

Winter wanderings

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"We would like to start by acknowledging the Traditional Owners of this vast land on which we explore. We would like to pay my respects to their Elders, past and present and thank them for their stewardship of this great south land."

Cover picture



Hikers Helping Each Other up a Mountain
by Rawpixel

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Please send any articles, suggestions or advertising enquires to the editor.

Warning

Like all outdoor pursuits, the activities described in this publication are dangerous. Undertaking them may result in loss, serious injury or death. The information in this publication is without any warranty on accuracy or completeness. There may be significant omissions and errors. People who are interested in walking in the areas concerned should make their own enquiries, and not rely fully on the information in this publication.

The publisher, editor, authors or any other entity or person will not be held responsible for any loss, injury, claim or liability of any kind resulting from people using information in this publication.

Please consider joining a walking club or undertaking formal training in other ways to ensure you are well prepared for any activities you are planning. Please report any errors or omissions to the editor or in the forum at BWA eMag.

4

Letter from
the Editor

6

Dehydrating Food
Getting Started

12

Snowshoe walk
Wheatley Circuit

16

Dunphy's Kowmung Adventure
Colong Wilderness Walk

19

Sydney Harbour & Coast Walk
The Inaugural Foreshore Walk

20

But Avalanches don't
happen in Australia?
Thoughts on Alpine safety

24

Photo gallery
Winter beauty

42

Gear freak

Carrying The Essentials
For A Day Out

44

Maps

Map
care

46

Winter warmers

Delicious laksa and
quinoa recipes

49

Magazines

Check out what's inside

50

What's new

Read about goTenna,
SPOT and more

54

Upcoming Events

Wainwright's Coast2Coast MS Walk and
other events in August and September

56

The Ballad Of Bumhole Bill

FROM THE EDITOR

Thanks for reading this copy of bushwalk.com magazine. What an amazing Winter it has been – a series of cold fronts has brought us a lot of snow to alpine and sub-alpine areas, as well as some pretty wild weather across Australia. I hope that you have been able to enjoy your walking and get out exploring the bush at this wonderful time of year.

In producing this magazine I try to source articles that appeal to a wide range of walkers in Australia and overseas. Articles are pitched for people with different interests and experiences, and I hope that you will find some of the articles of interest and helpful. If you have topics or articles you would like covered please email me – I am always keen to hear feedback. If you have interest in a specific area and want to write an article please let me know.

Again I would like to thank the authors of these articles, the photographers who kindly share their images, Stephen for his amazing sub-editing and organising skills, Eva for her design and management skills, and to readers who kindly share the magazine with their friends and clubs. I want to also especially thank Sonya for her eagerness to share recipes from her upcoming light-weight cooking book.

Well, I hope you enjoy the magazine, share it with a friend then switch off the computer and go for a walk.

Happy walking

Matt McClelland (aka Wildwalks)

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Declaration: The bushwalking community is a small world and paths often cross. To help improve transparency I thought it be helpful to list my associations within the outdoor community. I have personally approached the authors of the articles included in this edition and suggested the topics. These are people I know through bushwalk.com. I operate bushwalk.com and wildwalks.com as well as been the author of several walking guide books (published by Woodslane), I have also written for Great Walks. I contract part time to National Parks Association NSW on an ongoing basis to coordinate their activities program. In the past I have had a partnership with NPWS NSW and have hosted advertising for Wild magazine. I have also partnered with a large number of other organisations in environmental campaigns and have a regular bushwalking segment on ABC regional radio. Obviously there is some advertising through the mag which the companies have also paid for. I have probably forgotten something - if you are worried about transparency please either write to me or raise the issue on bushwalk.com.

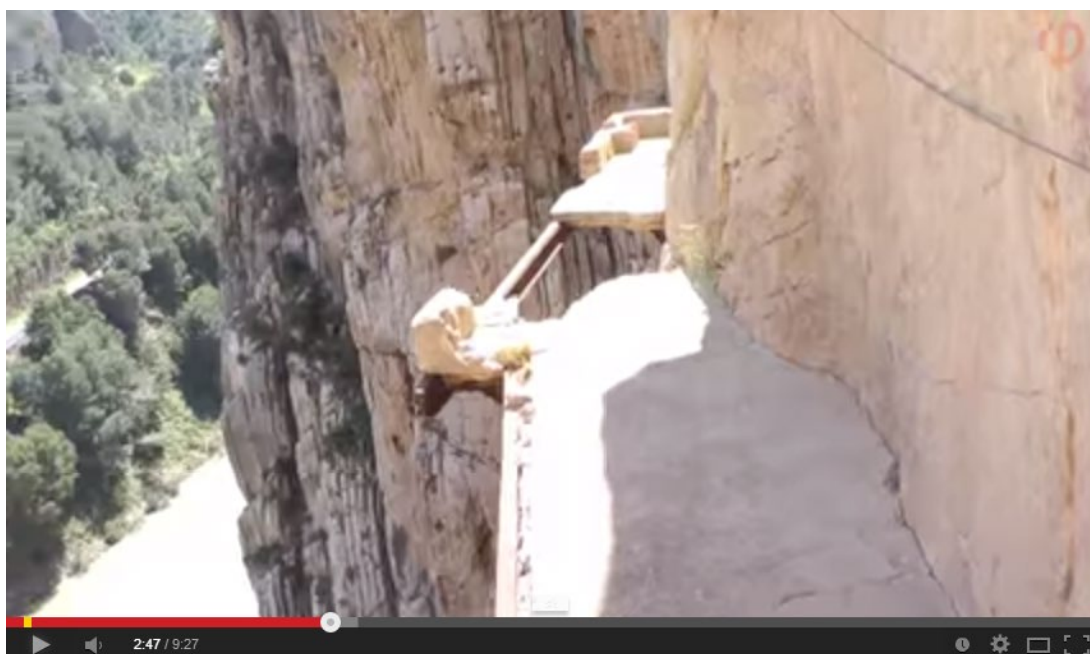
TWO VIDEOS

The Most dangerous/fun/interesting walking tracks in the world?

From China and Spain - here are two videos of a few stunning "walking tracks". You may have seen these videos floating around the web - they are not new - but they are pretty amazing spots.



World's Most Dangerous Hiking Trail on Mount Huashan



El Camino del Rey 2010

DEHYDRATING FOOD – GETTING STARTED

Caro Ryan

Let's get something straight: I love food. I love good food.

Anything tastes good in the bush, especially if you've been walking all day, have just dumped your pack at camp, collapsed on the ground (sorry, I mean tested the ground surface for your tent), the fire's going and the billy is on. Food in the outdoors can be more than just sustenance and fuel. Food can actually be really tasty.



There are loads of prepared food options in your supermarket, and also food made specifically for outdoor recreations, taking the work out of preparing your own bushwalking food.

However, if you've got the time and are up for a bit of a kitchen adventure, I recommend dehydrating your meals. Dehydrating may sound complex and involved, but it's actually really simple.

Confession: I'm no different to anyone else. I regularly feel overwhelmed with daily city life, and have fall-back overnight bushwalk food which I can grab at 10 pm on a Friday night from Woollies after rushing home to pack for a 6 am Saturday departure. However, I find that time spent planning and preparing my own food for dehydrating is a bit of an antidote to busy living, a kitchen meditation that draws from all those fabulous River Cottage warm and fuzzies, helping me feel connected to what I eat, and how it then helps sustain me on the trip.

“...if you've got the time and are up for a bit of a kitchen adventure...”

For my first attempt I borrowed a dehydrator, something I definitely recommend if you want to give it a go. If you're a member of a club, why not ask the Committee to buy a club dehydrator and add it to the gear that can be borrowed?

The Dehydrator



Dehydrators – like a series of trays with a hairdryer!

Dehydrators have a number of trays. The picture shows five trays sitting on the base tray. The bottom of each tray has grids, allowing air to flow freely throughout the trays and around the food. There are also solid inlay sheets which sit inside the trays, allowing you to dry liquids, sauces or fruit leathers. Some dryers have fine mesh inlay sheets. Dry air is generated in the lid section, which is very similar to a low voltage hair dryer. There are quite a few options on the market; see the list of URLs at the end. The [Sunbeam Healthy Food Dryer](#) has a low cost, around \$100 new. You can pay up to \$400, depending on the model and the functions available. For instance, a timer would be a helpful, something the Sunbeam model lacks. However, you can get around this by using a separate timer, a clock, or writing the time down.

Preparation



Broccoli keeps its colour if it's blanched first!

Preparation is needed before placing the food in the dryer. At the easy end of the spectrum is simply slicing fruit or veggies into small pieces, with the other end involving preparing and cooking a full meal. Your manual should have helpful advice and tables about the necessary preparation. Some veggies or fruit need prep such as dipping in lemon juice or blanching. From experience, these simple steps certainly enhance the end product; don't skip this step.

Choosing what to dehydrate

When choosing meat to dry, the best way to be most effective is to use mince meat. You don't want to get sick in the bush. Thankfully, there are many options at your local supermarket – beef, chicken, lamb, turkey, pork and for Aussies, kangaroo. (If you ask your butcher nicely, he will mince almost anything for you. Tripe anyone?) Almost everything that goes into the dryer will need to be sliced small to ensure that you get the most surface area, allowing the warm dry air to circulate around as much of the food as possible.

You don't want to get sick in the bush



Just make a normal meal – but use mince!

Drying

Once the preparation or cooking is done, place the food onto the trays in a single layer. Again, this is to ensure maximum space around the food to aid drying. Cut food should have spaces between each piece.



Butter Chicken after drying

Cook it up!

For this example, I cooked a big pot of lamb mince and used a packet sauce mix of Mussaman Lamb. I followed the recipe on the packet (except for using mince instead of pieces of meat), but also added my own small cut vegetables and fresh herbs.



Slice things thinly and uniformly for best results.

