



Best of Australia

Volume No 7, October 2014

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Volume 7, October 2014

"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



Cradle Mountain
and Dove Lake
Tasmania in
Cradle Mountain
by Ian Woolcock

Editor
Matt McClelland
matt@bushwalk.com

Design managers
Eva & Gaber Gomišček
eva@wildwalks.com

Sub-editor
Stephen Lake
Melbourne

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.

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FROM THE EDITOR

I just can't believe that it was one year ago we published the first Bushwalk Australia emag - what a fun adventure it has been. I met many wonderful people and heard of many fantastic adventures. I hope you have enjoyed these stories as much as I have.

I want to say a few thank you's. Firstly, a big thanks to Eva for her work in pulling this together every two months - without her this would just be a bunch of Word documents and be about six months late. Eva's husband Gaber has also come to the party this month, taking on some of the layout and design work. Stephen Lake has done an amazing job as sub-editor. Not only does he help make the articles more readable but also provides great advice to improve the overall production. It's good to have this kind of teamwork. A huge thank you to all the authors. It takes guts and a lot of time to share your story, and without your care and effort there would be no emag at all.

Thanks to you, the readers. It's a real privilege to find these wonderful stories and share them with our community. If no one was reading this it would be pointless. It is so exciting to know that so many people are reading these articles and sharing the publication with family and friends.

To celebrate the first birthday it makes sense to look at the best of Australian walks, creating a wonderful bucket list. We also have a book, app and blog review and some brilliant lunch ideas. You will also find a song, a personal journey, a stunning photo gallery and more.

In this edition we have also added some feedback buttons. Please click the thumbs up or down and then submit, with a comment if you want. Feedback is really important to make this more relevant to you. Why not click it now and let me know what articles you want to see in the future?

Happy walking
Matt McClelland (aka Wildwalks)
matt@bushwalk.com



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.

UP THE SPUR

A TALE OF A TRIP OVER SNOWY BLUFF AND UP THE MOROKA

Stephen Lake

Tune: Homeward bound

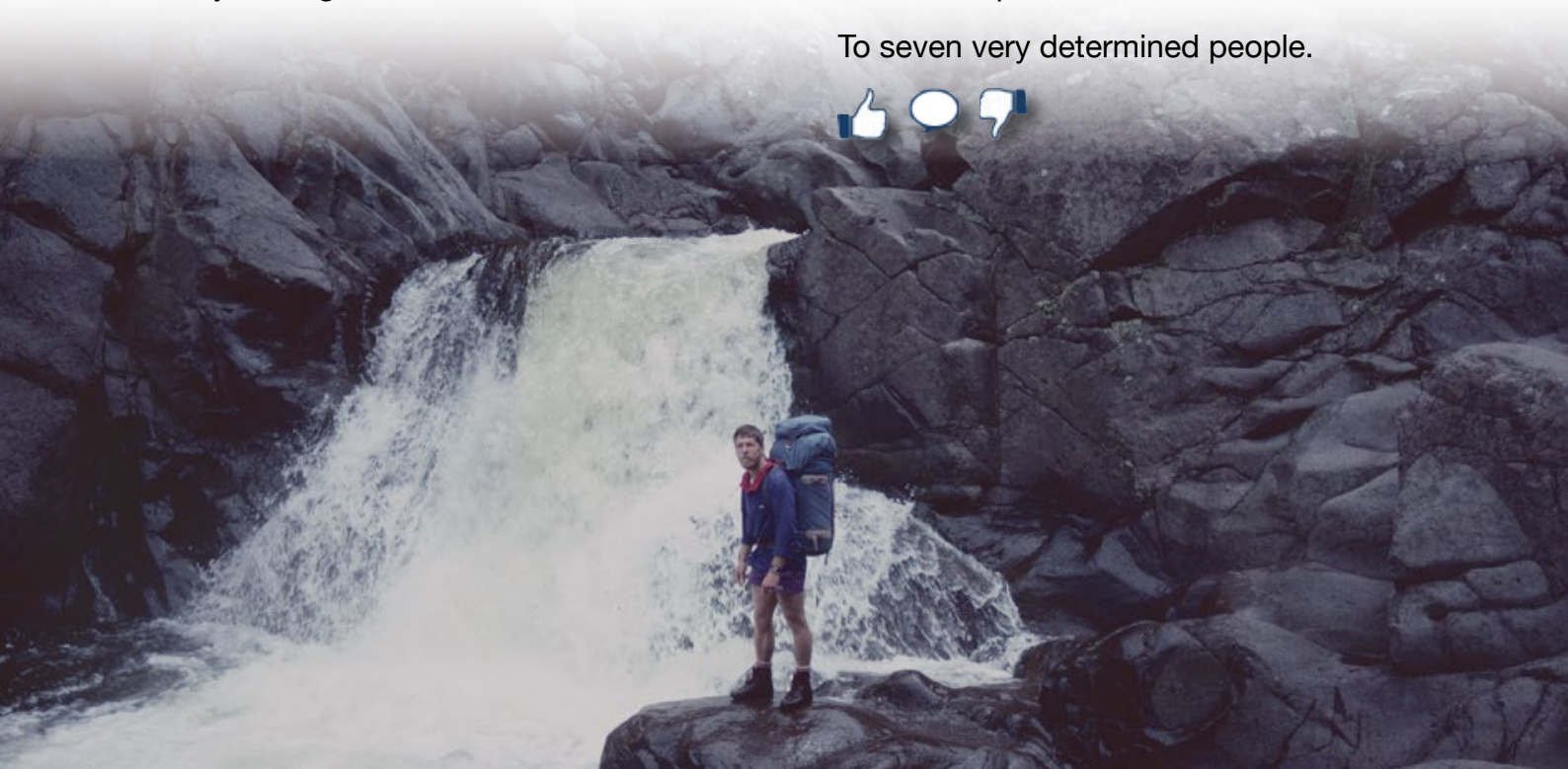
Sitting in a leaky tent,
Completely stuffed, completely spent, mm, mm.
In the rain we are beset,
My friends say that I should not fret,
The ground is cold, my feet are wet,
If I could think I'd like to get,
Up the spur.
I wish I was,
Up the spur.
Up, near the motor cars,
Up, to the dingy bars,
Up, close to the stars -
Silently sleeping.

I've walked all over Snowy Bluff,
Nearly croaked, totally puffed, mm, mm.
So now I'm lying here in pain.
My body racked with stress and strain,
In the tent, the drenching rain,
We will sing the sad refrain,
Dead and drowned.
I wish I was,
Dead and drowned.
Dead, under water tumbling,
Drowned, slipping and stumbling,
Drowned, burbling and bubbling -
Silently chilling.

If I could move I'd go back home,
Lie in bed, unhook the phone, mm, mm.
Memories come back to me,
Of dry and warm and cups of tea,
No need to camp beneath a tree,
And indoors I can nicely pee.
Far from here.
I wish I was,
Far from here.
Far, from Moroka's side.
Far, from a slippery slide,
Far, from a soggy hide -
Drier and warmer.

We finally did make it back,
Up the hill, used no track, mm, mm.
Raged into the cars on time,
The sky was blue, the sun did shine,
Alive and well, feeling fine,
About the trip I'm now sanguine.
Down the spur.
I wish I was,
Down the spur.
Down, where the pools are rushing,
Down, where the falls are crashing,
Down, where the scrub is brushing -
Placid and peaceful.

To seven very determined people.



BEST WALKS IN AUSTRALIA

Matt McClelland aka Wildwalks

Having written a few “Best of” lists in the past, I am pretty comfortable being told I am wrong. We all approach our walks in different ways and for different reasons. Some of us walk for fitness, a sense of adventure, to spend time with friends, to spend time away from friends, to challenge ourselves, to fish, to forget, to remember and sometimes just because we can.



There are some walks and times of year that suit our goals better. There are also some walks that are more compatible with a wider range of goals. We reflect on our best walks, generally not because of the walks but because of the experiences we had. In light of this I needed to come up with a way of writing this article that was not about me.

I decided to tackle this article using a democratic approach. This is not my opinion, but the combined ideas and suggestions from a wide variety of bushwalkers from an online survey. Thanks to all those who took the time to contribute I hope you enjoyed the process.

Going through the results was interesting. We had over 400 walks to consider, with a significant consensus on the top few walks in each state. Even though I never defined what “best” means, it seems that with such strong agreement, the results should be meaningful. The only eligibility criterion for each walk is that it needed to be on a formal track, since we have a policy of not promoting off track walks.

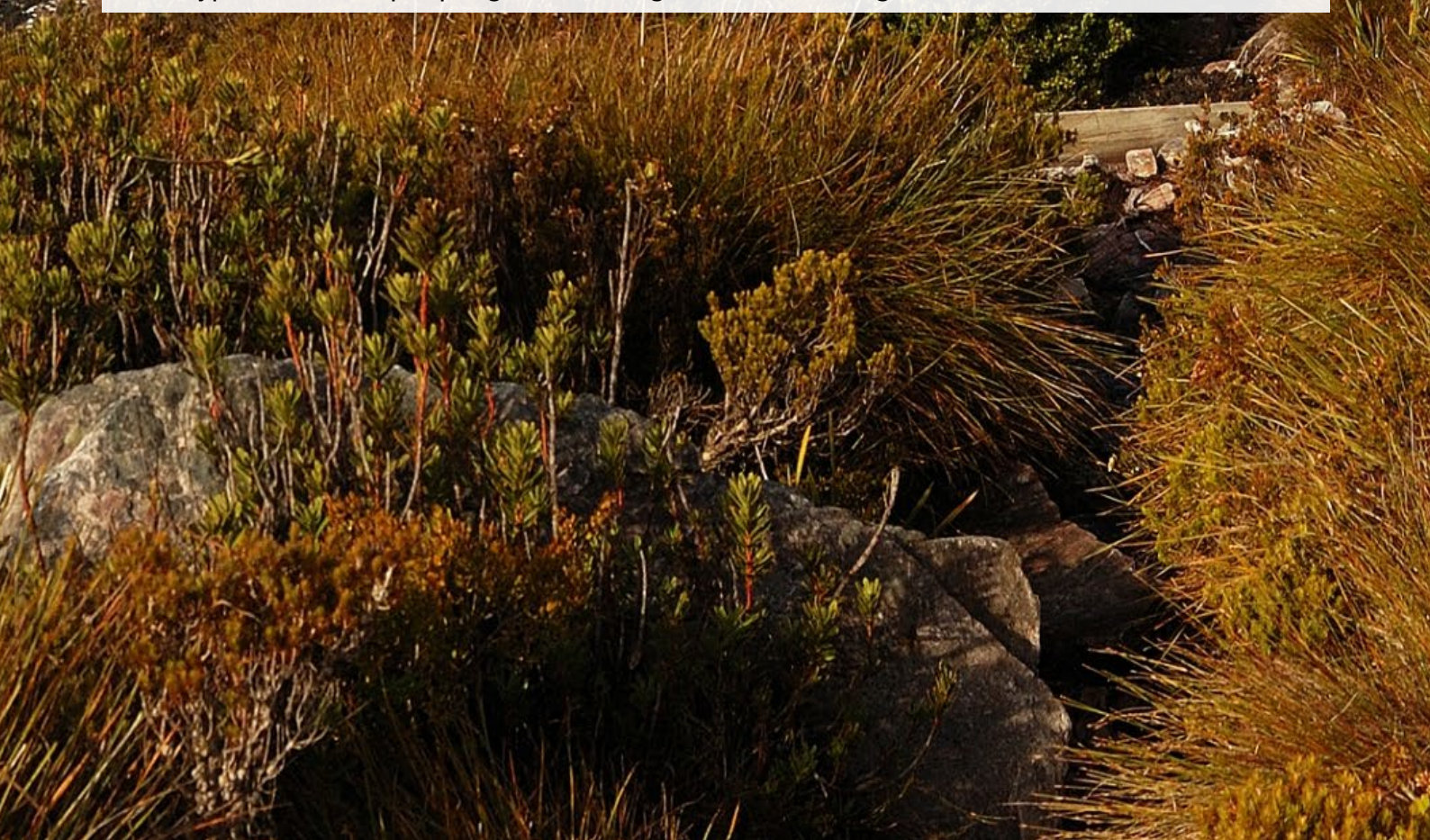
In the survey I also asked what is the best resource and why they rated the walk so highly. So instead of just giving you a description of each walk I have taken the most typical reasons people gave for liking

each walk and used that as the pitch on the following pages. I have also included a link to the most popular resources provided during the voting phase.

