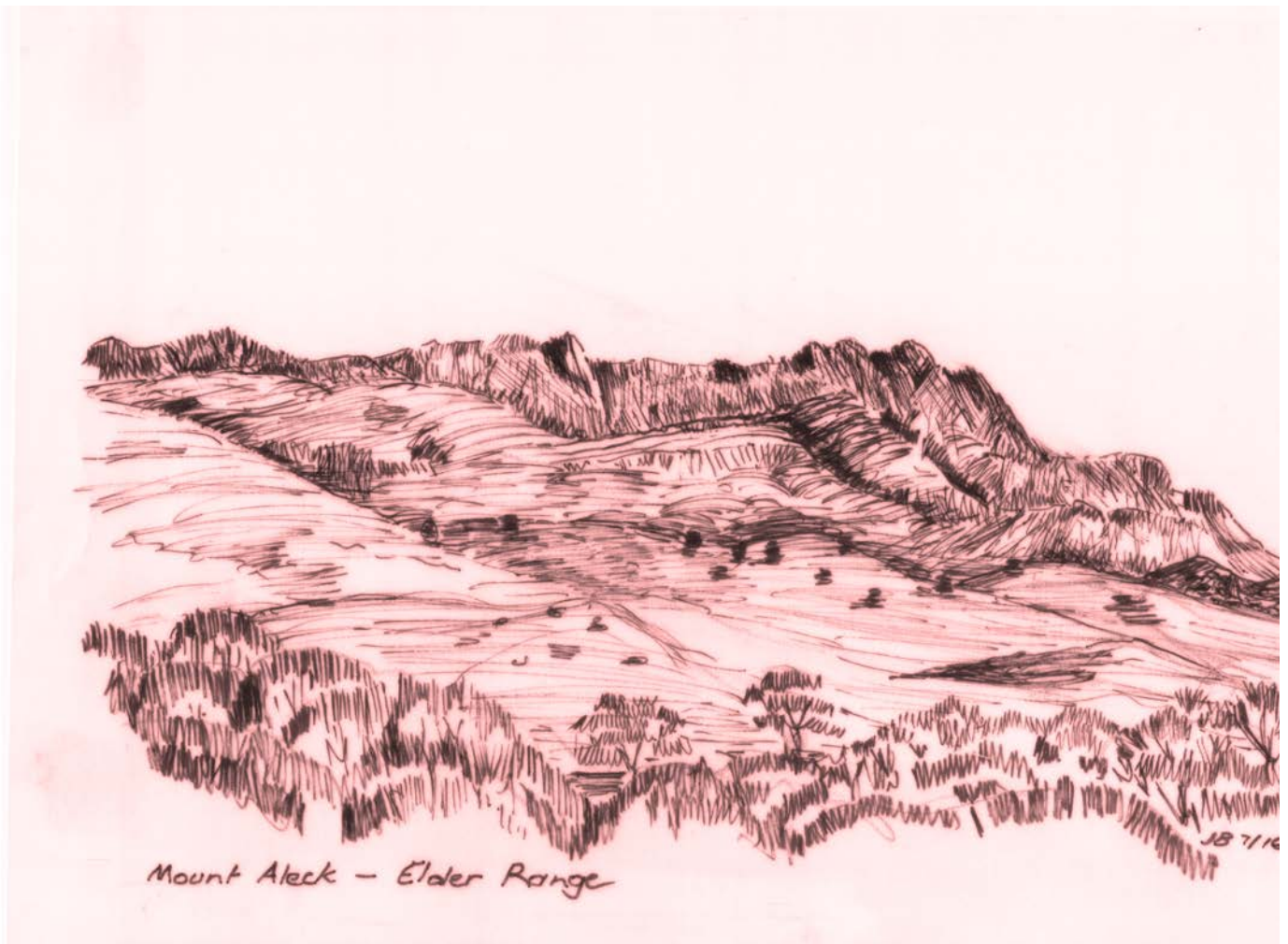
Buddhist temple in the shadow of Horse Ear



Following a creek



Sketches by John Bartlett





Students gather for assembly outside the newly constructed classrooms at Garma Secondary School, part of AHF's 'Building Nepal Back Better' program.
© Photo courtesy of Richard l'Anson.

