

ADELAIDE BUSH WALKERS

Tandanya



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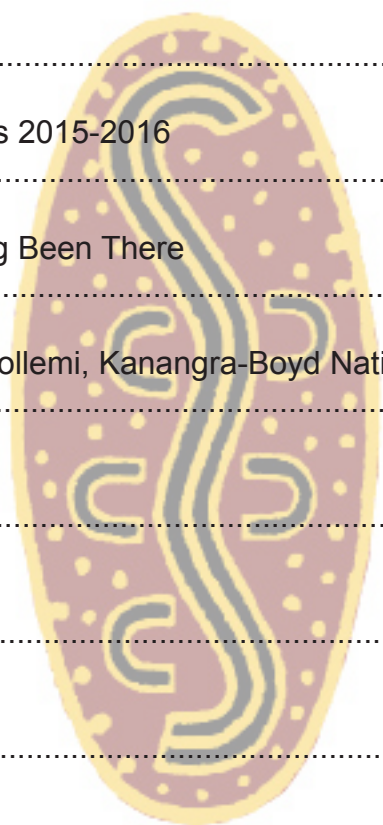
Volume 46 Number 2 Winter 2016

Tandanya

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I'd rather attempt to do something great and fail than to attempt to do nothing and succeed.

Robert H. Schuller

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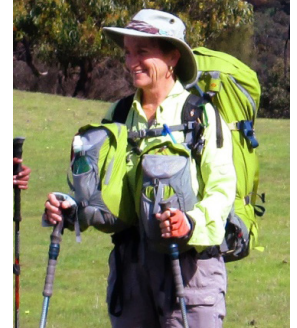
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WHY THE AARN PACK?

By Lorraine Thomas



I am constantly being asked if I like my Aarn Pack and why I like it. My response is, “*I love my Aarn Pack and would never go back to a conventional pack*”. Not one to write formal reviews I felt it is time to enlighten the unenlightened and I say that without prejudice because here in South Australia we have very little exposure to the product being the only state lacking a retail outlet for Aarn Packs. I had been researching this New Zealand design pack for years, stopping anyone I saw on interstate trips, asking the same questions that people are asking me now and all of their comments were exactly the same as mine, in fact, I can’t even find a substantial bad review on the internet.

After my first walk with ABW I knew I had to change the way I trekked if I was to keep up with these younger hikers and still be there when I turn 70 and for me that meant going **lighter** and **smarter**. I stopped procrastinating, took a giant leap of faith in the design concepts of Aarn Packs, flew to Melbourne and bought the aptly named Effortless Rhythm Body Pack. It is a generous 66L capacity weighing 1.9kg which includes two custom fit dry sac liners. Paired with this are two Balance Packs, the Sport S, worn at the front and adding another 10L capacity at an extra 300gms, again including a dry sac liner in each. So immediately I have gone **lighter** than my faithful MacPac Esprit at 3.2 kg plus the added weight of the dry sack liners.

The Aarn Pack is different to a conventional rucksack and challenges traditional thinking. It optimises the load carrying efficiency through

balance and fluid motion, reducing strain on the body and requiring less energy for the hiker. Firstly, it does this by offsetting the load with the use of front Balance Packs and Load Transfer Tubes bringing pack weight forward to the front of the hip belt. This allows the adjustable hip belt to carry the weight evenly around the hips. The belt is soft, light and comfortable and is designed to fit snugly over the pelvis regardless of shape as long as you position the soft grey “triangle” part of the belt over the bony prominence of the pelvic crest.

The second important feature is the Flow System which allows movement of the shoulder and hip belts independent to the main pack, the centre of gravity is maintained and the natural upright posture is retained. Everything works on sliding and pivoting connections so apart from the hip belt all straps are loosely adjusted to only take up the slack. The Balance Packs sit forward taking the weight from the shoulders as the top connectors slide along the shoulder strap during movement. Surprisingly these packs do not impede or wobble uncontrollably during activity and they do not obstruct vision during foot placement.

If I feel any weight on my shoulders I know I am starting to stoop forward and immediately correct my posture. If I am in a tight squeeze with knees up under my chest I can simply unclip the two connectors and pivot them out of the way (pictured right). I was a bit slow to catch on to this idea during the Blue Mountains trip when I first encountered this obstacle but I subsequently figured it out. I am constantly learning what this pack can do and it is so important to “think outside the square” to get the most from the Aarn Pack.

I find that the Balance Packs provide amazing convenience, they can be removed and clipped together and carried separately or they can convert into a small day pack with a set of straps provided. With the Aarn concept it is important to distribute weight thoughtfully so heavy compact items should go into the Balance Packs. I have my water bottles in the outside pockets, my navigation and emergency gear in one side and my scroggin, lunch, sunscreen and anything I need for the day in the other. When it comes to doing side trips I just pull out the dry sacks from each Balance Pack and put them into my day pack along with my wet weather gear and hopefully nothing is forgotten.

When people see my pack the immediate response is that the front packs would get in the way, they don't! The gains of this configuration vastly outweigh any inconvenience. Yes there are some, I find it time consuming undoing and doing up the extra clips when stopping for a short break, all be it a few seconds longer and the balance packs are a bit unwieldy when donning the pack unless you use the over the head technique which works alright for me with a light pack but I haven't tried it with a heavy load yet. My weekend load comprises of around 11 Kilos on my back and around 5 kilos in front depending on how much water I carry. Not a light weight by the ultralight guru standards but this load carrying configuration allows me to carry all those "just in case" emergency items to keep me totally self-sufficient.

The diagram below demonstrates the difference in load carrying ability between the Aarn design and conventional packs. Backpacks force you to lean forward, they create downward and rearward forces on your shoulders and place weight on the back of the hips and none on the front. Backpacks act as a lever on your back making body movements unwieldy, particularly on uneven ground. Aarn Bodypacks maintain your natural upright posture, eliminate the rearwards force on your shoulders,

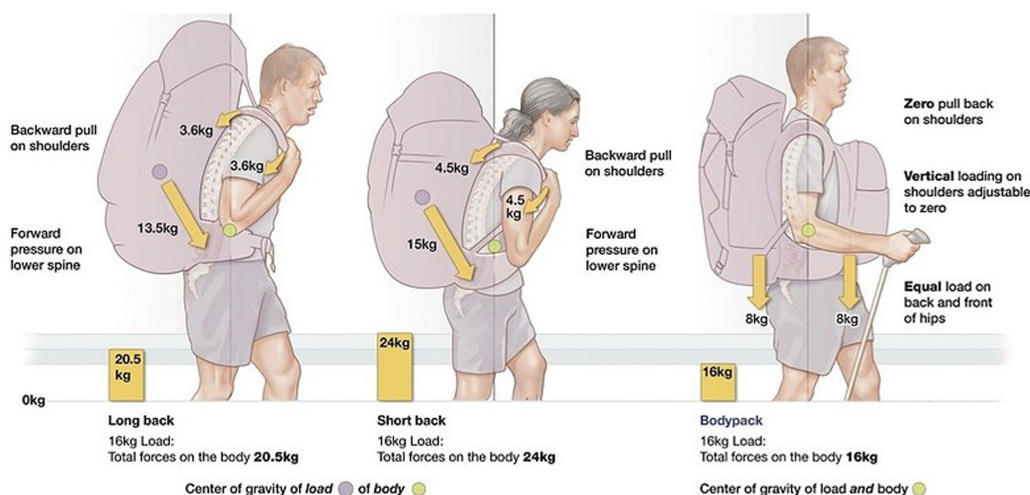
evenly distribute the weight on the hips and allow fluid body movements.