Dishes with sauce or liquid need to sit on an inlay tray, and obviously not onto the normal mesh trays. With my dehydrator I can use the base tray for saucy dishes. Note that this base tray dries food quicker than any other area in the dryer, and you may wish to swap trays in the stack every hour or so. There is no definitive drying time for each food type as times depend not only on the size of each piece of food, but also the humidity, outside temperature, and how thin food is cut.

For example, I once dried Mussaman Lamb in December (Australian summer) and it took 14 hours to dry. Then, in April (Australian

autumn) I dried Mussaman Lamb and it took 8 hours 15 minutes.

To make the most of your drying time, don't just fill one or two trays. Put a meat dish into two trays, then fill the others with veggies. As each type of food will dry at different times, it is important to keep checking on them throughout the process. Each person will find a way that works for them in this; I tend to check after six hours which gives me an idea of what the overall time is going to be. If you're doing this overnight, your alarm clock will become your noisy partner. The finished product will differ for each type of food. Your manual will give you a description of what to expect and how to know that the food is done. The best description I've heard for correctly dried mince meat, is kitty litter. Meow!

Perfect time to light the fire and have happy hour!



Dried Mince looking a bit like kitty litter!

Storing the dehydrated food

Once the food has dried and is cool, store meal portions in Ziploc bags. You'll find that when it is dried it's hard to figure out how much a portion is. So make this calculation before you dry. Look at your cooking pot and decide that how many dinners it will cover. Then divide the dried food into this many Ziploc bags. Keeping detailed notes about if a certain quantity suffices allows you to adjust the meal quantity for future trips.

Write the date and contents on the bag with indelible pen and place in the freezer.

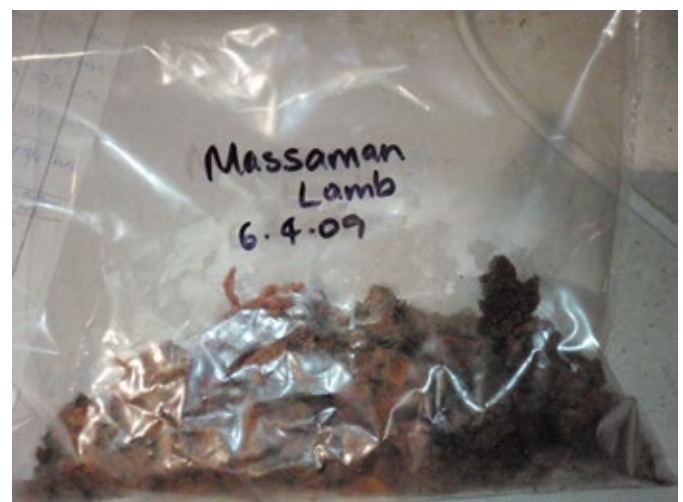
| Food Item | Quantity | Start Time | End Time | Notes |
|----------------|----------|------------|----------|------------|
| Chicken Curry | 1 | 9:25pm | 8:00am | 10 3/4 hrs |
| Beef Curry | 1 | 10:25pm | 7:00am | 7 3/4 hrs |
| Butter Chicken | 3 | 16:00 | 20:30 | 4 3/4 hrs |
| Capricorn | 1 | 16:15 | 00:30 | 8 3/4 hrs |
| Broccoli | 1 | 16:15 | 00:30 | 8 3/4 hrs |
| Tofu | 1 | 16:25 | 01:30 | 9 hrs |
| Lamb Mince | 1 | 16:25 | 01:30 | 9 hrs |
| Lamb Mince | 1 | 22:45 | 07:00 | 8 1/4 hrs |
| Lamb Mince | 1 | 22:45 | 08:10 | 9 1/2 hrs |

Keep notes on your dehydrating efforts.

Check your manual for details on storage life. Keep a record of your dehydrating history, rating the humidity on the day and the start/finish times, along with any pre-treatment needed. This is how you can learn and tweak for the next time.

On the track

To make it easier, you may wish to add your other dry ingredients to the Ziploc bag before you head off on your trip. For example, add other dehydrated veggies such as Surprise Peas, beans or rice noodles. This way you have a full meal in a bag. When you arrive at camp, simply pop all the contents of the bag into a billy and cover with cold water.



Meal in a bag!

Put the lid on to keep the crawlies out and set aside. Perfect time to light the fire and have happy hour! After an hour, simply place the billy over the heat. Check by tasting the meal. If it's still chewy, continue to heat – leave the lid on and simmer. Stir frequently.

What not to dry

Being a regular eater of tofu at home, I thought I'd give this a go for the track as well. Yes, it dried quite successfully, however (thankfully) I gave it a test rehydrate at home before risking taking it out into the bush.

Dehydrated Tofu - epic fail!



This photo shows the slice of tofu after sitting in water for 24 hours. The best way to describe the texture of it at this stage would be like the bicycle inner tube that I take as an emergency fire lighting tool. Sorry vegetarians... I tried. But I'm sure other people have managed to do it.

HOT TIP! Mince represents the major tip in choosing what to dry – good things come in small packages!

“The best way to describe the texture ... would be like the bicycle inner tube...”

HOT TIP! Don't dehydrate sweet and savoury at same time - a friend of mine dried pineapple in the same batch as a beef curry. The pineapple was disgusting!

HOT TIP! If you're a busy person (who isn't these days?) and you are trying to get a stack of dehydrating done for an upcoming extended trip, I suggest cooking up enough for dinner that night, and then putting all the leftovers into the dehydrator and letting it run through the night.

A screenshot of a YouTube video player. The video is titled "Dehydrated Dips on a Hike - Field Tip" and is by the channel "Lotsafreshair". The video player shows a hand holding a clear plastic bag with "Bok" and "Cap" written on it, containing dehydrated green vegetables. The video has 686 views, 12 likes, and 0 dislikes. A red "Subscribe" button and a view count of "2,141" are visible below the video player.

Hiking Quick Tip
Dehydrated Dips
in the field

Dehydrated Dips on a Hike - Field Tip

Lotsafreshair

Subscribe 2,141

686 views

12 0

Check another tip on dehydrated food in this Caro's video

Some dehydrator websites
are set out below.



BioChef 8 Tray
Food Dehydrator



Excalibur



Fowlers Vacola
ultimate dehydrator



Harvest Maid home
food dehydrator



Sunbeam DT5600



WHEATLEY CIRCUIT

Matt McClelland aka Wildwalks

This snowshoe walk follows a winter-only route. From Perisher Valley, you walk along the Kosciuszko Road to a gap, just past the last ski lift. Here you leave the road to follow the snow pole line up, along the Wheatley Link, among the snow gums and crossing some open plains. Then you come to a valley below Porcupine Rocks, where you follow the snow poles and valley, back down towards Perisher. A great walk for people comfortable on snowshoes and wanting to explore a more remote area near Perisher Valley.

| | |
|-------------------------|--|
| Grade | Hard |
| Time | 3 hrs |
| Distance | 7.3 km circuit |
| Ascent/descent | 251 metres |
| Transport | <i>Public transport:</i> You can catch the snow tube from Crackenback on Alpine Way |
| | <i>Car:</i> Drive and park near in the main Perisher carpark, just before the winter road closure. It is a 31 kilometre drive from Jindabyne along Kosciuszko Rd. Snowchains are needed in winter, |
| Fee | Park entry fee applies. |
| GPS of start/end | -36.4058, 148.4119 |

Perisher Valley Village

Perisher Valley village is centred about the Skitube building, Perisher Centre and the National Park Visitor Centre. Just outside the Skitube is the shelter for the shuttle bus service to Smiggins. Perisher Centre is accessed by the long metal bridge - inside, you will find food shops, toilets and skiing-related shops. Inside the Skitube building is the train station, kiosk, medical centre and some other services. The National Park Visitor Centre provides a warm shelter, toilets, seats and information about the park. Most of these services only operate during the ski season, but the NPWS Visitor Centre is open most of the year and a food outlet is generally open for lunch Monday-Friday.

An amazing place to visit...

Winter only route

This follows an over-snow only route that crosses important and sensitive bogs that can be significantly damaged in summer, even by light-footed walkers. Please walk or ski this track only when it is well covered with snow.

Share the Snow

Here are some tips to help you share the snow with skiers. Please avoid snowshoeing on ski trails, whether groomed or ungroomed - it is fine to walk right next to the ski trail. When crossing a ski trail, please do so in a single file and on a flat, more visible, section. These tips aim to minimise trail ruts and collisions. Visit [Wilderness Sports](#) for snowshoe hire.

Rock Creek Ski Club

0.2 km This building was first opened for use in 1948, then destroyed by a lighting

strike in January the next year. In 1959, a few men drove down from Sydney most weekends over a few years, to build the current lodge. Still owned by the builders families, the lodge is available to the public for hire. The lodge has two bedrooms and sleeps six people. The lodge can be hired in winter or in summer and makes for a great base with its central location in Perisher Valley.



More on [Rock Creek Ski Club](#).

Porcupine Rocks

4.2 km The Porcupine Rocks are a large granite outcrop on the ridge, south of Perisher Valley. There are two main peaks, and a rock scramble leads to the top of the southern peak, providing fantastic views of Perisher Valley, Mt Duncan, Thredbo River Valley and Bullocks Flat. The gap between the two summits provides some shade and protection from the wind. An amazing place to visit - allow time to just relax and enjoy this place. The summit can be slippery and icy, and there is a sheer drop and other hazards. Much care is required.



Rock Creek Ski Club intersection

0.2 km Continue straight from the Rock Creek Ski Club intersection, follow Kosciuszko Road gently uphill, away from the main village. After about 50 metres, continue along the road, passing a track (which leads to bridge over Perisher Creek, on your right) and continue for another 60 metres to find an intersection with Wheatley Road, just before Corroboree Restaurant & Bar (on your left).

