



Keep your cool

Volume No 8, December 2014

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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



Smiling woman on little cascade by Amridesign

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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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# LETTER FROM THE EDITOR

Hi

I hope this edition finds you well.

In much of Australia it has felt like Summer for a month, but welcome to the official start. The Bureau of Meteorology long-term forecast again predicts a hotter and drier summer than usual. Hopefully, this edition of BWA has a few tips on how to keep cool and have fun out there.

It has been a busy few months for me with Walk 21 conference and the IUCN World Parks Congress. I have learnt a lot, met some great people and had the pleasure of presenting some papers. It was fun to be able to present a few papers with our friends Geoff Mallinson aka Geoffmallo and Caro Ryan aka Lotsafreshair. It's exciting to see Bushwalking taken seriously at international conferences.

Thanks to all those who have given feedback. It is great to get the positive comments and the suggestions for improvements. Please keep using the thumbs up and down buttons - it only takes a few seconds and is so helpful in fine-tuning this eMagazine.



I wish for you a very merry Christmas and a joyful New Year.

Happy and safe walking,  
Matt McClelland (aka Wildwalks)  
[matt@bushwalk.com](mailto:matt@bushwalk.com)



A handwritten signature in blue ink that reads 'Matt McClelland'.

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.

# BUSHWALK.COM

## Matt McClelland

### Photo Competition Tips.

Please encourage our photographers by voting for their work.

Voting is open for one week starting on the 20th of each month.

To vote, click on the link to each of the four competitions (appears at the top of the website when voting is open) and vote using the forum poll system on each page.

### Want to enter a photo? Great.

Please click on “[Photo competitions](#)”, choose the category and fill in the form. You can only enter a photo that you took in the previous calendar month.



## SHARE YOUR WISDOM

### Best walks in the ACT

Last edition we shared a review of the best walks around Australia as voted by our walking community. We got lots of great feedback and comments saying that there are many other great walks that should be on the list. It occurred to me that a state by state survey each edition would be good, starting with the ACT. So if you have done some walking there or know someone who has, please complete this survey and help build a great resource for our next edition. Click on [this link](#) or on the below image which will take you to the survey.



### Tips, tricks and gadgets

Whilst I am asking for your help can I ask one more favour? I thought it would be great to share tips, tricks and handy gadgets in the next editions. Have you got a handy second use for a bit of gear or that little something that makes walking just that bit more enjoyable? Please complete this survey and share your ideas - I will collate some and share them in future editions. Click on [this link](#) or on the below image which will take you to the survey.



By completing one of these surveys you will go into the running to win one of four Bushwalk.com 2015 calendars. I'll pick the winners at random on 16 December based on those who guessed their email address correctly. If you miss the date I would still love to hear your ideas.

If you have any events you'd like to include in the next editions, please leave a comment.



# PROJECT LOON

Eva Gomiscek

Two thirds of the world's population have no Internet access. Project Loon is the answer.



### What is Project Loon?

Google believes that everyone can have access to the Internet, so they invented Project Loon. Internet infrastructure takes time and lots of money to be built so Google thought of a cheaper option. We're talking about a global network of high-altitude balloons that are solar-powered and remote-controlled. They use built-in technology with antennas, enabling them to communicate with base stations on the ground. Via this connection they create Internet access.

### When did it kick off?

Project Loon **officially started on 15 June 2013** when thirty balloons were launched from New Zealand's south. Since then balloons have been tested in California's Central Valley and **north-east Brazil**. In December 2014 they're coming to Australia, where 20 balloons will be launched in western Queensland in partnership with **Telstra**.

### How does it work?

Signals are transmitted from the balloons to a specialised Internet antenna mounted to the side of a home or workplace, or directly to **LTE-enabled devices**. Web traffic that travels through the balloon network is ultimately relayed to our local telecommunications partners' ground stations, where it connects to pre-existing Internet infrastructure.



### What about the balloons?

They fly at the altitude of 18-27 kilometres, so they're well above commercial air traffic and weather. The plan is to create balloons that can last for more than 100 days at a time. Balloons are tracked with GPS and are collected when they come down. To read more about balloons check this link [google.com/loon/faq/#tab=technology](http://google.com/loon/faq/#tab=technology).

### The near future

They will continue to expand the pilot until they reach a ring of uninterrupted connectivity around the 40th southern parallel, which will enable pilot testers at this latitude to receive constant Internet service. The project has a great potential to provide highspeed cheap internet access in wilderness areas. This will give bushwalkers broadband internet in remote areas. It will also allow parks managers to do more remote area monitoring. Will this make the wilderness better or worse? Not sure.



# HORNSBY TO MT KURING-GAI INN TO INN WALK

Matt McClelland aka Wildwalks

This is a lovely inn-to-inn walk, exploring a beautiful section of the Great North Walk. You can enjoy walking with light pack through the Berowra Valley National Park and stay in comfortable bed, enjoy a cooked meal and a shower in Crosslands.

If you prefer, you can carry camping gear and stay overnight in Crosslands or at the basic campsite before Crosslands. It is also possible to complete the whole walk in about 8.5 hours, if you prefer a solid day's walk.

Creeks become impassable after heavy or prolonged rain.

<b>Grade</b>	Hard
<b>Time</b>	2 days (9 hours)
<b>Distance</b>	20.8 kilometres one way
<b>Ascent</b>	1280 metres
<b>Descent</b>	1255 metres
<b>Transport</b>	Public transport: This walk starts from the western side of the Hornsby Train Station, from the large Great North Walk sign near the phone boxes.

Car: Drive to Quarry Street, Hornsby and start the walk partway through the first waypoint. There are several car parks around Hornsby Station if you prefer to start from there.

**GPS of start** -33.7035, 151.098

**GPS of end** -33.6538, 151.1367



**8.2 km** Follow the *Crosslands* sign up the timber steps, away from the road. The track soon bends left, then mostly flattens out, as it winds along the side of the valley for almost 200 metres, where the narrowing rocky track winds down through a lovely grass tree and boulder forest for about 600 metres, to a small flat rock platform. The track then bends right and continues for another 100 metres, then across a mossy and rocky gully. Now the track climbs steeply up a steep set of steps, through a crack in the rock, where the track continues to climb for another 70m, before mostly flattening out. Now the track starts to wind downhill, crossing a wider mossy gully with larger boulders and a small pleasant waterfall.

**6.3 km** Turn right at the top of the rest area, following the *Galston Gorge* sign along the wide trail, as it undulates through the open forest for about 1.3 kilometres to a clear Y-intersection. Take the left branch for 250 metres to the signposted intersection with a narrow track on your left.

**2.1 km** Veer right, following the GNW arrow down the narrower track for about 30m, to find a well sign posted three-way intersection.

A signposted optional side trip starts here, to avoid walking through the Rifle range safety umbrella. If you would prefer to take this option, follow the signposted route mostly through the streets of Hornsby Heights. Then rejoin the tracknotes by turning right at waypoint 4.6 kilometres to cross Steele Bridge.

**1.3 km** From the other side of the park, follow the *Fishponds 1.2km* arrow on the large sign, down the narrow track for approximately 30 metres, to the intersection with the wide trail. Veer right and walk down the rocky trail, then across Old Mans Creek, using some concrete stepping stones. Now walk moderately steeply uphill beside the thick blue gum and bracken fern forest. The wide trail leads to the top of the hill, then bends left, to pass over the hill. Here the trail leads gently down through the turpentine forest for just over 300 metres, to find an intersection with a narrower track on the right, marked with arrow posts.

**0.7 km** Turn left, following the *Great North Walk* sign along the narrow track and up and over the hill, then down to the intersection with a wide trail. Continue straight ahead, following the sign down the steep rock steps. The track winds steeply down a several sets of stone steps, passing some large rock walls for a bit over 100 metres, to find a welcome flat section of track midway down the hill. These steps were built during the 1930s depression and were recently renovated by Hornsby Council. Walk down a second set of steps, before coming to the open grassy area of *Berowra Valley Bushland Park*, at the end of Rosemead Road.