The Aarn website www.aarnpacks.com is worth a visit as the history and science behind the design is very substantial as is the many types of Body Packs, Balance Packs, bike panniers, travel, school and business balance bags. Also available are custom made Cuben Fibre products. I find there is always something new on this site, the indefatigable Aarn Tate is constantly working on better ways to carry loads whatever the sport or occupation.

The engineering of the Aarn pack is very clever and overwhelming at first as every strap, loop or fitting has a purpose and it is all explained in detail on the website, essential viewing to get the best from the pack. It took me a while to tweak my pack perfectly and now I cruise confidently through any walk. I can comfortably rock, twist, stretch and bend forward under load, there is no weight on my shoulders or load on my spine and no pressure from the hip belt. Don't be misled into thinking there is no weight, the body is still under load but the load is distributed more effectively and requires less effort. In my mind I have achieved my goal in a **smarter** way to travel. I only "discovered" bushwalking after I retired and I have a big "Bucket List" and this pack has truly changed my hiking experience for the better and I am convinced, all being well, it will see me through to 70+ years!



The front balance packs can be resited to allow climbing steep slopes



President's Report 2016

This report was delivered at the ABW Annual General Meeting on 4 May 2016 by the President, Mark Proctor. It has been slightly ammended to include the finance reports.



Policy Developments

Last year I lamented that administration and policy development took an inordinate amount of time. Well the same has been true this year. We learnt early in the year that a 15-year-old boy had joined the club without disclosing his age. Once we knew, we investigated the legal situation regarding minors in a club characterised by more elderly members disappearing into the bush for two to three days at a time, living in tents and unseen by the normal surveillance of society or the police. It was a recipe for potential misunderstanding. Fortunately, our youngest member was extremely able to look after himself and other members enjoyed conversation with him. Nothing went wrong but we still had to comply with the minefield of legislation governing the protection of minors. This has been accomplished and in fact the author of the new policy, John Norris, over-achieved by creating a comprehensive policy document aimed at protecting all member from any form of discrimination, abuse or mistreatment.

Secretariat

Our Secretary of many years, Trevor Jones, has kept the record straight. He prepared a graph of attendance over the past year which not surprisingly shows higher attendance during the walking season. The new meeting format adopted at last year's AGM i.e. one general meeting per month followed by a presentation and moving the committee meeting to the third Wednesday of the month has proved to be most successful.

Finance

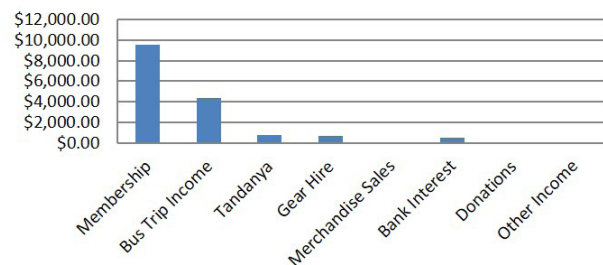
Our Treasurer, Sally-Anne Thomas presented the Financial report which confirm the club's auditor report that the club's finances are very properly run. The club made less money this year since last year's membership surge quietened down but the financial position remains healthy and we are able to meet all of our commitments.

Walks Program

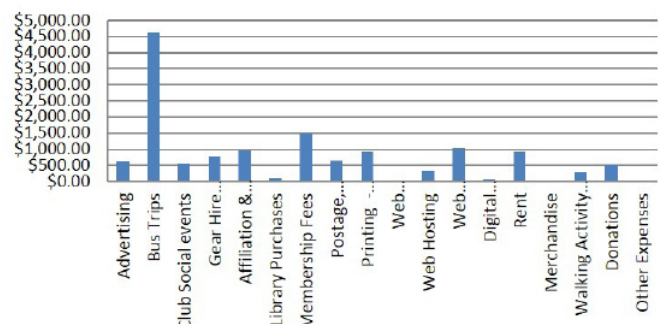
The greatly experienced life member, walk leader and club administrator, Roger Kempson took on the Walks Secretary job this year after a number of

Position	Elected
President	John Norris
Vice-President	Mark Proctor
Secretary	Trevor Jones
Treasurer	Sally-Anne Thomas
Walks	Roger Kempson
Membership	Tracy Bryant
Gear Hire	Danuta Bezuch
Tandanya	Bruce Marquis
Social	Sammi Lanyon
Library	Martin Flood
Promotions	Jeremy Carter

FY16 Income



FY16 Expenditure



years in retirement. The program for the year which was probably our busiest and most substantial in the club's history was very well run.

Categorising walk by duration and location we have seen the following activity:

- ☐ Walks or two or more days within about 2.5 hour's drive from Adelaide: 20 walks with an average of 11 members per walk.
- ☐ Two New Members Training Weekends were organized by Kate Corner: one in May 2015 at Kuitpo Forest (16 members) and the other at Mt Crawford (14 members).
- ☐ Walks of two or more days in the Flinders Ranges: 11 walks with an average of 9 members per walk. These included the June Long Weekend bus trip to the northern Flinders Ranges and two trips to the Gammon Ranges. One to install a new log book on Cleft Peak organized by John Bartlett.
- ☐ Wednesday Walks (3-4 hours' duration): usually two per month and three when there are five Wednesdays in the month. Attendance has been at least 15.
- ☐ Training walks (two hours' duration each Thursday evening): almost every week.
- ☐ Extended interstate walks: 3 (National Parks in NSW, the Bibbulmun Track in WA and the Greater Blue Mountains Wilderness Area in NSW).
- ☐ Overseas walks: Mount Aspiring National Park, New Zealand (party of six).
- ☐ Non-bushwalk activities: two bicycle trips, three canoe/kayak trips.
- ☐ Conservation events: three including Gum Creek Station (south of Blinman) organized by Peter Beer (this is the eighth year he has done this), and weed control projects at Palmer and the Onkaparinga River organized by Mike Round.

So our club has had an active and successful year with walks with a range of gradings in many different areas with the addition of various non-bushwalking activities. The coming year is also looking to be very busy with many walks already posted from May to October 2016 and the June long weekend bus already full.

