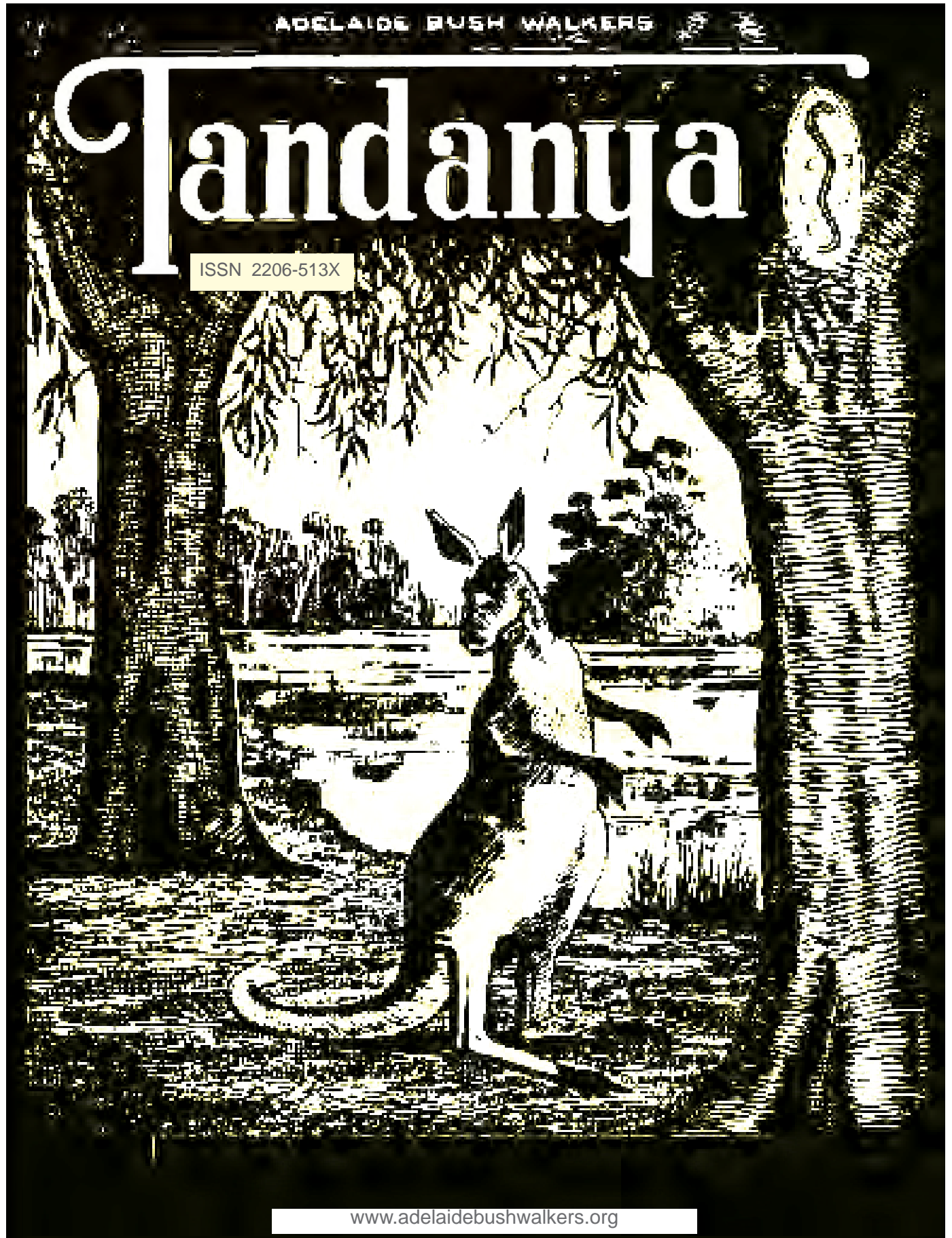


ADELAIDE BUSH WALKERS

Tandanya

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*Merry
Christmas*



Tandanya

Summer 2016 Volume 46 Number 4

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"I find television very educational. The minute somebody turns it on, I go to the library and read a book."

— Groucho Marx

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Close off date for next issue: 15th of February, 2017

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Sequoia National Park

Sierra Nevada

August 2016

by Lee Marling



Female deer

This report describes my eight day walk in the Sequoia National Park, California as well as how to get there as a solo traveller. The attraction of the park is that it is the home of the giant Sequoias trees which I have wanted to see for a long time, has a wide variety of walking trails that connect with long distance walking trails like the Pacific Crest Trail, John Muir Trail and the High Sierra Trail and is easily accessible from Los Angeles or San Francisco.

Prior to departure I booked a camp site at Lodgepole in the park US\$22 (for up to six people). Lodgepole is a campground accessible by road, has a store and café in addition to a park office. Most importantly you can walk from here to connect with a number of trails. Think of it as something three times the size of Wilpena with similar facilities.

In addition, I acquired my wilderness permit US\$10 plus \$5 per person. Wilderness permits need to be booked promptly on March 1st by fax as demand can outstrip supply for some areas. While you can walk up to the office to get one, they pre-book 60%, you can wait in line for hours it seems for the other 40%. You can also hire Bear canisters (US\$17 for 8 days) for securing your food at Lodgepole. The website discusses it all: <https://www.nps.gov/seki/index.htm>.

My flight left Adelaide at 7am on a Tuesday morning and arrived in Los Angeles at 7am Tuesday after

morning forty five minutes ahead of schedule. By 8am I am on the Flyaway Bus for Union Station US\$18 return: <http://www.lawa.org/FlyAway/Default.aspx>. This ride, despite warnings about LA traffic was just under 40 minutes and it was then a 10 minute taxi ride to the Greyhound bus station arriving at 9am, US\$10. My bus is at 12.15pm and the storage lockers are not big enough for my bag so I am stuck here for three hours. I have pre-booked my ticket, US\$33 return to Visalia: <https://www.greyhound.com/>

It is a five hour bus ride to the town of Visalia where I stayed for two nights and then another night at the end of my walk. This totals 26 hours solid travel from my home to the hotel in Visalia. I only did this because I am able to sleep for a few hours on aircraft. Visalia appears to be about the same size as Ballarat, it is a large country town. I stayed at the Visalia Comfort Suites US\$88 if booked well in advance:

<https://www.choicehotels.com/california/visalia/comfort-suites-hotels/ca451/rates?checkInDate=2016-09-04&checkOutDate=2016-09-05&ratePlanCode=SCPM>

This hotel was a two minute walk from the bus stop for the Sequoia Shuttle bus service which departed from over the road and was about a 15 minute walk from a local Walmart where I got all my supplies for



“...large mother Black Bear came down to the creek with two cubs for a drink. She stood at about 6-8 feet high, three times my width and was bellowing loudly”



“One of the peaks, Valhalla is interestingly eroded and dominates the skyline for a lot of the walk...”

the walk. They are also happy to store luggage so very convenient all in all. It is also located by the Visalia ‘Downtown’ area which has some nice wine bars and craft ale bars which took care of the jet lag.

The main reason for choosing Visalia is that it operates the Sequoia Shuttle as well as being on the Greyhound bus route. This bus service gets you to Lodgepole in three hours US\$15 return, the fee includes park entry. It also operates a free shuttle service within the park, taking you to the big trees and trailheads etc: <https://www.sequoiashuttle.com/>

I caught the 8am shuttle bus to the Big Trees Museum and stayed on the same bus to get to Lodgepole for 11 am. I check out the facilities and get into my campsite at 12pm. I get my wilderness permit and bear canister for the next day at 1pm, the earliest permitted. I crammed my freeze dried food etc into the bear canister and spend the afternoon visiting the giant trees and checking out the trailheads.