In the last year we have distributed critical supplies, delivered post-trauma counselling for teachers and students, delivered training for teachers in emergency response, built temporary learning centres, rebuilt classrooms and designed earthquake resilient schools for the future.

For just \$200 a year you can educate a child in Nepal by supporting the AHF School Scholarship Program or support our Rebuild Program. For \$15,000 we can build a classroom and get children safely back in school. Donate now to our 'Nepal - One Year On' appeal and change lives all year long.

<http://www.australianhimalayanfoundation.org.au/>

When a community receives access to education, it can change just about everything. It can give kids and entire families a better future, improve health and grow local economies.

As Nepal rebuilds after the devastating earthquakes in 2015, education is proving critical to the country's recovery. The AHF is working hard to get kids back to school, giving them respite from the devastation they have faced and allowing their parents time to rebuild their lives.

Nepal's Earthquakes: One Year Later

On April 25, 2015, a violent 7.8 magnitude earthquake struck Nepal, followed weeks later by a 7.3 magnitude aftershock, killing almost 9,000 people, injuring 22,000, and damaging or destroying nearly 800,000 homes. A year later, some of the debris has been cleared away, but very little reconstruction has taken place. Nepal held memorial services this weekend and Prime Minister Khadga Prasad Oli announced the start of some heritage site reconstruction projects. More than 600,000 Nepalese still live in temporary or unsafe housing.

<http://www.theatlantic.com/photo/2016/04/nepals-earthquakes-one-year-later/479772/>

Alan Taylor, *The Atlantic*
Apr 25, 2016



In this September 8, 2015 photo, best friends, Khendo Tamang, left, and Nirmala Pariyar, both 8, wait to be measured for new prosthetic legs in Kathmandu, Nepal. The girls became close friends while in recovery after each one lost a leg in Nepal's massive April 25, 2015 earthquake.

Hints and Recipes for Light-weight Cooking

From an article by Ian Goldfinch, Scouts SA

This document provides some hints about lightweight cooking using dried and long-lasting ingredients. These suggestions are useful for bushwalks and other outdoor activities.

Structure of a Meal

Most meals when you are walking consist of something filling like rice, pasta or couscous plus something to make it interesting like meat, vegetables and spices. With a party of hungry uni students, we found that most of us needed an almost full pint mug of hot food. Soup is good to help rehydrate after a day of walking, although adults often use tea instead. Dessert is mainly for pleasure, so we often didn't bother after a hard day when everyone was tired.

Most people arrange a big bag per meal with several smaller bags inside, e.g. one for rice, another for the stew ingredients. It is important to weigh all the quantities before the trip so you don't take too much or too little. Arranging a Menu/Catering for a Trip

The first decision is whether everyone will cater for themselves or whether you will cook and eat as a group. I personally prefer to cook as a group but some clubs normally have each person cook individually – I think this is inefficient and anti-social.

One technique that works well is for each person to cater one or two meals for the entire group. Remember to check if anyone has dietary constraints and work around them. For example if one person is vegetarian, you can cook the Moroccan stew below with dried fruit and add some long lasting meat [like Polish sausage or salami] after the vegetarian has taken their serve.

The freeze dried meals are excellent if you are catering individually but too expensive to provide for a large party on a long trip. However, I find the "Meal Complement" pack of freeze dried beef mince works well as a base for dishes like stews and pasta sauce for several meals. There are other meal complement packs too such as vegetables and scrambled egg.

You can cook anything on a camp stove that you can do at home on top of the stove. I have even carried a wok and cooked stir fry meals.

Your main limitations are:

1. One stove
2. One or two billies
3. Max weight you can carry – not such a problem on a kayak expedition
4. Whether the food will spoil out of a fridge – not a problem on a snow ski trip



Sample Menus

Rice cream dessert by Andrew Cope

If you do take two pots and only use one for the main course you can do a dessert without washing up.