Membership

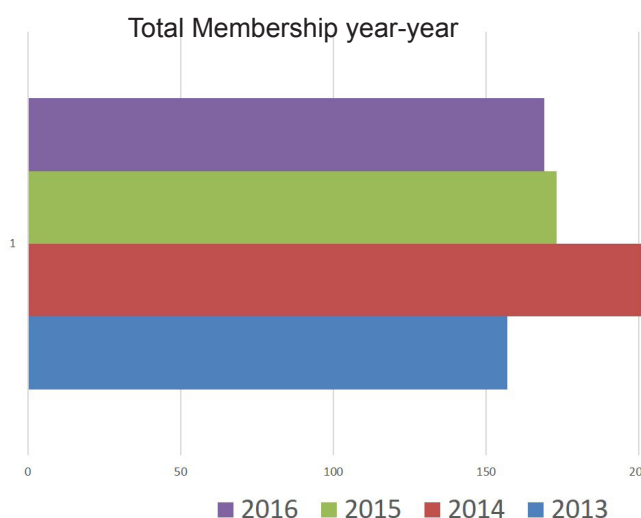
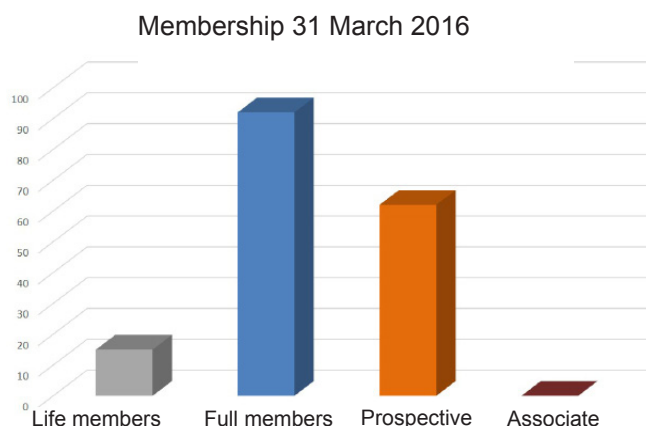
The membership statistics for this year are quite

similar to last year. There are a total of 169 Current members constituting 15 Life members, 92 Full members, 62 Prospective members and for the first time in decades no associate members. There are still a few members left to pay their subscription for this year and about 30 Prospective members yet to see the anniversary of their date of joining. 24 new members have qualified as full members.

There is still a strong intake of new members but fewer than a quarter renew their membership for a second year. This is the first full year that we have run a casual participant program where people can pay \$10 (on up to two occasions) to do a walk with ABW. This facility allows interstate or overseas visitors, members of other Australian clubs as well as people thinking about membership to walk with ABW. 7 people took this up last year and 8 this year. Membership Secretary, Kate Corner has personally added to the pool of future members by having a baby herself this year.

Gear Hire

Throughout the year, Dani Bezuch conducted a



stock take of all ABW Gear Hire equipment and tested every item for wear and tear. One tent and three air mattresses were laid to rest and one set of walking poles walked away. This year she will be purchasing an air mattresses and consideration will be given to purchase another set of walking poles and a pair of gaiters. Over the next few months, Dani will be trialling a new order form for gear hire to streamline the process so that members do not have to wait at the gear hire table for extended periods.

Tandanya

Our club magazine, *Tandanya* has been running since 1947. It used to be monthly but is now a quarterly magazine of 24 – 32 pages. The relevance of a printed magazine in this day and age has been questioned by some members because our web site is already able to run stories in its Blog section at any time, with a great deal more photos and in full colour. Feedback to our editor, Bruce Marquis, says that the printed version is a technically excellent product and is still enjoyed by members on day walks and by others contemplating the day in their personal throne room.

Our longest term advertiser, Russell Willis of Willis Walkabouts has retired and that has turned *Tandanya* into a loss making magazine. However one new advertiser will commence in the next edition. I do not think that club newsletters are ever going to be commercially viable but I still support *Tandanya* as the Club's primary instrument of members' views and experiences.

Social Program

Our Social Secretary, Mike Round undertook to keep us informed, entertained and inspired throughout 10 meetings of the year. Everyone's tastes differ so Mike went for a variety of subjects. At three meetings club members made presentations (with eight members speaking) and at six meetings there were guest speakers. Of the presentations, five evenings were about bushwalking trips including three devoted to accounts of historic walks, three were about the bushwalking environment and one was an information evening about bicycle touring. I think Mike's plan achieved wide appeal. The annual photo competition/Christmas party in December attracted 62 photographs contributed by 17 members.

Mike Round also introduced the Virtual Reality climbing evenings and which have been an interesting activity for adrenaline junkies and I hope that it continues now that Mike will be absent overseas for half of the coming year.

Library

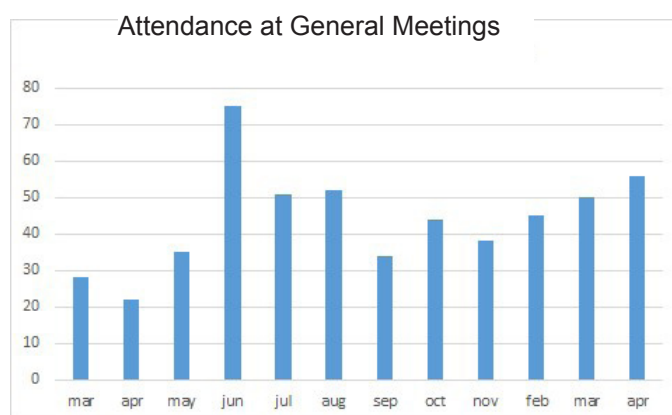
During Karen Madera's period as Librarian there has been a marked shift from books being the greater interest to digital maps. We are planning on increasing our library of digital maps and sharing the knowledge of some of our digital map gurus with other members so that you can create your own map products.

Promotions

The club's principal information source and operational hub has been the website created and run by Jeremy Carter. Through the website and our other principle avenues of communications: Facebook, member emails and printed products, the club has an efficient and hopefully not-to-intrusive means of keeping members informed.

I appreciate that we have a number of non-internet savvy members who have difficulty with the club's reliance on the internet. Hopefully our printed back-up facilities serve to support those members. I am afraid that there is no going back from our continuing reliance on internet based services.

Our club organisation managed through the website proved very advantageous when a leader was



hospitalised shortly before he was to lead a walk. The club was able to reach all members booked for that walk and to organise a new leader within a day so the walk could continue.

Reaching New Members

Our Website and Facebook sites are the most effective ways of reaching potential new members and a large number of queries arrive in our Inbox as a result of those. We recommend that each person visits us at one of our meetings to get a feel for how we operate and what we can offer them. *Tandanya* magazine also has some reach particularly as it is placed in a number of bushwalking stores in

Adelaide.

In past years, the Opening of the Walking Season in April/May has been a great venue to people to explore the club but it has not been organised for the past two years. Instead Walking SA is intending to have a similar event to be called "Walktober" in October this year. As this is not a particularly good time for promoting membership in ABW, we will not be taking part.

Word of mouth from members and admirers remains the most effective way to get new members.

Return to the Grampians

Due to the falling number of walkers going on the annual Grampians bus trip, it had become uneconomical and was cancelled this year. School holidays, damage from floods and bushfires and new members not being familiar with the walking prospects were some of the reasons. However there has been a revival in interest and with our announcement already of the base camp location for the bus trip six months in advance along with some more marketing we feel confident that this much-loved walking venue will be back to its former popularity this year.

Composition of the committee

At the last AGM I announced that the Conservation Secretary role would be set aside to allow us to have a committee member responsible for Promotions. This ensured that our website was reliable, appealing and functional. New walks, activities and the speakers at meeting were promulgated via email which is very efficient. It will be up to the new President, but I hope that we will retain this emphasis on communications and promotions.

Warren Bonython Tanks Project

The water tanks project to place tanks in dry walking areas using money bequeathed by our previous patron, Warren Bonython got off to a slow start in 2014. When our current patron, Duncan Chessell took over managing the project towards the end of last year there was a new enthusiasm. The first two tanks will be built and installed in the Gammons and further north during 2016 with more tanks to follow next year,

Email address

Because the current email address is disclosed on our public website, nine out of ten of the hundreds of emails we receive each week are spam. Watch out for a change to the ABW email address which will be

needed to get around this problem.