The next few pages are the key results, but if you are a little nerdy, here are a few statistics from the survey.

NSW Bushwalkers provided the highest number of votes (129) followed by our Tasmanian friends (100). The votes for walk by location of the walk are Tasmania 153, NSW 117, Victoria 64, Queensland 24, Western Australia 21, Northern Territory 13, ACT 4, and South Australia 3. I think this means the results from the top three states should be pretty helpful, and the other states results are be more negotiable. People tended to vote for walks in their own state about three out of four times. All states had votes for walks in their area from people in other states, as well as from locals. Tasmania was the only state that attracted votes across all the other states. So if we were handing out awards at this point it would seem that Tasmania would get the most popular bushwalking destination award.

I could keep talking statistics all day, perhaps I should just get out of the way and let you enjoy the list of walks. Maybe it will form your bushwalking bucket list.



Australian Capital Territory

Mt Ginnini to Mt Gingera & return

14 km, 4 hours, tripadvisor.com.au/

Spectacular alpine scenery along the top of the Brindabella Range with great views of Kosciuszko and Brindabella National Parks. The summit of Mt Gingera also has beautiful bare rock and boulder formations and is snow-capped in winter. A great place to watch the sun set and then walk safely back to the Mt Ginnini car park, which is easily accessible from Canberra most of the year.



Square Rock Walk

9 km, 4 hours, tams.act.gov.au/

Great views from Square Rock and can be extended by returning via Smokers Trail.



Yerrabi Track

4 km, 2 hours, tams.act.gov.au/

Interesting vegetation changes along the way, through a lovely patch of forest, and spectacular views from the top, across to the mountains which define the ACT / NSW border, plus a glimpse of Hospital Creek Hut far below.



Canberra Centenary Trail north

145 km, 7 days, tams.act.gov.au/

Sections 2 and 3 of the Centenary Trail from Watson to Hall village (or in the reverse direction) offer spectacular scenery, historical sites, and abundant wildlife, and is a great tranquil escape from urban Canberra. The ACT government has built a unique lookout at the highest point on the summit of One Tree Hill, a site of great historical significance in the early surveys to establish the ACT border. Border markers over 100 years old are found regularly along the walk.



New South Wales

National Pass (Wentworth Falls)

5 km, 4 hours, wildwalks.com/

You get a bit of everything. Waterfalls, stunning cliffs, up and down climbs and the unique Undercliff Track to boot. I like it when you're up against the cliff face at the bottom walking to or from Wentworth Falls.well. Fabulous.



Grand Canyon

5 km, 3.5 hours, wildwalks.com/

Evans Lookout, Horse Track, Rodriguez Pass, Grand Canyon Circuit. A relatively compact walk into Govetts Gorge featuring expansive vistas through to the Grose Valley, visiting waterfalls and traversing most of the fabulous Grand Canyon. Great in any season and remains mostly cool and shady in summer. Steep walk in and out of the valley/canyon is strenuous but those with good fitness will find that this rewarding walk can be done in a reasonably short day.



Coast Track, Royal National Park

27.4 km, 2 days (or one big day), wildwalks.com/

Spectacular coastal scenery, preserved natural beaches, the jewel of Wattamolla, camping at North Era with only deer, frogs and blue wrens, then out to Otford via sublime Burning Palms and Werong lookout. Accessible by public transport.



Kanangra to Katoomba Walk

45 km, 3 days, bushwalkingnsw.com/

Hilltop to Katoomba via Kanangra Walls. A great multi-day trip that can be done by public transport (plus taxi) taking in some of the best of the Blue Mountains and including the relatively little visited Nattai/Wollondilly area.

Lots of great alternatives between Yerranderie and Kanangra and the possibility of a food drop at Kanangra allowing extra time for exploring.



Mt Solitary and Kedumba Valley Circuit

33.8 km, 3 days, wildwalks.com/

Easy access and great views across Kedumba Valley. Mt Solitary itself, the views of the Blue Mountains that most people don't see.



Northern Territory

Kings Canyon Rim Walk

6 km loop, 3-4 hours, parksandwildlife.nt.gov.au/

Stunning scenery including cliffs, a waterhole, ancient flora.



Uluru loop

10.6 km loop, 3.5 hours, parksaustralia.gov.au

This is Australia.



Larapinta Trail

110 km, 6 days, larapintatrail.com.au/

The best sections are from Ormiston Gorge through to Jay Creek. These sections have some of the most challenging and beautiful walking in Australia.

And it is so unmistakably Australian; spinifex, red ranges, wide open spaces, water holes, there is something very spiritual out in this landscape. There is constant diversity in the walking track - lots of challenges to keep you interested and give you a sense of satisfaction at the end of the days walk.

It's usually clear and there isn't any mud! Pretty much guaranteed good views. Some of the best high elevation campsites.



Jatbula

62 km, 5-6 days, parksandwildlife.nt.gov.au/

The lovely native art that you feel you are privileged to see. And the end of the day has water holes, waterfalls or pools - bliss in the warm country.



Queensland

Carnarvon Gorge, Carnarvon NP

22 km return, 8 hours, npsr.qld.gov.au/

This must be one of Australia's top five walks full stop. It has gorges, 22 creek crossings, beautiful waterfalls, stunning scenery like the Amphitheatre and art as well. Fabulous.



Toolona Creek Circuit

17.4 km return, 6 hours, npsr.qld.gov.au/

Track passes waterfall after waterfall after waterfall in beautiful rainforest along the creek... then passes by antarctic beech tree forests and lookouts with great views! Even more amazing when there is light rain and low-lying mist about.



Thorsborne Trail, Hinchinbrook Island NP

32 km, 2 days, npsr.qld.gov.au/

Remote, warm, clear pools to swim, views across mountains, lagoons, bays, fauna and flora that is magical.



South Australia

St Marys Peak

21.7 km return, 9 hours, everytrail.com/

Challenging, long hike to the highest peak in the Flinders Ranges with views of the Flinders Ranges, salt lakes and the surrounding plains.



Gammon Ranges

50 km, 6 days, bushwalk.com/

This is an untracked area, but any walk that covers features such as Mt McKinley, McKinley Bluff, Junction Waterhole, The Terraces, Rover Rockhole, Cleft Peak and Bunyip Chasm would make a good multi day hike. It needs to be in the cooler months as high temperatures would be deadly.

It is remote country where water is a chief concern, but here you know you are walking on the exposed bones of the earth. Plants are really tough and the rock is colourful and towers around you. It is a desert range and you approach it with deep respect for its harshness.



Tasmania

Mount Anne

15 km, 7-8 hours, wildtigertasmania.com/

This is a tough day walk, but gives grandstand views over Lake Peddar and the mountains of the South West and over the amazing Lake Judd to Schnells Ridge. You need to spend time wandering over the Eliza Plateau to look over the cliff edges. Schnells Ridge is a mini taste of what the Western Arthurs is like, with the white quartzite peaks and plunging sides into glacial lakes, while the bulk of the Mt Anne block is classic Dolerite carved into serrated ridgelines and cliff faces up to 600 metres high.



Cradle Mountain

6.4 km one way, 6-8 hours return walk, parks.tas.gov.au/

This walk needs to be as a loop walk via the Twisted Lakes. Although a very popular walk, the concentration of mountain scenery and dramatic alpine lakes is hard to match in a day walk anywhere else. It is best walked in fine weather in autumn when the fagus is in full colour.



Mount Murchison

5 km, 4 hours, theabels.dreamhosters.com/

Visually as impressive as the Eastern and Western Arthurs but in an easily accessible daywalk.



Frenchmans Cap

46 km, 4 days, parks.tas.gov.au/

Variety of landscape, vegetation and views. Great hut facilities. Unique, accessible but still a challenge. Amazing history, Aboriginal and European. Amazing amazing amazing and also has the best toilet view in Australia and lots and lots and lots of mud.



Overland Track

65 km, 6 days, parks.tas.gov.au/

Great variety of environments and scenery, well managed track, well maintained huts and campsites. Lots of good side trip options and good length. The scenery makes it a winner though. Each day is different and side walks are a highlight. Some of the huts are great - particularly Pelion.



Western Arthurs

72 km, 6 days, thehikinglife.com//

Spectacular views all along the range. Excellent track work (once above the plains). Well sited campsites with brilliant views. Good challenge! It is a loop walk so no need for car shuffle.



Victoria

Hollow Mountain to Mount Stapylton

5-6 km walk, 5 hours, archive.bigben.id.au/

This is an older pad rather than a clearly marked track. It is a short walk, but is a real thrill due to the concentrated rock structures that need to be negotiated. Beginning with a sharp climb up to Hollow Mountain which is then climbed from the inside, and then traversing the ridgeline to Mount Stapylton negotiating three chasms along the way. A loop can be made by following the normal path back to the road and then along it back to the Hollow Mountain car park.



Cathedral Range Circuit

10 km, 5 hours, bushwalkingblog.com.au/

Mixture of track gradings. Great views from Sugarloaf Peak. Easy access from Melbourne. Circuit from Neds Gully or Cooks Mill.



Mount Feathertop

21 km, 8 hours, bushwalkingvictoria.org.au/

Views, length, physical challenge, alpine environment.



Southern Circuit, Wilsons Promontory

41.8 km, 3 days, parkweb.vic.gov.au/

Fantastic scenery, challenging in parts, good camping. Some of the best beaches in Australia, despite the cold water.



Mount Bogong

60 km, 5 days, parkweb.vic.gov.au/

The highest peak in Victoria. Lots of opportunities to choose different length walks with different campsites. I love Tawonga Huts, Wallaces Hut, Ropers Hut and Cleve Cole Hut as camp sites. Views from Timms Spur are outstanding. Sitting in Duane Creek near Ropers Hut after a long day is wonderful.