Wheatley and Kosciuszko Roads

0.3 km Continue straight from this intersection, follow the Kosciuszko Road east gently uphill, out of town. You'll immediately pass Corroboree Restaurant & Bar (on your left) and then continue up the hill, past a series of other lodges (up to your left). Soon after you'll pass the last ski lift (in the valley on your right), you'll come to a high point and a clearing with a large metal sign and map (on your left).

Intersection Wheatley Link Track and Kosciuszko Road

2.3 km Turn left from the grassy clearing on the south side of Kosciuszko Road, follow the Wheatley Link sign uphill, following the snow-poles. Walk through a narrow grove of snow gums, then climb up to a flat clearing, then follow the line of snow poles up through the trees. Follow the poles down a bit, then up the hill, to pass through a gap in the ridge, where you'll come to a large fairly flat plain (with a view back over Perisher behind you). Continue following the poles down and across the plain, then right, around a rocky outcrop (on your right). You will pass an open section, then tend left and up the hill. Soon you'll come to a intersection in a large saddle, near a sign pointing back down Wheatley Link track.

Side Trip to Porcupine Saddle

4.2 km Turn right following the Porcupine trail signs north-west, over the top of the saddle and towards the large rocky pinnacle. You will walk steeply through a rocky area and, just after passing a large rocky outcrop (on your left), you'll come to a three-way intersection beside the gap (on your left) between the two main peaks. At the end of this side trip, retrace your steps back to the main walk then continue straight.

Intersection of Porcupine Trail and Wheatley Link Track

4.2 km Turn left, walking north-east downhill, following the old timber Perisher Valley 3 kilometres sign. Walking down through the wide valley past the newer sign (pointing back up to Porcupine Trail), go over some metal grates and through a grove of old dead snow gums to a signposted intersection with the Porcupine Link Track (on your right).

Intersection of Porcupine and Link Track

5.5 km Continue straight, following the Perisher Valley 2 kilometres sign north-east along the track, then cross a flat timber bridge over Rock Creek. Leaving the creek for a while and heading downhill, you'll be following the series of snow-poles on a groomed trail towards the Perisher Valley Resort. After about one kilometre and just before the Perisher Valley Reservoir, you'll follow the snow poles left across a valley (near the stone pump house building) to head up the rise to a three-way intersection with another snow-pole line, near the pole with the second yellow sign.

Perisher Reservoir intersection

6.6 km Veer right, following the snow-pole line (with the yellow signs, facing away) over the gentle rise, whilst keeping Rock Creek a short distance to your right. Walk over the hill, keeping the poles to your right, and soon you'll pass a large green timber lodge. Walk down closer to the creek and continue following the snow-poles, soon passing straight through an intersection (ignoring the bridge over Rock Creek to your right). Following the poles over another small rise past the Rock Creek Ski Club building, you'll then walk under the power-lines to find the Rock Creek Snowshoe Track information sign. Here, head the short distance towards the main ski field to an intersection with Kosciuszko Road.

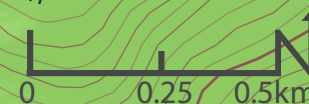
Rock Creek Ski Club intersection

7.1 km Turn right from this intersection near the Rock Creek Ski Club hut, following the main road gently downhill towards the resort centre, where you'll soon cross Rock Creek. Cross the creek and pass a few buildings to an intersection with Porcupine Road (on your right), just before The Man from Snowy River Hotel (and the ski tube station on your left).

Intersection Kosciuszko and Porcupine Roads

0 km Walk west along the main Kosciuszko Road, away from The Man from Snowy River Hotel while keeping the main valley to your right. Soon you'll cross Rock Creek, then continue beside the road to an intersection marked with a Rock Creek Snowshoe Track sign, just after the Rock Creek Ski Club hut (both on your left).

Porcupine Rocks





Colong Wilderness Walk DUNPHY'S KOWMUNG ADVENTURE

Alex Allchin

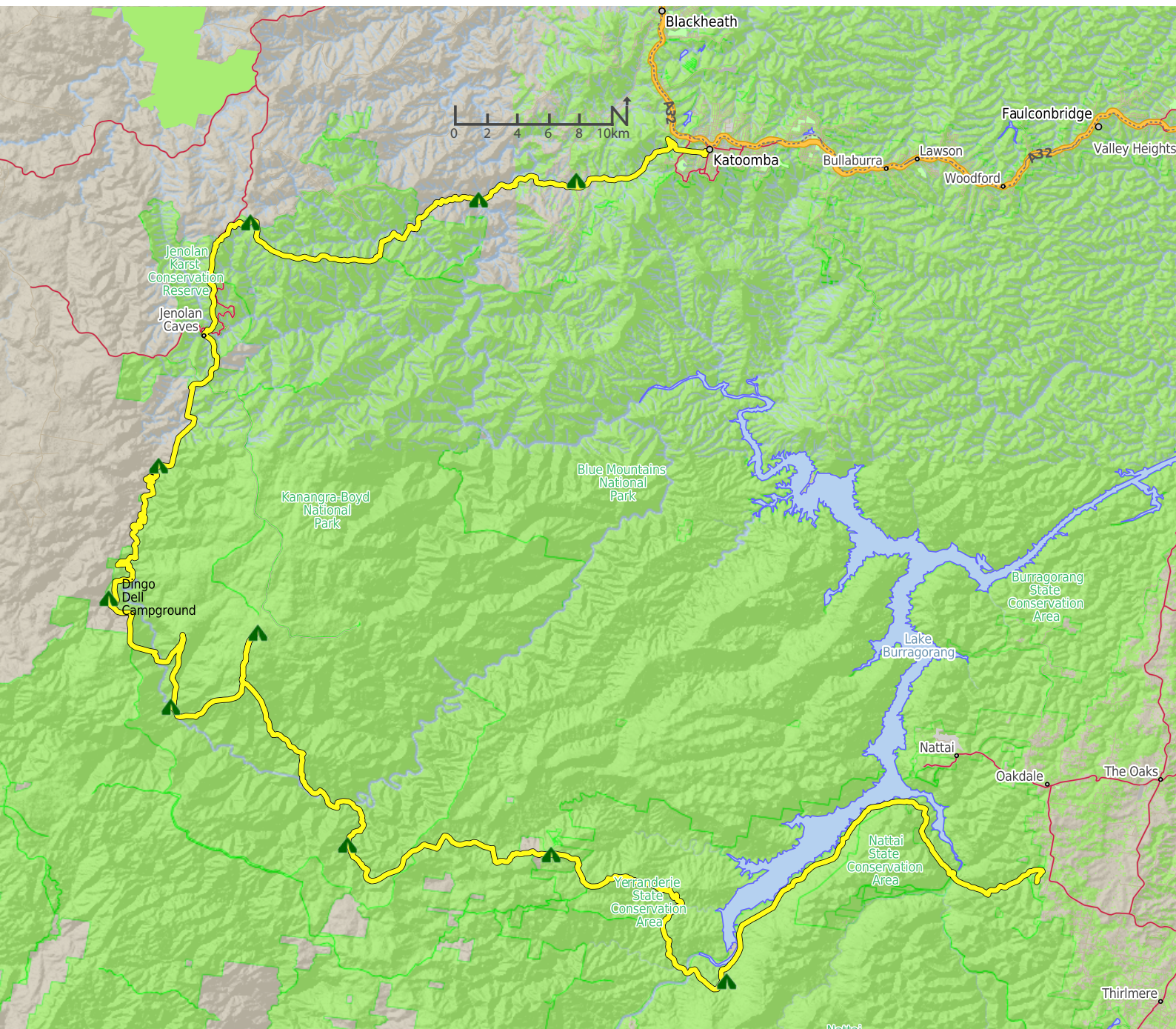


The walk will showcase how the voluntary efforts of early bushwalking clubs led to the dedication of large national parks and, consequently, wilderness areas in the Blue Mountains. It will celebrate the pivotal role of wilderness in the protection of nature in the Greater Blue Mountains World Heritage Area. In November the walk and its legacy will be presented to the World Parks Congress.

In October 1914 young Myles Dunphy and Herbert 'Bert' Gallop set off on an adventure into the heart of the southern Blue Mountains. Their aim was to trace the length of the Kowmung River.

Leaving Katoomba, they walked via the Six Foot Track to Jenolan Caves. From here, armed with advice from local cave guides and very rudimentary parish maps with more blanks than drawn sections, they entered into the unknown. During the next three weeks, they gained an understanding of the importance of the area through which they had travelled. The original journey concluded at Picton taking 21 days to complete. Along the way they:

- Walked the length of the Six Foot Track to Jenolan Caves, descending from Katoomba by candlelight.
- Slept in the first Japara tent to be made in the country.
- Dealt with multiple crossings of the Kowmung River in full flood, with some crossings taking over 40 minutes.
- Journeyed through land untouched by contemporary maps and not marked by tracks (though undoubtedly traversed by local indigenous people and graziers).
- Sighted the mighty Morong Falls, which they believed to be the highest falls in the country.



- Visited the silver mining town of Yerranderie, where supplies were bought and Bert purchased patent leather dress shoes to replace his worn out boots.
- Climbed Mount Despond in the pouring rain.
- Witnessed the destruction caused by rabbits before the introduction of myxomatosis.
- Passed bullock trains as they made their way through land now under the waters of Lake Burrangor.

It was an adventure of epic proportions and soon after completing the walk, Myles founded the Mountain Trails Club, the first bushwalking club in NSW, and the genesis of the state's bushwalking and conservation movements.

Now, in 2014, five young Adventure Teams will retrace Myles Dunphy and Bert Gallop's historic journey. Each team of walkers will include a person with a connection to the stage being walked. Some stages will allow others to participate in the journey – whether as walkers, to camp or just sit around a campfire to celebrate.

Dunphy's Kowmung Adventure – how to get involved

Walk Launch - 10am Friday September 26: Katoomba Cultural Centre, 30 Parke Street, Katoomba – morning tea provided.