My Record

I joined ABW in November 2001 and soon realised that service on the Committee was a worthwhile ambition. I have now served 13 terms and stood again for election this year. However, this does not make me the longest serving committee member. That achievement goes to Marilyn Browne who served 22 years in many different committee roles including as President. The Constitution stipulates that the President can only remain in office for two years. I have stretched the interpretation of this rule by being President for four years in two non-consecutive terms but I wanted to see this club develop, modernise and prosper and it took more than two years to achieve it. This equals Peter Beer's record set in 1979.

So it is time to look forward to the future. Bushwalking has seen a resurgence in recent years and the average age of members is coming down from 55 when measured ten years ago to something less. The idea of walking every weekend which characterised the club 30 years ago has waned and the intervention of governments to limit risk in the outdoors has led to more red tape but I think that the club is still a leader in adventure.

I am sure that we can look forward to a very packed activities program and I hope that new members will see the value in assuming leadership roles in the club.

Thank you to all committee members and other club officials. So long to the three members retiring at this AGM and thanks for your continuing support for those members carrying on. And my greatest thanks go to the Leaders who are the main driving force of this club.

ABW General Meeting Presentations 2015-16

Here is the list of topics and presenters at club Meetings for the past year.

JUNE. ABW's Tasmanian summer walks:

Lorraine Thomas on the Walls of Jerusalem, the Never Never and The Acropolis, **Mark Proctor** on a north to south crossing of the Central Plateau from Western Creek to Derwent Bridge & **Trevor Jones** on the Mt Anne and Mt Field NP circuit walks.

JULY. Bicycle touring: Trevor May and Trevor Moyle on multi-day bicycle touring and some of the issues involved in planning and preparation, setting up the bike, what to take and leave behind and being under way.

AUGUST. Bob Mossell and Sharka Dolek on their party of five's four month walk from Spencer Gulf to the Gulf of Carpentaria in 1973. A 50 minute digital copy of the professional quality 16 mm film of the walk was shown and a highlight was the week or more spent battling mud on the flooded Birdsville Track.

SEPTEMBER. David Schmarr of SARDI on the aquatic life of the Lake Eyre Basin and which contains 22 fish species. He also spoke of the endemic purple spotted gudgeon that exists in 2 creeks in the northern Flinders Ranges and a newly discovered endemic frog species in the central Flinders Ranges.

OCTOBER. Dr Roland Twidale, University of Adelaide on the geomorphology of the Flinders Ranges. Roland is the author of several books on the subject and he and colleague the late Dr Jenny Bourne, also at the meeting, have been great collaborators for many years, investigating landforms across Australia.

NOVEMBER. Two club walks and a private walk done in 2015 were described; Andrew Cope on WA's Bibbulmun Track, Trevor Jones on his climb of Mt Whitney, California and Roger Kempson in national parks in northeast NSW.

DECEMBER. The club's annual social and photo competition with judging by the members. There were 62 entries entered by 17 members with the winners of the six categories receiving a \$25 gift voucher for spending at the Scout Shop.

FEBRUARY. Tassie's Overland Track in winter



with presentations by **Bruce Graham** on the MUMC party that did the first winter crossing in 1951, **Rob Rushton-Smith** on the AUMC crossing in the exceptionally high snow year of 1970 and **Mike Round** on the AUMC Cradle Mountain circuit walk and summit in 1971.

MARCH. Terry Krieg described walks around Lake Eyre, in the Willouran and Gammon Ranges and a 5 day walk in the Simpson Desert (with all the water back-packed!) that he did with Warren Bonython from 1975 to 2002. Copies of his book *Walking with Warren* were on sale at half price after the talk.

APRIL. Harald Ehmann of wildworks.com and author of the comprehensive book *South Australian Rangelands and Aboriginal Lands Wildlife Management Manual* gave a memorable account of his recent studies in the far west of SA including local fire regimes, vegetation recovery and the Princess Parrot.

MAY. The **2016 AGM** was followed by nibbles and drinks supplied by the club. Club patron **Duncan Chessell** was to have spoken at the AGM about progress on the club's Warren Bonython Memorial Water Tanks project in the Flinders Ranges. **However a last minute program change meant this presentation was postponed to a later date**

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FEBRUARY. Tassie's Overland Track in winter

Patron, Duncan Chessell on Mt. Everest



Making Each Place You Visit Better By Having Been There

By Richard Bowey

I was in Bateman's Bay a couple of years ago walking along the rugged beach line when I came across a bloke about my own age. We talked and I discovered he was, like me, retired. He was a Quebecois French Canadian and a former academic sociologist who had been travelling in Australia for seven months by himself.

I asked him if he ever got lonely and he said he did; very lonely in fact. Which I guess is why in the half an hour or so we spent talking he got about ten million words in while I managed a hundred or so. Even so, he was very interesting with some very provocative views.

About half way through our conversation, this self-confessed ecologist opened his back pack to show me its contents. It was full of rubbish. He pulled out a can and explained that wherever he was in the world, he always carried a bag and picked up any rubbish he came across so as to leave any place he visited in better condition than before he came.

I have always picked up rubbish but for a slightly different reason. I don't like to see pristine places of beauty trashed.

Nevertheless his statement did, and has since, inspired me. So even on a bush walk, where weight is everything, I still pick up rubbish, more so if I know I am going to come across a place where I can leave it for collection. Or I know it weighs less than the food I am consuming on the walk.

So fellow walkers, consider leaving each place you visit better for having been there by picking up at least one piece of rubbish. And if you must choose, go for plastic which is virtually indestructible.

It's not hard.



The remains of a sea bird showing the plastic debris that it had eaten.



Exploring The Gardens of Stone, Wollemi and Kanangra-Boyd National Parks

Part of the Greater Blue Mountains

By Lorraine Thomas

What a wonderful adventure a small group of ABW members had in the Greater Blue Mountains World Heritage Area where there are basically no trails but instead, an adventure playground for the fit, the cautious and the astute navigator. We returned scratched, battered and bruised so must have had a good time with a few of those “this looks doable moments” from the boys which equated to “what am I **doing** here” moments for me!

This place is not well known to many bushwalkers outside the NSW area but I was drawn to it after first reading about The Gardens of Stone National Park in “Great Walks” magazine. I was subsequently lucky enough to join a couple of walks with the Upper Blue Mountains Bush Walking Club and the Bush Club while I was over there a year ago with the ARPA (Australian Retired Persons Association) camp at Blackheath.

This wetted my appetite and I wanted to show this extraordinary place to others, so I took up the challenge considering there is a dearth of information and no marked trails. Fortunately, I was able to source all walks except the Kanangra Walls to Katoomba (K2K) walk from one series of books called, “The Gardens of Stone National Park and Beyond”, by Michael Keates, Brian Fox and Yuri Bolotin. The books table the track notes of walks completed by Bush Club in the area together with some local history, the biodiversity and geo diversity of, what is often referred to as, “Pagoda Country”.