Ingredients and quantities per person

Rolled or other quick cooking rice	50g
Dried fruit in small pieces	20g
[For example, Sunbeam pineapple & sultanas, Wild berries or strawberries]	
Chocolate chips	20g
Tube sweetened condensed milk [you won't use it all but good to take for tea etc.]	

Put the rice and dried fruit in a pot with a cup of water [more water if cooking for more people]. Bring to the boil and then simmer until rice is almost cooked and most of the water absorbed. Stir in the chocolate chips and a good squeeze of the sweetened condensed milk. From now on keep stirring so it doesn't stick and burn. When the choc chips have melted a bit and the mix is appropriately thick, serve and eat.

Cooking with One Pot by Andrew Cope

Andrew is Scout Leader at College Park who regularly hikes with Adelaide Bushwalkers, and usually must cook an individual meal for himself.

My regular meal on weekend walks lately is very similar to couscous and stew. I used to use two pots [I don't take any bowls etc], e.g. boil the water for the couscous, pour the couscous into it, stir and leave to swell while boiling the stew. I've since reverted to a one pot method which I find works fine.

Single Pot Cooking

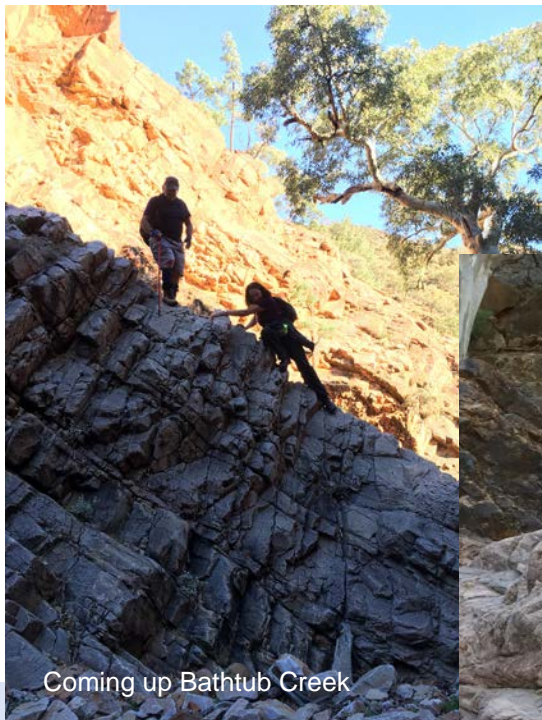
I boil enough water at once for a cup-a-soup, the couscous and the stew. When boiling I turn off the stove and pour off the soup water into my cup and add the stew ingredients. I then put the lid on and leave it to stand [insulated in beanie or some such if cold weather, aka your rice cooking.]

It takes me quite a while to drink my hot soup [my cup is two cups] by which time the stew ingredients are nicely rehydrated [I find the dried curried beef aka jerky from the Asian supermarket comes out better this way].

After having my soup I bring the pot back to the boil, turn it off again and add the couscous, stir and leave five minutes. It can then be eaten. This method uses much less fuel and doesn't require watching/stirring apart from being aware when it comes to the boil.



June Long Weekend Bus Trip to the Wilpena Pound Area of the Flinders Ranges, Sean Bryant group/Pidgeon bore



Coming up Bathtub Creek



Climbing down into Crisp Gorge



2016 ABW Photo Comp



7 Photo Categories:

- 1 Landscape*
- 2 People*
- 3 Extreme Activity or Action Shot*
- 4 Artistic*
- 5 Fauna or Flora
- 6 Selfie* (include interesting background content!)
- 7 Open



Get Snappy!

The photo comp will be part of the Christmas party at the Dec meeting.

Photos need to be submitted by 23 Nov. Submit photos to the Yogile.com website - like last year. (Link to be emailed to members soon)

You can submit one photo to each of the categories.