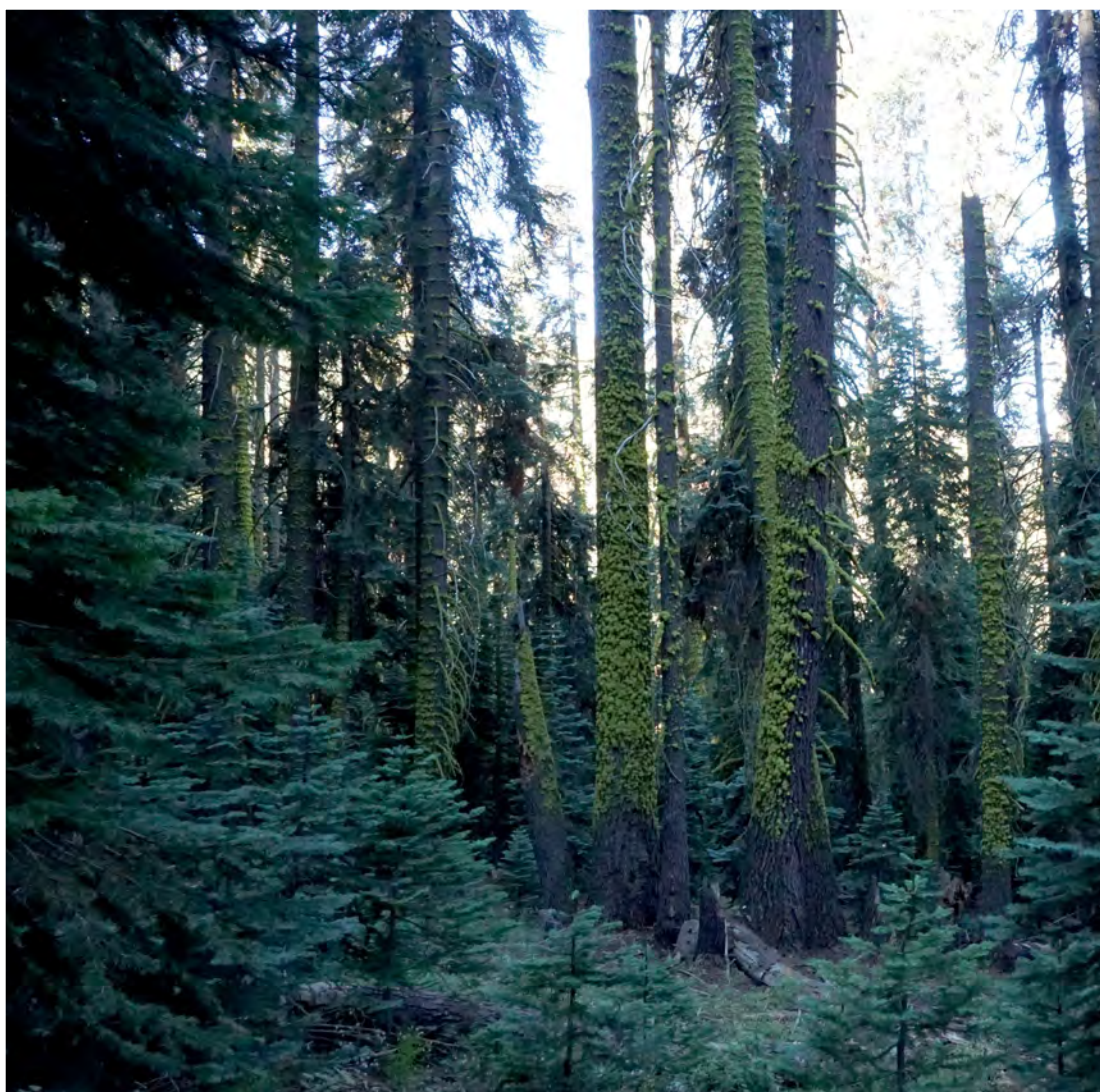
After an early night, I am on the trail at 7am and after 2km of walking along a disused 4WD track I get to the Wolverton trailhead; one of the starting points of the High Sierra Trail. I have a steady two hour climb up through the moist pine forest to Panther Gap at 2600m. From the gap below Panther Peak you get fantastic views up and down the forest of the Kaweah Valley and the peaks of the Great Western Divide. I then descend for 3.5km to the High Sierra Trail that makes its way along the side of the granite walls of the valley. After five hours walking I decide to camp at the Buck Ck campsite and chat with other hikers. At about 6pm a large mother Black Bear came down to the creek with two cubs for a drink. She stood at about 6-8 feet high, three times my width and was bellowing loudly, I remind myself they are more scared of humans than we are of them...An eventful end to my first day on the trail.

The next day I climb up to Bearpaw Meadow, down to Pine Ck that has carved a deep chasm through the granite and up to Hamilton Lakes. This takes four hours but I still camp there as it deserves its reputation as a beautiful spot, a blue lake surrounded by granite peaks. One of the peaks, Valhalla is interestingly eroded and dominates the skyline for a lot of the walk. There are only a dozen campsites or so and they are taken by early afternoon as the lake is a popular swimming spot. Deer and squirrels wander through the camp.

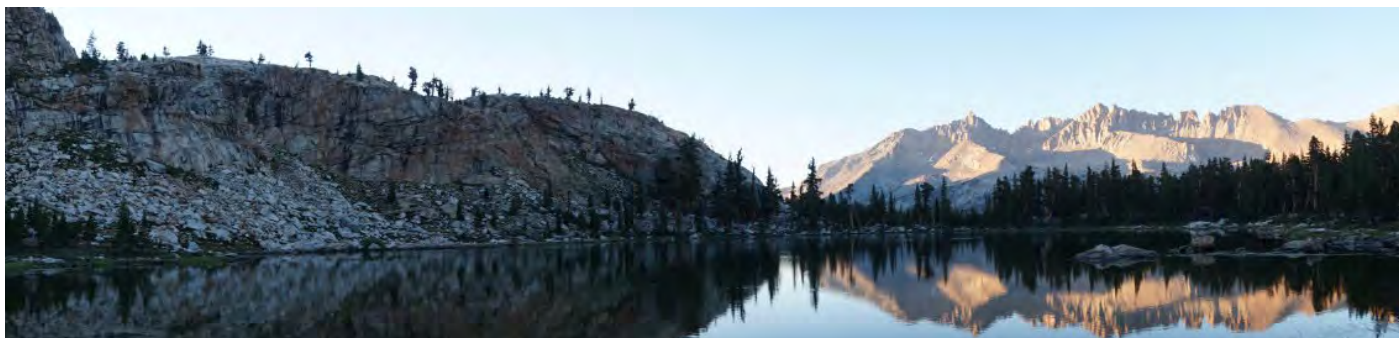
A big day follows with a climb from 2500 to 3200, from the lake up to Precipice Lake and then on to



Little Five Lakes



Dense pine forest.



Kaweah Gap, one of the passes over the Great Western Divide. I notice myself puffing as the oxygen begins to thin out. After a couple of hours I make it to Precipice Lake, a very beautiful lake up against a sheer cliff below the peaks. The gap consists of a series of small meadows with a creek flowing through it and when you get to the top you look out onto the Nine Lakes Basin, Kaweah Range and the Big Arroyo (Spanish for gully). Marmots hop about nearby. My camp is down in the pine forest by the creek that flows through the arroyo 5km away. I camp with the other walkers at 2900m and though this was not my highest camp it was the coldest, the only night I need my beanie and down jacket. The temperature went down to 2°C overnight. The altitude of the Sierra Nevada means there is always water around from the snow and glacier melt despite it being the middle of summer and dry and dusty.

My fourth day sees me leave the High Sierra Trail as I climb up to the Little Five Lakes at 3200m. It is only a two hour walk to the campsite over 5km. As you climb you come to the first lakes surrounded by pines, cliffs and hills. You look back over the Kaweah Range on the other side of the Big Arroyo. I pitch my tent and secure my food in the bear box. There is only one other tent nearby. I take my lunch and spend the afternoon exploring the Big Five Lakes that sit behind a small range of hills about 5km away. As the sun goes down the ranges and pines are reflected in the still water of the lakes and I wander around taking dozens of photos.

From Little Five Lakes I have a two hour walk up to the Black Rock Pass at 3500m, an altitude gain of 300m with a bit of huffing and puffing. Possibly the best views of the walk I am on the ridge of the Great Western Divide. I am looking at some 3700m peaks like Mt Sawtooth and Mt Eisen and their adjacent lakes and my camp in the valley below a 1300m descent. Looking back I am above the range that separates Little Five Lakes from Big Five Lakes, I see the Big Arroyo and the Kaweah Range. Further afield the Kaweah Valley and a distinct line of haze towards the plains caused by the huge ongoing

bushfires to the north and the south. Marmot and Pika (hamster?) run around. It is another nine km down to my camp in the valley and once again I am camping in the thick forest with just two other couples.