The weather was terribly hot to start with, it was March (2016) and we were clearly not used to the humidity so I had to modify our plans to avoid carrying extra water. We were consuming 3-4 litres during the day and taking in volumes of electrolytes.

Our first acclimatization walk started with Kanangra

Walls to Katoomba in the Kanangra Boyd and Blue Mountains National Parks. Being in a remote wilderness area we were required to lodge a “Bushwalking & Activity Trip Intention Form” with the Katoomba Police. The weather was sunny at 30-32 degrees and water collection at Dex Creek and Mobbs Swamp were from very small decaying waterholes.

Overall this was a great walk over 4 days and was not without some difficult sections. The trail was easy to follow although not marked and only required attention to navigation in some parts to ensure we were going the right way. We did manage several side trips with a spectacular finish up Tarros Ladders involving pack hauling before a lengthy hike along Narrow Neck towards Katoomba. Surprisingly, we didn't see another person until we arrived at the top of Tarros Ladders and that was because we had “invited” the Police Rescue Unit or rather they insisted on coming out.

To explain, Tim had severely sprained his ankle and bravely struggled with it for three days. It was very hot around 35 degrees and there was another 11kms of fire track to go. A big ask for someone in Tim's condition so I called the Katoomba Police to see what we could do to get Tim to the pickup point. Needless to say they loved the challenge, they even wanted us to leave him at the bottom of Tarros Ladders but to save face Tim insisted he was good for the climb!

After a rest day in Lithgow and Tim returning to Adelaide we were off to Newnes for our real adventure in the Gardens of Stone and Wollemi National Parks. The weather was still hot so we opted for the cooler walk along the Wolgan River to see the Totem Pole (GR 576 199) first. This would take three days and two nights' base camping at Rocky



Looking down Little Capertee Creek Valley from Mystery Mountain Lookout, Newnes. Photo:Trevor Jones

Creek. Unfortunately a grader had been through the week before us. It severely churned up the area to lay dog bait every 500 metres and certainly took the wilderness edge off our walk. Regardless, that first day was highlighted by a side trip up the beautiful Starlight Canyon on the northern side of the Wolgan River just past Devil's Pinch. We reached our Rocky Creek campsite in a sudden deluge of rain that went as quickly as it came so we settled in for the night listening to the wild dogs up on the plateau. We came to appreciate the serious effort of the dog baiting.

The day walk to the Totem Pole was successful as it can be like finding a needle in a haystack. First of all we boulder hopped from the end of the road for about a kilometre then it was fair going to the Annie Rowan Creek, Wolgan River confluence. We found that following the Wolgan River's southern edge from the creek was relatively easy although rocky and we made good progress. Returning from Annie Rowan Creek we followed an old track or more like, "where would a vehicle have gone from here" and found our way steadily back to the Wolgan River after descending a short reinforced embankment. We should have crossed the Wolgan River here (GR557 229) but instead we boulder hopped back on the southern side to the end of the road again. I'm sure the old vehicle track would have continued back along the northern side at the point where it

met the Wolgan River and I expect it should have been easy going rather than the boulders again but we opted for the safer option of known information from the track notes in the book.

Returning to Newnes we stayed two nights at the public camp ground so we could tackle the Mystery Mountain walk. After climbing the pagodas at the lookout the boys were aching to do more so after following the route along a terrace dividing the cliff face we ascended a pagoda (GR 436 247) onto the plateau instead of the gully indicated in the book, it was one of those "what am I *doing* here moments". It is not for the faint hearted but it turned out not so bad after all, so we then descended the lovely Zobel's Gully and followed the Glow Worm Tunnel track back to Newnes.

Water was scarce in this area, and the creeks were dry so our grand trek that was originally planned was reduced to base camps. Our next foray was a three night camp in a small clearing along the northern branch of Capertee Creek by a permanent spring. To get there we passed through the private property "Red Cliffs" obtaining permission from the owner beforehand who also imparted some valuable knowledge which was used over the coming days. It was such a peaceful place, rarely visited, with an abundance of birds from the tiny Pardalote to the Goshawk. At night, around the campfire, the



Nino and Tracey ascending the Pagoda on Mystery Mountain Photo: Lorraine Thomas

late stayers were entertained by a Squirrel Glider making its way through the trees and the next day we were rewarded with a sighting of the rare Brush Tail Rock Wallaby. This was a truly undisturbed and tranquil piece of nature's paradise. From this camp we did day walks to Mt Dawson and the Minotaur Lair. It was hard going and even harder to navigate.

A lot can happen in this terrain within 100 metres when you are limited to a 6 figure grid reference but we found our way, slowly, usually out for about 8 hours each day. We planned to do more which would include the Mt Dawson Caves and Gindantherie Pinnacle but navigating this country is a slow and exacting process and we had to adhere to our "turn around" time or risk finding our way back in the dark, not a good option in this terrain. At one stage we lost satellite contact, at the same point our compasses were affected by an iron stone pagoda pulling about 10 degrees and to complicate matters there was a lot of confusion within our GPS track log. The most difficult challenge in this country is finding the right slot, gully or pagoda to ascend or descend the plateau to get to your objective. This takes careful planning, exploration and teamwork but you are rewarded with mammoth vistas, striking rock formations, contrasts in vegetation, wild life at its best and all this is complemented by the spiritual ambience of this beautiful wilderness.

Thomas Ebersol, who runs a kiosk from the Newnes Hotel, now his private residence, always welcomed us back from each escapade. We could enjoy hot showers, tea and coffee or even an ice cream while we talked of our adventures, I think he enjoyed our company as much as we did his. Thomas also stored our excess gear and we collected our drinking water from him, all for a modest donation. His knowledge of the area is invaluable and he loves to share it from the history of the old Newnes Township to the way of route to a particular destination.

After our final return to Newnes we filled in the rest of our day exploring Petries Gully and the Old Newnes Ruins, a must see, before returning to Lithgow where another two walkers departed while the rest prepared for the next phase of our journey.

Our next adventure was based in Wollemi National Park. I had decided from our previous exploits that the terrain was too difficult to pack walk through to the Dumbano Creek Tunnels and Camp Cave with so few walkers left so we were able to enjoy ourselves in comfort at Deep Pass base camp, the weather had cooled and there was an abundance of water!



Kanangra Walls Lookout: Bruce Hood, Trevor Jones, Tracy Bryant, Jude Cahill, Tim Threlfall and Lorraine Thomas (seated).
Photo by Nino Fioretti