**7.7 km** Turn left, following the *Galston Gorge* sign down the steep rocky track, as it zigzags towards the valley. About 40 metres down the hill you come to a *Great North Walk - Walkers Registration* box. Continue steeply down for about 150 metres to come to a fence, which guides you down another steep section, passing a cave, then climbing down the metal peg ladder. Walk down through a crack and along another fence, to a flat area beside the road. Follow the arrow down under the bridge and across the creek, usually a bit more than ankle deep. This creek maybe impassable after rain (the road bridge above offers an alternate way across). On the other bank, turn left to follow the track uphill to the well-signposted and paved *Galston Gorge trackhead* beside *Galston Road*, where there are two carparks and a few local chickens.

**4.6 km** Turn left to cross the *Historic Military Steele Bridge*, then walk up along the wide and at times steep management trail for 1.7km, to the well-signposted *Tunks Ridge Rest Area* - a simple campsite with a composting toilet.

**2.8 km** Turn left and follow the track downstream. The rock track starts to climb the side of the hill and soon passes a fairly large sandstone overhang. About 30 metres after the cave you start to climb the side of the hill quite steeply up some steps, leading through a crack in the rock. The track continues to wind up the hill for just over 200 metres, until the mostly flattening out to pass a rock wall. The track then undulates along the side of the hill for about 1.3 kilometres, crossing a few timber bridges, before coming to a clear intersection with a wide trail, next to the large *Steele Bridge*. This is the point the alternative route rejoins the main walk.

**2.2 km** Continue straight ahead, following the *Fishponds* sign along the flat track, passing along the top of an unfenced cliff, then down some steep carved rock steps, with a hand rail. Now follow the rocky track down the valley for just over 100 metres, to cross a timber footbridge. Continue for another 70 metres to a fenced rock platform.

**2.4 km** Turn right, following the *Galston Gorge* sign along the fenced rock shelf, where the track soon leads down the rocky steps to the edge of *Berowra Creek*. Cross the creek, using the concrete stepping stones, to find a small cave on the other side. This creek becomes impassable after heavy or prolonged rain. Veer right, following the *Galston Gorge* sign up the sandy track, then up the timbers steps. Follow the track as it soon bends left and up the steps, over the rise and then down through a sandstone overhang, to then wind downhill (with some handrails) to a rock platform beside the creek. Then cross *Berowra Creek* on the flat timber bridge.

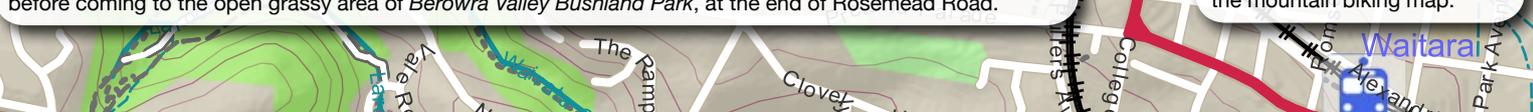
**0 km** From the western side of *Hornsby Railway Station*, cross the bus lane, then follow the large *To the Great North Walk* sign across the *Station Street*, then across the *Pacific Highway* at the traffic lights. Turn right and follow the footpath (across *Dural Lane*) past some shops to cross, then turn left and follow the footpath along *Dural St*. Then turn right onto *Quarry Road* and walk for about 350 metres past the house to an intersection with a track signposted with a *Great North Walk* sign, just opposite the mountain biking map.

**9.5 km** Continue following the GNW markers out of the gully and up the side of the hill, moderately steeply at times. After about 600 metres, the track leads along the base of a long rock wall, then up some carved steps. Here you continue along the track for another 600 metres, along a series of unfenced rock platforms, then down to a section of fenced track. From the end of the fence, the track soon starts to lead further downhill for about 150 metres, coming to a clearing on a flat rock platform, which is marked with a GNW arrow post. Here turn left and wind quite steeply downhill for about 120 metres, to then follow a flatter section of track with plenty of grass trees. After 300 metres (passing close to the creek a couple of times), cross a rocky gully (where you can see the creek again on your left). Continue along the side of the valley for about 250 metres, before crossing another rocky gully and finding another nice spot beside *Berowra Creek*. The track now continues near the wide *Berowra Creek* for another 300 metres, before you climb down a rock with a couple of metal pegs. Over the next 600 metres, the track crosses a couple of small, flat timber bridges, to then climb up through a crack in a rock, where there is a handrail. On the other side of this little climb, the track passes under a small overhang and continues mostly flat alongside the creek for another 300 metres, to an intersection with a track on your right (which leads to a clearing and simple campsite with no facilities).

Trail closed.  
Phone Rifle  
Range on  
0417 201 606  
for access.

No unauthorised access

No unauthorised access





Berowra Creek stepping stones

**The walk** - Starting with a pleasant brunch at Hornsby, you then walk down the sandstone stone steps, built during the 1930s depression, beside an ancient volcanic dyke. Soon you feel a million miles from anywhere, as you wander through the high Blue Gum Walk forest to cross Berowra Creek on the stepping stones at Fishponds. Follow the track along the edge of the valley, crossing Steele Bridge before stopping for a break beside the creek in Galston Gorge. Wander down the valley among the grass trees and now wide Berowra Creek to Crosslands. Here your host will ferry you across to your unit for the night. Enjoy a shower, food and a canoe of the river before bed. The next morning your host will drop you back across the river as you continue to follow the Great North Walk across Calna Creek. As you walk up Lyrebird Gully you will pass a series of sandstone caves and a lovely waterfall, before you grab lunch at a cafe in Mt Kuring-gai. You can then just catch the train home.

**Accommodation** - Crosslands is split into two main areas - the 'Crosslands reserve' found on the east side of the river (where the walking track leads) and the 'convention centre' on the other side of the river.

**Crosslands Youth & Convention Centre** is a wonderful facility, run by the Seventh-day Adventist Church. The centre provides a large area for tent-based camping (\$12 pp/pn), large group dorm-style as well as unit-style accommodation. The units have 5 beds (plus sofa bed) and cost \$36 a night per person. They are equipped with a kitchen, TV, blankets, supplies for hot drinks, pillows and a balcony with views over Berowra Creek. You will need your own sheets, pillow cases and towels. Meal packs range from \$5-\$10 per person per meal. Breakfast includes juice, fresh fruit, cereal, toast and optional hash browns, eggs and sausages. Dinner includes juice, dinner rolls, salad, pie or sausage (or optional steak) and desert. No cigarettes, alcohol or other drugs are allowed on site. For more information, call your hosts John & Margaret on (02) 9653 1041.

**Crosslands Reserve** stretches along the eastern edge of Berowra Creek. The first inhabitants of this area were a subgroup of the Dharug people, who enjoyed the sandstone caves, fish and abundant plant life in the area. In 1856 Matthew Charlton asked Burton Crossland to be caretaker on this area. Burton built a house and made a living by harvesting timber, growing fruit, fishing and boat-building.

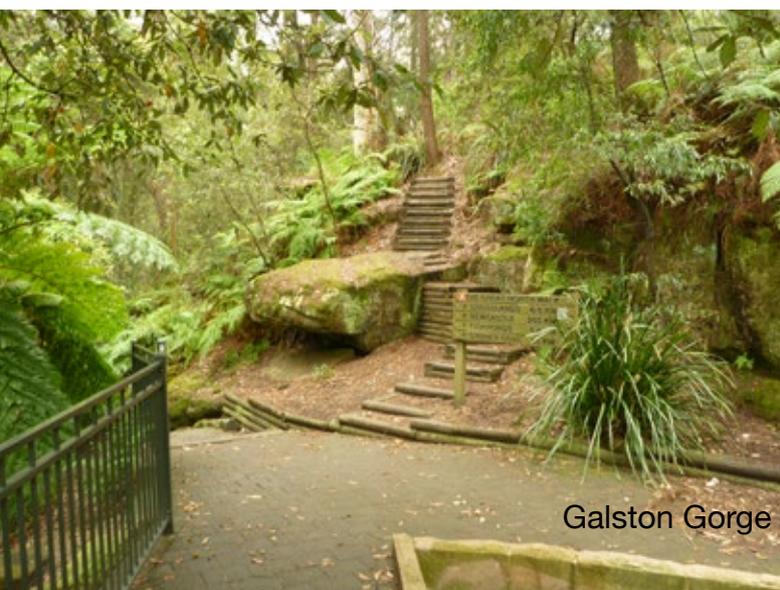
Now there are a picnic tables, electric barbecues, toilets, car parking, a children's playground, garbage bins and town water.