Six Foot Track Day Walk - September 26: An easy day walk, from Katoomba Cultural Centre to Old Ford Reserve. You can choose

to walk back to Katoomba or be driven back by bus around 10pm. Basic BBQ dinner provided.

Six Foot Track Day Walk, Old Ford Reserve Campfire and Camp - September 26 -27: Walk as above, stay for a campfire and camp at Old Ford Reserve and walk back to Katoomba (rated a moderate walk).

Six Foot Track Overnight Walk - September 26 – 27: Walk as above, continuing to Cocks River and camp and walk back to Katoomba (rated a longer moderate walk).

Adventure Walk in stages of 3 to 4 days duration - September 27 to October 6: For experienced walkers. Up to 1,000 metre daily ascents some with mild exposure. Join walk leaders for one of five possible stages.

Celebration Camp and dinner, Wooglemai Environmental Education Centre, Sheehys Creek Road, Oakdale - October 5 and 6 (Labour Day long weekend): Last Adventure Team arrives and we celebrate the journey. Camp or stay in a cabin. Bring your own dinner for BBQ.

Use of Old Bushwalking Gear - We intend to use bushwalking gear from throughout the last century. We welcome the loaning of suitable bushwalking gear from years past.

We encourage you to take part where you can. Please visit the event website or Facebook page below to find further details on the walk, and how you can register and become involved.

More info [here](#) or on [FB link](#).



Lunch on the Kowmung River opposite Dicksonia Fan, 1930. From left to right: Hilda McCartney (with hat), Winnie Ashton, Marj. Barrett, Marjorie Hill, Ilma Ellis, Reginald Hewitt and Nell Gundlach. Photo: The Colong Foundation collection.



SYDNEY HARBOUR & COAST WALK

Matt McClelland

Visitors to Sydney think about the harbour, the bridge, the Opera House and beaches, which with native landscapes inspire people to fly halfway around the world. Sydney's harbour and coast are home to native forests and fascinating heritage areas, making this the perfect place to walk.



In August 2014 a group of people will set off on the inaugural [Sydney Harbour and Coast Walk](#). This is a long walk that was created over time as local tracks joined, growing into networks, making it easier for people to enjoy multi-day journeys. The [Walking Volunteers](#) have been working for many years with the [Sydney Coastal Councils Group](#) and the [Department of Planning & Environment](#) (along with a number of [other agencies and councils](#)) to create a great walking track network along Sydney's coastal region. The Walking Volunteers have not only done a lot of work on the ground, they have also produced a popular series of maps outlining the walking tracks details.

The Sydney Harbour & Coast Walk

Since the popularity of these foreshore tracks continues to grow it is now time to create a longer iconic walk for the region. The main spine of the Sydney Harbour and Coast Walk is around 315 kilometre, heading south from Barrenjoey then west to Parramatta before returning to the coast and down to Otford.

The Walk explores a great variety of different environments and offers a wonderful set of

experiences for all ages. You get to explore many precious native forests whilst also developing more personal insights into local history by visiting culturally significant sites.

Since the Walk is in or close to built-up areas you can walk inn-to-inn. You can stay in B&Bs, hostels and other accommodation on the route whilst also enjoying a cafe for many of your lunch breaks. Like a number of the popular walks around the world this one is excellent for people who want to enjoy stunning vistas, light packs, easy public transport access and all the creature comforts. The Walk is suited for people getting into bushwalking or for those wanting to share the best of Sydney with visitors in a new way.

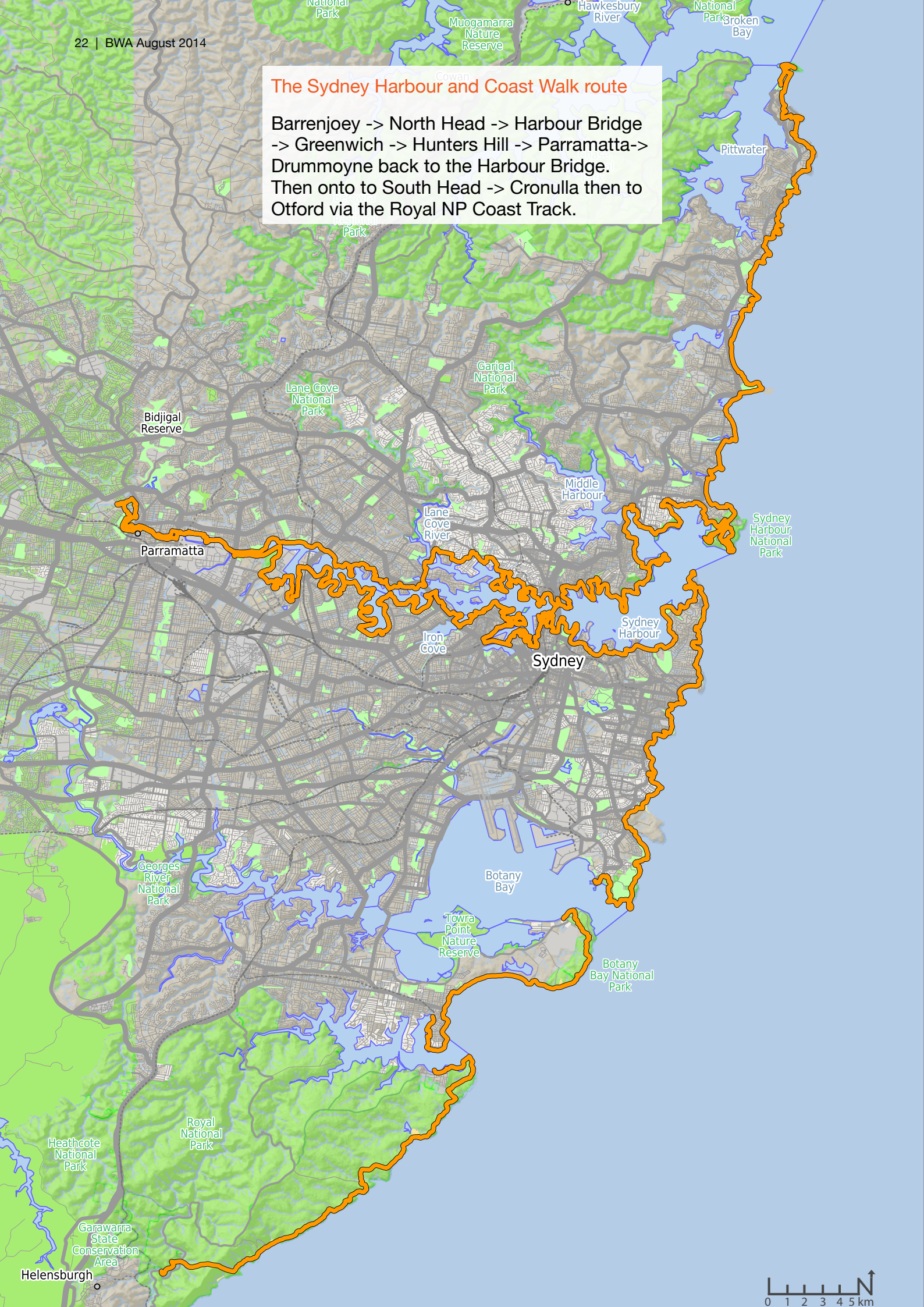
The Walk can be completed as a series of day walks, weekend adventures or a one multi-week thru hike.

This Walk links with other walks with the Harbour to Hawkesbury Track linking it to the Great North Walk. There is also other work being done to link the Walk west to the Blue Mountains and to continue much ...text continues on page 23...



The Sydney Harbour and Coast Walk route

Barrenjoey -> North Head -> Harbour Bridge -> Greenwich -> Hunters Hill -> Parramatta-> Drummoyne back to the Harbour Bridge. Then onto to South Head -> Cronulla then to Otford via the Royal NP Coast Track.



further across Australia. In fact Bill - one of the inaugural walkers - is a key person in the development of the [Federation Track](#) - but that is an article for another edition. It would be great to see Sydney become a popular destination for walking holidays. It would also be amazing to see this great land (once again) well established with a network of long-distance walking tracks.

The inaugural Walk

On 16 August 2014 a [group of inaugural walkers](#) (including myself) will start the Walk, including the NSW Minister for the Environment and other guests. Much of the accommodation for the inaugural walkers have kindly been gifted by [the hosts](#) along with a lot of other support provided by many [other organisations](#).

Over a relaxing 30 days the team will explore the Walk, promoting it along the way. It would be great if you can join us for a day or two. There will be more information about our

location and progress on the Walk's [website](#) (still under construction at time of writing).

The inaugural team will also be taking this opportunity to consider the Walk and how we may be able to improve the overall experience for fellow walkers. It should be a fun trip that helps not only improve the Walk but encourage many others to get out and explore the great walking opportunities all around.

The future of the Walk

It is hoped that this walking route will be refined and become an iconic walk for locals and people visiting Sydney. There will always be more work to do such as improving the ease of navigation, providing information to better equip walkers and general promotion. My hope for this walk is that when people think of Sydney in the future, the idea of exploring these native landscapes on foot will be front of mind.



BUT AVALANCHES DON'T HAPPEN IN AUSTRALIA! OR DO THEY?

Geoff Mallinson



In July I opened my news feed to an article on two missing snowboarders on Mt Bogong. My heart sank as I feared the worst. As a lover of the mountains it's valuable and necessary to reflect on the disaster, and what Australian mountain adventurers can learn and be challenged by.

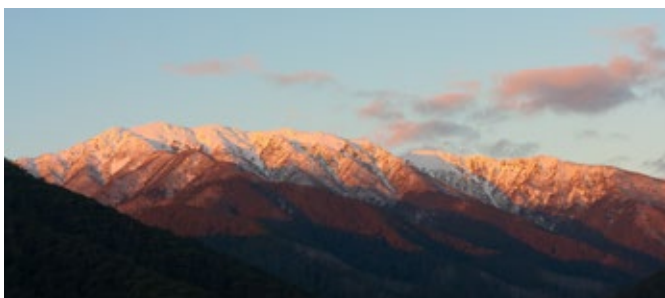
What does this tragedy mean for Australian backcountry travelers?