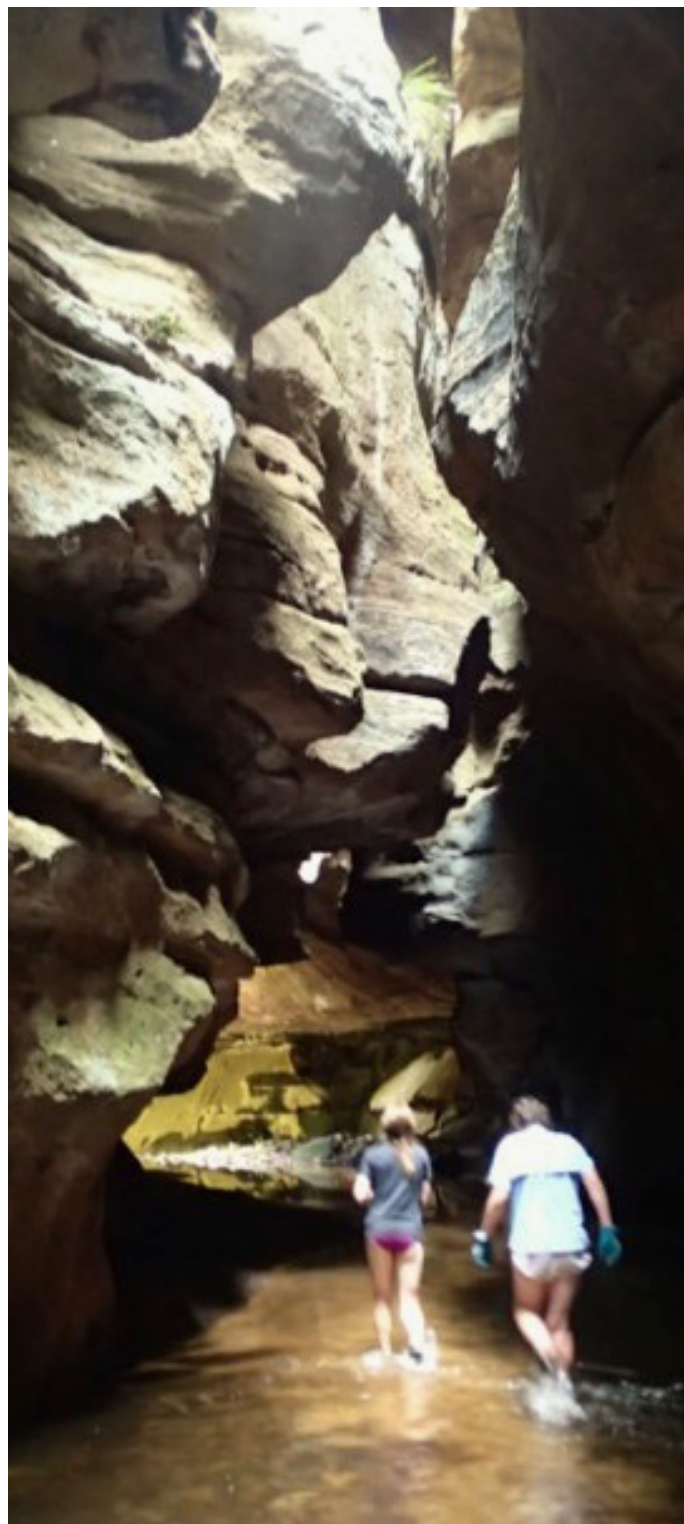
The foot tracks here are hard to find if you don't know what you are looking for but we eventually made our way to River Caves Canyon on a foot pad all the way from Deep Pass. Next day it rained and we had planned to ascend Mt Norris but decided the way up was too slippery so we started our circuit in reverse via Window Rock. The rain continued and it was unpleasant progress or lack of and we did not find the actual rock with the window. To complicate matters I was starting to get cold so we decided to return to camp and explore its surrounds.

Split Rock is located about 200 metres east of the campground and is referred to as Mini Standley Chasm and on the opposite side of the creek, we viewed some indigenous rock paintings of the traditional owners of the Wywandy and Wiradjuri Tribes.

Our last day was a circuit through the beautiful Nayook Canyon complete with fish and a handsome yabby. The foot pad starts on the right of the main (northern) track to the camp ground just before it crosses Nayook Creek and can be easily missed. The difficult sections through the canyon have permanent ropes and logs set up, although I did find myself testing them first for strength. This allowed us to contour around the pristine rock pools and over the waterfalls enabling us to continue all the way through to the carpark and then it was back to Lithgow for the last night of our trip.

In between locations we stayed at Lithgow Caravan Park and they could not have been more helpful allowing us to leave our excess gear in our cabins, including refrigerated goods. That chilled chardonnay or a beer on our return was a real treat. Madjestic Tours operates from the Lithgow Caravan Park and the indefatigable Nicholas took care of all our transport needs including supermarket shopping and going out to dinner. Together with the sound advice from members of the NSW walking clubs and the ongoing help from Michael Keates and some property owners we were able to enjoy a very safe and exhilarating time in this largely unexplored paradise.

The area is so unique and mostly undisturbed, showcasing rare and endangered species. This compels the adventurous bushwalker to come and explore but despite all its beauty it is threatened by development proposals. With the sage advice in the nine volumes of "The Gardens of Stone National Park and Beyond" the greater bushwalking community can now plan trips to the area before it is lost to development. It's time to get out there and help extend the awareness of this wonderful and exciting place.



Tracey and Jude in the River Caves Canyon Wollemi NP
Photo: Lorraine Thomas



Tracy planking in Nayook Canyon
Photo: Lorraine Thomas



Mal Kirkham and John Bartlett show off their yellow shorts - Warren Bonython style.

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The Warren Bonython Legacy

by John Bartlett

Walking with Warren

At the Club's General Meeting on Wednesday 2nd March this year, the guest speaker was Terry Krieg, author of the book *Walking with Warren* which was first published in November 2013. Terry spoke of the walks he did with Warren in South Australia between 1975 and 2002, both short and long.

In particular, Terry told us of the first walk in 1975 from Mt Hack to Hermit Hill, a traverse of the Willouran Range, North West Flinders Ranges, and then the well known "circumambulation" of Lake Eyre in 1982.

The latter walk was called *Walking on Eyre* by Terry, and the meeting was given the great pleasure of viewing Terry's movie (now on DVD) of the 33 day unsupported walk anticlockwise around Lake Eyre with Warren.

At the meeting, Terry made available copies of the book for members to purchase. I duly bought a copy, and had read it within 2 weeks. As a result, Terry's presentation and my reading of the book prompted me to write this article about our patron of long-standing, C. Warren Bonython AO who died in April 2012. Warren was much admired by Terry and many other people, including myself, in South Australia and elsewhere.

Warren's Achievements

Warren came from the influential Adelaide Bonython family, and after working as a chemical engineer with ICI, he applied his initiative and drive to many environmental and conservation interests and organisations such as the Uranium Advisory Council, Royal Geographical Society, National Trust of SA, Scientific Expedition Group, Nature Foundation, Nature Conservation and many others.

Warren was instrumental in establishing our 1200km long Heysen Trail that so many of us bushwalkers cherish. Warren also used his influence with governments in the creation of more National Parks in SA. His achievements were testimony to his physical toughness and endurance, determination and thoroughness in planning, preparation and recording of trips.



Conservationist walker Warren Bonython with former geology teacher Terry Krieg (member of Eyre Consultative Committee to the Environment Department) during trek around Lake Eyre in 1982. Picture: Barry Hartley

Other Well Known Walks

The best known of Warren's other walks are:

- The attempted first crossing of the Gammons in 1946 – not completed because one of the party of three suffered a broken leg
- The whole of the Flinders Ranges from Crystal Brook to Mt Hopeless between May 1967 to November 1968 in several stages and with one companion on each stage. This epic is recorded in Warren's book *Walking The Flinders Ranges*, published in 1971. I have a much used copy of this book, and there is two in the Club library.
- The crossing of Simpson Desert in 1973 with Charles McCubbin.