On the far southern end of Crosslands Reserve is a toilet block and a campsite. The campsite is well set up and managed by Hornsby Council. Camping is \$9 per night for adults and \$6 for children (infants under 4 are free). The gate at the top of the hill is locked at 5.30pm EST and 7.30pm (daylight savings time).

**Calna Creek bridge** was destroyed in April 2013. At the moment the bridge has not yet been replaced but a signposted alternate track allows for a wet crossing near the old bridge. Please plan to cross at low tide and never attempt to cross in flood.



Steele Bridge



Galston Gorge



**15.1 km** Turn right, following the *Great North Walk* sign along the timber boardwalk as it winds through the mangroves for about 60 metres, coming to a firm dirt track. This then leads to a second timber boardwalk, taking you to an intersection with a short side trip to the estuaries viewing platform on your left.

**14.6 km** Continue straight ahead, following the flat dirt path between the road and creek, past the boat ramp, to the locked gate at the end of the car park. Now follow the *Newcastle* arrow along the sealed old road for 150 metres, to then veer right (at a Y-intersection), past the *Place of Winds* sign. Continue along this old road for a little longer, to an intersection with a large Crosslands information board and *Great North Walk* sign. This is just on the edge of the northern picnic area.

**14.3 km** Veer left to follow the dirt footpath towards the main clearing of Crosslands reserve. The track soon leads past a *Boats destroyed information* sign, then past the only *Authorised fire pit* and main camping area. Then continue along the path, now concrete, passing more information signs, picnic shelters, BBQs and viewing platforms to come to the edge of the car park.

Please phone your hosts John & Margaret on (02) 9653 1041 at Crosslands to pick you up from here.

**12.9 km** Continue following the clear track alongside Berowra Creek for about 30 metres to cross a small flat timber bridge, then continue to wind along near the creek for about 300 metres, before crossing a rocky gully with a small creek. The clear track meanders fairly close to the creek for another 1.3 kilometres, before coming to the edge of Crosslands Reserve, at the large corrugated iron toilet block.

**15.4 km** Continue straight ahead, following the timber ramp down to the dirt track, past the *Unsuitable for wheelchair access* sign. Walk alongside the wide creek for about 300 metres past a few signs to the bench seat. The track soon climbs up after the *Bush Supermarket information* sign to the *Stop! Look! Listen! And Smell!* information sign. Continue straight over this rise, then zigzag downhill to cross Calna Creek, hopefully using the bridge (broken at the time of writing), to find a signposted intersection beside the salt marsh.

**18.3 km** Continue straight out of the cave and along the track for 70 metres, to walk through a smaller cave. A few metres later walk through another (bit larger) sandstone overhang where the track leads for another 50 metres, before bending right and leading down to the creek and top of Lyrebird Gully waterfall.

**18.4 km** Follow the *The Great North Walk* sign across the creek, where the track bends left and almost immediately crosses back over the creek again, using boulders. Once back on the first side, follow the edge of the creek upstream for just shy of 100 metres, where the rocky track then bends left and leads up the hill, then up a rock (with metal peg). After just over 250 metres the track leads back to the creek and leads across again. Now walk up a series of rock and timber steps for about 300 metres, to pass a short section of handrail, along a rock wall to find a *Great North Walk register box* on a pole. Walk up the stone steps and follow the track for about 150 metres to cross a short flat timber bridge over a concrete channel, then up the short hill, then across the clearing to the start of a sealed management trail, beside the tall green sewage vent.

**19.8 km** Following the *GNW arrow* post up, along the sealed management trail for 500 metres, walk around the locked *Lyrebird Gully Track* gate and find Glenview Road (just beside the Pacific Highway).

**20.3 km** Cross *Glenview Road* and walk along the footpath beside the Pacific Highway to the base of the pedestrian bridge (just before the Aldi shopping complex, with a cafe and a few other yummy treats). Cross the highway using the bridge, then turn left, then cross the road, following the footpath down beside the side road. Follow highway for about 200 metres to the entrance of *Mt Kuring-gai Station*. Well done – you made it.

**16.1 km** Turn right, following the *Mt Kuring-Gai* sign along the clear track for 100 metres, to pass the southern tip of the salt marsh and find a large clearing and campsite (on your left), surrounded by casuarina trees. This campsite provides plenty of room for a few tents, and also a fire scar with logs for seating. Carry in your own water, as the salty creek water is not suitable for drinking. Calna Creek bridge was destroyed in April 2013. At the moment the bridge has not been replaced but a signposted alternate track allows for a wet crossing near the old bridge. Please plan to cross at low tide and never attempt to cross in flood.

**16.2 km** Continue straight ahead, walking along the clear track as it leads along the flat for about 100 metres, to then climb over a rocky rise, then down a short timber staircase. The rocky track continues for nearly 300 metres, to a signposted camping area. This campsite can get boggy, but is well shaded and secluded. Water is still not suitable for drinking.

**16.6 km** Continue straight along the clear flat track for just 25 metres, to walk over the flat timber bridge, then continue along the mostly flat track for another 400 metres, passing a few sandy beaches, to the point where the track leads up, away from open valley views and into the denser forest. Now walk up the rocky track among the ferns and mossy boulders for 400 metres, to follow a *GNW arrow* post across Calna Creek, using boulders with carved steps. This creek crossing and other crossings further up the valley can become impassable after heavy or prolonged rain. Here the track continues upstream for almost 300 metres to follow another *GNW arrow* post back across the creek. Walk upstream along the edge of the creek through the shaded forest and past some large boulders for about 70 metres, where the track then bends left then continues steeply up the stone steps a fairly short distance. The track then mostly flattens out and leads along the side of the hill for about 200 metres, then head up another shorter but steep hill. About 40 metres past the top of this climb you walk under a large sandstone overhang, the larger of a few Lyrebird gully caves in the area.



# OUR NATIONAL PARKS NEED VISITORS TO SURVIVE

Susan Moore, Betty Weiler, Brent D. Moyle, Paul F. J. Eagles

Despite what many commentators on [The Conversation](#) have said, conserving biodiversity in our national parks isn't the way to save them. Parks need visitors to get vital community and political support.



Parks, like every other institution on this planet, are a social construction. Those reserved in the 19th century reflect the values of those times - health and pleasure for humans. In recent decades, social values have led to a strong focus instead on conserving biodiversity.

New moves to include grazing, logging and recreational shooting are a reflection of current efforts of some groups to re-construct the purpose of parks.

If park managers and other advocates don't like these moves to change national parks into resource extraction reserves, they have to enlist the support of visitors.

### Parks need people

Conserving biodiversity isn't enough. It is time for a renewed focus on visitors and their needs. Appreciating the full gamut of park opportunities is essential.

We need people in parks, because people vote and parks don't. Parks are a public institution, like hospitals, schools and prisons, and they rely on public interest and support for funding.

Strong advocacy from park visitors for environmentally friendly experiences, like wildlife viewing, photography, hiking, swimming, canoeing and camping, can counter-balance pressures for environmentally destructive activities such as hunting and grazing.

People visiting national parks can have extraordinary experiences, through witnessing beautiful scenery and connecting with nature, escaping the urban environment, and reconnecting with family and friends. Promoting these experiences is essential for the political and financial support of parks.

Park visitors also matter economically. Tourism accounts for about 10% of GDP internationally. Wildlife viewing and outdoor recreation (both largely centered on protected areas) are **two of the fastest growing sectors**. In Australia, the nature-based tourism sector contributes an **estimated \$23 billion** to the economy each year.