Give your photo a name or description to make it more interesting to club members

*photo must be taken during an ABW event



The nights of the spring Full Moons are Saturday September 17, Sunday October 16 and Monday November 15. Nights on and around the full Moon make moving around camp easy...

Night Skies

Dr. Ian Musgrave

Spring nights are getting shorter and warmer, so you are more likely to want to stay up to view the delightful spring sky. You will still need to warm clothing when you walk away from the campfire to catch our spring gems, but they are worth it. This spring starts with all five bright planets lined up in the evening sky although Jupiter and Mercury are soon lost to view. There is lots of good planetary viewing for most of spring. For the early risers, there is a penumbral eclipse of the Moon mid-September.

The nights of the spring Full Moons are Saturday September 17, Sunday October 16 and Monday November 15. Nights on and around the full Moon make moving around camp easy, but the bright Moon washes out the glorious stars.

Spring starts with all five bright planets visible in the evening sky, something that hasn't happened since 2005. Venus, Jupiter and Mercury form a triangle in twilight early in September, but Jupiter and Mercury are soon lost to view. Bright Venus is easily recognisable as the brightest object in the western evening during twilight in September. Venus then climbs into darker skies in October, passing between Saturn and Antares on October 28, and November, where it initially forms a triangle with Saturn and the bright red star Antares then passes through the "teapot" of Sagittarius.

At the beginning of spring, you may wish to raise your eyes from the drama on the horizon as well. High above the western horizon is the distinctive back to front question mark of the constellation

Scorpius, the scorpion. Antares (the brightest star in Scorpius), Saturn and red Mars form a bright triangle near the heart of the scorpion (more description of Scorpius below). As September continues, the triangle becomes longer as Mars heads toward the cluster rich region between Scorpius and the "teapot" of Sagittarius. Mars is also becoming dimmer, but is still easily recognisable. In late September Mars will be in binocular range of a number of bright clusters and Nebula, and will look fantastic. In October Mars moves through the "lid" of the teapot, coming close to several bright stars, and on the 9th and 10th close to the bright globular cluster M22. This should look excellent in binoculars. In late October and November Mars is between Sagittarius and Capricornius in a rather star poor area.

Jupiter appears in the morning skies in late October and November, but will be difficult to see until late November. Mercury returns to the evening sky in November and is close to Saturn low in the twilight on November 22.

On September 3 the thin crescent Moon is inside the triangle formed by Venus, Jupiter and Mercury. On September 9 the waxing Moon forms a kite shape with Mars, Saturn and Antares. On October 4 the crescent Moon is close to Venus and on October 6, the Crescent Moon, Saturn and Antares form a line in the early evening sky. On the 8th the waxing Moon and Mars are at their closest. On November 3 the thin crescent Moon forms a triangle with Saturn and Venus, on November 6 the crescent Moon is



close to Mars. On November 23 Jupiter and the crescent Moon are close in the eastern dawn sky in the morning.

In the early hours of September 17 you may see the northern regions of the moon slightly darken due to a penumbral eclipse. During total and partial lunar eclipses, the Moon is immersed in the darkest part of Earth's shadow, but in a penumbral eclipse, the Moon is in the penumbra, the fainter outer part of Earth's shadow.

You will be able to see this eclipse from start to maximum in South Australia. However, astronomical twilight begins just half an hour after maximum, so the faint penumbral shadow will be washed out by the twilight glow well before the eclipse ends. In South Australia the eclipse starts at 2:23 am, is at maximum extent at 4:24 am, and twilight begins at 4:48 am with the eclipse ending at 6:26 am.

At the start of spring, the distinctive curled question mark of Scorpius the scorpion is high in the western sky, but it gets progressively lower, disappearing at the end of November. Facing west, the head of Scorpius is defined by three bright stars. A bright red star in the body of the question mark (Antares) marks the heart of Scorpius.