Warren's Connection to ABW

My copy of *Tandanya Spring 1980* (that was when I joined ABW) tells me that our Patrons at that time were Professor Norman Tindale and Mr. C. Warren

Bonython, and a pencilled note therein tells me that Warren was our sole Patron after March 1982.

I have not delved into Club records to find out when Warren was first appointed a Patron of ABW, but he was so for a long time.

I can recall several occasions when Warren took part in our events:

- When he was guest Speaker at one of our meetings In the Girl Guide Hall – he brought along his old walking and camping gear to show us. Using that gear, he told us of his trip by train to Brachina in the old Ghan railway, then the trek across the plains to Brachina Gorge and the walk beyond.
- In 1996, The Club's 50th Anniversary, he attended a dinner in a now demolished building in what is now Mark Oliphant RP. I remember it well as my late wife Mary and I sat with Warren and his beloved wife Bunty and entertained them at the dinner.
- Also in 1996, and to celebrate Warren's 80th birthday, he led a walk by Club members from Waterfall Gully to Mt Lofty Youth Hostel.
- In October 2006, as part of our 60th Anniversary, and when Warren was 90, he came to our celebration at Frahns Farm near Williamstown to present certificates as part of the Club's **60th Anniversary Peak Climbing Event**.
-

I received a Gold Certificate and a Remarkable Achievement Award. All certificates were signed by Warren. A former member, Graeme Oats, who had taken part in some of Warren's walks, transported Warren on this occasion.

There is no doubt in my mind that Warren was a worthy Patron of ABW. The President at the time, Ian Dickinson, and one or two other Club members and I attended Warren's funeral service at St Peters Cathedral on 12th April 2012. Terry Krieg gave a glowing eulogy at the service – after all, Terry had walked with Warren "during one half life" as it says on the cover of his book.

The Warren Bonython Memorial Walk

This walk took place on Sunday 6th October 2013, and my full article on this event was included in the Summer 2013 edition of **Tandanya**. In memory of Warren who was the inspiration behind the establishment of the Heysen Trail, Friends of the Heysen Trail arranged for walking groups to walk

the whole of the trail that day. ABW was assigned seven sections covering most of the Heysen Trail between Dutchmans Stern and Bunyeroo Gorge. In his latter years, Warren always wore yellow shorts walking, so some of us did just that. Those who took part in the event, including yours truly, remember the event with great satisfaction.

The Bequest and the Bonython Memorial Water Tanks Project

About a year after Warren's death, ABW was advised by his Estate that he had bequeathed \$10,000 to the Club, with no stipulations as to how the money was to be used. A sub-committee, led by our current Patron Duncan Chessell, is now working on a plan to install 4 or 5 shelters with water tanks in areas of the Flinders Ranges away from established walking trails, and in areas attractive to walkers. I have the pleasure of being involved in the project, and so far, a design of the structure has been prepared and costed, prospective sites have been visited, and land holders negotiated with. In a year's time, we hope the project will be complete.

Nuclear Power

In his book, Terry Krieg talks about his interests in addition to walking. There is a chapter called Nuclear Power in which he expresses his views on future power generation in Australia and the rest of the world. I think this is a well-balanced and informed viewpoint, and I recommend that any members interested in the subject should read this chapter.

In conclusion, I hope that members, particularly newer ones have gained from this article an insight into the life of this remarkable South Australian.



Warren Bonython with his beloved wife, Bunty

A Weighty Issue

By Ben Campbell



After courting controversy with my previous article, I thought it appropriate to perform some experiments on myself, as is the tradition of all the finest Australian troublemakers!

Rather than continuing the debate of alleged 'waterproofing' and 'ankle support' concerns of hiking boots, I decided to focus purely on what I feel is the main issue of hiking boots: Weight on your feet.

The experiments I performed occurred over a period of 4 weeks during March and April this year.

The Experiment

I broke down the experiment into four different tests, and performed each hike at least twice on two separate occasions to confirm results.

All the hiking which involved pack carrying was performed with an 85 litre Aarn Earthglider hiking pack, with front balance pockets and included the use of two Leki hiking poles. (Total hiking pole weight 500 grams).

As a note on stability, I use hiking poles when wearing a heavy hiking pack and trail running shoes. I have always maintained good stability while wearing trail running shoes in conjunction with hiking poles. I have stumbled, but I have never fallen over when wearing trail running shoes while using hiking poles, even with high loads in slippery rock and rain conditions.

The first test was a control time (just me, no hiking pack), and the following tests included a hiking pack, hiking poles and a variety of foot weights ranging from 1 kg to 2.5 kg on each foot.

The differential of extra total weight (combined on feet and in pack) was then compared to the overall increase in time compared to the baseline control weight and time.

The foot weights used included two 500 gram + two 1 kg sand filled elastic ankle weights purchased from Kmart and 4 x 500 gram lead weights gaffer-taped to the left and right fore-foot of my trail shoes, for a variety of different weight combinations which were performed on each hike.

Each hike up Mt Lofty occurred in late afternoon, leaving the carpark at 5.30 pm. The hikes were performed over 4 weeks, up to three days per week (Sunday, Tuesday, Thursday) with at least 48 hours rest period between each hike.

The elevation gain from the carpark to summit of the Mt Lofty trail is approximately 500 metres over 4 km, with inclines ranging from 10% to 30%. The trail conditions were dry and dusty each time.

My body weight is 95 kg and my favourite trail running shoes weigh 350 grams each (New Balance 910 version 2 Non-Gore-Tex size US13 XX wide).

The Results - When Things Got Interesting

- 1. Control Time:** Hiking briskly to the top of Mt Lofty from carpark with just me (body weight of 95 kg), my favourite trail shoes (350 grams each) and no hiking pack = *40 minutes average to the summit*
- 2. With Hiking Pack alone:** Hiking briskly to the top of Mt Lofty with me (body weight of 95 kg), my favourite trail shoes (350 grams each) and a full Aarn hiking pack (25 kg) = *55 minutes average to summit (26% increase in overall weight vs. 37% increase in time over control)*
- 3. With Hiking Pack and Foot Weights combined:** Hiking to the top of Mt Lofty with me (body weight of 95 kg), my favourite trail shoes (350 grams each) and a full Aarn hiking pack (25 kg) + weights on each foot:
 - 25 kg hiking pack + 1 kg on each foot (2 kg total extra on feet + shoes) = *65 minutes to summit (28% increase in weight vs. 62% increase in time over control)*
 - 25 kg hiking pack + 1.5 kg on each foot (3 kg extra on feet + shoes) = *70 minutes to summit (29.5% increase in overall weight vs. 75% increase in time)*
 - 25 kg hiking pack + 2.5 kg on each foot (5 kg extra on feet + shoes) = *75 minutes to summit (31.5% increase in weight vs. 87.5 % increase in time)*
- 4.** Finally, hiking briskly to the top of Mt Lofty with me (body weight of 95 kg), my favourite trail shoes (350 grams each) and a full Aarn hiking pack, and 1.5 kg foot weights now inside pack (25 kg + 3 kg = 28 kg)

(Same as experiment 3, but with 2 x 1.5 kg foot weights inside the pack rather than on my feet) = *60 minutes (29.5% increase in weight vs. 50% increase in time compared to the control)*

The Breakdown

As demonstrated, a small amount of extra weight on feet creates an exponential change

in overall times, which again drop significantly if that weight is removed from the feet, and instead carried in the hiking pack.