But visitor numbers to landmark national parks **such as Uluru** are currently declining. Recent data from Australia, Canada, the United States and Japan shows **visitor numbers to parks are static or declining on a per capita basis**.

One potential reason for this decline could be growing competition from electronic media and other more accessible home- and community-based recreation options. Some people find it hard (or think it's going to be hard) to get to national parks. Recent migrants may not know how or why to visit national parks.

Concerns that fewer and fewer humans are experiencing nature **were first expressed in the 1970s**. Serious related consequences include declining environmental knowledge and concern (manifested as declining support for parks), the emergence of **nature deficit disorder in children**, and **increasing mental and physical health issues**.

The threat of **extinction of the park visitor experience** is a real possibility. This threat to parks is more insidious than stock grazing or timber removal. With this extinction potentially comes a waning in societal support for parks as we know and appreciate them today.

Park agencies must develop creative, productive partnerships with the tourism industry to protect biodiversity while providing opportunities for visitors at the same time.

### A visitor focus

By acknowledging that an alliance between parks and visitors is essential for the future of parks, programs and strategies can be put in place to entice visitors and enhance their experiences.

Social media and technology could engage and retain the support of visitors. Apps to help locate parks, find and follow walk trails, identify birds and enter sightings on an interactive data base, or book campsites online, are all simple ways of attracting and retaining visitors.

Enhancing visitor experiences and maintaining biodiversity conservation is a complicated balancing act. Park workers will need further skills development, especially in understanding, providing for and evaluating the visitor experience.

Park visitors come from a very broad cross-section of society, all ages and all lines of work, both nationally and internationally. Politically, park visitors are a much larger group than are those who wish to extract resources from parks. They just need to be politically active.

Ultimately, parks rely on societal support for survival. The solution for parks lies in ongoing interactions between those passionate about biodiversity and those with other interests to construct and re-construct the purpose of parks in the decades ahead. Visitors are a critically important part of this dialogue. They can provide an important counter-balance to more utilitarian interests, such as grazing and logging.

The article was first published in [The conversation](#) (an independent source of news and views, sourced from the academic and research community and delivered direct to the public) on 7 August 2013.

[theconversation.com/our-national-parks-need-visitors-to-survive-15867](http://theconversation.com/our-national-parks-need-visitors-to-survive-15867)

**Susan Moore**, Associate Professor at Murdoch University, receives funding from the Australian Research Council, the Australian Government and several State Governments. She recently completed research for The Parks Forum, the peak industry organisation for parks agencies in Australia and New Zealand. She is a governor for WWF-Australia and a member of the IUCN World Commission on Protected Areas.

**Betty Weiler**, Professor at Southern Cross University, receives funding from the Australian Research Council and industry partners including Parks Victoria, WA Department of Parks & Wildlife and NSW Office of the Environment & Heritage.

**Brent Moyle**, Research Fellow at Southern Cross University, has conducted research in partnership with Parks Victoria, the Department of Environment and Conservation (WA), the Office of Environment and Heritage (NSW) and the Parks Forum.

**Paul F. J. Eagles**, Professor at University of Waterloo, is affiliated with the World Commission on Protected Areas.



Adamsons rainbow  
by laindtiler

Competition: Tasmanian Photo of the Year 2012

# VIDEO

Check out mother nature speaking with the voice of Julia Roberts.



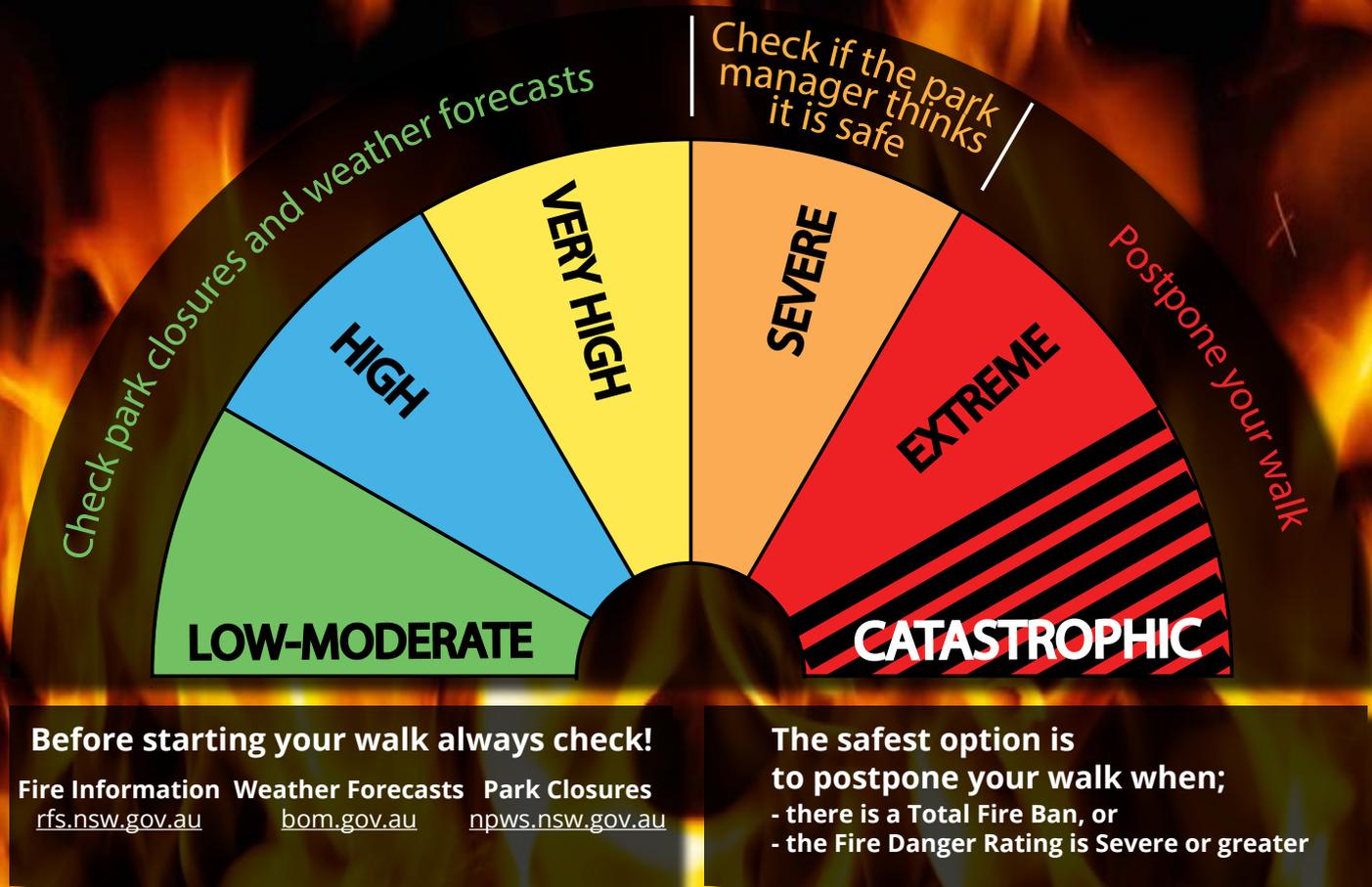
And here are some nice tips on what to wear when walking by Caro Ryan (aka Lotsafreshair).



# SHOULD I POSTPONE MY WALK?

Matt McClelland

## Too hot to walk?



A bushfire is the stuff of nightmares. I doubt I could imagine anything more terrifying than having a bushfire bearing down on me on a hot and windy day. On such a day the fire front can throw hot embers many kilometres from the main fire, starting new fires and causing the fire to spread rapidly. The radiant heat from many fires is so intense that even 100 metres away it can cause serious burns to your skin. There is no jumping in a creek or wombat hole to avoid this fire. The only way to be ensuring your survival is to be somewhere else. And then, on a day only halfway up the Fire Danger Rating scale, it can get very ugly out there.

It is a day where open fires are banned by the RFS Commissioner. The ban is put in place to limit the number of fires that escape and threaten life, property and the environment, especially on days when it is very hot, dry and windy. This means that it is illegal to use portable camping stoves on a bushwalk, including inside a tent.