We expect avalanches when overseas and in the backcountry such as above on Mt Washington in the White Mountains, but overlook their danger when home in Australia.

1. Avalanches do happen in Australia every year

Australia has the wind, snow and slopes to produce avalanches in the backcountry. I was in the Australian mountains when the two Victorian men went missing and knew first-hand the large snowfalls we'd had leading up to then plus the strong winds - a recipe for an avalanche. I'd seen a large cornice on Mt Kosciuszko early in the season and immediately suspected that both experienced mountain men were likely caught in an avalanche.



2. Backcountry travelers need to understand the causes, risks and how to stay safe

We need to educate ourselves about slope angles, snow pack conditions leading to a weak layer, weather conditions (and its history) and triggers for an avalanche. Many

of us have seen the large cornices that form on the Main Range, and keep well clear, such as the south ridge of Kosciuszko or around Blue Lake. Some people also see slab avalanches which can funnel into gullies, as may have happened on Bogong.

Outdoors people use information about what may have gone wrong as a personal lesson, and also feel a kindred spirit with others who understand the drive we have to head into the wilderness. I wasn't on the mountain with them (I was north on the Main Range) so it's not my place to speculate on the details. Hopefully, more will come to light that we can endeavour to make our adventures as safe as possible.

We know that avalanches do happen in Australia - and they are deadly.



Blue Lake Avalanche where a skier died in 2008

3. Wilderness travel can be dangerous

It's important to remember the names of the men who lost their lives - Daniel Kerr and Martie Buckland. They are sons, brothers, husbands and dads. People who loved and were loved. Their deaths are tragic but we also understand the base drive for wilderness that puts us in potentially risky places.

Skier Tom Carr Boyd lost his life at Blue Lake in 2008 when a cornice collapsed. I first noticed something was wrong when we heard the helicopters circling overhead. I was just over the ridge heading down from Mt Twynam back to Guthega after a great few days out. It had been snowing for the week prior to the incident and strong winds, causing a big snow loading and large cornices. On the morning of the accident the wind stopped and the sun came out. Conditions were perfect for an avalanche, even without the added weight of a skier on the cornice, as the snow pack temperature rose.

4. Our wild places are amazing and still worth visiting

After an incident we can overreact and convince ourselves that it's simply too dangerous. We may become overwhelmed by all of the possible dangers and so take the easy option and stay away. With the right knowledge and gear we can minimise risks. Experience is important. Take the time to acquire skills, carefully monitor your surroundings, act accordingly, and be prepared.

Matt (aka Wildwalks) and I have developed a way to see the common slope angles where avalanches may occur. This shows an overlay in Google Earth of slopes with moderate risk, over 25 degrees (orange). Higher risk slopes over 36 degrees are in red. This tool doesn't take into account any wind loading, or snow pack conditions; it only will tell you slope angles that you can feed into your preparations. You may be surprised at how much is covered and where. This tool does not show you where specific risks are, much more detailed analysis is needed, but it gives you a sense of the scale of potential

avalanche areas. This map does not mention other risks such as cornices or when snow turns to ice (when crampons and ice axes are required).

[Link to the map](#)

Questions we should ask ourselves as backcountry winter travelers

- Is the risk worth it?
- Does the party have the right knowledge to diagnose and avoid dangerous areas?
- Does the party have have the right equipment?
- Where can I obtain good information about the area?
- Why do we not take seriously our mountains and their danger?
- What cultural changes need to take place in Australia?
- What can we do keep safe the growing numbers of new people heading backcountry?



They died doing something they love. I can't mentally make sense of the dichotomous absolute love of the mountains and need to go there. I have coupled with the risk involved and leaving loved ones behind if I die or am injured.

On one hand it's not just a hobby to us. It's a basic drive we have to head into wild places, connect with nature and ourselves. It's a spiritual experience. For most it's not about being an adrenaline junkie, taking risks or being extreme. For me it's about exploring wild places, places that give me life and bring perspective to life. Places I spend most of my waking and sleeping life dreaming about and planning to go or visiting.

On the other hand, there are risks involved. As stories about people going missing and dying in the mountains can't be ignored, I try and take as many sensible precautions as I can. I know that I can't do everything to avoid all risks. Some things aren't practical, or the chances of something happening are low enough not to warrant the implementation (and sometimes hassle). For example, many wilderness travellers take

large amounts of "emergency" gear such as spare hot meals, extra clothes, lots of extra fuel and other redundant gear all adding up kilograms of extra weight in your pack. This slows you down and increases your chance of injury or taking too long, causing that very emergency you're trying to prevent.

My approach

For now all I can do it to minimise every risk I can. I'll continue to travel and take my family into the backcountry. I can teach them about cornices, how they form and how to avoid them. We can make sure we stay well clear of them and avalanche zones for slabs. We'll watch the weather in the weeks and days leading up to a trip and talk to locals about conditions. We'll do all that we can "right", but go making no promises that everything will be okay.

More information

Click here to see "[NPWS media release 'Enjoy Kosciuszko but respect the snow and conditions'](#)"

and link to their [alpine safety page](#).



PHOTO GALLERY



BWA Photo Competition



Other States

August 2013

WINNER



Polished passage above
Stanley Chasm
Brian Eglinton



G'day Bruce - First light
on Punnurunha
North-north-west



Bournda Lagoon,
Bournda NP, NSW
Hallu



An angle on Vera Falls
John Walker



Lower Ebor Falls
Lorraine Parker



Half Way Creek,
Bruxner Reserve
landsmith



Tasmania

August 2013

WINNER



'Shelter'
(Cradle Mountain)
Tortoise

'Tortoise' is passionate about bushwalking in general, and mountains in particular. She loves living in Tasmania now, having gone there for bushwalking holidays from the mainland whenever possible. While she has revelled in exploring many new peaks, Cradle Mountain remains the special place it was on her first multi-day walk 35 years ago.

Bushwalk.com has provided her with lots of inspiration and plenty more - like the snowshoes that enable her to enjoy more of the Cradle area in its winter garb. This image portrays one of the many moods she loves.



Suburban stone
Dan Broun



Alpine stream,
Tyndall Range
Biggbird



Light on Pedder from
Schnells Ridge
Louise Fairfax



Prehistoric Tasmania?
Christine Beswick



Landscapes August 2013

WINNER



Night walking
Dan Broun



By the light of the quarter
moon - Trepina Bluff
Tom Brennan



Ormiston morning
Brian Eglinton



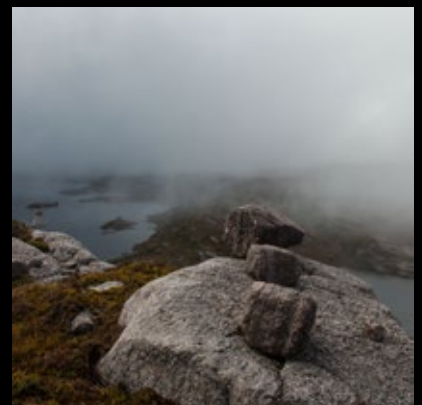
Moonee moonrise
landsmith



Wrights Lookout, New
England National Park
Lorraine Parker



Alone at last -
Kermits Pool
North-north-west



Rockin' out
Biggbird



Non-landscapes

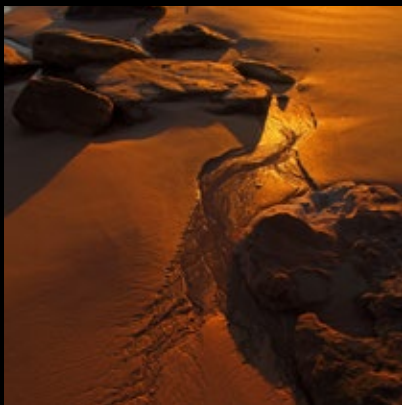
August 2013

WINNER



Mmm yummy sandstone
nom nom nom
Andrew Smith

Andrew (aka "Pteropus") thought this *Angophora costata* tree chewing on some Hawkesbury Sandstone in the Royal National Park had an uncanny resemblance to Homer Simpson chewing on nachos. Just like the *Angophora* tree, Andrew generally prefers hanging out in the sandstone country around Sydney, especially the RNP, which he makes sure he visits every time he is in the area.



Kooljaman sunset
North-north-west



Lantern Banksia flower,
Booderee NP
Hallu



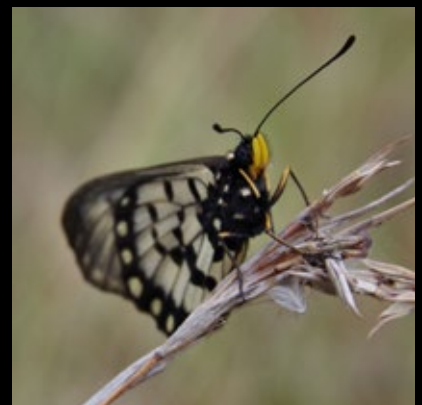
Forest energy
Dan Broun



Ascending slacks stairs
John Walker



Riding bear back,
Belair NP (SA)
Beardless



Butterfly
Cameron Semple



Other States

September 2013

WINNER



Green Point moonrise
Ian Smith

For a couple of months I'd countenanced the idea of a full moon over the water yet, when conditions seemed right I still managed to get down to the point with my Nikon and tripod a little later than I'd hoped. I shot at a few places before dropping onto the sand and taking a couple of shots there. It seemed to go down well at home and with other people I showed so I decided to enter it and presto, 15 seconds of fame!