My sixth day and I have 12km back to Bearpaw Meadow to close the loop on my walk. I descend 500m over 6km to the Kaweah River and then climb 700m over 6km to Bearpaw Meadow. I walk through pine and oak forest. Bearpaw Meadow has fantastic views of the range and valley. There is an historic private tourist concession here that runs a 'glamping' operation at US\$350 a night in canvas tents. The important thing to know is that they sell cold beer and wine to passers by...they fail to warn me that Dudes Double Hop IPA comes in at 9% alcohol and I take a well deserved afternoon nap.

I stay the next day at Bearpaw Meadow as I had overestimated how long it would take me to do the loop. I take my lunch on the trails toward Elizabeth Pass and Deadman Canyon. I get great views looking down on the trails toward Hamilton Lakes that I had walked a week earlier. I have my lunch looking out along the Great Western Divide and the Kaweah Valley where I can see Kaweah Gap and Black Rock Pass the two passes I had climbed.

My last day of walking I head back to Panther Gap. I camp here because I wasn't quick enough to book a site for Lodgepole and it is the nearest you can camp to the trailhead. It is no big deal as my bus back to Visalia is not until 2.30pm and it is only 90 minutes downhill from the Gap to Lodgepole. I am camped there by lunch time and walk toward Panther Peak taking photos.

In conclusion I highly recommend this park as a walking destination. The mountains and valleys are incredibly scenic. The wildlife like bear, deer, marmot and squirrels are easily spotted and the trails are very well maintained and signposted. The trailheads are readily accessible by public transport.



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Warren Bonython Memorial Water Tanks – Stage 1

By Mark Proctor



Mark Proctor, Mal Kirkham, Zara Chessell, Duncan Chessell and Dean Johnson at the Yudnamutana water tank

After much talking and planning the first two water tanks of the Warren Bonython Memorial Water Tanks Project have been installed. The first was placed at Mainwater Well in the Gammon Ranges and the second at Yudnamutana mine site on Mt Freeling Station.

Preparation and pre-fabrication

Warren Bonython was a famous bushwalker and explorer. He was the club's patron of over 20 years and when he died in 2014 he left \$10,000 to the club. It was decided to use the money to build water tanks to enable long walks in regions not well served with reliable water.

Warren's vision, having walked the length of the Flinders Ranges in the 1967-8, was to build what became known as the Heysen Trail. This was accomplished by volunteers working for the SA Government project and the trail is still owned by the government. The northern end of the Flinders Ranges is the diabolically named Mt Hopeless but the government has limited the Heysen Trail to finish at Parachilna Gorge. The vision of this project has been to extend walking opportunities beyond the present Heysen Trail to complete Warren's vision.

The main players in this project have been: Duncan

Chessell (Project Leader), John Bartlett (Architect), John's grandson Alex Hamam (building advisor), Mal Kirkham (builder), Dean Johnson (mechanical plumber), Bob Geary (map specialist), Mike Round (ideas man) and me (scribe).

Identifying Sites

Two site surveys were conducted in April/May 2016; one to Gammons region and the second to the Patawarta and Bendelby Ranges properties. These allowed us to focus on two sites for installation in 2016.

Mainwater Well is part of indigenous land in the Gammons NP. This park is administered by the Parks office in Port Augusta with aboriginal rangers living in Balcanoona as site experts. We received good cooperation with the Parks service for a tank in this location but they said that they wanted to have a ranger present during our construction to ensure that there was no disruption to indigenous people or property. Shortly before the building of this tank the local elder told us he was unable to accompany us but he said that we could go ahead anyway.

Mike Round opened up discussions with the manager of Mt Freeling Station which is a vast former sheep grazing property on the northern side



The construction convoy: Two 4WDs, 1 and 2 tonne trailers, four constructors and one mascot

of the Mawson Plateau which now concentrates on eco-tourism. These discussions suggested Yudnamutana as a worthy site needing a reliable water source. Later discussions with the land owner (Colin Twelftree) concurred that even though the property was for sale, our tanks would be a good contribution to the current purpose of the property.

Pre-Fabrication

A working bee was held at Alex Hamam's house at Hallett Cove on 25 - 29 June where the first two tanks were pre-fabricated and then loaded in a tandem trailer for transport to the eventual installation sites.

We commenced the installation trip on 19 August with Mal Kirkham, Dean Johnson and me in Mal's 4WD towing a trailer with 46 bags of concrete, six jerry cans of water and various digging tools and our camping gear. Duncan drove his 4WD accompanied by his ever-cheerful and inquisitive daughter Zara. They were towing the materials for the two water tanks and various power tools along with a generator should we need to recharge any of them.

Mainwater Well

We drove 600 km to Copley where we turned off the bitumen. The dirt road got narrower and more rutted the further we went. We passed through Owieandana and Yankaninna stations when an Operation Flinders event had just finished. That was the last we would see of humans except for two 4WDs at the old copper smelter at Bolla Bolana. Emus, kangaroos and the occasional bearded dragon or shingleback kept us alert as they tried to

block our path.

Most of the next two days was spent with the vehicle gear box in low range and fairly often in first gear. The terrain was wonderfully interesting but desolate, dry and hilly. From Copley it was 100 km to Mainwater Well. We stopped only once to look at the abandoned homestead at Idninha which is apparently to be refurbished as holiday accommodation.

We arrived at Mainwater Well after eleven and a half hours of driving from Adelaide. This gave us just enough time to inspect the site surveyed by Bob Geary and Dean Johnson before dark. We quickly agreed with the chosen site so unhitched the trailers and drove to a nearby camping ground. Mainwater Creek was remarkably full of water suggesting that this site hardly needed a water tank but we all knew that this water would all be gone within a few weeks.

We were all on site ready to start construction at 7:15 on the Saturday morning with the temperature under four degrees. We wanted to start early as we had no idea how long it was take to build this our first tank. In the back of our minds we knew that we had not yet constructed any tank stand and whilst the first tank had been put together during the pre-fabrication stage, the second tank was only measured, cut and drilled to be the same as the first tank (or so we thought). It had never been put together at all. John Bartlett had wisely insisted on marking every piece of timber so that we knew what it was (bearer, purling, seat etc.) and where it fitted within the design.

The location of this tank site was 30 metres from

the Mainwater Creek but was still part of the flood plain. We decided that whilst there was a chance that the area might flood during extreme conditions, the flow of water would be slow and thus unlikely to damage the tank stand. The ground was very stony with quite loose soil so the holes were not difficult to dig but the sides of the post holes were not stable. There was a chance that the walls of the post holes would collapse so we added flat rocks to constrain the size of the holes to something that we would be able to fill with the limited number of bags of concrete that we had.

The work proceeded quickly with two of our party constructing the tank stand, two others digging and lining the holes with flat rocks and Zara was fetching tools, fastenings and boards as well as taking photographs. By 1:30 pm we had the tank stand in the holes, quick set concrete mixed and poured into the holes and the water tank locked in position. We stood back and admired our work. At this point Zara carried over three boards marked, "tank bearers" that we had forgotten to install. Fortunately, we were able to lift the water tank 10 cm and slide in the forgotten bearers.

By then our work for the day was finished. So while Duncan took nine-year-old Zara off for a driving lesson in his 4WD with a two-tonne trailers hitched on behind, the rest of us settled down for lunch. We later spent the night at Mainwater Well.

Yudnamutana

The route from Mainwater Well to Yudnamutana took two and a half hours to complete 52 km. It was only passible with a serious 4WD and a lot of experience - especially towing a trailer. The views from the top of the various ridges were awe inspiring. But the task of deciding which way the rough track went was challenging. This far north there are some public roads but no signage. It is mostly farm and prospector tracks; many of them not often used, not all of them shown on the topographical maps and all of them bone-jarring experiences. At one point our path was blocked by a defiant bearded dragon who refused to move off the track until Dean (kindly) showed him his boot.

Yudnamutana is a complex area which was a copper mining and smelting area. It ran well from 1862 – 1867 but was interrupted by drought when there was not enough water for the working animals. Another attempt at mining in the 20th century was interrupted by the First World War.