Fire danger ratings and Total Fire Bans are usually announced at about 5 pm the day before they come into effect. Some park managers will close track and trails during Total Fire Bans. Park managers may not put closure information on their website until several hours after the announcement, if at all. Bushwalkers need to be proactive about safety and obtain information needed for a decision, and not leave it to chance.

It is safest to cancel your walk on days of total fire ban as well as on severe, extreme or catastrophic fire danger rating. If you think it still safe to continue then contact park management to see what they say. They may think that the conditions are such that the planned walk is still safe to go ahead. Fire Danger Rating regions cover a large area, therefore due to local conditions some sections may have a lower risk than conditions, fuel loads and other activities in the park.

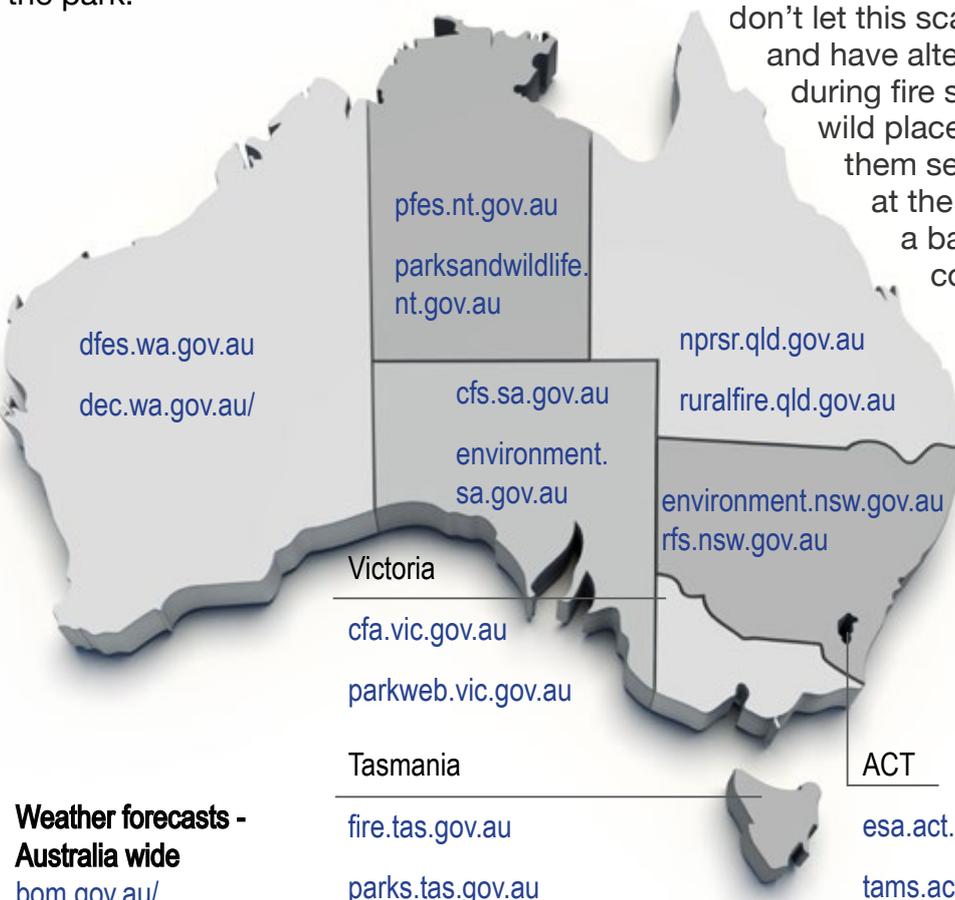
On days of Extreme or Catastrophic Fire Danger Ratings the weather conditions will be uncomfortable and the risk from fire will be very significant. Postpone your walk even if the park remains open - it is just not worth the risk.

On longer multiday trips this obviously becomes more challenging. Carry non-cook meals and water purification systems that do not require a stove. Always register your walking plan with local Police or National Parks office. If there is a significant risk of fire during your walk and it is possible to leave the walk early, then this is the safest option. If leaving a bushfire-prone area is not possible then ensure you consider the safest areas for retreat and possible shelter from radiant heat. Stay alert to weather conditions and keep an eye out for any sign of fire. Check the local fire website if in mobile phone range or monitor local ABC radio stations for emergency broadcasts.

Phone for help or use your PLB if there is a threat of grave and imminent danger. Do not presume that rescue can make it in time. Rescue is challenging in high winds and when resources are stretched.

If you are in doubt play it safe: there are another 51 weekends in the year. Equally, don't let this scare you off - pick the days and have alternative activities planned during fire seasons. By their nature, wild places present risks, so take them seriously but still enjoy them at the right times. I often have a backup trip plan, so if the conditions are not safe then I have an easy option two.

This article is a summary of one published in our emag [BWA201312](#).



**Weather forecasts - Australia wide**  
[bom.gov.au/](#)



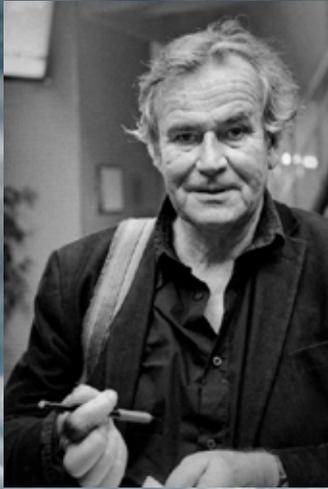
# PHOTO GALLERY



Looking along the West Coast Range towards Mt Sorell  
by Stuart Bowling

Competition: Australia January 2011

# BWA Photo Competition



Bruno Barbey

“Photography  
is the only language  
that can be understood  
anywhere in the world.”



# Other States

## December 2013

### WINNER



Kosciuszko and Abbott  
Range skyline  
John Walker

This was taken on one of my biennial summer visits to Kosciuszko NP. I enjoy a trackless wander around the Main Range area for the views and the peace and quiet. On this occasion we walked a circuit from Dead Horse Gap, initially following the old, sometimes indistinct, pad that goes directly up into the Rams Head Range. This scene, taken from the summit of the Rams Head, grabbed my attention because I could identify at least four named peaks visited on other occasions (Abbott Peak, Mt Kosciuszko, Mt Townsend, Alice Rawson Peak), along with Lake Cootapatamba sitting below Mt Kosciuszko, framed by its glacial cirque and the semi-permanent Cootapatamba snow drift. A different perspective on these locations than many would see. For those who like facts and figures Cootapatamba is the highest alpine cirque lake in continental Australia at about 2048 metres.



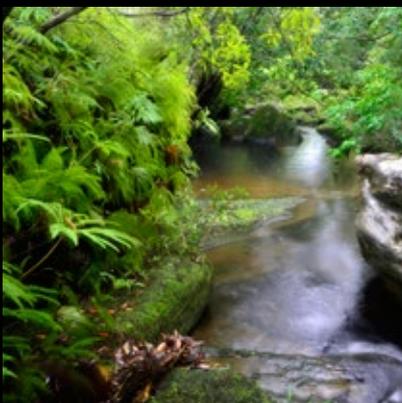
Wallis Lake  
Lorraine



Foaming Seas  
Brian Eglinton



Smoky New Year over  
Wollemi  
Tom Brennan



Kuringai Creek  
landsmith



# Tasmania

## December 2013

WINNER



Ben Lomond scoparia  
Tibboh

Another bright early summer's day begins at the top of Jacobs Ladder at the northern end of Ben Lomond National Park in the states north. Enjoying the view this richa scoparia shrub is resplendent on full bloom. Tasmanias alpine Christmas bush.



Pencil Pine carcass and  
dolerite on Mt Doris  
Nick Clark



Ossa aglow  
Louise Fairfax



# Landscapes

## December 2013

WINNER



Ashcroft Ravine cavern  
Tom Brennan

Ashcroft Ravine is a narrow gorge in Franki Creek, which flows into Wentworth Creek, north of the town of Wentworth Falls. Despite being only a couple of kilometres from civilisation, it is rarely walked, the cliffs defending against casual visitors. The ravine has a few short sections of canyon in it. This shot is taken in the most impressive section, where the canyon forms a near tunnel.