Mt Speculation & The Crosscut Saw

27 km return, 6 hours each way, ozhiking.wordpress.com/

Incredible views from a ridge walk. Great campsites at both ends. Water is scarce at Mac Springs. I often go from the Upper Howqua up Stanleys Name Spur.



The Viking Circuit, Alpine National Park

40 km, 4 days, trailsandtracks.blogspot.com.au/

It has it all, scenic plus, alpine, remote, a tad of climbing/rock scrambling. In all it has a bit of mongrel in it, you'd call it a three dayer. Two wheel drive gets there easy.



Western Australia

Bluff Knoll, Stirling Range National Park

6 km return, 3-4 hours, trails.wa.com.au/

Stirling Ridge Walk. The best “challenging” walk. Mostly completed as a multi-day hike, do it as a one day for a solid challenge. The trail is not marked, the terrain varies a lot - there are lots of scrabbles and hills to climb up and down. Rewards are many - the views are superb and the ridge line is ruggedly beautiful.



Bibbulmun Track

1000 km, Multiple days, bibbulmuntrack.org.au/

Near on 1000 kilometres of trail from Kalamunda to Albany, 8 towns, jarrah and karri forest, coastal scenery and a life-changing experience.



Cape to Cape

135 km, 7 days, capetocapetrack.com.au/

Fantastic coastal scenery, whales, wildflowers, karri forest, cliff top paths.



Pilgrim Trail

201 km, 8 days, pilgrimtrail.com.au/

This is an eight day walk that can be broken down into easy sections. It takes the walker from the busy CBD to the only Monastery town in Australia - New Norcia - founded in the 19th century by Spanish Benedictine monks. It travels through some of WA's best state forests and has many stories to tell along the way.



HILL VIEW BUSHWALKERS

Don Woolley

Sydney is a really marvellous place for quick access to great bushwalks, and for the ease with which it is possible to walk for relaxation, health and pure enjoyment. Most people find it better to share such pleasures with friends, and Hill View Bushwalkers (HVB) fosters this. On Sydney walks it is remarkable how often we hear comments like “We could be a hundred miles from the city!” We also walk further afield, and wherever we go we are sure to find pleasure in lovely country and good company.



Some of us enjoying classic coastal scenery in the Royal National Park.

Hill View Bushwalkers has Friday walks from mid-February to mid-November. HVB began in a small way in the early 1980s, growing gradually and retaining a quite informal structure. The spirit of friendship and care that was nurtured in those early years has been maintained, and it is rewarding to be associated with this group.

The two long-time leaders who had guided the group through its formative years retired in 2006, precipitating significant changes in organisational procedures. Most significantly, we incorporated the group and affiliated with Bushwalking NSW. The evolution of the group continued, and we now have walks at three levels of activity led by members who volunteer to lead walks that appeal to them.

The most active group usually has a walk of about 15 kilometres, sometimes up to 18 kilometres, with substantial ascents and descents. The regular walking group will usually walk for 8-12 kilometres, with less vigorous climbs. A third group of members unable to manage the weekly program has a monthly program of social walks, generally under four kilometres. Because we walk on Fridays we tend to have a fairly mature membership that includes many part-time workers and retired people.

A weekend away is occasionally arranged where there is low-cost accommodation and good day walks, such as the Snowy Mountains or NSW South Coast.

The program covers six months, starting with a subcommittee preparing a draft program listing proposed walks. This draft is circulated to members, who indicate which walks they are prepared to lead (two leaders to each walk), and when all the gaps are filled the program is finalised and published.

Walks are all within reach of a one day trip from the meeting point in Turrumurra, enabling us to walk in the Blue Mountains, the Central Coast and Royal National Park areas as well in Sydney. We usually drive with car pooling, but where possible we use public transport. The photos illustrate a selection of our members and of the country where we walk.

The photo below was taken at Anvil Rock in the Blue Mountains and shows a group of our walkers against the backdrop of typical Blue Mountains scenery. They look quite happy about being there!

Walking as a healthy relaxation in Sydney is easy, rewarding, and there for the asking!

Contact: hillviewbushwalkers@gmail.com



THE AUSTRALIAN ALPS WALKING TRACK FOR PETER MAC

Peter Jessup

I have many interests in my tumultuous life, but only two loves. The first is the love of my wife Amanda. The second is an absolute passion for bushwalking, for travelling through magnificent wilderness and enjoying moving with all I need on my back and a mysterious trail drawing me into the wild.



Guthega Pondage, looking along Blue Cow Creek

Walking 680 kilometres for cancer research



My first love became ill 12 months ago. The day I learnt of her plight I was amongst 10,000 travellers inside the Sydney Airport departure hall. Surrounded by so many people, all rushing to board a Friday night flight home for the weekend, I felt so incredibly alone. I was in a queue as long as the Larapinta Trail when Amanda began to cry on the phone. I sought more information, and she reluctantly revealed the doctor's test results. My head began to spin. I pushed to the head of the queue and demanded the next flight home. The Qantas staffer saw my desperation and I was on a flight in 10 minutes. Thank you, Qantas.

Cancer is like most serious illnesses. We all know people who have fought and in many cases, beaten this serious disease, but despite the number of friends and acquaintances afflicted, we still think it will never happen to us. Well, this busy but rather nondescript Friday night, cancer entered our lives.

The time from initial diagnosis to the mastectomy was only a matter of days. Amanda was so positive, giving me two thumbs up, as she was led into surgery. The operation confirmed immediate surgery had been critical, as the cancer had progressed at an alarming rate, into her lymph nodes. However, the procedure was successful, as the skilled surgeons were able to remove all abnormal tissue.

The last 12 months have been a roller coaster of emotions, with Amanda in and out of hospital for most of that time. This included three months of chemotherapy, four weeks of daily radiation therapy and a ridiculous regimen of injections, pills and visits from the field nurses. Add to this two cases of staph infections and some serious post radiotherapy side effects... well, it has been a very tough year for both of us.

For most of the year I have been the primary carer, chef, nutritionist, driver, nurse, breadwinner, psychologist, cleaner, husband and friend. Despite all these roles, I have felt quite helpless. I have seen the incredible care and support given by the staff in the hospital and am now going to give something back to the doctors, nurses and other staff who looked after Amanda so well.

The [Peter MacCallum Cancer Centre](#) is Australia's only public hospital solely dedicated to cancer treatment, research and education. Peter Mac is in East Melbourne and will soon be moving to Parkville. Staff dedication to their cause is amazing. These are the people who every day battle this insidious disease, for a potential cure. They looked after Amanda and have helped her through her ordeal, to a point where she is, so far, cancer free with a positive prognosis.

So in November this year I plan to walk the full length of the [Australian Alps Walking Track \(AAWT\)](#). I am walking this iconic trail not just for another tick on the bucket list, but to raise \$20,000 for cancer research and show my support and gratitude for the people at Peter Mac. I plan to complete this walk in 34 days, solo and unsupported, except for five food drops placed a few weeks prior.

The AAWT is by no means an easy walk. Utilising a combination of dirt roads, fire trails, 4WD tracks, single track and

wilderness footpads, it spans approximately 680 kilometres from Tharwa in the ACT to Walhalla in Victoria. The total ascent is over 20,000 metres, which equates to climbing and descending Mt Everest twice.

A handful of people walk this track in its entirety each season. A few may do it solo. However, I'm walking to fight cancer, to hopefully raise money to cure this insidious disease.

For more information please go to thealpstrackforpetermac.com.

On this site, you will find links to my donation portal, a blog of my preparation, and once I start the walk, a location feed updated every 30 minutes via a spot beacon. There is also a [Facebook page link](#), to follow me on social

media. Any donation is appreciated, no matter how small. All donations over are tax deductible and a receipt for your donation will be emailed to you. Even a Facebook like shows me the people who are behind me on this endeavour.

This walk may be tough. There may be times I want to turn around, to find the nearest bus, pub or warm bed. I then think back to what Amanda has endured over the past 12 months and any hardship, pain or discomfort I feel during this walk will be nothing compared to my wife's ordeal. And by the end of the walk, I hope to be able to present a cheque for \$20,000, to the wonderful people at Peter Mac, to hopefully find a vaccine, a cure or maybe a breakthrough to this all consuming disease.



Mt Kosciuszko path

VIDEOS

Mammut Key Visual shooting in Zermatt for the 150 years jubilee in 2015 of the first ascent of the Matterhorn

This trully is a great idea to celebrate such a big occasion. Watch and be amazed.



Swiss photographer Robert Bösch made some really fantastic images to commemorate this special occasion. Hundreds of mountaineers climbed the Matterhorn's Hörnli ridge in the Alps to help create these images. And they really are one of a kind. Enjoy the spectacle at boredpanda.com/alpine-mountain-photography-matterhorn-robert-bosch-mammut/.



PHOTO GALLERY



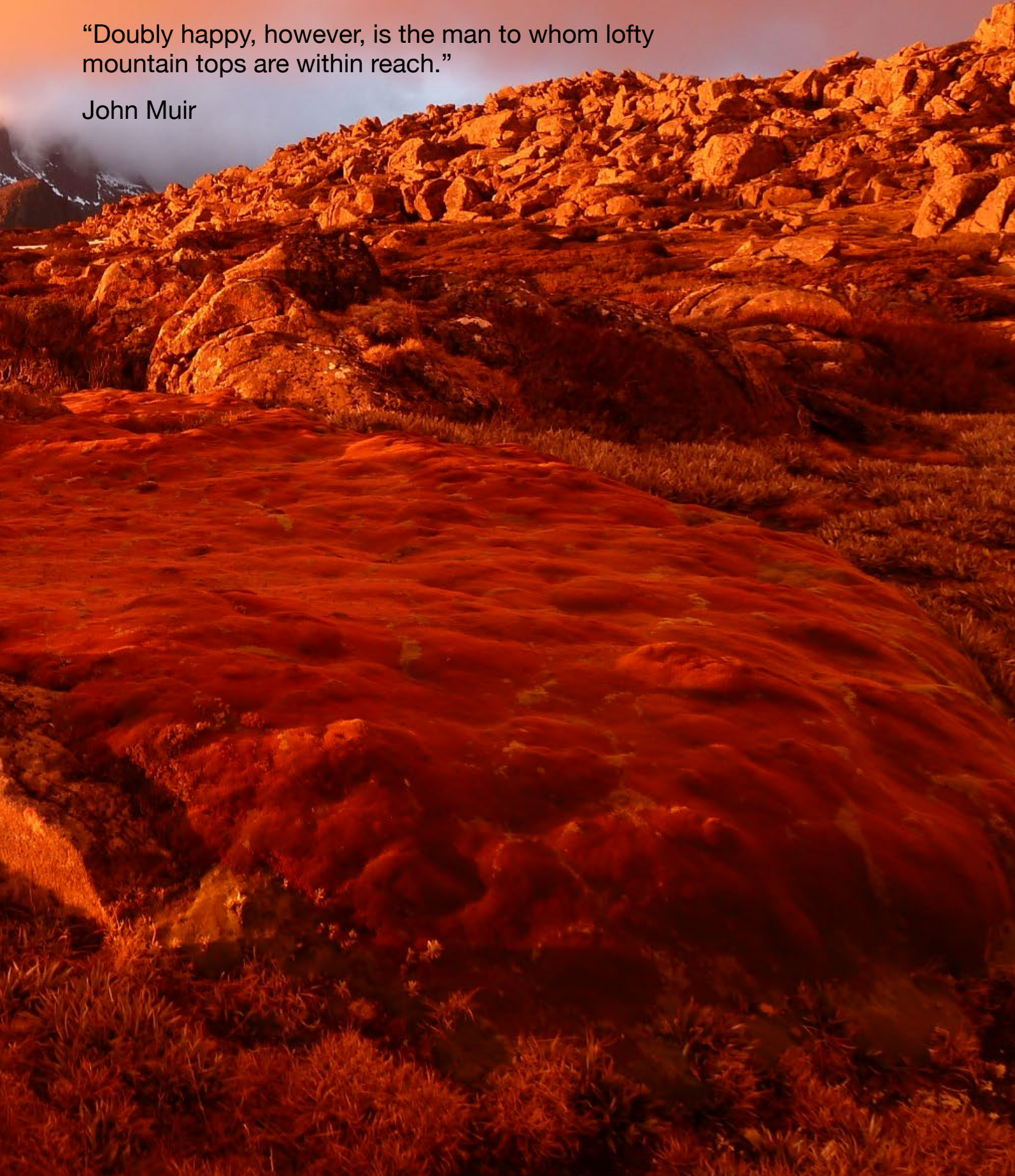
A red sunset on the slopes of Mt Massif
Submitted by ILUVSWTAS

Competition: Tasmania November 2010

BWA Photo Competition

“Doubly happy, however, is the man to whom lofty mountain tops are within reach.”