There are many mines in the area. The Pinnacles mine is cut into a hill and can be entered via a horizontal shaft. Others like the bore mine and the Yudnamutana mine can be accessed via deep vertical shafts. In the slightly damp weather the rocks in the hills and valleys all around us were green; indicating that copper was everywhere. All



The early phase of construction. Mal and Duncan are wondering if something has gone wrong? Photo: Dean Johnson

buildings of the mining area are gone except for the copper smelter which is still intact. A restored graveyard shows the demise of some of those who lived there. Most died from mining accidents though Mrs Annie Barney was “shot by husband”.

Yudnamutana bore is no longer functional though the windmill and water tank are still there. The site that we chose for our water tank was beside the large and deep Yudnamutana mine. It is also close to a good campsite beside the (usually) dry creek. This would make a good base camp for a few days walking in the area. A real treasure is two waterholes beside a marked waterfall. One is good enough to drink from and the other would be good for a swim. They are located in a canyon and water could be there for several months each year.

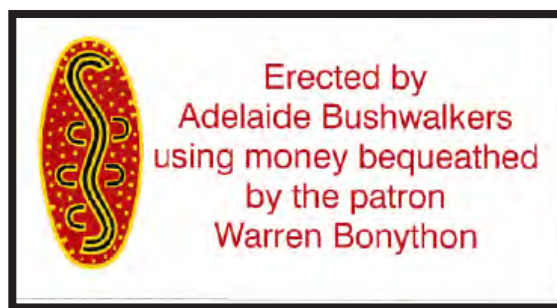
My concerns about the second tank stand which had never been put together were vindicated when we stood back from it and discovered that the “V” shaped roof was wonky; the angles on each side were different. It had no effect on its performance so we ignored it. But we could not ignore two other mistakes. We had forgotten to take our signs dedicating the tanks to Warren Bonython and we had forgotten to buy insect screens to prevent bees from entering the water tank via the overflow pipe and making a hive as they have done to a number

of Heysen Trail water tanks. Both of these issues needed fixing via a second trip to the area.

What's Next

The tanks are a great success. The design is a derivative of the design used by the Friends of the Heysen Trail; the building was accomplished swiftly by some happy campers from the club and the rains in South Australia have done their part. This gives us a path to continue walking north of the end of the Heysen Trail towards Warren Bonython's ultimate destination at the end of the Flinders Ranges.

We aim to install two more water tanks during winter in 2017. You can be part of the team by contacting the committee and asking to join the construction effort. You don't need any construction experience but it would help if you could dig a hole without injuring yourself.



The exact locations of the Mainwater Well and Yudnumatana tank sites can be found on the ABW website under Activities>Water Tanks Project.

Online Activity Bookings and No-Shows

From: John Norris, President of Adelaide Bushwalkers Inc.

Hello ABW Members and Walk Leaders,

I hope you have had a great walking season with the club and managed to attend some of the numerous activities that our walk Leaders have provided for our enjoyment. We are very privileged to have enterprising walk leaders in the club. They volunteer their time, expertise and often expend their own funds to provide the great activities we all enjoy.

Activities require an exceptional amount of effort to arrange; campsites, car shuffles, bookings and fees, mapping, land owner consent, and liaising with Park Rangers etc. Walk leaders also manage many questions, juggle payments, review health checks, assess participant's walk fitness and sometimes undertake recognisance trips to verify the conditions.

Therefore, it is very disappointing when members simply forget to cancel their names from a walk, or do not show up at all. Especially when it precludes other members of the opportunity to participate.

I strongly encourage walk leaders to establish open communication channels with registered participants from the beginning and to email the members at least 3 weeks prior to their walk to confirm their attendance and to expect confirmation responses within a few days. If there is no response, the participant should be removed from the activity. This allows other members to take their place and solidify their planning at least 2 weeks prior to the event.

To ensure that we have an orderly walk system the following basic principles should be adhered to:

- Only register your name on an activity if you are confident you can attend.
- If you are unable to attend, ensure you remove your name BEFORE the cut-off date.
- If you are compelled to cancel after the cut-off date, please send an explanation to the walk leader. Genuine reasons will be considered.
- Monitor your electronic media and promptly respond to leader's communications.
- It is your responsibility to follow-up if you have not heard from your leader in a reasonable timeframe; the leader may have had difficulties establishing communications with you.

Please be aware that our systems can monitor these situations and people that frequently flaunt the general principles of fair play may find themselves placed on the overflow lists.

Thank you to everyone who has participated in activities throughout the year utilising the registration process in a fair and equitable manner. With that, I wish you and your families a very merry Christmas and a fantastic festive season.

With gratitude and appreciation,



John Norris
ABW President
0419 824 060





Adelaide 100

Walking SA has a vision for the establishment of Adelaide100 initiated by passionate Board Member Jim McLean. Adelaide is renowned for its beautiful parks and reserves that encircle our city, enhance our suburbs, thread along our coast and feature throughout the hills. Our landscape, and nature reserves coupled with a favourable climate and fantastic food and wine make Adelaide one of the most liveable places in the world.

There is no other city in the world with a signposted loop trail that traverses city, coast, bush and suburbs, incorporates shorter or longer walks, provides accommodation, food, historical and cultural information and links up and promotes other trails. The Adelaide100 will link up existing infrastructure, creating short distance links and trail loops to create a 100km network.

<http://www.walkingsa.org.au/news/adelaide-100-july-2016-update/>



When Things Go Wrong

by Ray Hickman

There is a familiar saying 'if something can go wrong, eventually it will go wrong'. As Mark has said in his water tanks article in this edition I went with him last October to the Northern Flinders so that some final additions could be made to the two water tanks that he and other ABW members had installed there a bit earlier in the year.

We were travelling in my vehicle, a Mitsubishi Pajero Io. I purchased this vehicle new in 2000 and have made many trips in it to remote locations in the Northern Flinders. The vehicle has always been well maintained and had proven to be both reliable and nimble at negotiating rough station tracks. On this trip though the vehicle broke down between the Yankaninna and Idninha ruins about 30 minutes' drive from the water tank located at Mainwater Well.



Ray watches his vehicle being loaded on a trailer

It was soon apparent that we would be going no further towards Mainwater Well or the other tank that was another 40 km north at Yudnamutana. It seemed that we had come a long way but were going to accomplish no part of what we had come to do. This setback occurred about 5 p.m. and we were about 25 km from the nearest assistance. There was no mobile phone coverage. Our immediate problem was to get ourselves, and the vehicle, back to Copley which was 90km to the west.

For a couple of years now I have been carrying a satellite phone with me on my trips. Up until the vehicle breakdown I had been testing the coverage that the phone provides and making the odd call home. Now we had a situation where the phone's usefulness would be tested in a meaningful way and it passed with flying colours.

I was quite quickly able to make a contact with the RAA and the operator set up a telephone conference with its agent at Copley, David Cooke at Cooke's Outback Motors. David advised that he would be able to get his recovery team out to us next morning and so Mark and I were able to relax somewhat and get organised for the night.

First thing in the morning I rang David and learned that his recovery team was on its way. We settled down in the shade to wait. The phone was left switched on so that we could be contacted if necessary and, in due course, a vehicle with two men in it appeared.

The previous evening the car had been immovable and we had not been able to get it into gear. But one member of the recovery team was able to get the car moving albeit with some disturbing noises being heard as the clutch was operated. I agreed to the car being driven (rather than towed) 25 km to where it was put on board a trailer and taken to Copley. A brief examination of the vehicle by David Cooke at Copley was enough for him to decide there was something wrong with it that he could not fix and that would prevent it from being driven safely back to Adelaide. From Copley it was brought back to Adelaide by the RAA.

My main reason for getting a satellite phone was to assist in the situation of being on a walk where someone had a serious injury or illness. I have always carried a personal locator beacon but it seemed to me to have the weaknesses of being only for use in life-threatening situations and even when it was set off you had no way of knowing if the beacon's signal had been picked up and was being acted on. There are personal locator devices that allow for some two-way communication but after the experience of using a satellite phone in a situation

where the effectiveness of two-way communication mattered I am satisfied that you cannot do better than a satellite phone.

The other positive part of this episode was the role played by the RAA. My Road service cover is Premium, the highest level available, and this, like the satellite phone, turned out to be worth the expense. Premium cover saw the RAA pay three nights' accommodation for Mark and me at Copley, two days' vehicle hire that we used to do the job we had come North to do, and bus fares home. All these things were arranged by the RAA without me having to do anything. So, from it looking like we were going to be flat out getting ourselves out of trouble, let alone do the job we needed to, we ended up doing both.