Framed Hyperion  
Louise Fairfax



Mt Gould cops the last of  
the Tasmanian winter  
Nick Clark



Mueller Track -  
Fern Gully Falls  
landsmith



Rams Head Range  
summer scene,  
Kosciuszko NP  
John Walker



And So Close to Hobart!  
Peter Grant



Deep Creek  
Brian Eglinton



# Non-landscapes December 2013

WINNER



Yellow striped flutterer  
landsmith

I got into dragonflies while doing the lap around Australia many years ago; more and more I noticed the bright colours and saw the difference in the over 300 species you can find in Australia. I first of all thought this was the more common Graphic Flutterer but when I processed the shots at home realized I was looking at something different that I'd shot at Coffs Harbour Botanical Gardens.



Silent sentinel  
Tibboh



No place for  
a blue-tongue  
Tom Brennan



Tasmanian Waratah near  
Narcissus Hut  
Nick Clark



On the beach  
Graham51



Teddys Hut via the Boggy  
Plain, Kosciuszko NP  
John Walker



Moonlit rock,  
Mt Field NP  
Louise Fairfax



# Other States

## January 2014

### WINNER



The Gorge, Seal Rocks  
landsmith

For years in my youth I'd surfed Seal Rocks yet not once had I taken the walk to the lighthouse. I thought the gorge was amazing when I first saw it, subject to violent erosion with the tides and big surf but when I got to the lighthouse I couldn't help but think of an old friend of mine, Tom Chalker, whom I used to surf with at times up here. In later life he became the lighthouse keeper but tragically lost his life when he slipped while carrying a fish up the steep incline to the lighthouse.



The Hills are Alive  
Brian Eglinton



Mullimburra Lagoon  
John Walker



The Amazing Race  
Tom Brennan



# Tasmania

## January 2014

WINNER



Like Nowhere Else  
Dan Broun

This image was taken on the summit of Coronation Peak in the Frankland Range, a memorable eight days range traverse in wild and beautiful country with three great walking companions. The title refers to Tasmania as a whole. Like Nowhere Else.



Pelion West from  
Leonards Tarn  
Louise Fairfax



Lake Judd  
Nick S



Camping high on  
Cathedral Mountain  
ILUVSWTAS



Approaching the summit  
Doogs



Federation Peak and  
Thwaites Plateau from  
the Four Peaks Highpoint  
MJD



Sunrise on  
North-East Ridge  
Graham51



# Landscapes

## January 2014

WINNER



Dawn on Pelion Plains  
Louise Fairfax

This photo was taken at the end of a wonderful three-night walk in which we climbed Perrins Bluff and Mts Thetis and Achilles, camping for two nights beside the beautiful Leonards Tarn where I captured a wonderful bright sunset over the water. The photo I chose for the competition, however, was taken on the final morning where I got up early to photograph the dawn, as is my habit, and was rewarded by a beautiful sunrise with alpenglow the surrounding mountains and gums providing silhouettes for contrast.

If you want to see more photos and the story of that trip, then please look up [natureloverswalks.blogspot.com.au/](http://natureloverswalks.blogspot.com.au/) and search for Perrins Bluff.



Gibb River road  
during the wet  
Sebastien Heritier



Spinning  
Dan Broun



Midsummer in  
Midwinter Canyon  
Tom Brennan



Mt Anne Panorama  
Nick S



Mt Ngun Ngun  
Cams



Evening glow  
North-north-west



# Non-landscapes

## January 2014

WINNER



The tricky part  
Nick S

A friend and I were making our way up the southern face of Mt Anne on day one of our Mt Anne circuit traverse. We had passed this group of young men as they were cooking pre-summit attempt pasta, and I just snapped this shot as we returned down.

I like this photo as it illustrates each person negotiating their own way through the particularly difficult section of the climb, showing some of the scale and maybe explaining why not everyone makes it to the top!



Silent Witness  
Dan Broun



Diamond Coils  
Tom Brennan



Bells on the Needles  
North-north-west



Standing Strong  
Cams



Death on the mountain  
Doogs



A delicate and beautiful  
flower (Woolly Teatree)  
MJD



## GEAR FREAK

The Terra Nova Equipment Laser Competition 1 (LC1) is a single-person three-season tent. With more attention to detail this tent would be outstanding.



Tent zip grip  
After I added the zip tags. I have zip tags on all zips.

# Terra Nova Equipment Laser Competition 1

by Stephen Lake

The **Laser Competition 1 (LC1)** is surprisingly big inside for the weight, about one kilogram. The inner has enough room for a tall person to sleep, and some gear. One person advised “What I really didn’t like about the tent was the sagging inner, it was low and it would be very close to my face.” The inner is just high enough to sit up, although a tall person would probably be unable to do so. There’s a good balance of weight and room.

The LC1 is supplied with the inner and fly attached so the tent can be pitched as one. This is better than pitching separately: connecting the inner and fly is fiddly, with a number of toggles and small buckles. I like the fact that the fly can be pitched alone. Too many tents have a stupid design of pitching the inner first, which means that if it’s wet the inner gets wet. Not good. As a matter of course or in an emergency the LC1 inner can be taken down so that the fly sleeps two people, drafts included.

The design is quite clever, with a single hoop in the middle and two short straight poles at the ends, giving good stability. One neat feature is that the ends of the hoop sleeves are reflective, not seen until I approached the tent at night. The guys are also reflective.

The inner ends are half mesh, and being fairly small there is not much draft, if any. The inner door has a mesh top with a full width opening, really good and far better than half doors that force a person to sit up and bend awkwardly to get gear in the vestibule. The LC1 is warmer than tents with all mesh inners. The vestibule is beside the person, also a good design, with quite adequate room for a pack and other gear.

To hold the floor in place there are toggles to a light strap between the hoop ends. By undoing the floor toggle at the entry the floor can be pulled back slightly, allowing cooking with more clearance to the fly.



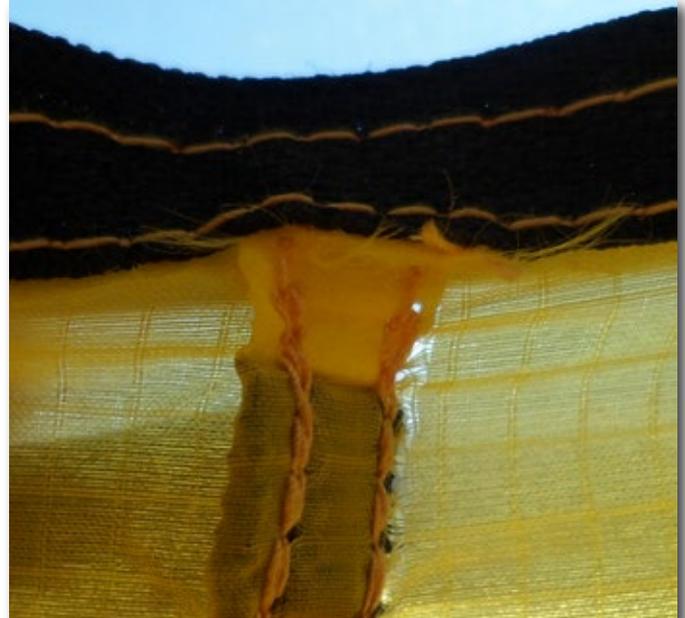
A small stove quickly warms the tent. The LC1 comes with a warning not to cook inside the tent; I've cooked in tents for decades, and with care this is usually quite safe. However, when cooking inside a tent there's always the risk of the tent catching fire, and carbon monoxide poisoning, so campers should be mindful of these issues.

Whilst the design is good, the attention to detail is patchy. I found 13 minor and seven major aspects that need attention. Of these 20 aspects, 14 are fact and six are my view. In several places, poor design means that force is put on just one stitch. After just seven nights the inner back floor toggle and the inner door apex toggle are in danger of ripping the tab and inner, with others nearly there. Redesigning of these and other aspects as I suggest is urgently needed, and would greatly improve functionality and reliability. All my concerns relate to design issues, and all are easily resolved during manufacturing, most for minimal or no extra cost or weight.