John Muir



Other States

October 2013

WINNER



Daintree, Cape Tribulation
Louise Fairfax

Louise, true to her forum (and blog) name of nature lover, finds enormous pleasure in most aspects of the natural world - trees, rocks, fungi, animals. Her favourite domains are the summits of mountains, beaches (isolated ones, preferably in national parks with no buildings behind them), and beside rivers.

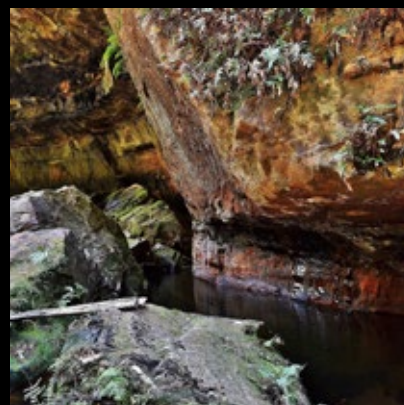
The Cape Tribulation photos was taken after a failed attempt to climb the actual Cape itself. The combination of thick rainforest and skirt with open sandals - and the possibility of meeting a snake inappropriately dressed for the occasion - turned me back. I emerged from the jungle to be greeted by these marvellous brooding clouds, presiding over a pristine, windswept beach. The variety of colour, lighting and texture thrilled me, and compensated for the failed climb.



Must be summer again
landsmith



Kosci Cornice
Brian Eglinton



Grand Canyon walk,
Blackheath
Lorraine



Walking the Green Gully
Track, Oxley Wild Rivers
National Park, NSW
Mandy Creighton



A weeping Bridal Veil
Falls, Leura
John Walker



Tasmania

October 2013

WINNER



Nelson Falls
Dan Broun

Nelson Falls is a place I take all my interstate visitors as it's a short easy walk from the highway and is a spectacular drop, particularly in full flow. This day I was travelling back from some solo time on the west coast and indulged in a photography session. The tourists were quite amused to see me standing in the fast flowing stream with my tripod. Highly recommend stooping at this serene place.



Landscapes

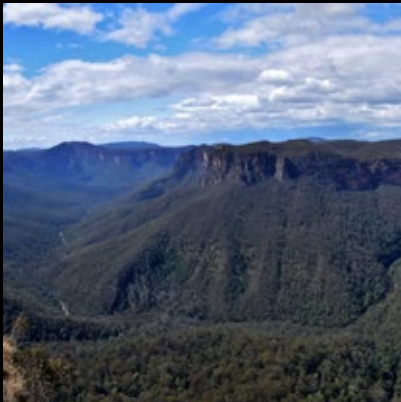
October 2013

WINNER



Tropical north sunrise
Louise Fairfax

“Whenever I am at the beach, it is my great delight to get up before the sun and walk along the landscape devoid of humans, listening to the rush of waves and feeling the salt air in my face. I love to catch with my camera the play of colours and light as the rising sun changes the sky. I actually selected the spot for this shot the night before, so was waiting in position when the sun came up to play with the surf.”



Evans Lookout,
Blackheath
Lorraine



Descending into the fern
filled forest
John Walker



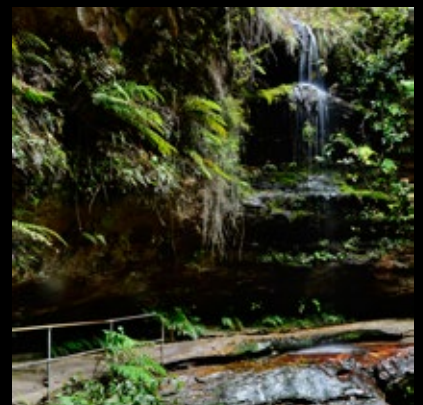
Looking to the West
Dan Broun



Snowy Pool,
Cradle Plateau
Peter Grant



Exploring Ramshead
Brian Eglinton



Grand Canyon
landsmith



Non-landscapes

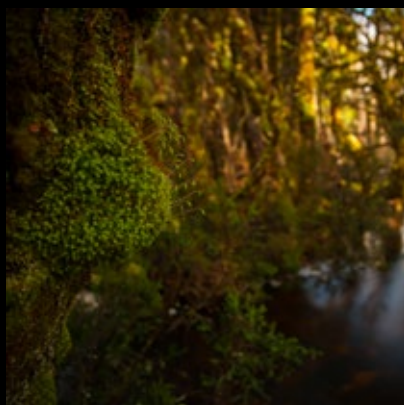
October 2013

WINNER



Who You Callin' Evil?
Peter Grant

I'm a nature writer based in Hobart, and blogging at naturescribe.com. This takes me out into the natural world in search of words and images for use by magazines or agencies like Tas Parks & Wildlife. This photograph was taken at Ronny Creek, the start of the Overland Track, one snowy spring morning. To me the black currawong's call is the signature sound of the Tassie highlands. They're also very smart birds, curious and quick to learn. They've famously learned how to undo pack zips, and regularly "borrow" food, phones, cameras, even passports from walkers. Still, I'd never call them "evil"!



Moss and Stream
Dan Broun



Goanna up a tree at Myall
Lakes National Park, NSW
Mandy Creighton



Musk lorikeet
landsmith



Daintree forest
Louise Fairfax



Stream Emerges
Brian Eglinton



A Spider Orchid
B Trainor



Other States

November 2013

WINNER



Snow gum regeneration
from Timms Lookout at
dusk
Robert Granter

Rob loves walking in the Aussie bush especially Tassie and the Victorian High country. Timms lookout is north-west of Roper hut on the Bogong High Plains. This was such a magic night, a rare chance to camp right on Timms ridge. This country has been badly affected by fire. The Snow gum reshooting out of its burnt core, backlit by the sun setting over Mt Buffalo way, sums up the beauty, resilience and awesome power of the natural world and the joy, inspiration and regeneration Rob gets from bushwalking.



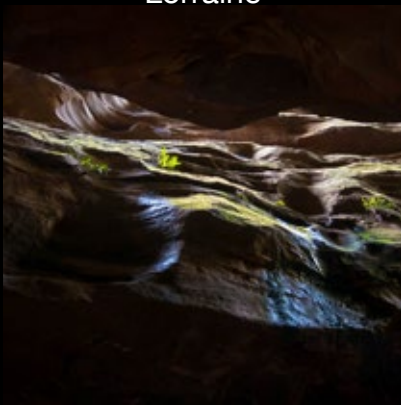
Natural Bridge
Springbrook National
Park
Lorraine



Reflections on an ancient
workshop - lower Blue
Mountains
John Walker



Angela on St Mary Peak
track. Flinders Ranges,
South Australia
Andrei Nikulinsky



Canyon walls
Tom Brennan



Turk Rock, Granite Gorge
Brian Eglinton



The Groyne
Dan Broun



Tasmania

November 2013

WINNER



Aurora over the
Southern Reserve
Doogs



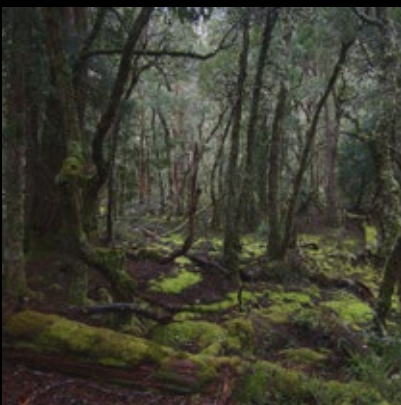
Mt Gould and
The Guardians
Dan Broun



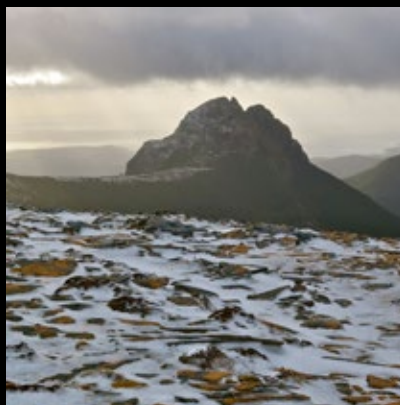
Clear Hill fireworks
Tibboh



Loitering in the Labyrinth
near Eros and Hyperion
MJD



Mixed rainforest below
Du Cane Gap
Nicholas Clark



Southern Ranges
snow storm
Louis Fairfax



Landscapes

November 2013

WINNER



A moody Geryon
whipping up a storm
MJD

The photo of Geryon was taken in the Labyrinth somewhere west of Lake Ophion as our group took a short cut towards Walled Mt late in the afternoon. It was very calm and everyone was happily taking photos but the weather broke soon afterwards and we ended up camped back near the track high on Walled Mt. An attempt to reach Nereus the next day, as snow and later rain fell, failed when we ran out of time. We then went up over the Minotaur and under Gould to camp on the Gould Plateau where we were lucky enough to photograph an aurora.



Nandroya Falls
Brian Eglinton



Gould Plateau
Doogs



Suns Last Kiss
Dan Broun



Southern Ranges
snow storm
Louise Fairfax



Thistle Cove, Cape Le
Grand National Park, WA
Andrei Nikulinsky



A secret spot
John Walker



Non-landscapes

November 2013

WINNER



Curious Rock Wallaby
Brian Eglinton

Brian (aka Eggs) has regular work visits to Cairns in the tropical north of Queensland.

While parks of the coastal strip are covered in rich rainforest, rising up onto the Atherton Tablelands and heading inland the vegetation becomes drier and more open, with savanna grasslands appearing.

In this plateau ringed by ranges, there are a number of parks and reserves. A little private park has been established south of Mareeba at Granite Gorge. Here the creek drops through a gigantic jumble of large granite boulders and it is amongst these rocks that a variety of Rock Wallabies live. Brian visited the park under a blazing midday sun, but the prospect of some pellets to eat brought this little fellow out from his shade in the rock for a short time before retreating again.