While waiting for the mechanics to decide if they could repair the vehicle we hired another 4WD and headed off to carry out the work on the water tanks that we had come to do. The updates were achieved quickly and with great joy we verified that the Mainwater Well tank had 700 litres of water in its 1,000 litre tank and the Yudnamutana tank had 900 litres. The tanks were performing perfectly.

There was a significant cost to me personally for getting my vehicle back to Adelaide because it had to be recovered from a point beyond where 2WD access ended. But I have always been aware of this and consider myself fortunate that the breakdown did not occur at Yudnamutana. The cost to ABW of getting the tanks finished off ended up being no more than would have been the case if the trip had gone as expected.



Navigation Workshop at Kuitpo Forest



by Sammi Lanyon

A BW committee had a goal this year to encourage more walk leaders to join the ranks but we found the biggest obstacle many people raise is their lack of navigating skill and hesitation to go 'off track'.

On 29th October 2016 we held a social event designed to get more people comfortable with map reading and compass use. Both Kuitpo and Mt Crawford have permanent orienteering courses set up in the forest and we took advantage of the Kuitpo HQ moderate course for our morning exercise.

In small teams we nominated a 'teacher' to show their group the basics. From there it was all HANDS ON getting each person to master the compass bearings and find the next checkpoint. When we re-grouped for lunch the chitter chatter among the crowd was electric! For some people who couldn't tell north from south at the start of the day (I know!!) they were now directing their group with confidence.

The afternoon exercise was a scatter course designed to navigate terrain and distance and plan the best route. Breaking into 4 teams and giving any person the chance to be a leader, we completed the task over 2 ½ hours. I'd like to say we had a clear winner... but we are still sorting through the 'protest' applications!

Following a day of concentration and walking in the heat, we enjoyed some celebratory beverages

on the back verandah of Woodcutters cottage. To enhance the social aspect and team environment, we all shared a BBQ dinner and carried on into the evening.

The format of this weekend was hugely successful. Mastering the compassing, orientating the map, setting a bearing, understanding the terrain and distances were all accomplished. Experienced members guided newer members, everyone had an opportunity to apply the skills, and the nature of the activity was fun and team orientated. We endeavour to repeat this event next year at Mt Crawford and will hire a bigger site to increase the numbers!



Relaxing with a BBQ at the end of the weekend

Bushwalking Food and Cooking

by John Bartlett



As part of the Club's 50th Anniversary, I published *The Bushwalker's Cookbook*, and in the Spring 2002 edition of *Tandanya*, a substantial amount of the book was re-published. Now, 14 years later, and so many new members in the Club, it is worth publishing parts of it again, so following are some extracts from the book, plus a few personal comments thrown in for good measure.

Introduction

The dietary needs of bushwalkers who carry their food in packs on their backs have not changed over the years, even though methods of preparing and packaging have altered, along with changing fashions in bushwalking gear and different attitudes to the bush itself.

Food is of prime importance on a walking trip. Quantities, methods of cooking and type of food may vary from person to person, but the fundamentals are the same, and these are:

- compactness, minimum weight and reasonable cost
- variety
- ease of preparation
- satisfy both the palate and the physical needs of the body

Meals are frequently the natural focus of a day's walking when the appetite is sharpened by fresh air and exercise.

Although it is often said the most things taste better in the bush, cooking on a walk still needs to be leisurely, creative and satisfying. It is worthwhile exploring sources of suitable bushwalking food in outdoor shops, supermarkets,

health food shops and Asian groceries as this will lead to creative cooking and satisfying food of the type the walker is usually accustomed to.

There is a proverb "an army marches on its stomach", and it can be truly said that a bushwalker does likewise.

Note: This article is mainly directed at overnight pack-carrying trips rather than car camping trips.

On a personal note

My first major walk was The Overland Track in Tasmania from 28th December 1951 to 5th January 1952 with 2 companions. I see in the extracts from my log of the trip indicating 862g of food per day per person. However, in later years, I found I needed to carry close to 1Kg of food per day as dictated by my body. On my 14 day Kakadu NP walk in 2003, I carried 14 kg of food, but because of the heat and the top end "dry", all gear was at an absolute minimum.

Factors Affecting the Menu

For a strenuous or cold weather trip there needs to be a slight increase in high-energy foods. Meals on a snow camping trip need to be quick and easy to prepare, especially if snow has to be melted and cooking is done in the tent. More frequently, open fires are not allowed, particularly in National Parks, so fuel has to be carried for all cooking and water heating.

Availability of water can also affect the menu

“A diet rich in complex carbohydrates conserves energy and defers the time taken to reach exhaustion. Thus it is necessary for the diet to contain a high proportion of carbohydrates. The best sources of complex carbohydrates are fruits, vegetables, whole grain bread or biscuits, cereals and pastas, and these can all be in dried form for bushwalking.”



such as in arid or high areas. One-pot meals are useful in these circumstances. It is a good idea to carry some food that is pre-cooked, or can be eaten uncooked in the event of bad weather, fire bans, an accident or delay.

Background to Basic Requirements

For the average bushwalker, there is little need to calculate daily kilojoule intakes or exact percentages of food, assuming the walker enjoys a healthy and balanced diet. It has long been a rough guide that 900grams of mainly dry food per day per person satisfies most needs. With careful planning, about 850grams of dry food is sufficient.

For their expeditions to the South Pole, both Amundsen's and Scott's parties took approximately 980 grams of food per person per day. This was made up of 400 – 450g biscuit,, 350 – 375g pemmican(lean ground dried meat mixed with melted fat) and the rest in the form of milk powder, butter, sugar, chocolate or cocoa. History tells us the reasons why one was brilliantly successful, and the other was an absolute disaster.

Our late former Patron, Warren Bonython, in his book *Walking The Flinders Ranges* (1967) stated that his daily ration was 850g, made up of 360g carbohydrate, 300g fat, protein and others, and 190g fresh food. Food is essentially fuel for the body and must be readily digestible in the form of complex carbohydrates, with adequate amounts of water drunk for good hydration. When the body is working, it uses carbohydrates and body fat for fuel. Carbohydrates are glucose or glycogen and body fat is stored in protein and fats. When glucose in the blood and glycogen in the muscles and liver are used up with exercise, the body burns stored fat for fuel. A diet rich in complex carbohydrates conserves energy and defers the time taken to reach exhaustion.

Thus it is necessary for the diet to contain a high proportion of carbohydrates. The best sources of complex carbohydrates are fruits, vegetables, whole grain bread or biscuits, cereals and pastas, and these can all be in dried

form for bushwalking.

Stoves, Fuel and Campfires

With few exceptions, bushwalkers carry stoves these days. Days of campfires for cooking are surely passing. There are several types of stoves available, and the most common these days are:

Butane stoves (butane – fuel, propane - propellant)

Canisters of liquified butane gas are available world-wide, and stoves fuelled by butane are either the type whereby a burner is fitted to the top of the canister (a wind guard is recommended), or there is tubing to a TRANGIA stove modified for using a gas cannister in lieu of methylated spirits.

Methylated spirits stoves (alcohol)

These are either the well known TRANGIA stove kit, or a much simpler stove consisting of just the burner and pot stand. These stoves are fool-proof, but slower than gas or white spirits stoves.

Wood stoves

There are some simple stoves available that have a metho burner and supporting framework, that can readily used using small pieces of wood as fuel in lieu of the metho burner. There are also one or two that burn small pieces of wood only.

Multi-fuel stoves

There are stoves available that burn more than one type of petroleum based fuel (not metho).

Less popular now are:

Stoves fuelled by white spirits – they are fast, but noisy and troublesome

Stoves using kerosene – they are dirty, smelly and need priming with white spirits.

The notes above are intentionally kept very brief because there is a lot of information available on the internet about stoves for bushwalkers. How does a newcomer to bushwalking decide what type of stove to buy. Here are some suggestions:

- Hire stoves from ABW and try them out , and on a walk, observe what types of stoves others are using.
- Visit outdoor shops that specialise in bushwalking, and view and discuss options with the staff.
- Visit internet sites, but seeing and using the real thing is always a better option.
-

Carrying Fuels

Once in the pack, leaking fuel, if liquid, can be dangerous and can contaminate food, clothing and bedding, so obviously well sealed containers are vital.