Another obvious constellation is Sagittarius, the archer. Or rather, for Australians it is the distinctive grouping of stars below the curl of Scorpio's tail we call the "teapot". The teapot is upside down, with

the lid facing the horizon, and the spout pointing towards the tail of the Scorpion. The centre of our Galaxy is here, between the spout and the Scorpions tail. At the start of spring, the Milky Way arches across the sky, however as the months go on it lowers towards the western horizon, and is lost to view in late November. The Milky Way's glowing star-clouds and dark dusty lanes are still excellent for most of Spring though.. If you have a pair of binoculars on you, hunting around the tail of the Scorpion will show a wealth of open clusters and nebula.

The eastern horizon, in contrast, is devoid of bright and interesting constellations for most of spring. By the end of November, Taurus, Orion and the bright star Sirius can be seen gracing the eastern horizon around 10pm. In the north, the only readily distinguishable star is bright white Altair. Flanked by two dimmer stars, this is the heart of the constellation of Aquilla, the eagle.

Looking south, at the beginning of Spring the Southern Cross and the two pointers are obvious, with the axis of the cross almost parallel to the horizon at around 10 pm. As spring wears on, the Southern Cross rotates towards the southern horizon. By mid spring the cross will be upside down, grazing the southern horizon, and difficult to see without a clear level horizon.

Happy night sky watching.