Owlfly, Moondini Bluff,
Western Australia
Andrei Nikulinsky



Misty tarn
Tibboh



Light and shade at
Windy Ridge
Nicholas Clark



Dead light
Louise Fairfax



The resident of
Green Bluff
landsmith



Weathered sandstone
Doogs



GEAR FREAK

by Stephen Lake

On overnight trips there may be side trips. If the side trip is from a camp the main pack can often be used as a day pack. However, if the side trip is between camps another option must be used. Until recently this was limited to carrying a rather heavy day pack or cramming items in a blizzard jacket. New materials have given a very viable alternative – extremely light and tough day packs.



Sea to Summit Ultra-Sil® Day Pack

Sea to Summit have such a day pack. At 68 grams the [Ultra-Sil® Day Pack](#) is very light, and it packs up to a tiny volume.

The stuff sac is sewn to the top of the pack on the inside. The review model has the stuff sac such that it is awkward to use for small items such as matches, keys or money. The new model will have the stuff sac sewn such that it can be used when the pack is worn.

Several reports say that the pack is quite tough, but that scrub and rocks are to be avoided if at all possible. Whilst the lack of a waist belt is acceptable to me - most day packs do not have them and the load is not much - some people say that a waist belt should be included. Also, a waist belt would add to the weight, at odds with the function.

The pack is available in several colours, and all are mostly black. I very much prefer bright colours as this can assist when a party is being sought from the air. New models will be brighter. With a little more weight and cost the zips should in my view have pull tags. The haul loop at the top is so small that it is very hard to insert a finger, and will be wider for new models. The seams have bare edges, which may fray in time; I'd like to see plain seams, with the edges concealed. Mathew Farrell, Sea to Summit Design and Photography advises that "the 30D siliconised nylon fabric does not fray so we've found no need to add the extra cost, weight and bulk of bound seams".



Some exterior seams are facing up and are more likely to catch water. These seams should face down on the outside. Mathew says that the "Ultra-Sil® Day Pack does a pretty good job of shedding water" and that the "extra waterproof functionality and manufacturing complexity of the Dry Day Pack are represented in the price difference." So, if you want to have a more waterproof pack, go for the [Dry Day Pack](#), weight 90 grams and more expensive.

One good design point is that the zip stops halfway up the pack so that if the zip fails there's still a viable pack; avoid packs with zips that go all the way to the bottom. In case the zip fails, a loop could be added to the top of the flap to allow closure with cord.

The stitching and cutting is of a high standard, and apart from the above points the pack is well made. With care the pack should last for some time.

Mathew advises that the pack can carry about 20 kilograms, which is more than most people would want to carry on a day trip or overnighter. He says that "many people, ourselves included, like to use either of these bags as an emergency stowaway bag for travel or shopping, as a summit pack, and for quick ultra-light missions." Makes sense, but maybe not as quick as when I was younger.

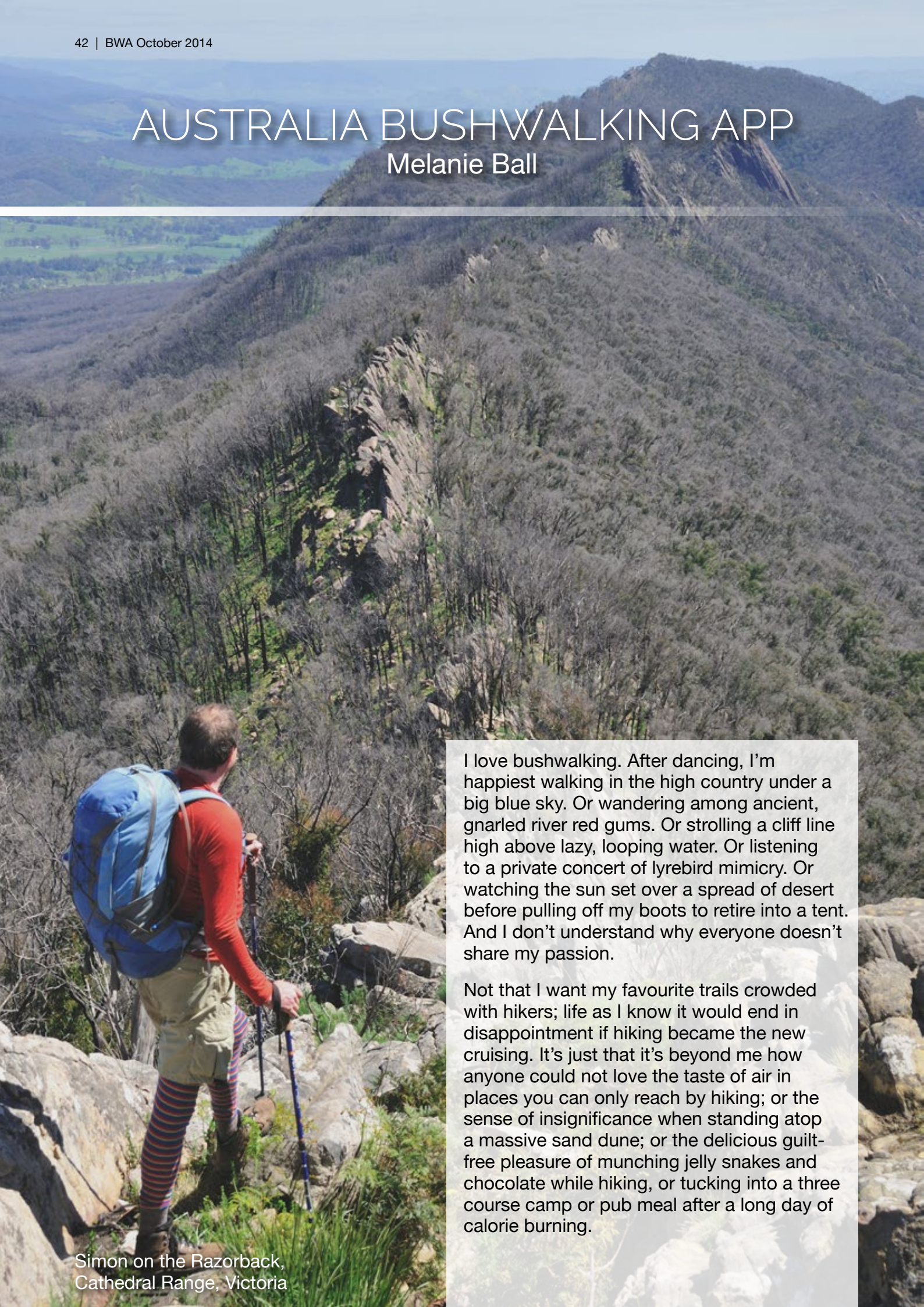
Lightweight	68 grams
Volume	About 20 Liters
Dimensions	23 cm high / 20 cm deep / 28 cm wide

Pack supplied by James at [Backpacking Light](#) in Melbourne.



AUSTRALIA BUSHWALKING APP

Melanie Ball



I love bushwalking. After dancing, I'm happiest walking in the high country under a big blue sky. Or wandering among ancient, gnarled river red gums. Or strolling a cliff line high above lazy, looping water. Or listening to a private concert of lyrebird mimicry. Or watching the sun set over a spread of desert before pulling off my boots to retire into a tent. And I don't understand why everyone doesn't share my passion.

Not that I want my favourite trails crowded with hikers; life as I know it would end in disappointment if hiking became the new cruising. It's just that it's beyond me how anyone could not love the taste of air in places you can only reach by hiking; or the sense of insignificance when standing atop a massive sand dune; or the delicious guilt-free pleasure of munching jelly snakes and chocolate while hiking, or tucking into a three course camp or pub meal after a long day of calorie burning.

Simon on the Razorback,
Cathedral Range, Victoria

And then there are Australian wildflowers. Over recent years I have found endless pleasure in photographing indigenous blooms in macro, with a point and shoot Lumix camera which allows me to get into places my SLR can't reach.

So my app – Australia Bushwalking, published by Sutro Media – is an effort to inspire others to check out this extraordinary country on foot.



I never intended the app to be a walking companion to replace maps and guidebooks, so rather than having detailed walking notes and electronic maps it summarises each walk and provides links to online information pages and recommended books, including favourites for identifying wildflowers, fungi and birds. I endeavoured to provide everything to help inexperienced and more frequent bushwalkers from Australia and overseas discover the wonders of Australian bushwalking from the comfort of an armchair and choose walks to suit their fitness and areas of interest in different states and territories. I grouped the walks by difficulty, location, and main attractions, and an update, underway as I write this, will include more Victorian walks and some dog-friendly hikes, among them Victoria's new Surf Coast Walk from Torquay to Fairhaven.

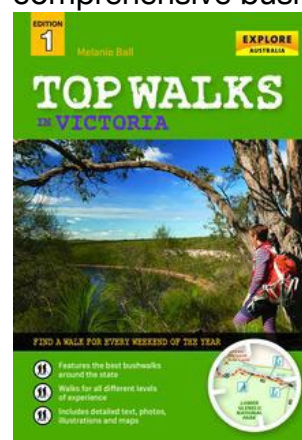
I love the idea of people scrolling through my suggestions, looking for an afternoon walk they can fit into a Sydney getaway (Manly Scenic Walkway) or a challenging multi-day hike in Queensland (Great Walk Carnarvon).

Something I greatly enjoyed about writing Australia Bushwalking was determining my own focus and being able to expand – rant even – about personal bugbears, including people who take short cuts (causing erosion and risking getting lost) and litter. It also gave me freedom to promote bright coloured hiking clothing – and not just because people then stand out in photographs (all my walking companions know that they have to wear red, orange or yellow at least when we hike together because environmentally sensitive colours disappear in the scenery).

My favourite attire is rainbow-striped thermals and I have often remarked, when people comment, that my plan is to never be run over by a snow plough: so far so good! I took particular pleasure in quoting Sgt Ian Colless, Coordinator, Blue Mountains Police Rescue Squad, who told me, unprompted, during an interview about bushwalking safety, that he doesn't don't know why walkers wear blue, grey, and black, because such hues make lost and injured walkers almost invisible to air and ground rescue crews and that, "Walkers should wear high-visibility clothing!"

Of course, recommending walks is a matter of personal opinion and there are undoubtedly many spectacular walks in this country which I have not done, so are not in my app. I am looking forward to discovering them and writing them up. I am also keen to receive recommendations from others, in particular about walks outside my home state of Victoria, which I know best.

Explore Australia has just published my comprehensive bushwalking guide [Top](#)



[Walks in Victoria](#), 65 walks illustrated with maps, photographs and sketches of wildlife and flora. The book is available in mainstream bookshops and online at [Top Walks in Victoria](#). I hope the book and app will work well together!

Melanie Ball is a travel writer and a photographer. She is a freelance writer of bushwalking yarns and author of hiking books and the creator of Australia Bushwalking App - sutromedia.com/apps/Australia_Bushwalking. More about Melanie on melanieball.com.au.



PROWLERS IN THE PARK

Robert Hollingworth



In this era of CCTV cameras, we are often under surveillance in the city. But few realise that, if we are out at night and anywhere near parks and gardens, other cryptic eyes may also be watching you.