Remember that it is not permissible to carry fuel on aircraft, so fuel supply must be arranged before commencing a walk following a flight.

Campfires

All bushwalkers love a campfire. It represents a place to cook, companionship at the end of the day, light and heat.

Fires are not permitted in many areas, particularly in National Parks and other conservation areas. Check if a fire is permissible in your planned area of walking, and in most cases a stove is carried by the walker regardless.

When a fire in the evening is possible, due consideration needs to be given to such factors as:

- bushfire risk
- nearness to tents (put downwind from them)
- effect on the immediate environment
- permissible in the area

If it is considered reasonable to have a campfire, the generally accepted code is:

- if there is a well used campfire site, continue to use it rather than start a new area.
- If there has been no fire before, dig a trench for the fire, heap soil to one side, and cover remains of fire with the soil before moving on, making sure you remove any tins or foil.
- Before retiring at night, always put out the fire with either soil or water.

Always leave a camp site as you found it, or even cleaner and tidier than you found it.

Cooking on a campfire will always be enjoyable and sociable and requires some special skills. A billy is often taken if there is a likelihood there

will be a campfire.

Carrying, Packaging and Containers

For an extended trip of say 7 – 10 days, food is a considerable portion of the total pack weight. As food is dense, it needs to be packed in the centre near the walker's back in water proof bags and be well separated from fuel which may leak and contaminate the food. In warm weather, use insulating qualities of clothing to stop chocolate from melting and fresh food from going off. Most packaging can be discarded when packing, thus saving weight and space. When walking in some areas, it is necessary to make sure food is well packed away and utensils cleaned to reduce the risk of attacks by wild life and vermin which can gnaw through packs and tents. They can find their way into or even live in mountain huts. With the advent of minimum impact bushwalking, lack of campfires, and the need to leave nothing behind in the bush, tins and other packaging need to be kept to a minimum, unless weight is not important.

Food Drops

The expression 'food drops' probably originated in Tasmania when extra supplies for a long trip were literally dropped by light plane. This practice ceased long ago, but the expression has survived, and usually applies to a package of food for the second or even third stage of a long walk. The package is sometimes left with a bus company to deliver at a predetermined time and place, cached in the bush or left in the care of rangers.

Depending on circumstances such as time of the year, place, security and duration of holding the drop, the food must be packed accordingly. The following aspects need to be considered carefully when packing, despatching and leaving the food in the care of someone to hold or deliver:

- effect of heat
- leaking containers
- breakage
- vermin proof
- naming
- clear instructions
- perishing of food

- waterproof
- security from vandals and thieves

Drinks

When the body is working continuously, whether it be in warm, dry weather or on a ski trip, dehydration of the body due to prolonged exercise and exposure to the elements can reveal itself as fatigue and headaches. Dried foods put further demands on the body's fluid level. Therefore, drink plenty of water. Plain water is best for serious thirst. Fruit drinks and hot drinks are palatable and if sweet, can provide energy.

Drinking Water

Care needs to be taken when collecting natural, bore or tank water. These can contain impurities, pollutants or health risks.

Safe drinking water is a detailed study in itself and can be left for another article in *Tandanya*, or in some separate publication.

In general if there needs to be caution over the quality of drinking water on a trip, then steps need to be taken to boil and/or chemically treat the water available.

Cooking Utensils

With so much emphasis on diet, ready-prepared and quick and easy to cook foods, cooking utensils are usually kept to the absolute minimum by the modern bushwalker.

The frying pan has become a rarity, and the billy less common except for those who still like cooking on an open fire if one is available.

Stoves were dealt with earlier, and a lot come in a compact kit containing pots for both cooking and eating from, and a plate which serves as a frying pan or lid, and a pot lifter.

A cup is necessary, and is also useful for filling water containers.

Some bushwalkers carry only one large metal pannikin which serves as a cooking pot, an eating bowl and a drinking mug., and the menu is planned accordingly. A spoon is necessary as well as a sharp knife, but a fork is often left behind as being unnecessary. For convenience, and to avoid burns, a pot lifter is vital for both stoves and open fires.

Breakfast

Breakfast on a walk is often a quick meal, and, depending on the fuel situation, is very often cold apart from a hot drink. However, breakfast is a most important meal as it sets you up for the rest of the day., so it should not be skimpy. Some mornings, a leisurely cooked breakfast in pleasant surroundings is appropriate, but at other times, a bowl of muesli or cooked cereal is breakfast because of the urge to set off on the day's walking or skiing. Remember that breakfast is a good time to prepare lunch or put the evening meal on to soak in a sealed container to be carried during the day.

Lunch

Lunch on a walk is often time for resting as well as eating. If the weather is cold or wet, or you are in an exposed position, the food needs to be at the top of the pack and possibly prepared in advance.

In the middle of the day, a heavy meal is not recommended as it takes too long to prepare and leaves you lethargic. Snack foods that are light and easily digested are better when you need to be sharp on your feet in the afternoon. In warm weather, foods like cheese, butter, margarine chocolate need to be towards the middle of the pack for insulation, but still need to be easy to get at.

Lunch is often taken on a day walk during a long trip, and the lunch needs to be planned accordingly. There is a big range of popular lunch foods for bushwalkers – to big a range to list here.

Dinner

There is usually plenty of time to prepare the evening meal, so why not try and prepare the type of food you would have at home. In planning the dinners for a trip, bear in mind such things as fuel available, whether there will be light and limitations of cooking utensils. A hot drink or soup is good way to start as it is re-vitalising and keeps you occupied while other courses are cooking. Fresh food can be taken

Typical Daily food Requirements

Carbohydrates	200g
Muesli or porridge, biscuits, rice, noodles, pasta, flour	
Fats	50g
Butter, margarine, peanut butter, vegetable oil	
Sugar etc.	230g
Sugar, jam, chocolate, confectionery, honey	
Protein	200g
Meat (freeze dried), salami, fish, kabana, frankfurts, cheese, powdered milk, powdered soup, powdered eggs, nuts	
Fruit and Vegetables	150g
Dried fruit, dried or freeze-dried vegetables	
Drinks	20g
Tea, coffee etc.	
Total weight/person/day	850g

N.B.

Weight carried per day will rise if fresh foods are substituted for any of the above.

This figure of 850g should be regarded as an average figure. Some people require less, some more. Only experience can decide.

In some circumstances, it may be advisable to carry an extra day's food to cope with an emergency or a delay, such as on a ski trip, or on a long walk in a remote area

on short trips and the first couple of nights on a long trip, subject to weight restrictions. Tinned food offers variety, subject to carrying out the tins. Take spices and Parmesan cheese for variety of flavour. A dessert always rounds of a meal, and there is usually plenty of time for its preparation. If there is an open fire, foods can be cooked in the coals. Finally, a hot drink, some chocolate and a wee drop of your favourite beverage.

Scroggin

Scroggin is best defined as a mixture of dried fruit, nuts, confectionery etc., either loose or packaged, used as a light but sustaining snack food by bushwalkers. The origin of the word

is obscure, but it is thought to be of Scottish origin. Every bushwalker whose body is working strenuously knows the craving for scroggin. Within a day's make-up of food of say 850g, scroggin would amount to about 200g, and could consist of any of a great variety of snack



foods. Scroggin should be kept within easy reach in the pack.

Taking Care When Cooking

If it is very cold, hands are less sensitive, so extra care is needed when handling hot objects and food. Always use potlifters in preference to gloves or sticks. A head torch is an essential piece of equipment. Remember that modern clothing and gloves may melt and burn the skin when near heat. The dangers of open fires are well known, but also remember that stoves when faulty or flaring can be very dangerous. If accidents occur, then apply the correct first aid treatment.

Cleaning Up

It is best to clean up as you go - not leave dishes until morning. When cleaning a pot, use a scourer, mud or sand. It is easier to sit back and relax when the dishes are done, and you avoid worrying about scavenging wildlife, rain in the morning or freezing overnight.

Protecting Food from Animals

In many parts of Australia, or in fact in many parts of the world, food needs to be protected from animals. Some animals can gnaw through tents and packs, or even get into packs. Animals often a nuisance include rats, mice, quolls, possums and wallabies. Even birds such as emus, currawongs crows(ravens), and magpies can be artful thieves. Therefore, food should not

be left on the ground or outside a pack. Keep food in a pack in the tent, suspended from a tree or hanging in a hut. Billies and pots should be washed before retiring, thus avoiding noisy disturbances in the night.