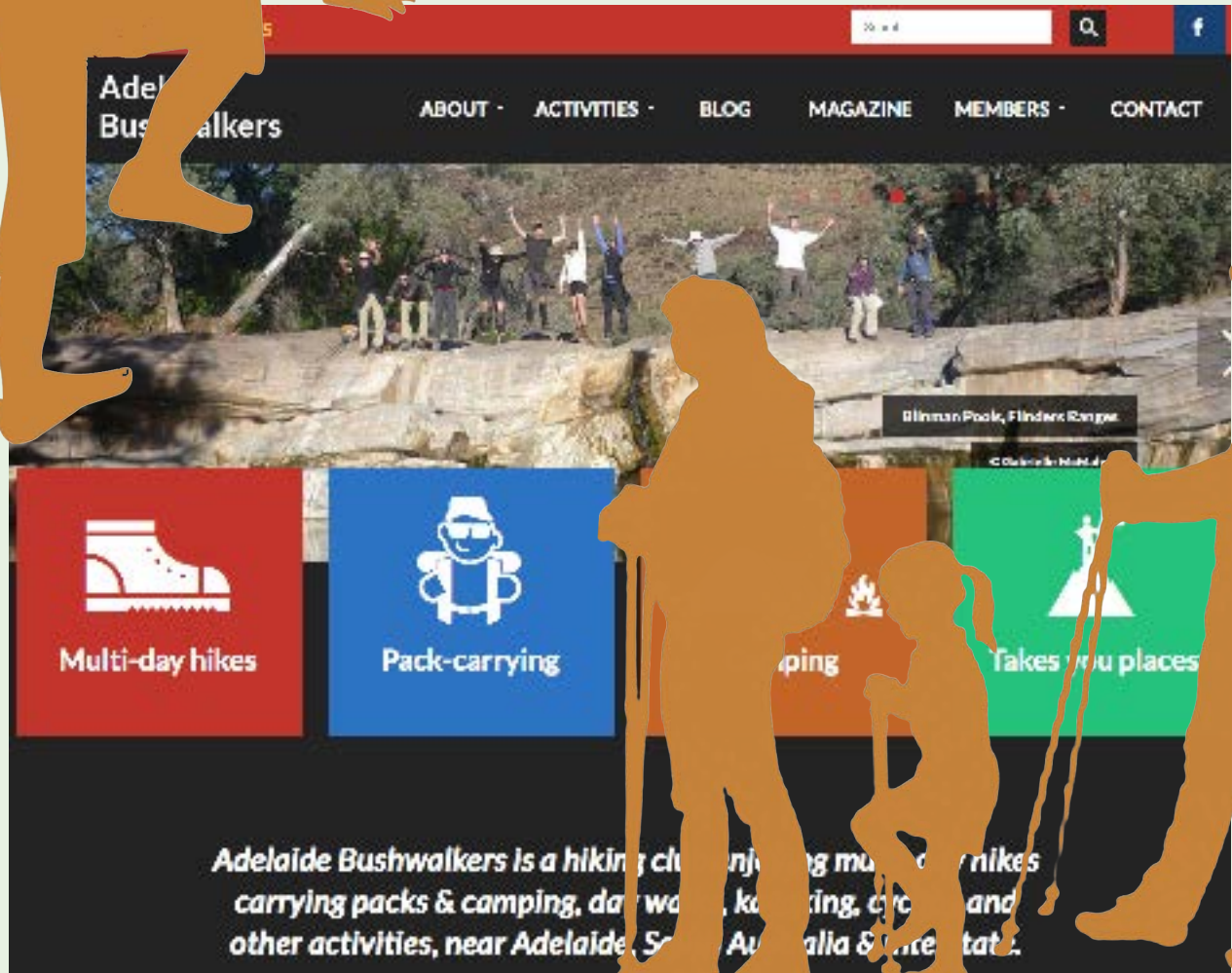
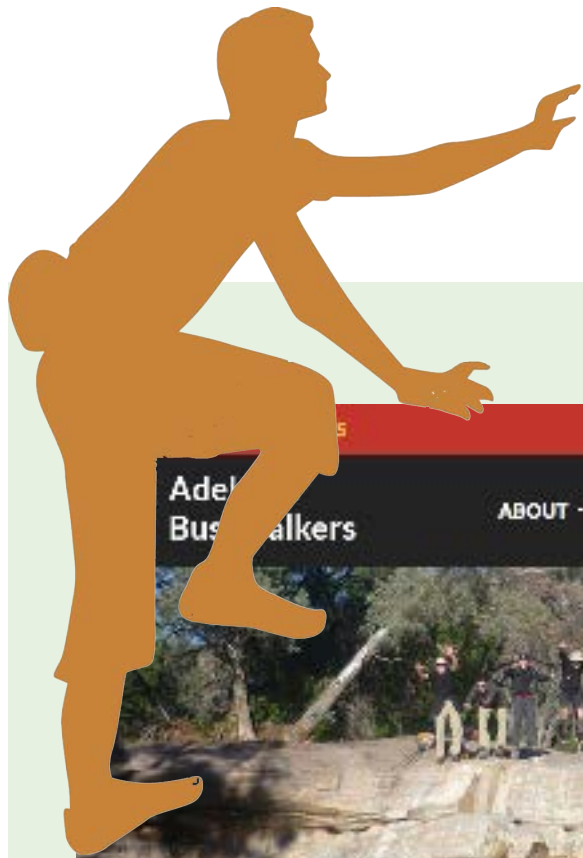


Sketches by John Bartlett

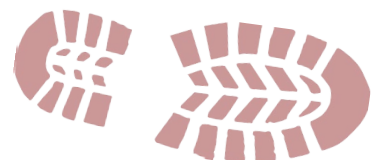
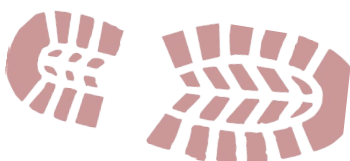
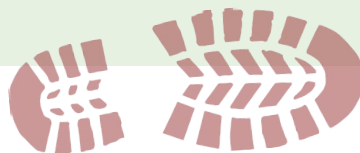
“How little note is taken of the deeds of Nature! What paper publishes her reports? Who publishes the sheet-music of the winds, or the written music of water written in river-lines? Who reports and works the ways of the clouds, those wondrous creations coming into being every day like freshly upheaved mountains? And what record is kept of Nature's colors - - the clothes she wears - of her birds, her beasts - her live-stock?”

John Muir

John Muir (1838-1914) was America's most famous and influential naturalist and conservationist.



Visit our website <http://www.adelaidebushwalkers.org/>





ABW takes you places