Terra Nova advised "The actual tent tested was purchased second hand by the reviewer therefore it is difficult to comment on the points made relating to product quality as we do not know where, how and how much it has been used by previous owner(s) nor the age of the tent. To comment on the quality of a tent in a review when its previous history isn't stated to readers is misleading."

This is a fair comment. However, I was assured that the tent I bought had just five nights of use, and the tent was in as-new condition, no sign of wear. Also, the shop tent that I inspected was exactly the same design as my tent. Terra Nova did not deny any major design issue that I raised.

For example, the peg loops over the main hoop sockets cannot be used as they are above the hoop socket tag and are too small. The shock cord loops should have single fisherman's knots. I'm not keen on the black floor – too gloomy. Like other tents, zips should have tags.



**Toggle at the apex**  
From the inside to the apex stitching. After just a few nights the stitching is tearing.



**Patches**  
From the inside, looking at the patched tears. (For information, I made a buttonhole on the patch and forced it over the toggle.)



**Floor toggle**  
All the force is on one stitch.



**Hoop peg cord**

The peg loop is too short to use. This is after I have added a cord to the loop.

The pegs are like long toothpicks and do not inspire confidence; in soft ground they work but not in hard ground. Conventional pegs are heavier but work in most conditions. The guy sliders defied analysis, and were taken off. In any case I have not used sliders for at least ten years. Exped sliders appeal – simple, easy to adjust in cold weather, and lock tight. Unlike Mont Moondance and other tents there’s no hanging loop at the inner apex for a small lamp.

Whilst light-weight fanatics will doubtless decry the extra grams, functional aspects should not be sacrificed just to get the weight under one kilogram.



**Tent light**

After I had added a loop for the light at the inner apex.

Terra Nova said “The same style of tent is available in our Wild Country range using different fabrics and adding back some of those details that were removed on the Laser Competition 1, for those customers who like the style but are prepared to carry a little more weight.” A tent that lacks function and starts falling apart after a few nights is unsatisfactory.

The LC1 as sold does not have my confidence in strong winds, and comes apart too easily. Due to the risk of fabric tearing or stitches pulling (already visible), several hours of unpicking and sewing were needed before my LC1 could be relied on.

Some people report that the LC1 has condensation problems and that a high vent is needed. This would certainly assist in minimising condensation, but is it worth the extra weight and cost? Maybe; this is very much a personal choice. On balance, a high vent or one on either side of the apex seems indicated.



**LC1 Bag**

This shows the LC1 in the bag with the short end poles. It compresses more than this.

The packed LC1 tent volume is minimal. Erecting the LC1 is quite simple, although putting in the short end poles may be hard in cold weather. You can leave the end poles in their sleeves when packing.

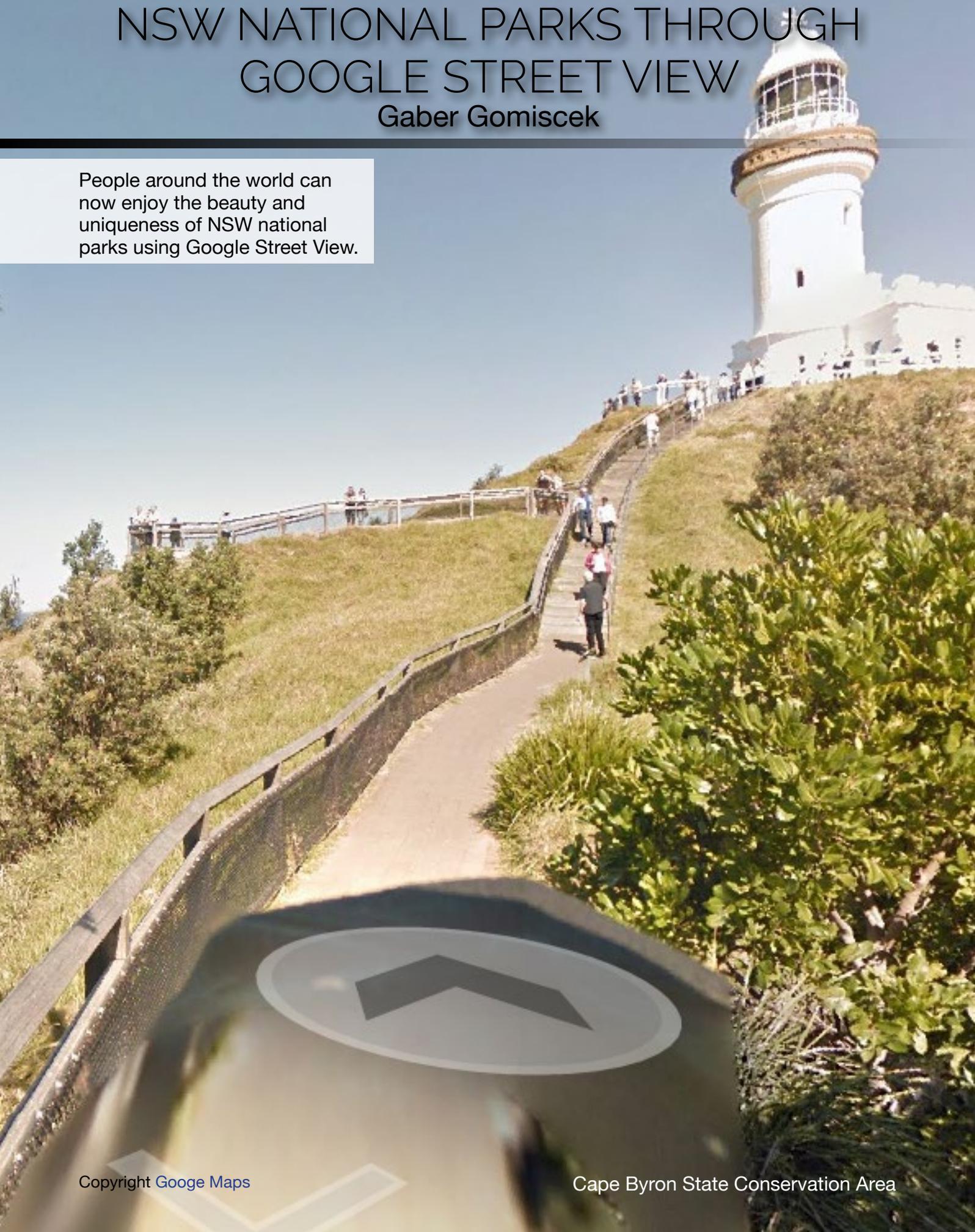
Despite the flaws I like the LC1: light, simple, roomy, warm, stable, and has the fly pitched first or with the inner. I’d take this tent anywhere except in the snow, and the LC1 will survive light snowfalls. With the above shortcomings fixed the Laser Competition 1 will be towards the top of the single person tent class.



# VIRTUAL WILDERNESS TOUR OF NSW NATIONAL PARKS THROUGH GOOGLE STREET VIEW

Gaber Gomiscek

People around the world can now enjoy the beauty and uniqueness of NSW national parks using Google Street View.



Street View was announced to the world in May 2007. Twenty eight of major metropolitan areas of both Australia and Japan were added to Google Street View in August 2008. Underwater imagery in Australia, Philippines and Hawaii (United States) were added in September 2012. And now NSW national parks.

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This is a result of partnership with NSW National Parks and Google, allowing you to get a bird's-eye view of what it is like to explore the diverse landscapes found in NSW national parks. Of course that could be just a preparation before experiencing it for yourself.

How is that done? A specially designed backpack with 15 cameras is strapped to the trekker's back. Well, it does look a bit unusual and it's not exactly light either - 18 kilograms. Once all the equipment is in place, then all they have to do is walk their planned tracks. The cameras take images every 1.5 seconds to provide 360-degree panoramic images, which are then included into Google's Street View catalogue.