Health and Cleanliness

Water from polluted creeks, lakes or tanks can be a source of stomach infections on a trip, hence consideration needs to be given to the quality of water available. If staying in huts, remember that they are frequently inhabited by vermin. Huts are often not left in a clean condition, and in fact not possible to leave them in a clean state. Where possible, clean benches and tables thoroughly before placing food on them or better still, do not put food or cutlery on these surfaces.

Diet Modifications and Medication

Due to the average age of ABW members being about 50, health issues concerning food may need consideration. Some issues needing consideration include diabetes, cholesterol and blood pressure. There are probably others. Remember to always take prescribed medication on a trip.

Food Dehydrator

A few members of ABW use a dehydrator to dry some of their food for an extended trip. This is always worth considering so you can take some of your favourite foods. The Club has a food dehydrator available for members to hire. Food is fully preserved at about one-third of their original weight.



Mighty Mt Andre

Latitude: 30° 50' 33.3" (30.8426°) south
Longitude: 138° 51' 46.5" (138.8629°) east
Average elevation: 975 metres



by Michael Round

The Powderpuff! That was the name I gave to Mt Andre a few years ago after a club member advised me to avoid camping near its summit because of the all-invasive powdery soil that he apparently experienced there. Not long after, I first got to see the peak while looking east across Narrina Pound from Mt Tilley and its gentle skyline profile seemed to support the rebranding. Unfortunately, I overlooked the cliff along its northern side and this was to later make me pay for my insolence.

In 2013, I approached Mt Andre directly from the north and despite my efforts to find a way past the cliff, eventually gave up due to the need get to water and to keep to a schedule. Two years later and again coming from the north, I rather carelessly set off from Alieroona Spring to approach it along its northern ridge but again with little consideration as to how I was to later deal with the cliff. Sloppy map reading and failure to consult my compass but

instead take my bearings from a wrongly identified feature, unexpectedly brought me to the peak's rugged ridgeline north of Cocks Comb. I was 'miles' from my goal and the day getting late, I again had to abandon the climb. I can only think that Andre was surely leering at me as I dropped down into Narrina Pound. Certainly from that point, I no longer thought of Andre as a powderpuff.

Two days later and following two nights of heavy rain, I returned to the fray but the day turned out to be long, successful and very memorable. I had camped a few hundred metres from the range and, the clouds now gone and the sky clear, I could see Mt Andre peeping over a shoulder of high ground. I set off early towards a prominent gully (Narrina 1:50,000, GR 933830) which would take me most of the way to the summit. That gully turned out to be a delight to ascend as it involved walking up a long series of rock platforms and steps



Looking south along Mt Andre's main ridge



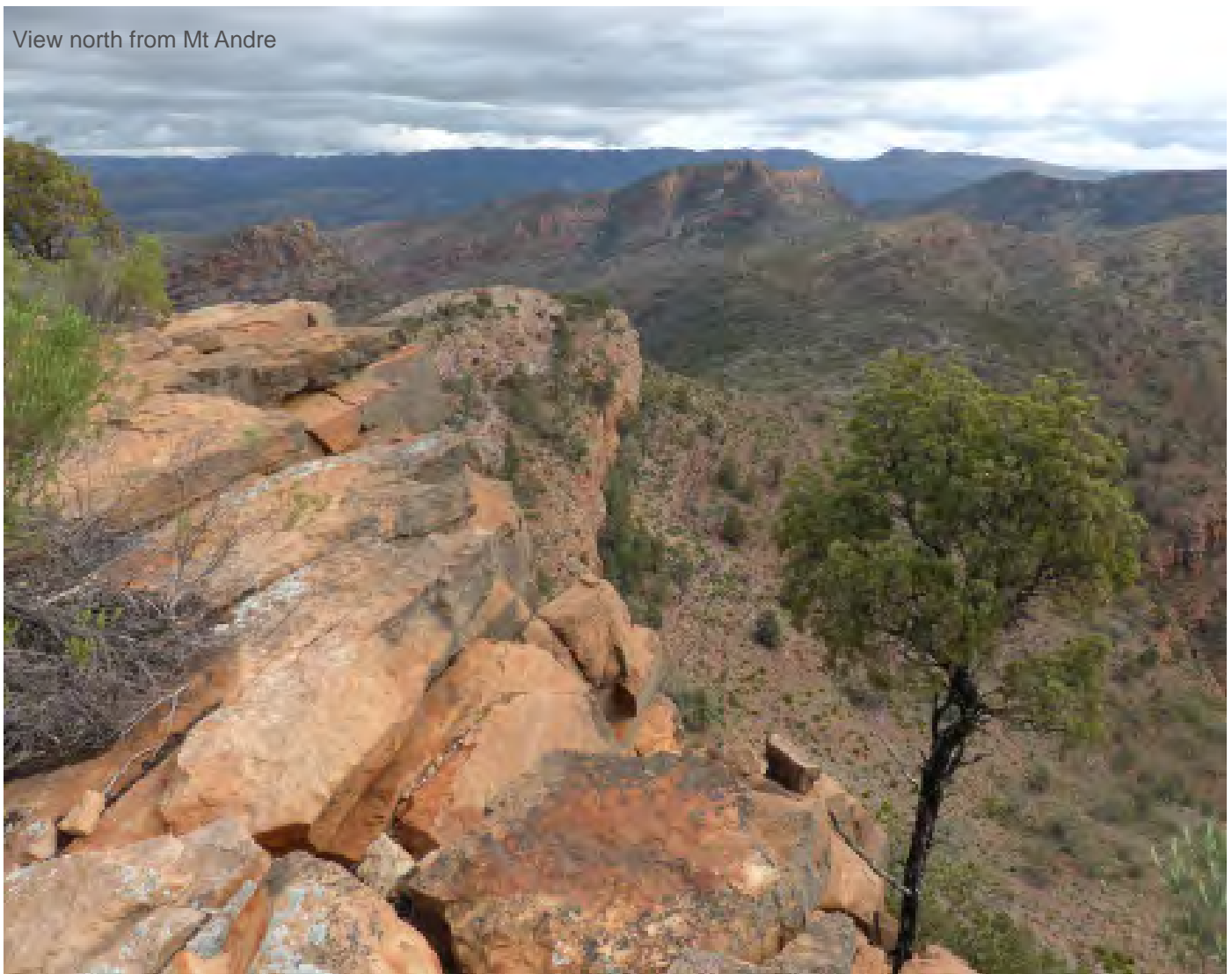
with water flowing all the way, either exposed with small falls or sometimes hidden but often gurgling. With no vegetation to slow progress, it was a beautiful walk that I would otherwise have missed and I thought how my earlier failures now seem to have worked in my favour. I emerged from the gully only a short walk from the summit and stayed there an hour with the thought that Andre and I were now friends with all former insults and sneers forgotten. The day finished late with a long and energetic walk south along Andre's spine to its terminal at Chambers Creek and I arrived back at the Narrina Shearer's Quarters an hour after dark.

At 980m, Mt Andre is the central high point of an oddly shaped conjunction of ridges and low hills with its main ridge defining the eastern side of Narrina Pound. From Mt Andre, the high ground extends north for 7 km north to Main Gap with Mt Hack opposite and south for 4 km

to where it butts onto a scimitar shaped ridge. From the junction, that ridge runs both south (the route I had taken back to Narrina) and NE before curving to the south and dropping into Bullock Head Gap to face the northern end of the Jubilee Range. From east of Andre's summit, a line of hills extends NE for 9 km towards the Mt Uro Range but separated from it by Waukawoodna Gap. In all, the whole of Mt Andre's ridgelines and hills is confined to a surprisingly compact area of only 15 kilometers square or so.

Mt Andre and its surroundings offer a lot of good walking but despite this, appears to be rarely visited by bushwalkers according to the owner of Narrina Station. This seems a pity and certainly I have found the local property owners to be very welcoming to walkers and I hope to return again one day.

View north from Mt Andre



The Other Continent - South America

by Richard Bowey



Mt Fitz Roy, Parque Nacional Los Glaciares, Argentina

I have just returned from my first trip to South America where I did three walks :The Inca Trail in Peru, the Parque Nacional Torres del Paine in Chile and the Parque Nacional Los Glaciares in Argentina.