At night a silent predator may be watching you in the dark – the secret life of the owl

In the darkest hours when most of us are asleep, particular warm-blooded creatures emerge. No, they are not vampires. In our parks, they're mostly Ringtail and Brushtail Possums, but as they forage for food, other formidable predators lurk nearby. One that is well known to us is the Southern Boobook, but less recognised is the Powerful Owl, *Ninox strenua*, the supreme nocturnal predator of south-eastern Australia. It is the largest of all Australia's owls, with a wingspan of up to 1.2 metres.

There are many oddities about the Powerful Owl. The male is larger than the female – unusual among birds of prey – and it is a mid-year breeder, with its young raised by the time many birds wake from winter and begin courting. They are the first of the hawk owls to nest, three months ahead of the Southern Boobook. And so regular are their habits that in normal circumstances they lay eggs each year on or around the same day, often in the last days of May. Elusive and scarce, there may be as few as five hundred pairs remaining, yet they have been seen in Melbourne's parks and gardens.

I have a weekend property just one hour north of Melbourne in the Tallarook Ranges, and almost all year round a mated pair of Powerful Owls roost not far from the house. As darkness approaches their deep resonating double hoot indicates they are about to leave the daylight perch – but nothing will hear them launch into the night air. Among all birds, an owl's primary feathers are uniquely structured for silent flight. By day I can observe the owls staring down from their canopied roost tree, their golden eyes observing me carefully, their huge talons curved superbly around the limb, two toes opposing two others – a formidable hunting device. Beneath the tree there are many large, regurgitated pellets. These are the dry clumps of fur and bone that cannot

be digested and are perfect indicators of the bird's diet. I have submitted these to Museum Victoria and have been informed that the remains belong to various species of possum including the sugar glider.

Unfortunately for both glider and owl, their habitat is now greatly diminished and isolated to remnant pockets of a particular kind of bushland. For the Powerful Owl, old growth is essential with ideal nesting hollows found in trees 350 to 500 years old. This nocturnal raptor is now listed as Endangered in Victoria and only exists in our area because the land is useless to farmers.



No more than a bushy bump of some 10,000 hectares, the Tallarook Ranges sit amidst a sweeping rural landscape. Made up entirely of granite, the mountain was formed in the Upper Devonian Period and is not an extinct volcano but a rocky cone that slowly crystallised deep within the earth's crust. It now stands some 600 metres above the surrounding farm fields because of its hardness: 400 million years has eroded away the surrounding earth. And our owls hang on here precariously.

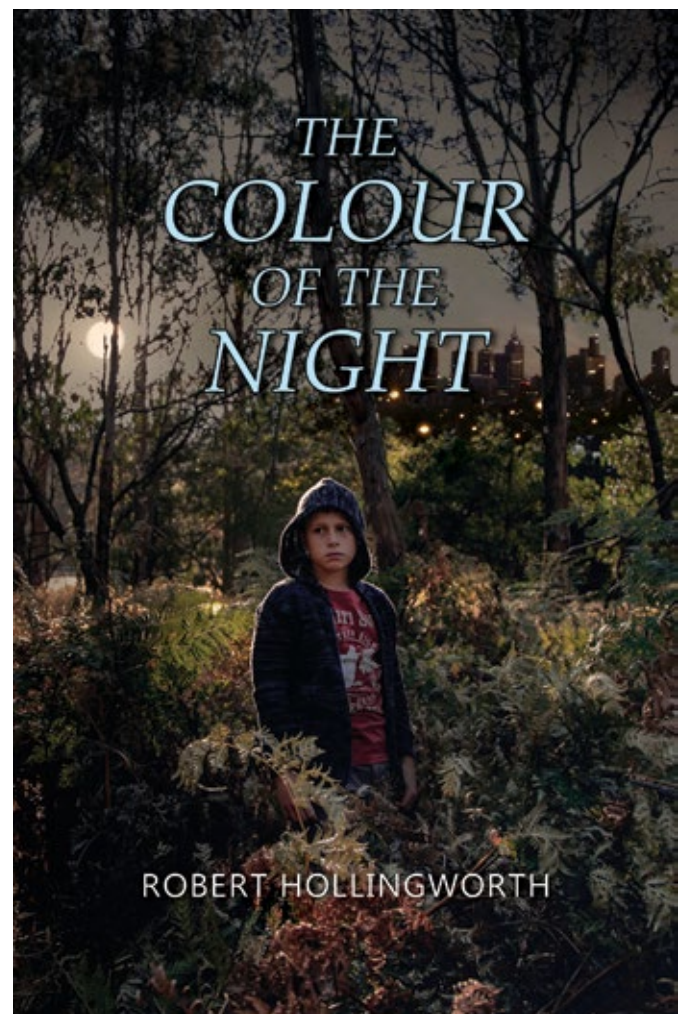
Last winter, just before nightfall I ventured deep into the forest and sat on a steep slope where I could watch a hollow in an ancient Yellow Box tree. I wanted to see if the owls were nesting. It was bitterly cold and the dew dripped from the thick overhead foliage. Darkness fell and I sat on a damp log, the air eerily silent, the unknown creeping in, enveloping my sense of well-being. In such a strange and timeless space, the city world I come from contrasts like a clap of thunder. I waited an hour, but no owls appeared.

The next day I returned to our inner-city apartment. That night, with the owls still firmly in mind, I took a walk into our local park. I know this green space has plenty of possums as well as a number of owls. Looking for owls by day, I have learned not to look up, but down. Birds of prey excrete characteristic, white splatters of guano on the ground, a sure sign of their presence. Occasionally one can also find their distinctive regurgitated pellets, which may indicate a regular roosting branch.

In the darkness, I walked right through the densely treed areas to the other side of the park. The yellow street lights in the distance cast soft circles on the grass, bicycle lights flickered weakly through the tree trunks, a siren could be heard far over the red rooftops. But I saw no feathered life at all. I decided to march for home, wondering why I had imagined I'd see anything at all, as though the night predators were there expressly to entertain me. But just as I approached the edge of the park, a dark ghost-like form swept soundlessly overhead. I tried to follow its trajectory, but as fast as it appeared, that mysterious bird again melted completely and silently into the night.



Robert Hollingworth's new novel is *The Colour of the Night* (Hybrid Publishers,



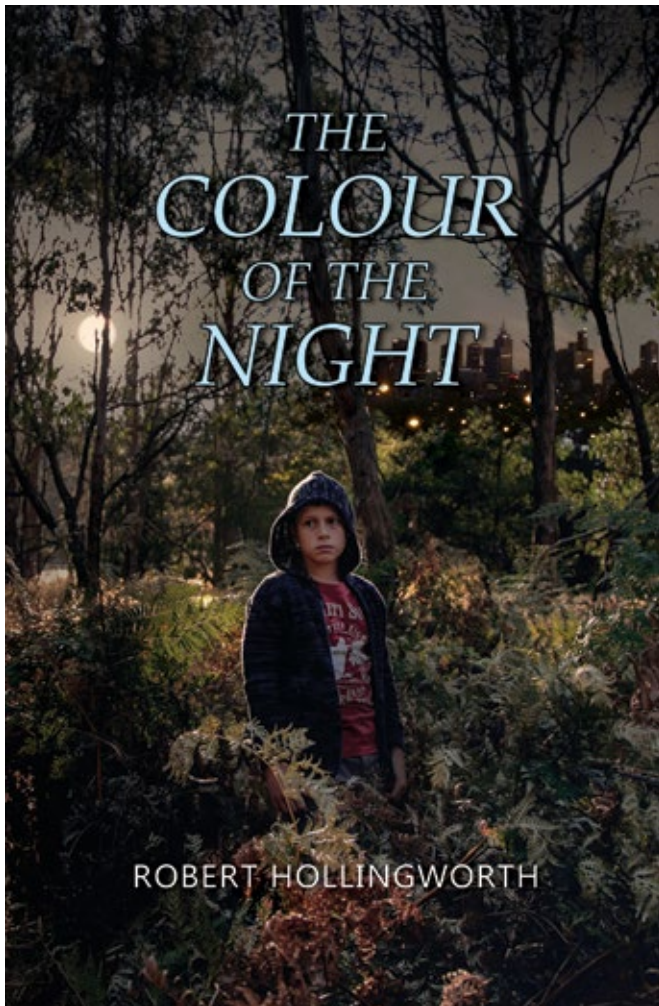
\$24.95), and is available in all good bookstores. It tells the story of Shaun Bellamy, an orphaned country boy. We learn of Shaun's intimate bushland experiences, but now he must go to the city where he meets a host of mixed-up souls and confronts modern life full on. Can his world of benign nature and this new one of frenetic culture, be reconciled?



Book review

The colour of the night by Robert Hollingworth

Stephen Lake



This is a very readable and well-written book, dealing with areas that made me uncomfortable. Confronting unfamiliar and unpleasant areas is good; I will not cite

details as this would give the plot away to some extent. The story is about Shaun, age 11, whose parents are killed in a bushfire. Shaun then goes to live with his aunt in Melbourne, a great change from his former bush home.

The characters are realistic and draw one in as they and their situations evolve. However, for a book purportedly about Shaun he is not present much. Up to page 141 when he arrives in Melbourne. Shaun is on just 12 pages, and then appears intermittently. Whilst Shaun is a central character, he is not quite central enough for my liking. To this extent the book lacks the focus of a book with a central character or a small number of central characters.

There are several interesting plot lines, some amusing, some sad, some sordid. The book is not for children. The direction defies prediction, very much like life - a good way to write. There is great contrast between the gentle bush and harsh aspects of the city. The reality is engaging.

The pace is quite slow, which gives time to dwell on the characters. There are some beautiful evocative word pictures of people and places. I can closely identify with the descriptions of the bush.



BUSHWALKING BLOG

Neil Fahey

What do you do when you're overweight and unfit, spending up to 14 hours a day sitting at a computer and the rest of your time either sleeping or partying, and you've just booked a trip to live out a long-held dream of hiking the Inca Trail?



Near Mount Buangor summit, Mount Buangor State Park, Vic (part of the Beeripmo Walk)

You start training. Immediately.

That's how it all started for me. I had always been a nature lover and a very occasional hiker but, once that trip was booked, hiking quickly became a dominant force in my life. I guess hiking has a way of doing that.

Having lived in Melbourne for 10 years, it was hard to believe how many incredible places were relatively close by that I'd never even heard of. I started taking every opportunity to explore somewhere new. The tricky part was finding enough information online about the tracks, especially as a new and not-so-confident hiker who preferred to know what was coming before leaving home.

Surprised at this lack of readily available information, I was inspired. I started to meticulously record and photograph every hike I did, and [Bushwalking Blog](#) was born in November 2008. By the time I left for South America in July 2009 I was a different person, and readers were telling me that [Bushwalking Blog](#) was becoming an incredible online resource.

Over the years it morphed into more than just a hiking guide. I've shared my journey from couch potato to regular hiker, but these days I also try to share a piece of myself with each post. I try to inspire and help people to make a change in their life and get outdoors, not just because it will help them get fit or lose weight, but because it has the potential to affect every aspect of their life. Just as it has mine.