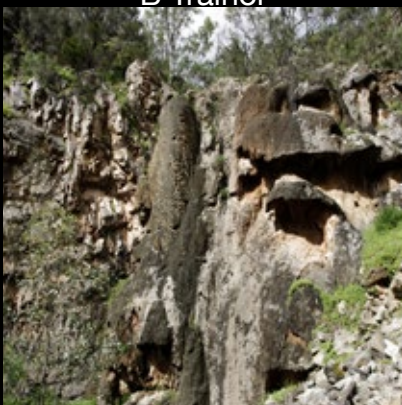
Reflections at
hidden camp
(Mount Remarkable NP)
B Trainor



Wurrmbu Creek,
Mossman Gorge
John Walker



Blue finger orchid,
Brisbane Ranges NP
Hallu



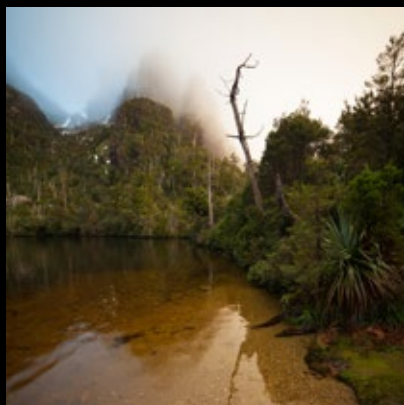
Ambers limestone
Brian Eglinton



Tasmania

September 2013

WINNER



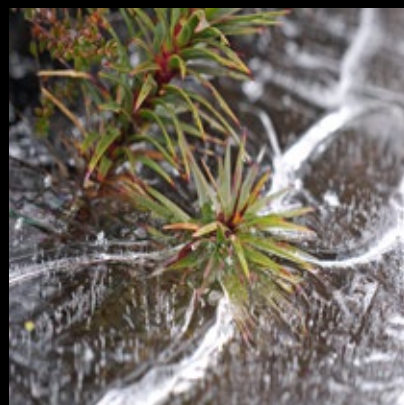
Tahune moment
Dan Broun



Rural ramblings
Doogs



Snowy magic
Louise Fairfax



Scoparia ice in
on Thark Ridge
Iaindtler



Landscapes

September 2013

WINNER

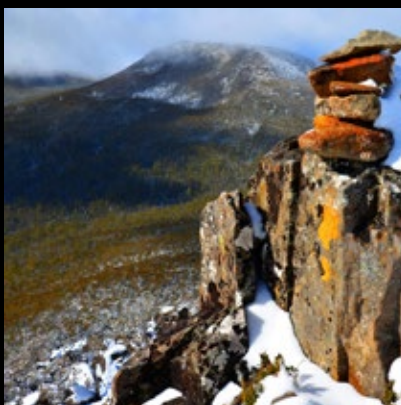


Twynam West Spur
Chopper

Fresh powder snow followed immediately by overnight heavy rainfall has etched an unusual pattern of corduroy into the Mount Twynam's West Spur, Kosciuszko National Park. Ben and Michael decided against skiing the central gully due to indications of avalanche risk. The formation of wind blow slabs, more clearly visible than is often the case, are contrasted against the background of runnels.



A good morning
Dan Broun



Marian summit cairn
Tibboh



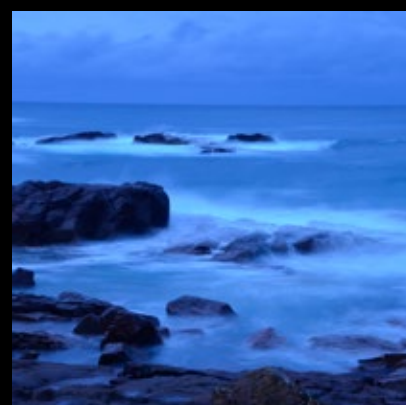
Mt Saddleback
near summit
Louise Fairfax



Sugar Loaves
Brian Eglinton



Evening light
at Murray Sunset
Hallu



Anna Bay sunrise
landsmith



Non-landscapes September 2013

WINNER



Nicoles Needle
and the Universe
Dan Broun



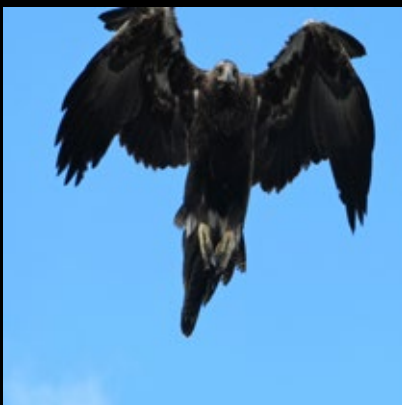
Eastern spinebill about to
feast on a waratah
landsmith



The wind went that way
Tibboh



Melting ice and colours,
Thark ridge.
Iaindtiller



He wants me for dinner
Louise Fairfax



Spider orchid
Brian Eglinton



Eastern Shingleback,
Murray Sunset NP
Hallu



GEAR FREAK



When you're heading into the wilderness even for just a day and need to carry more than can fit in your pockets you'll need a day pack. As with all gear my choice is based on the activity and what I want to achieve. When I'm heading through a canyon or peak bagging at 2000 metre I'll choose a different pack to that used if I'm with the family at our little hidden beach tucked away in the national park.

CARRYING THE ESSENTIALS FOR A DAY OUT

Geoff Mallinson aka Geoffmallo

What size pack should I get?

I'd look around the 20-30 litres range, large enough to carry a shell, warm jacket, food, emergency equipment and any small supplies you need. If you're going canyoning or mountaineering you may need a bit more space for specialist equipment such as ropes and abseiling gear.

When I'm out hiking or being adventurous I like being able to move quickly and freely...

What type should I get?

There are generally two types of day packs. I call day packs the ones with big zip openings where the front unzips allowing access to the gear inside a compartment pack. A day pack that has a draw cord/lid is a more traditional and technical rucksack.

Advantages of the different types of day packs

| General purpose compartment pack | Technical Day Rucksack |
|----------------------------------|--|
| Easy access to gear | Greater waterproofing |
| Lots of pockets for organising | Light weight |
| May have laptop sleeves | Provision for specialist gear such as an ice axe |
| More cost-effective | More comfortable harness |
| Easy to manage gear | More body-hugging technical harness |

Special Considerations for different activities

If you are canyoning or caving there are hard-wearing packs designed to be waterproof and to be dragged along rock. Some have materials in the harness that don't absorb water, and drainage holes.

Mountaineering, skiing, snowboarding, snowshoeing or climbing often require adding gear on the outside of the pack such as skis, crampons, snowshoes or a snow shovel. Many packs have racking capabilities, with a large range of options. If you want to carry something, look carefully for a pack that meets your needs



If you like off-track walking through the Aussie bush you may want to consider a heavier canvas or similar pack to withstand the abuse you'll put it through. Our sharp bushes quickly shred lightweight nylon.

What do I take on my day out?

When I'm out hiking or being adventurous I like being able to move quickly and freely, and choose a [Marathon Magic 22L pack with front pockets](#). The front pockets look a bit dorky but are simply awesome for carrying things needed while out such as water, navigation equipment, gear and snacks.

The harness allows freedom of movement; as I lift one arm up the straps slide, preventing that restricted feeling you can get in some models. Also, the pack hugs my back, so when rock hopping, scrambling or backcountry skiing it doesn't put me off balance.

MAPS

Stephen Lake

Maps require care. Most maps are folded by the entity that makes the maps, and this can create difficulty with use - the map wears at the fold points. The alternative is to fold the map to suit the next few hours of walking, spreading the folds, enabling the map to wear out gradually. Also, being able to see the current position, the next section of the walk and surrounding terrain without turning the map over is easier.

One of my first maps of the high country is of the Bogong High Plains. I cut the map into segments, laminated it, and pasted it onto cloth. There were no fold marks on the map. However, I discovered that bearings do not work very well when the map is in bits. Nice try! Note the coloured roads and rivers; these days all maps have colour. There were no grids and no contours.

Maps must be in a waterproof case. There are several such cases designed for this purposes, with many having a strap to hang around the neck. This arrangement is good in that the map is unlikely to be lost, the map is always available, and both hands are free. The downside is that with a map, compass, camera and perhaps other items around the neck it gets crowded, with strangulation a possibility - probably undesirable.

I've always had maps in two strong plastic bags. Mostly the map is either in my pack or stuffed in my shirt, as I work off terrain, the compass, a watch or a combination. Climb the spur, follow the ridge, bearing 140 degrees magnetic for 50 minutes. A map is not needed for that. Looking at a map too much can be counterproductive and slows progress.

For a while I laminated maps. The sheer bulk of a laminated map, the difficulty of folding it, the breaks at folds - especially where two folds cross - and the cost led to me abandoning lamination.

Sometimes the contours are so close together it's quite hard to see which contour is what height. To get around this, at home I put small black dots on 100 metre contours, with some heights labelled - 1200, 1400, 1600, etc. This allows me to very easily see the height. Similarly, some maps have the grid numbers on the map edges and not in the middle. To get make it easier to read grid references I write grid numbers on the map every 10-20 grids.

When a long trip requires several maps I invariably make a plan of the maps, allowing me to see where the maps are in relation to each other. This may be based on a

photocopy of a map that covers the entire trip. Areas with only 1:25 000 maps need a lot of maps.



A secondary purpose of a map covering the entire area is to allow you to go outside the proposed route. If your maps cover only the route then you could be in strife. I was on a walk when a party member was injured. I checked the maps. It took a while but I worked out that by walking off the map I could reach a phone. This was done, with the rescue started several hours earlier than had the walk proceeded that morning on the intended route. If I had a map of the surrounding areas I could have reached a phone ten hours before. Lesson learned.

Some trips need just a small sojourn on adjacent maps. Rather than carry this map I copy the section concerned, usually a corner. It's important to have two sets of maps in the party. If the one set is lost then there will be challenges.

I keep detailed track notes of the more obscure places, written up each evening. Sometimes the time stamp on photos can assist with placing where you are. Mostly I don't bother keeping track notes as I like each trip to be fresh and I have a good memory. Also, when walking in scrub, there is no certainty that the next trip will be in the same place.