The first walk, the four day Inca Trail which culminates when one enters the site of Machu Picchu through the Sun Gate, was an organised tour so I won't spent too much time on that one. There are only two ways to see this Inca marvel : to walk in on an organised trek or catch a train to the small town, Aguas Calientes, at the bottom of the mountain on which this amazing structure is situated and catch a bus up.

The Incas believed that the Cusco was the navel of the earth from which humans, notably themselves, were born. Their empire spread in all directions from that city and they had a number of trade and communication routes originating from there extending throughout their considerable empire. The Inca Trail is the trail from what is called Kilometre 82 ,on the train track to Aguas Calientes, to Machu Picchu although there are lots of other Inca Trails in the area most of which one can walk independently.

The walk was relatively short ,43 kilometres

in four days ,but it did take us to 4200 metres which, when you come from sea level, makes for interesting walking. The reward, seeing the sun rise on Machu Picchu, was well worth the effort, however, especially when the morning as as perfect as it was for my group.

From here I travelled down to Punta Arenas in southern Chile and was immediately introduced to one of Patagonia's legends when the wind sock at the airport was horizontal and the wind so strong, 90 kph, it was blowing luggage off the conveyor belt as the plane was being unloaded. Would I be walking in that and, if so, would I manage to gain any ground at all or would I simply be walking backwards? Little did I know I was soon to find out.

I caught a bus to Puerto Natales, jumping off point for what some people describe as the finest walking in the world, the Parque Nacional Torres del Paine. From here I caught a bus to the park and began my trek. I had originally intended to do what is called The Circuit, a seven to ten day walk around the main mountains in the park. I consulted a weather forecast on the day I caught a bus to the park which was offering me five days of good weather followed by days of heavy rain

and winds of up to 100 kph. After much soul searching, I decided to just do what is called The Big W, a good call as it transpired.

Day One saw the bus take me and about 100 others to the park entrance where we parted with our entry fee, about CP\$21,000 or A\$42, and were taken into a room where we all had to watch a video on etiquette in the park. From here it was off to one of the three entry points for walking. I chose the central one which involved me a 45 minute boat trip across Lago Pehoe. The sky was overcast, a wind was blowing, the water was a stunning green colour and the views of the snow covered mountains we were travelling towards were awesome. I headed for Campamento (Camp) Grey some 11 kilometres away. It was spitting and a 70 kph wind was in my face. The rain, driven by the wind, felt like hail as it stung my face and sucked the warmth out of me. Although I got wet, the wind dried me out just as quickly. I felt like a Coolgardie safe.

But the scenery was stunning. Leaving a track through a gully which had obviously been burnt by a fire sometime ago, I mounted a saddle to find in front of me a vast glacial lake complete with icebergs. I knew it was Lago Grey and was fed by a glacier.



Laguna Capri with Mt Fitz Roy in the background



Perito Moreno Glacier - 5 kilometres wide

When I arrived at the campamento and booked myself in I was asked if I had a reservation. No, I replied, and was given a scowl before a smile. I subsequently learnt that just two weeks earlier Park management had introduced new rules to try and control the ever increasing numbers of walkers from all over the world who were attracted to, and were ruining, the park ; 200,000 people had entered the park

last year. The changes, which had not been well publicised, were made to save the park from those who loved it and there were three - The Circuit was closed until November 1st, a number of previous free camps had been permanently closed and, theoretically, no walkers were allowed into the park unless they had booked, on the internet, the camping sites where they wished to stay.

The park has a few free campamentos which offer very basic facilities, drop dunnies and a cocina, a cooking shelter, which are the only places where one can cook a meal on flames - this an effort to control fires which, fanned by the winds, are absolutely lethal here as the burnt out section I had walked through illustrated. They also have campamentos with showers and mini- markets where one pays C\$5000 a night, about A\$10, and they have refugios, mini-hotels, which also provide (expensive) rooms and meals if you book them early enough. So one can walk the park by camping or by booking refugios.

Parque Nacional Los Glaciares, Argentina



Crossing a bridge, Parque Nacional Torres del Paine



Inside the cocina, camp kitchen, at Campamento Grey, Chile.

WEATHER FORECAST		CHECK OUT 10:00	
DATE / FECHA	WIND / VIENTO	MIN	MAX
	70 km/h	6°	11°
	50 km/h	5°	10°
	80 km/h	4°	13°

leve su basura / Carry away your trash.

Weather Forecast, Parque Nacional Torres del Paine

Having snagged a camp site, I set up my tent before going to the mirador (lookout) to check out the face of the glacier which gave the lake its name. It was fantastic; imposing, beautiful, silent. Challenging the existence of mere mortals who measured their lives in years when the glacier measured its own in decades and centuries.

Day Two I spent checking out the massive Grey Glacier following it along part of its length from the side of the mountain. Again the winds were about 70 kph with gusts of 90 kph which were trying their utmost to blow me off the side of the mountain - and nearly succeeded a couple of times.

Day Three saw me retrace my steps and hike 20 kilometres around the base of the mountain to the beginning of a valley between two giants to the free Campamento Italiano. Again the walk was beautiful and this time I had the wind at my back, a great help with the ascents.

Day Four I was set to explore the Frances Valley but just as I was about to go the resident ranger declared it closed because the winds, at 80 kph plus, were too strong to make it safe. I was later to learn that it remained closed for three days. While this was obviously disappointing, Nature runs the ship here and we mere walkers just fitted in the best we are able. So instead of exploring that valley, I hiked the 25 kilometres around the second mountain, and up, to Campamento Chileno, an hour under the Torres (which is Spanish for tower) mirador, the flagship of this park. I was now ideally suited to get a view of this spectacular formation in the morning weather allowing.

Day Five saw me up early on a perfect day to capture Torres as its absolute best. A fantastic sight. The walk from here on was part of the Circuit so I walked down and out of the park, a happy man. The weather could have been better but it could have been a whole lot worse, in fact I later learnt that it rained and blew continuously for the next three days depriving walkers of any hope of seeing either Frances Valley or Torres.

From here I jumped on another bus and travelled to El Calafate in Argentina where I took the opportunity to check out the Perito Moreno Glacier in the southern Parque Nacional Los Glaciares. Patagonia has the third largest reserve of fresh water in the world and this glacier is the third largest in that a field. And what a monster. Five kilometres wide at its terminus, thirty kilometres long with a total area of 258 square kilometres, its face has an average height of 70 metres above the lake it feeds - equivalent to a twenty story building!

From here I travelled by bus to El Chalten located in the northern section of this same park and the only place in it where one can trek. All the publicly accessible walks are within about seventeen kilometres of the town which means there are always day walkers around but they don't share the same sights or have the same time to explore as the trekker. The walking here is stunning and while the distances are not huge, the scenery is some of the best I have ever seen outside of arid lands. The walks are largely based around mountains, glaciers, glacial lakes (which colours range from an almost white, aquamarine, teal, emerald green, turquoise and cobalt blue), glacial fed rivers, valleys and forests of birch. The weather is subject to all the vagaries of this part of the world, wind, cloud and rain, but I snagged a great week and saw everything on offer in pretty good conditions, the highlight of which was sunrise on Mt Fitz Roy.

Patagonia is a unique part of the world and the spaces and vistas are extraordinary - as is the wind which increases in the peak season of January to February. For weather forecasts all the locals use an app called windguru.com. In general though, the weather is best summed up by the sign I saw at Campamento Torres above the cocina which read "Don't ask about the weather. We are in Patagonia. We don't know."

Richard Bowey



Adelaide Bushwalkers Takes You Places

Adelaide Bushwalkers is a hiking club enjoying multi-day hikes carrying packs & camping, day walks, kayaking, cycling and other activities, near Adelaide, South Australia & interstate.

Find out more at our regular meetings at 7:30pm on the 1st Wednesday of the month.

Meetings are held at:

North Adelaide Community Centre
176 Tynte St, North Adelaide

Postal
Adelaide Bushwalkers (Inc)
PO Box 434
North Adelaide SA 5006

Phone Tracy, Membership Secretary on 0457 339 383

ABW Club information

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

Annual subscription fees

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

Family membership is no longer available for new members

Contact details

Email: 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.