Although I didn't keep accurate times for all my descents, my average downhill was 45 minutes without feet weight, which increased to about 55 minutes when wearing foot weights on the downhill. My times were approximately 10 minutes slower even downhill when wearing the average 1 kg foot weights.

I noticed on one downhill while wearing 1 kg foot weights, I became so frustrated by the extra 1 kg on each foot that I removed the weights half way done. On this particular day, I had already been passed by at least 6 other walkers in 3 different groups, who were between 150 and 300 metres in front of me.

The amount of extra speed I was able to produce once the 1 kg on each foot was removed meant I over-took the 3 groups of walkers who had previously passed me, even though I was still carrying a 25 kg hiking pack with the 2 kg of extra weight stowed in the pack.

This left the clearest impression in my mind about how much slower and cumbersome extra weight on my feet made me, even down-hill.

On another occasion while summiting with an extra 1.5 kg weight on each foot, one of the 1.5 kg weights fell off my right foot. As I continued to walk for a few more steps, I suddenly noticed my un-weighted foot was rising about 20-30 cm higher off the ground compared to my left foot.

My right leg was still compensating for the extra weight expected. It was a bizarre feeling, with one leg involuntarily rising much higher than the other for several steps. This indicated to me how much extra effort my feet were expecting to require when walking with only an extra 1.5 kg on each foot, despite my total weight being 123 kg, which was a difference of 80 times more than the extra weight on my feet.

What Does It All Mean?

In summary, there were two major components of this set of experiments – qualitative and quantitative.

The qualitative side was; how does extra weight

actually feel, and how does it affect comfort and walking? The experiential side of these tests showed how much more cumbersome and trudging my gait was, even with relatively small increases of weight on my feet. The experience of a weight falling off, and my gait showing an uncontrollable imbalance was particularly disconcerting. The feeling of lightest and spring in my step after removing only 1 kg from each foot and catching up with other walkers hundreds of metres in front of me, who had previously overtaken me was another enlightening experience.

The second, and probably most telling part of the experiment was quantitative – how much extra time it took to cover the same distance and elevation with weights on my feet.

The vast difference in times, compared to the relatively small overall changes in feet weight demonstrated an exponential increase in effort required to reach the summit, compared when the same weight was carried in the pack.

The key outcome was predicted in my previous article, with the increase in effort required to cover the same distance increasing by 10% with every extra kilogram on the feet.

The increase in time between test 3 and 4 showed this the most clearly – with an extra foot weight of 1.5 kg on each foot taking 16.5%

% longer than in the same conditions where the extra weight was instead carried inside my hiking pack. This almost perfectly matches the predictions.

Compared to test number 2, with no foot weights, the extra 1.5 kg on feet showed it took 25% longer to summit than test 2!

The Gauntlet

I would encourage anyone who may doubt how much extra effort hiking with extra weight on their feet is to duplicate this experiment, either with foot weights, or heavy hiking boots. Simply weigh the boots first, then compare the difference in weight to the lighter shoes you would normally use.

The difference in your time should clearly match the increase in effort required, where an extra 500 grams on each foot will predictably increase your times by 5%, and an extra 1000 grams on each foot will further slow your times by at least an extra 10 %.

It would be interesting for someone to volunteer to repeat the above experiment while wearing hiking boots, to see if the restriction of movement in hiking boots further compounds the increase in effort and time on top the extra effort required due to the extra weight.



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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: gohiking@adelaidebushwalkers.org

Web: 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 Tracy on 0457 339 383

or via email through gohiking@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.

The Wollz

By David Wattchow



The “Wollz” was a vernacular term coined by Paul Godfrey to shorten the “Wallpolla”, an intricate, interlacing system of waterways just upstream from Lock 9, and south of the main Murray River (downstream from Mildura/Wentworth). There is a boatramp with sandy edges just east of the Lock, and only a short paddle to enter the maze of creeks. The first creek is the Mullroo that takes off north after a major lagoon system. This twists and winds and has various blind ending offshoots before joining the Wallpolla Ck. Trevor Moyle was the other member of the exploratory team and had spotted the waterways on a topo map.

This snakes it’s way up to Deadman’s Ck (an ominous name), and is lined by river red gum trees, sheoaks and bulokes. Reaching the junction about midafternoon we camped at a good spot here (well sheltered, and heaps of firewood). A westerly setting sun set the clouds ablaze with red as it went down along the line of the creek.

The canvas on my trusty old seat gave way, unceremoniously depositing me on the ground. A sewing repair met with the same result – so the material was cut away and a rope seat constructed from binder twine that did last till

the end of the trip.

We now paddled south along an ever diminishing Wallpolla Ck, and after about 3 km encountered increasing snags and lack of water which turned us back upon encountering a road bridge. Deadman’s Ck is short but pretty and leads into the main River. Broad sweeping bends took us upstream past the Fort Courage Caravan Park (one would expect to see cowboys and Indians), then an acute bend with a short beach, good for a camp on the beach to avoid the towering river red gums (and dropping limbs).

We meandered upstream to Eureka Rocks. We couldn’t find either rocks, or gold!! Trev and Paul checked out the start of the Wallpolla, finding it was mostly dry. Trev estimated one would need another ½ metre of water to make it navigable by canoe.

It was rather hot (mid 30s) and large sandbars beckoned for several swims that afternoon. We camped on a big bar, enjoying the crystalline sand that went well out into the river (flow was minimal).

Next day a cool front was working it’s way

in from the SW, and the sky was ominously black. We tried to get into the waterway north of Box Island but it was choked off by large logs. Therefore we paddled back downstream to enter the shallow lagoon that leads to the Darling anabranch. There were big flocks of pelicans and swans in the lagoon, presumably because the fish are easier to catch in the shallow waters. The anabranch was most unappealing and a cold wind sprang up to make paddling back a chore. Luckily we found a sheltered spot on the main drag for lunch before relooping back to Deadman's Creek camp, and another beautiful sunset. The clouds really set off the sunset and no rain eventuated.

On our final full day of exploring we entered the southerly branch of the Wallpolla, shortly encountering dense reeds, then a fallen tree. Undeterred Paul thrashed his way through the reeds, then Trev broke off much of the snag so we did not have to portage it. After that conditions eased and the waterway was pleasant and open (we did find a side branch that may have circumvented the difficulties but Paul and Trev seemed to be enjoying themselves!!).

We avoided the most southerly branch as it was very narrow on the map, and the water level was down. It was calm, so the canoes just skimmed along (well, it was some effort!). We came across a lovely lagoon and pealed off into that, finding a great camp amongst sheoaks and the lagoon had big bird populations. Trev and Paul went bird hunting and photographed and identified the smaller birds.

That evening we encountered an eerie sight. A boat with an intense searchlight came probing along the main creek. The light did not fall upon us however, and being off the mainstream our fire did not seem to attract attention. It was a warm, moist night and some rain spattered down shortly after retiring. It made the river mud somewhat gluey, and we were a bit worried about a repeat of the deluge we had experienced around Lock 7, but the roads were fine.

It remained to paddle the few kilometers to the boat ramp, pick up the cars from the Lock and head for the pasties. One wonders what other waterways exist further upstream!!



Wallpolla Creek



Paul Godfrey relaxing



Landing at the creek's edge