Maps have come a long way since the first explorers ventured there. Some mountains and places have moved on the map, or been renamed, like Mueller Pass, the former name of Albina Pass. Roads and tracks have gone, such as the Strawberry Hill Fire Trail south of Jagungal. If you look closely you can still see parts of it. Old maps can be fascinating from an historical point of view. Be grateful that you have a modern map, and most probably technology.

“ If I had a map of the surrounding areas I could have reached a phone ten hours before

WINTER WARMERS

Sonya Muhlsimmer

Winter is a wonderful time of the year. Whether it is snowshoeing, back country skiing or even downhill skiing. Just feeling the cold crisp wind on your face and hearing the crunch of fresh snow under foot. There is something really special about those wide open spaces in the back country, and rugging up at night in a toasty warm tent planning tomorrow's adventure. There is nothing better... except eating a big bowl of Laksa for dinner and looking forward to a hearty breakfast of peach and cinnamon quinoa (soul food!).

The Kosciuszko national Park (the photo above is at Spencers creek, with Mt Kosciuszko in the back) has so many huts to visit, take a step back in time and learn about the history of the high country. But on a trip out like this you need to consider what food will keep you going. These two dishes are a perfect accompaniment to get you started to settle down for the night for a cold winter's day.



Laksa

Laksa is one of my favourite winter warmers. The aromatic spices and the rich flavour of coconut will really warm you through, and get you through. The dish has over 2000 kJ, about 17% protein and packed full of carbs, it is what you need after a day out in the cold. It is so easy to prepare and it tastes great, I guarantee it will really satisfy your soul.

At home

Chop the mixed peel as fine as you can. Label the bags and place all ingredients into the allocated bags. Copy "Method at camp" and keep together with the bags.

Method at camp

In a pot add three cups of water and the contents of Bag 1 (laksa mix); soak for a minimum of 15 mins. Bring the pot to the boil and then simmer for five to six minutes. Break the noodles up (Bag 2), add the noodles to the pot and cook for a further three minutes. Remove the curry leaves and serve.

Shrimp option

Soak one tablespoon dried shrimp (Bag 3) in about half cup of water for a minimum of 15 to 20 mins. Discard the water from the shrimp and follow method as above, adding the shrimp at the same time as Bag 1.

Hints

*Breaking the tofu up into small pieces when preparing the recipe helps with the cooking time.

Soaking the dried shrimp softens them which helps minimise the cooking time. The longer soaking time, the better it is.

If you want to carry ready fried noodles, these can add a great crunch to the dish, and boost the energy level. Add them when the dish is ready.



Bag 1 (Laksa mix)

| Item | Amount (cup / spoon or grams) | |
|------------------|----------------------------------|-----------|
| Dried mushroom | ½ cup | 7 grams |
| Dried peas | 1 Tbsp | 8 grams |
| Soy grits | 1 Tbsp | 15 grams |
| Fried shallots | 2 Tbsp | 12 grams |
| Coconut powder | 3 Tbsp | 30 grams |
| Vegetable stock | 1 tsp | 6 grams |
| Coconut sugar | 1 tsp | 4 grams |
| Garam marsala | ½ tsp | 1.5 grams |
| Ground turmeric | ½ tsp | 1.5 grams |
| Ground cumin | ½ tsp | 1.5 grams |
| Ground coriander | ½ tsp | 1.5 grams |
| Dried onion | 1/8 tsp | 0.5 grams |
| Dried garlic | 1/8 tsp | 0.5 grams |
| Ground ginger | 1/8 tsp | 0.5 grams |
| Mixed peel | 1/8 tsp | 1 gram |
| Fenugreek | 1/8 tsp | 1 gram |
| Dried Tofu* | 10 grams (*see Hints) | |
| Lime leaves | 2 each 0.5 grams | |
| Ground chilli | few pinches | |
| Salt, pepper | few pinches | |

Bag 2 (Noodles)

| | | |
|---------------|---------|----------|
| Somen noodles | ½ block | 45 grams |
|---------------|---------|----------|

Water - 3 cups for cooking & (½ cup for soaking shrimp)

Peach and cinnamon quinoa

Quinoa is a South American native seed that is gluten free, a complete protein and packed full of nutrients. The flakes make a great breakfast that will work with any kind of freeze dried fruit. This is a creamy and fulfilling breakfast; again this dish has nutrition, taste and ease of preparation in mind. This dish has over 2000 kJ, high carbs and a good amount of protein to keep you going through the day.

At home

Chop the mixed peel as fine as you can. Label the bags and place all ingredients into the allocated bags. Copy "Method at camp" and keep together with the bags.

Method at camp

Put the contents of the bag into a pot, add one cup of water and stir thoroughly.

Place the pot on the heat and bring to the boil, then simmer for three to four mins, stirring constantly till it reaches a porridge consistency. Serve and enjoy!

Hints

Milk powder can be substituted for the coconut milk powder; however the coconut gives it a richer flavour.

Add some dried banana or any kind of freeze dried fruit.



Bag (Quinoa mix)

| Item | Amount (cup / spoon or grams) | |
|----------------------|----------------------------------|----------|
| Quinoa flakes | 1/3 cup | 40 grams |
| Coconut milk powder | 4 Tbsp | 40 grams |
| Caster sugar | 2 tsp | 10 grams |
| Freeze dried peaches | 6 pieces | 6 grams |
| Almond meal | 1½Tbsp | 15 grams |
| Mixed peel | 1/8 tsp | 1 gram |
| Ground cinnamon | few pinches | |

Water - 1 cup

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AG Outdoor July-Aug 2014

Check out another packed issue of adventure as we explore the Sultanate of Oman, trek across the amazing African island nation of Madagascar, and showcase the adventurous side of Norfolk Island.

Also inside, senior contributor Andrew Bain undertakes an epic cycle touring adventure across the Indian Himalaya, editor Justin Walker goes in search of Canada's elusive spirit bear, and we take you to Victoria's spectacular Gippsland. There's expert advice on how to make your very own adventure video, and we provide you with all you need to know about hiking tents. On top of all this we have a pile of gear tests and some awesome Aussie weekend getaways for you to add to your bucket-list.

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The Great Walks Aug-Sept 2014

- Glorious Falls to Hotham Alpine Crossing walk in the Vic High Country
- The Thornsborne Trail on Qld's Hinchinbrook Island
- An event following in the footsteps of Burke and Wills.
- Interview with mountaineer Andrew Lock, the first Australian to climb all 14 8,000m peaks.
- Peru's best multi-day hikes including five Inca Trail walks.
- 20 campsite essentials
- Some of the best equipment from this year's ORA outdoor trade show held in Sydney.

The latest issues is available at newsagents, select outdoor shops, via [subscription](#) and via iTunes.

WHAT'S NEW

Matt McClelland



With the rapid change in material sciences and technology much of the gear we have access to today would be unrecognisable by bushwalkers of 30 years ago. Some of the stuff replaces gear that used to be really heavy. Other stuff is just junk that you don't need. But there are also bits of gear that enhance the walking experience. Let's see some of the new stuff.

goTenna

GoTenna is a cute new product about to hit the shelves in the USA. This is a digital transceiver that connects to your phone via Bluetooth and can send text messages to another GoTenna user. The idea is that you can send messages to your friends when there is no mobile phone reception (or to avoid using the phone network). This sounds like it might be a handy device for walkers who want a way to communicate between groups.

Think of it as a walkie-talkie that uses your phone as a screen and keyboard (you can only send text messages - no voice). You buy them in pairs but you can set up groups and send a message to one or a few people you know.

Stuff I like about it

- Light weight
- Simple design
- Approximately 30 hours of run time
- Can store messages (if your phone is not connected but the device is on it will store new messages allowing you to read them later)
- Not crazy expensive
- Allows you to 'broadcast a message' to all goTennas in the area. Normally you would send a message to people in your group. This is suggested as an emergency feature.



But it is not perfect

- Even though it uses a lower frequency (although goTenna did not respond to my questions about the actual frequency) it still operates in line of sight. So sending a

message to a friend on the far side of the hill is likely not going to work. But on top of hills you should get a good range.

- Their website promotes the device works between distances of 75 kilometre - very impressive - but there is a big "but". You need to get at the top of a 600 metre hill with no obstacles between you and the other user. According to their [calculator](#) in flat tree land you are more likely to get a range of four kilometre. Have a play with the [calculator](#) yourself.
- Don't use this instead of a PLB or satellite comms. Under normal conditions this product is not a reliable way to send for help in an emergency.
- Can't replace the battery in the field so for longer trips you will need to be careful of battery use and consider a USB charger.
- I asked goTenna if device can act as a repeater allowing longer range comms. This would be handy to allow comms through some environments likes caves (assuming you could afford to buy a few sets and scatter them around). But no response from them yet.
- No release date announce for Australia yet.

Buy or not buy?

Well I am a bit of a gear junky with stuff like this but I generally carry a two way satellite pager to stay in touch. I tend to think that if I need to be in touch then use the most reliable tool I can afford, otherwise just don't stay in touch. Stuff not working when needed just frustrates me. I am a bit worried that some people might think these are reliable ways of getting help in an emergency. I would be keen to play with a pair of goTennas and see what kind of range you get in real life. There are certainly times that this would be a handy thing and I love the idea of not having to pay for every message I send. So I think it may have a place. For the intro price of \$US150 I would consider buying a pair - but for the RRP of \$US300, I think you can count me out.

Spot

Most of us are familiar with the SPOT satellite tracking device, a one-way messaging tool that sends your location and text messages to your friends via satellite. These devices are small and generally have an affordable pricing model for the subscription service.

New Satellite phones are fairly common at the moment with new networks becoming available. SPOT has released a new phone designed for the adventure and with a pricing model more attractive to the irregular user and traveler.