[Bushwalking Blog](#) has trip reports, travel-style posts, how-to guides, hiking photography, gear reviews, and rants about anything else interesting that contributors want to rant or muse about, from conservation to exercise and beyond.

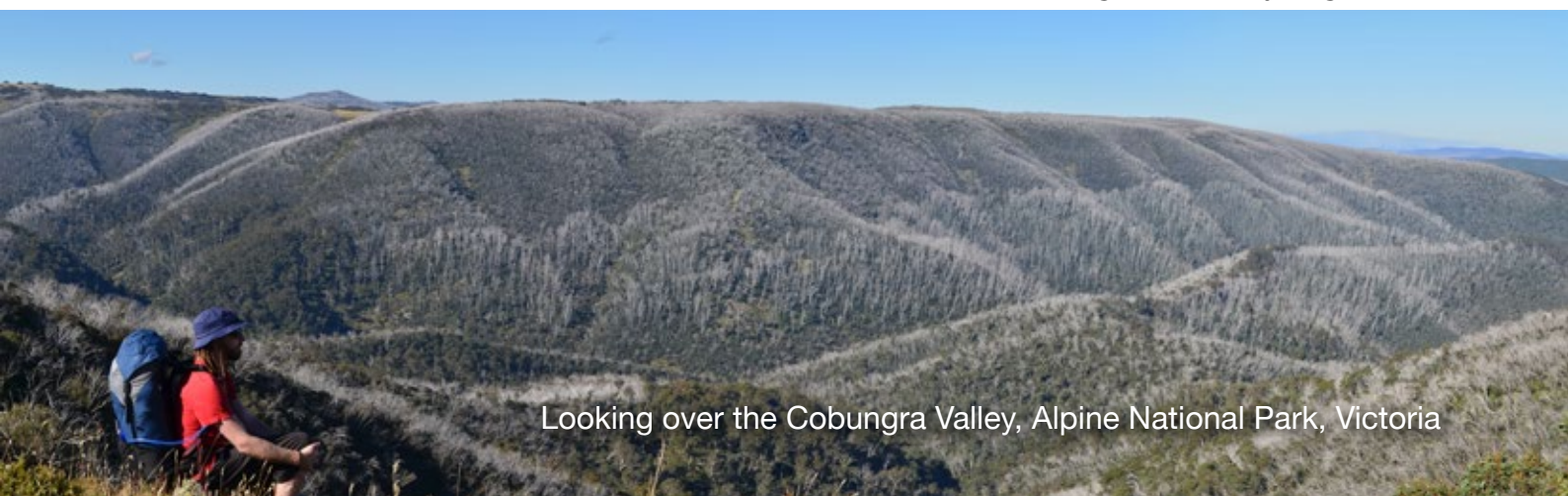
The hikes are mostly in Victoria, with a handful from interstate, and also South and Central America. I've been slowly working on expanding this, with the help of some guest contributors. If I didn't have to work full-time, I would most definitely be hiking my way around Australia right now.

Before I post anything on [Bushwalking Blog](#), I ask myself it entertains, informs, or inspires. If it doesn't fit at least one of those categories, I don't publish it. People seem to respond well, so hopefully this means I'm doing a good job.

I've met lots of amazing people through my daily interactions with readers when they email me, or leave a comment on the blog, or on Twitter or Facebook. I love hearing how they relate to my stories, and I love hearing theirs. It's even better when I see readers interacting with each other because of something I've written.

Creating [Bushwalking Blog](#) has been one of my life's greatest achievements and brought me loads of joy. Aside from being my biggest creative outlet, it offers me the occasional free bit of hiking gear or travel opportunity, gives me the occasional 15 minutes of fame (whether in the local rag or the much more unlikely Woman's Day), and has prompted people to hire me for all kinds of work from writing to consulting on blogging and search engine optimisation. It's even led to my co-authoring a hiking guide to the Great Ocean Road for Woodslane Publishing (hopefully released by Christmas 2014). That's not even mentioning that blogging led me to the three most important people in my life – my partner and two step-kids.

[Bushwalking Blog](#) has given me so much that I feel I need to keep giving back to my readers and the hiking community in general.



Looking over the Cobungra Valley, Alpine National Park, Victoria

Hopefully the blog itself does something to give back, but I'm always looking for other ways.

In November 2013 I launched a PLB hire service through [Bushwalking Blog](#). Inspired by the fact that these potentially life-saving devices are freely or cheaply available in some areas, I wanted to make them easy for people to carry no matter which wilderness area people visited, and to overcome people having insufficient money to justify buying one outright.

Fortunately, neither of my PLBs have ever been activated, but the service has been a great success, providing peace of mind to many hikers and their families. Prices are low at \$10-15 per day (depending on the hire period), with the PLB sent via Express Post, and a return Express Post envelope included.

Please head over and check out [Bushwalking Blog](#) if you get a chance. Don't forget to subscribe by email and connect on your favourite social media channel, and more importantly say hello and let me know if there's anything I can do for you.



About Neil Fahey

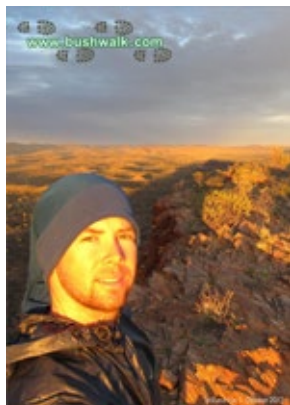
Bearded man. Hiking enthusiast. Blogger. Web and social media nerd. [Mayora](#). Non-hipster Melbournian, living in the inner-northern 'burbs with his lady and two gorgeous step-kids. Trying his best to live his passions.

Blog	bushwalkingblog.com.au
FB	facebook.com/bushwalkingblog
Twitter	twitter.com/bushwalkingblog
Google+	plus.google.com/+BushwalkingblogAu
Pinterest	pinterest.com/bushwalkingblog



Near Mount Loch, Alpine National Park, Victoria

PAST BUSHWALK AUSTRALIA EMAGS



Edition 1

- What is Bushwalk Australia
- Larapinta Trail NT
- Our adventurer – A2K
- How to save the real tree huggers
- Lots Of Fresh Air.com
- 10 things that ensure your rainshell is up for the walk



Edition 5 – Winter edition

- Two Weeks in Fiordland – Tips on trip planning
- Guthega River Snowshoe
- Get to know a club – Sydney Bush Walkers
- Snowshoeing – Tips to get started
- Winter shelter
- Hypothermia in the field



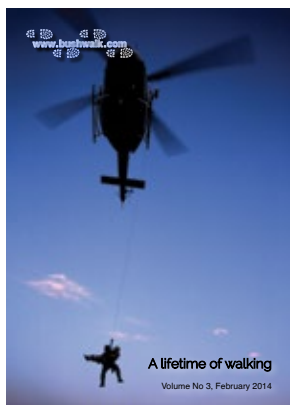
Edition 2 – Walking in Summer

- Nadgee Wilderness & The Coast Track RNP
- Heat illness in the field
- Is it safe to walk?
- Gordonvale – Protecting wilderness
- Naturelover's walks
- Making water safe to drink



Edition 6 – Winter wanderings

- Dehydrating food
- Snowshoe walk – Wheatley Circuit
- Colong Wilderness Walk
- Sydney Harbour & Coast Walk – The Inaugural Walk
- Carrying the essentials for a day out
- Read about goTenna, SPOT and more



Edition 3 – A lifetime of walking

- What is BWRS?
- Walls of Jerusalem – Cynthia Bay and Main Range Track
- Dealing with emergencies
- Wilderness communications
- A great idea for hiking
- Are you in a Club yet?




Edition 4 – Autumn edition

- Aboriginal rock art
- River Bend Heritage Trail
- Bushwalking Tracks round Sydney and beyond
- Was the heat an outlier or a taste of things to come?
- How to make your feet love you
- Alex Colley's Eulogy

LUNCH IN HIGH PLACES

Sonya Muhlsimmer

A woman, Sonya Muhlsimmer, is hiking on a rocky mountain trail. She is wearing a light-colored jacket, a hat, sunglasses, and a large blue backpack. She is smiling and looking towards the camera. The background shows a steep, rocky mountain slope with patches of snow and some low-lying vegetation. The sky is overcast.

Ever struggle to come up lunch ideas on your outing? Are you going on an extended hike and you don't want to eat peanut butter sandwiches or salami and cheese on crackers every day? These lunch ideas are easy enough to prepare with minimal preparation anywhere. They are high in kilojoules to keep you going and they taste great.

Have you been out there in the great outdoors just craving falafels or a salad (or even a kebab)? I have, by the way, I am a bit obsessed with food. When I am far away from the shops, out in the bush or on a mountain somewhere, I think of all the food that I want to eat, and that obviously, well, I can't where I am... I have created a few different lunch ideas that came from my cravings. Here are a few of those ideas that I want to share with you for your next adventure, happy hiking everyone!

Sonya on the other side of the Ball Pass, New Zealand, Mt Cook Ranges

Cracked Wheat Salad

(1 serve)

I wanted to try and create something like a tabouleh as I love this kind of salad, but I want it to be nutritionally sustainable. I have succumbed to my mad cravings with this salad (with a bit of tuna or salami added), and it has given me more choices for lunch. This is such a simple lunch meal and it is so easy to prepare. Cracked wheat salad anyone? Yes please...

At home

Chop the mixed peel as fine as you can.

Label the bags and then place all of the ingredients into the allocated bags.

Copy "Method at camp" and keep together with the bags.

Method at camp

In a small air tight container place the contents of Bag 1 (cracked wheat mix) and Bag 2 (sun dried tomatoes). Pour $\frac{1}{2}$ cup of water over the mix, stir through and seal the container. In about 15 mins open the container, add a sachet of tuna (or salami) and stir through. Enjoy.

Hints and tips

Dried capers can be ordered online. If you get a chance to catch some fish, this would make a really nice accompaniment.

This lunch idea has a little cooking involved, but the falafels can be cooked at night before your hike. On a nutritional note, chick peas are high in protein, and protein is required in the diet for growth and repair. This dish is not only good for you, it is high in kilojoules (to keep you hiking) and easy to prepare. And it can also be used to make kebabs which includes the cracked wheat salad recipe and some mountain bread (just for another lunch idea..).



Tuna pouch (in oil) 100 grams - keep separate

Bag 1 (cracked wheat mix)

Item	Amount (cup / spoon or grams)	
Crushed wheat	2 Tbsp	30 grams
Cous cous	2 Tbsp	30 grams
Dried capers	1 Tbsp	2 grams
Pine nuts	1 tsp	4 grams
Dried parsley	$\frac{1}{2}$ tsp	0.5 gram
Dried mint	$\frac{1}{2}$ tsp	0.5 gram
Mixed peel	$\frac{1}{8}$ tsp	1 gram
Dried garlic	$\frac{1}{8}$ tsp	0.5 gram
Salt, pepper	few pinches	

Bag 2

Sun dried tomatoes	2	10 grams each
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Water - $\frac{1}{3}$ cup

Falafel and hummus

(1 serve)

At home

Chop the mixed peel as fine as you can. In a food processor or mortar and pestle, grind the sesame seeds to make a powder. Label bags and then place all ingredients into the allocated bags and container. Copy “Method at camp” and keep together with the bags.

Method at camp

For the falafels

Empty Bag 1 (falafel mix) in a bowl. Add 1/3 cup of water, slowly mixing through to form a firm paste. Using a spoon, roll into quenelles. Fry in a pan with 2 Tbsp of olive oil and cook on either side for two to three minutes each until golden brown.

For the hummus

Empty Bag 2 (hummus mix) in a container and add 2 Tbsp water and stir through.

Then add 1 Tbsp oil, stirring through to make a paste. You may need to add a little more oil or water, depending on the desired consistency. Serve with the falafels.

Hints and tips

Sesame flour can be used (if you can find it at the shops, or you can order it online).



Bag 1 (falafel mix)

Falafel mix	2/3 cup	100 grams
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Bag 2 (hummus mix)

Item	Amount (cup / spoon or grams)	
Chick pea flour	2 Tbsp	28 grams
Sesame seeds	1 Tbsp	12 grams
Dried garlic	1/4 tsp	1 gram
Lemon pepper	1/2 tsp	2 grams
Ground cumin	1/2 tsp	1.5 grams
Mixed peel	1/8 tsp	1 gram
Salt	few pinches	

Container

Olive oil	2 Tbsp	30 grams
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Water - 1/3 cup for falafels, 2 Tbsp for hummus.

A little bit about Sonya

Her two favourite things in life are spending as much time outdoors as possible, and food. From a very early age her father had her out skiing (literally as soon as she could walk), camping, caving, and bush walking, hence spending a lot of time in the wilderness. She has a BSc in Food Science and was a chef in her past life (this makes a handy combination and explains those cravings!). She is based in the Blue Mountains, NSW and is currently writing a cook book with lots of nutritional advice designed especially for bushwalking, which combines her two favourite things. The recipes focus on the meals being light weight for the pack, nutritious, easy to prepare and they all taste great. The recipes provided in this section are from her upcoming book, watch this space!

Photo: Getting ready to cross the Ball Pass (2121 metres), Mt Cook, New Zealand.



  
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CALENDAR 2015


We are excited to be preparing the 2015 Bushwalk Australia Calendar. It will showcase some of the best photography from the Bushwalk.com photo competition this year. The calendars will be about \$10 each (including postage). They fold closed (to about A4 size) and hang open as a portrait A3 sized reminder of where you would rather be. Please hit the “thumbs up” button (below) and add your email address to the feedback form to let us know if you are interested (no commitment). We will contact you in the next two weeks with a PDF for the final design and a link through which you can buy the calendar. The calendars will be posted out in November, a perfect Christmas presents :)



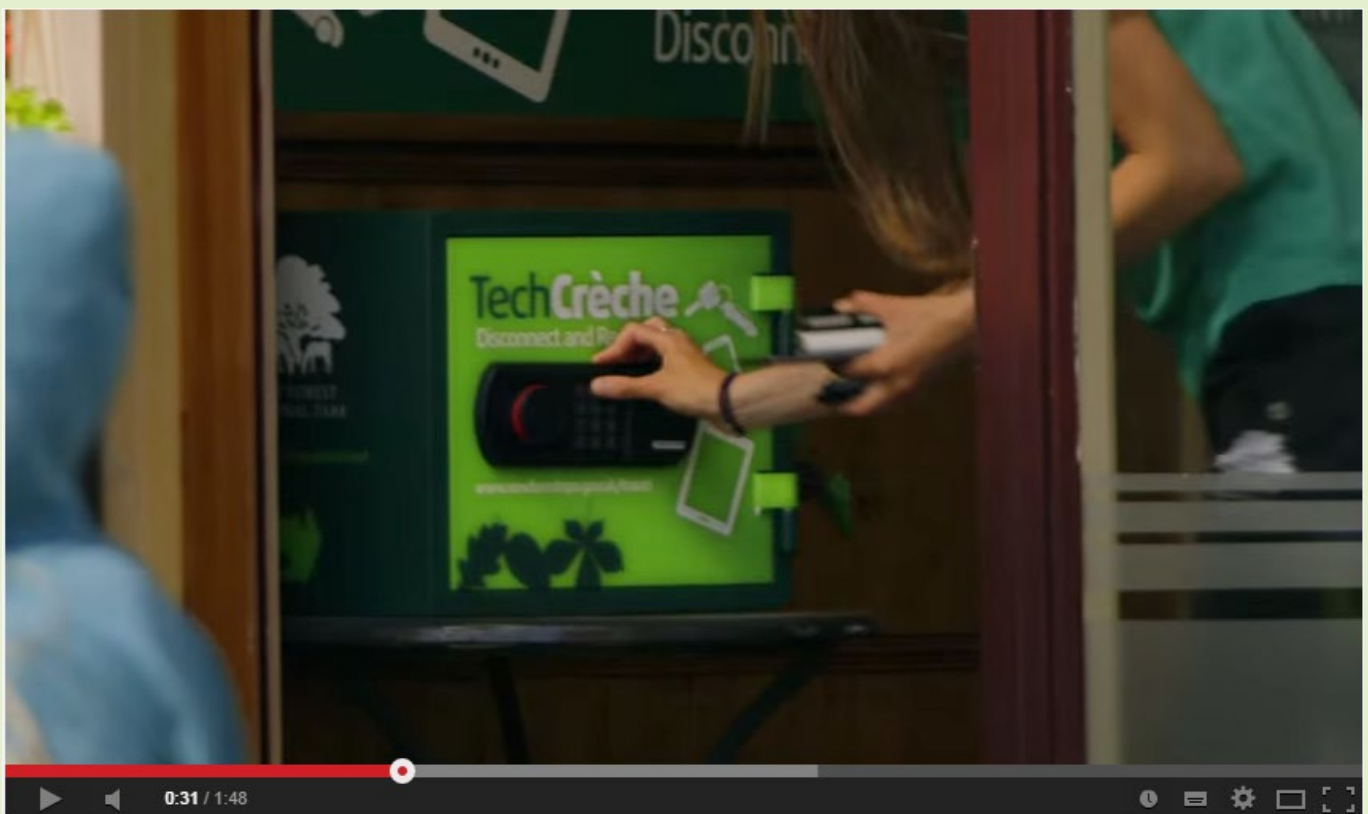
IN THE NEWS

Tech Creche

If you're one of those people who never leaves their devices at home, whether this is a phone or a tablet, this might be a nice change for you. New Forest National Park in the UK has come up with the solution for people who want a break from the everyday technologies, but just never figured out the way how to do it. When entering the New Forest National Park you hand over all your devices, including car keys, and spend your day enjoying nature and the company of people around you. Hop on a bike or a bus and drive around the Park. Your devices are safely stored in a vault and you can collect them at any time.


Many will say - I can do that without Tech Creche. Can you really? Isn't it simpler to have it as a rule instead of chasing your kids (or vice versa :) when they pop up their phones and play games or chat? Wouldn't it be nice to have a break from it all? And there's a bonus Prize Draw for the ones that decide to give it a go. Check out more here [Tech Creche](#). 

There's just one thing bothering me here - if we hand over all devices, who'll take our picture? :)



2014 Koala Count

National Parks Association of NSW just announced a 2014 Koala Count - registrations now OPEN!

Running from **7 - 17 November**, this year's national KoalaCount promises to be even bigger and better. To learn more about this exciting citizen science survey, or to join in, visit koalacount.ala.org.au. 



UPCOMING EVENTS

Walk21 and inaugural Sydney Harbour and Coast walk

14 years ago the first truly international conference on walking and pedestrian issues entitled 'Walking into the 21st Century' was held in London. Planned originally as a one-off event, 'Walk21', as it became known, has nevertheless been held annually in cities around the world including Perth (WA) in 2001 and Melbourne in 2006. Now in **October (21-23)** it will be Sydney's turn when 500 local and international delegates will gather at Luna Park to discuss the role of walking in the creation of liveable communities. A feature of Walk21 conferences is the wide variety of disciplines and interests represented - professionals responsible for the layout, servicing and administration of our communities, health professionals concerned with the role of walking as illness prevention, but also passionate community representative keen to swap stories with advocates in other communities.

While the kind of recreational walking being highlighted by the inaugural Harbour and Coast Walk is only one aspect of walking, the route we take links the extremes of walking environments from the wild to the urbane, from issues of conservation to the problems of road safety and design when pedestrians and vehicles mix. Those who just want to walk we would not suggest sitting in a conference room for three days (although some of the sessions are 'walkshops' conducted on foot around the city) but for anyone with a role in the where, why or how of our walking environments this conference is for you.

Melbourne University Mountaineering Club's (MUMC) 70th Anniversary Dinner



Saturday **11 October** 2014 at 7 pm

at The Corkman Irish Pub, 160 Leicester Place, Carlton VIC 3053

Pre-dinner drinks and nibbles from 5 pm at MUMC clubrooms 171

Berkeley street, Carlton.

Tickets (\$47) can be booked online: trybooking.com.

2014 marks the 70th anniversary of the founding of Melbourne University Mountaineering Club in October 1944. All members past and present are invited to celebrate the 70th anniversary. More information on the MUMC website: mumc.org.au.





Festival For Adventure-Seekers And Lovers Of The Outdoors

Some of the biggest names in Australian rock climbing and adventure including Dick Smith, Tim Cope, Monique Forestier and Andrew Lock will be joined by international rock stars of the climbing world Hazel Findlay, Andy Kirkpatrick and Cedar Wright at the Australian Climbing Festival on 17-19 October in Katoomba.

The Australian Climbing Festival is the biggest event of its kind in Australia, showcasing some of the most audacious climbing ascents, harrowing mountaineering epics and remote, inspiring adventures over the past 30 years. Today in Australia, rock climbing is rapidly growing in popularity, with indoor climbing gyms and advances in safety technology making it an accessible sport and leisure activity for all.

The festival will be held in Katoomba, in the heart of the spectacular Greater Blue Mountains World Heritage Area. The Blue Mountains is a popular destination for rock climbers from all over the world, boasting one of the highest concentrations of world-class climbing in Australia.

For more information check australianclimbingfestival.com.au

Festival Highlights

- Watch as some of the strongest competition boulderers from across Oceania battle it out for a place on the podium at the Oceania and Australian National Bouldering Championships all weekend.
- Relax at the festival cinema, featuring back to back adventure films.
- Try your hand at slack-lining or yoga.
- Activities for the kids.



MAGAZINES



Wild

Sep/Oct 2014 issue Wild, Australia's wilderness adventure magazine

- Trekking Kilimanjaro
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AG Outdoor

AG Outdoor selects the world's 10 best walks in the Sept-Oct 2014 issue. This issue also includes expert advice on multi-day treks and how to choose an outer shell jacket. Senior Contributor James McCormack goes deep into the Indonesian jungle in one of our most amazing stories ever, while we reveal one of Tasmania's best kept secrets: the awesome Mt Anne Circuit, a four-day hike deep into Tassie's southwest. Add in diving in Fiji and NZ's Milford Sound, a winter escapade in Quebec, Canada, and the usual comprehensive gear tests and it's another fantastic issue of AG Outdoor!

See agoutdoor.com or FB Australian Geographic Outdoor.