The handset is \$US500 outright. Then there is a wide choice of pre-paid and postpaid options. The thing I like about the model is that you can buy 12 months worth of credit and use it any time in the year. Call rates vary depending on your plan from \$0.50 to \$2.50 a minute. Most service providers currently do a month by month system. So this allows you to pay for the year and use the phone when you want when travelling. Still mostly set up for North American use (e.g. you can't use pre-paid in Australia yet). You get an American local phone number for incoming calls. The phone weighs 200 grams and has a four hours talk time. Yes you can get internet access through it as well - but speak with your bank manager first. It is a lot of money all up, so it is not something everyone will be keen on - but worth knowing the option exists if you are in the market. Check the coverage map - you don't get worldwide coverage as some other networks provide.

[More info](#)



Make crystal-clear calls, send emails and access the internet when your adventures take you beyond cellular.



SPOT GEN3

Ideal solutions for hikers, campers, boaters and aviation enthusiasts. Reach emergency responders, check-in with family or friends, share GPS coordinates and track your adventures, all at the push of a button.



SPOT TRACE

And more

The Deuce of Spades

Digging the toilet hole just got sexy - well kind of - okay not really but this is still pretty cool. At a feather weight of 17 grams this is the lightest spade I have ever seen. I got mine through the Kickstarter.com campaign and I must say I am pretty impressed. You'd think it will break just by looking at it, but it is surprisingly strong. I have not tried to break it, but used it to dig a few holes now and I prefer it over my old spade. Unlike the bright orange spades that look fairly strong which means people break them fairly often (through misuse). These look fragile so they encourage people to use them as intended. If in a hard rocky ground you can turn it upside down and use the handle for digging - it seems strong, but not as sharp.



It is made from aluminum and costs \$US20 (plus delivery). If you are interested in shaving weight from your pack and still want a spade I would recommend it. [More info](#)



And following are some other useful things also found on Kickstarter.com.

RugRat3/4

At 3.5 kilograms this three person tent looks great for families with younger kids - there is also a four person version. Looks like a pretty solid design ideal for a group of people. [More info](#)

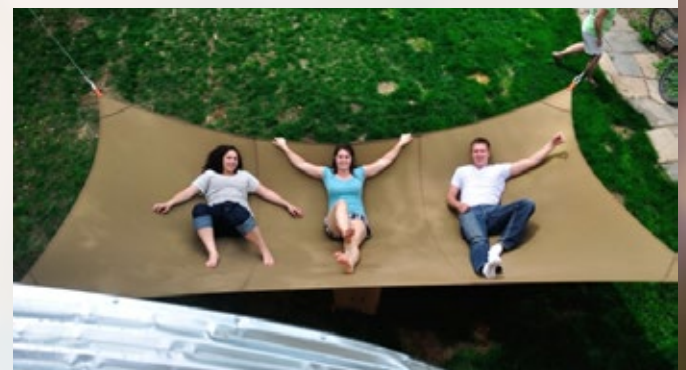
Hammocks

Hiking hammocks popup on kickstarter a bit. Here are a few recent notable ones:

Alpine Hammock: Designed for hanging or as a ground dwelling bivvy bag. [More info](#)



Hummingbird Hammock: The crazy large hammock in this series seems like fun. Could see it being set up long on those lazy hikes making it a nice place to chill out and play cards. [More info](#)



UPCOMING EVENTS



The participants of the
Wainwright's Coast2Coast MS Walk

Dick Smith Walk With Me 2014

While it is only a short walk for some, it's a real challenge for others. Walk With Me redefines the traditional notion of an event challenge. It's not about running faster, swimming further or cycling longer differences. It's a 2km or 4km walk challenging us all to take the time to walk along side people of all abilities. Walk With Me is an acknowledgement that 1 in 4 Australians are challenged by a disability, and recognises the inspirational attitudes and achievements of 25% of our population. There will be 20 Dick Smith Walk With Me events across Australia in August and September. All funds raised will be distributed to provide vital disability services to children, adults and their families to our charity partners in each state. So take the challenge, choose an event in your area and Walk With Me! [🔗](#)

Wainwright's Coast2Coast MS Walk



Click on above picture to watch the video.



This walk is in England. This is our upcoming walking and fundraising experience that ticks all the right boxes. Created by the famous fell walker and accomplished artist Alfred Wainwright, next year will celebrate the forty-first anniversary of his well-known Coast to Coast guide book for a walk that has been voted the second-best in the world. It is a

challenging 303 kilometre (188 miles) walk across England over 12 days starting on Saturday 30 August 2014 and concluding on Thursday 11 September 2014. From St Bees on the west coast it traverses three national parks – the majestic Lake District, the beautiful Yorkshire Dales and the expansive North York Moors – before finishing on the east coast at Robin Hood's Bay. We are 22 committed fundraisers for MS research because we want to rid this world of one of the most misunderstood and invisible diseases which wreaks absolute havoc on the lives of those who must endure it. Three million people worldwide currently live with MS and we are working hard to give them HOPE and renewed vigour that a cure is not far away.

Please watch and share our [video](#) and consider [supporting us](#) as we walk. [🔗](#)

The Great North Walk 100s on 13 September 2014

The Great North Walk is a 250 km walking track that runs between Sydney and Newcastle in New South Wales, Australia. It is organised by the Terrigal Trotters running club, who organised it for the first time in 2005. There are two simultaneous trail races, a 100 Mile and a 100 Kilometre, along The Great North Walk south from Teralba on Lake Macquarie. [🔗](#)

Big Red Kidney Walk

On 14 September 2014, Big Red Kidney Walk is back with walks in Adelaide, Brisbane, Launceston, Melbourne, Perth and Sydney. The only event of its kind, Kidney Health Australia's Big Red Kidney Walk is designed to help raise awareness and funds for kidney disease across Australia. It is an event that brings the kidney community together for a family fun day where people can meet, go for a walk or run and enjoy a BBQ and entertainment. [🔗](#)

Snowy Mountains Stomp – Inaugural snowshoe race/run/walk on 23 August 2014, Perisher Range

Bruce at Wilderness Sports is organising a snowshoes stomp event for people who want to have fun on snow shoes or for the more competitive. [🔗](#)

THE BALLAD OF BUMHOLE BILL

An account of a winter rescue in Kosciuszko National Park
Stephen Lake

'Twas Bumhole Bill from Mitcham way that caught the skiing craze,
He threw away the walking boots that served him many days.
A pair of long and waxy skis were there to take their place:
Karhu the brand, a mighty brand, the choice of many an ace.

Towards the highest mountains, our hero then did stride,
To try these new inventions, to see how they should glide.
Up from Bradneys Gap he climbed, in search of fields of snow,
But when he reached Grey Mare Hut the wind began to blow.

To Strumbo Hill he battled on through hail and snow and sleet,
It took him twenty minutes to dig out both his feet.
But with his mighty planks, he sailed on through the breeze,
A mournful scream was heard quite loud, he shot down through the trees.

Was followed by a rousing crunch, he scoured through the snow,
Leaving two long buttock marks, yet onwards did he go.
The snow did lodge around his chest and trickled to his waist,
A consequence of his skill, skis expertly placed.

Our Bumhole with his chin so rough, he is a forceful man,
Where other people quail and shake, our Bumhole always can.
He's not afraid of rock or snow, or perchance something worse,
He survived the Arawata, and his brain still hurts.

Down the steepest slopes he flies, pure untainted style,
Even when he leaves the ground, he laughs and sings and smiles.
And yet, one day, on Kerries Ridge, he had an awful blow,
The gremlins caught one shining ski, he crashed into the snow.

Never before had human eye seen our Bumhole crash;
And worse to come, he stayed out flat, the right knee was a mash,
And worse and worse, he loosed the skis, they skidded down the hill,
Alone with stocks and twisted knee, the downfall of our Bill.

But Bill stood on his good left leg, "While there's life there's hope,
Strap my skis on both my feet, point me down the slope."
But as he spoke the pain grew strong, his face went white as ash,
From excess beer, or excess sex, or even nappy rash.

Kerry cursed, "The stupid twit, he's killed himself, the fool,
And failed, it's bad, for burying is simpler as a rule."
Bob pulled out his first aid kit, a lonely soggy Aspro,
He checked the map, and then he said, "Stephen, you must go."

"You must ski along the ridge to Guthega, for aid,
With the powerful SMA, we have got it made.
For they have flares and boats and planes and things to rescue people,
And if he's dead when they arrive, they'll put him near a steeple."

So Stephen skied on south alone, to save our William star,
He wasn't scared, he didn't care, fifteen ks not far.
In perfect wettened crud he skied, a brilliant sunny day.
Along the route he knew so well, he couldn't lose the way.

After three hours glorious ski, he arrived and found a phone.
He lifted up the handset, "I wonder who's at home?"
He dialled the phone quite carefully - in emergency, 21,
All this he did to save our Bill, had landed on his bum.

"My name is Stephen Lake, I'm at Guthega Power Station,
I've an injured friend in the hills, a dicey situation.
I need some help, can you help?" He paused for a reply:
"Wait a moment, I'll let you in, just you wait outside."

And so he found the SMA and New South Wales Police Force,
Next day they all returned to Bill, in a bombardier, of course.
With two large tracks and flip-top roof they trundled over rocks,
And the copper sticking out the top, just like the Desert Fox.

At Mawsons Hut they found our Bill, none the worse for wear -
But Kerry crouching round the stove had singed off all his hair!
For they had no spare sleeping bag, clothing's all they had,
But Bill the bot had borrowed a bag, and he was warm and glad.

And what of Rob, the Aspro man, the Leader of this rout?
He had skied to Grey Mare Hut to lead the others out.
At night he skied with Baker's four, arriving after dark,
With skis that slipped on iron-hard snow, with skis that left no mark.

Bill now lives at Mitcham way, looking at his scars,
He dreams of snow, he dreams of girls, he dreams of frothy bars.
Alone he limps down memory lane, but he can travel far:
Not on foot, not on ski - he has a motor car.

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