"NPWS have captured 360-degree imagery of 25 parks from Kosciuszko to Cape Byron, covering over 400 kilometres of walking tracks and 700 kilometres of roads and trails," Mr Rob Stokes (NSW Environment Minister) said. He went on to say "This new service means people can scope out walks before they travel or get a glimpse of places they would otherwise find inaccessible."

Google Street View within NSW National Parks was showcased as part of the IUCN World Parks Congress in November 2014. Check it out for yourself:

- Kosciuszko National Park ([Mount Kosciuszko Summit walk](#), [Illawong walk](#))
- Dorrigo ([Skywalk lookout](#))

- Sydney Harbour National Park ([Bradleys Head to Chowder Bay walk](#), [Fort Denison](#), [Fairfax walk](#))
- Royal National Park ([Wattamolla picnic area](#))
- Border Ranges National Park ([Bar Mountain lookout](#))



- Cape Byron State Conservation Area ([Cape Byron walking track](#))
- Bouddi National Park ([Bouddi coastal walk](#), [Box Head track](#))
- Ku-ring-gai Chase National Park ([Aboriginal Heritage walk](#), [Sphinx Memorial to Bobbin Head loop track](#), [Gibbergong walking track](#))
- Barrington Tops National Park ([Barrington trail](#), [Careys Peak walking track](#), [Gloucester Falls walking track](#))
- Tomaree National Park ([Tomaree Head Summit walk](#))
- Dharug National Park ([Old Great North Road - World Heritage walk](#))
- Montague Island Nature Reserve ([Montague Island walking track](#))

NSW national parks can be seen around the whole world using Google Street View. I am curious: "How is this going to help people and improve our native biodiversity?" I believe that seeing these amazing places will help better prepare people for walks. Hopefully the more people that get out there and enjoy these places - the more people will be willing to stand up to keep these (and see more) places protected.

### Related Links

Wildwalks "[Emuview](#)" - a similar but smaller scale system.

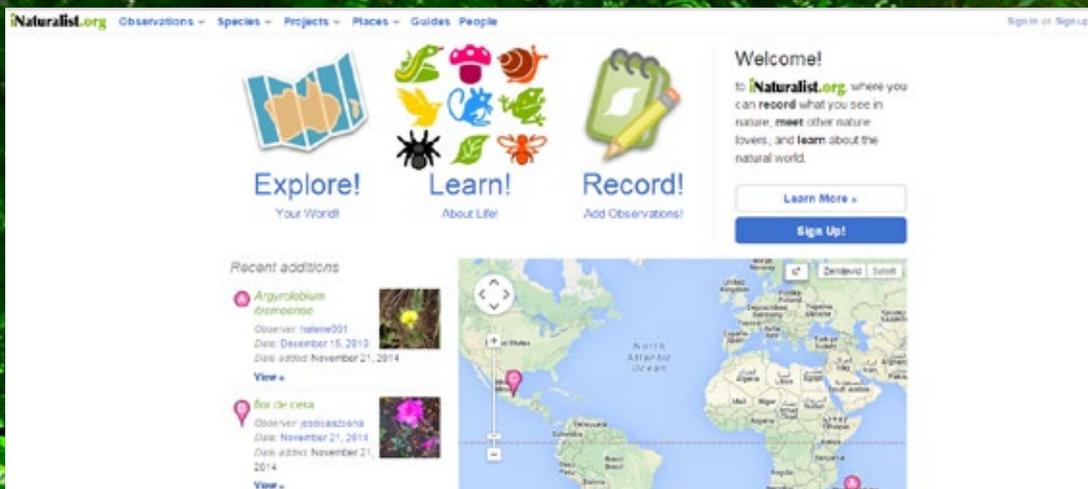
Older [Trekker](#) thread on [Bushwalk.com](#).



# TECH SECTION

Want to know the name of the plant or an animal you saw?

Have you ever photographed a plant or an animal and wondered what it was? Become an iNaturalist and the community can help. Upload the photo with a few details and people will help identify it for you. It is also a great way to contribute to a great citizen science project.



## Rescue me balloon

There are many emergency call systems on the market. This is a new novel approach, a fancy auto-inflating helium balloon with a built-in flashing light and tether line. Whilst it's a clever idea, I'm not convinced this is a great idea for bushwalkers. I'm not sure how well it will perform in extreme weather, or if it will reliably escape through denser tree canopies. They have a green non emergency version that you can use to mark base camp, could be handy in a few situations. I think it would be a shame to be walking some remote place and see a few balloons floating above the forest. I'm also worried about any device to save my life that relies on a random person spotting an unusual object then calling for help - I could be waiting a long time. If I'm have an urgent medical problem I'd prefer the fast and more reliable PLB. What do you think?



# CALENDAR 2015

The calendars have just come back from the printers. They look great and the pre-ordered ones are in the post. They showcase some of the best photography from the [Bushwalk.com photo competitions](#) this year. The calendars are \$12.50 each (including postage). They fold closed (to about A4 size) and hang open as a portrait A3 sized, there is a PDF preview online. There are still about 40 left so if you would like one please order now [bushwalk.com/store/catalog/product\\_info.php/products\\_id/72](http://bushwalk.com/store/catalog/product_info.php/products_id/72).

www.bushwalk.com

2015

Golden Lilac  
by Dan Broun

There's a chance you might win a calendar for free if you fill out one (or both) of these surveys.

We did an overview of best walks of all states in the previous edition. Now we would like your opinion on just ACT. Here's the link to the survey: [best walks in ACT/viewform](#).

The second survey is on inexpensive gadgets or tricks to replace a gadget. We all have a trick or two up our sleeve, so why not share. Here's the link to this survey: [gadgets/viewform](#).

Out of all filled out forms we will randomly pick three, so please don't forget to write in your email address or Bushwalk.com username so we can contact you. Good luck!



# NON-COOK MEALS FOR SUMMER

## Sonya Muhlsimmer



Now summer is here, we can expect to see many hot, dry and windy days. Perfect time to leave the stove at home and enjoy non-cook meals. Fire bans could be declared anywhere and at any time. Total Fire Bans prohibit use of any equipment that may act as an ignition source, which usually includes bushwalking stoves. The ban lasts for a minimum of 24 hours, and depending on the weather could last a few days. States and territories have their own Total Fire Ban guidelines. When planning your walk, make sure you know your area's rules and consider postponing your walk during a Total Fire Ban. Sometimes though we are out when a fire ban is declared so good planning also includes preparing your food to suit the conditions.

We usually cook our evening meals, so what can you eat if it is hot? This should be fine: no-cook meals are the way to go, and here are some easy treats.

# Greek Sardines

## (one serve)

Sardines are packed with B vitamins, minerals, omega 3 fatty acids and protein, and they are ready to eat from a small can. You can choose sardines in a sauce, oil or water. Any type can be mixed through the cous cous for extra flavour. For an alternative, tempeh is made from fermenting soy and is also available ready to eat. It is a complete protein food (contains all the amino acids), and is high in vitamins and minerals, especially calcium. Protein is crucial for the rebuilding and repair of broken down muscle that occurs during training and exercise. So, this meal is not only a no-cook meal, it so easy to prepare and is so good for you!

### At home

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

Copy or print out *Method at camp* and keep with the bags.

### Method at camp

Place the contents of Bag 1 & 2 (SDT & olives and cous cous mix) into a bowl. Add ½ cup of cold water over the cous cous mix and leave aside for 10 minutes. Serve with the sardines (or tempeh) over the cous cous and enjoy.

### Hints and tips

- For the vegetarian option (tempeh), cut it up and toss it through the cous cous.
- Dried olives are available online.
- In my recipe book (coming soon!), I will show you how to coat the sardines (or even some tofu) in breadcrumbs and fry them.



### Bag 1 (SDT & olives)

Item	Amount (cup / spoon or grams)	
Dried olives	4	4 grams each
Sun dried tomatoes	2	10 grams each

### Bag 2 (cous cous mix)

Cous cous	1/3 cup	57 grams
Dried dill	1 tsp	1 gram
Lemon pepper	½ tsp	2 grams
Dried onion	1/8 tsp	0.5 gram
Dried garlic	1/8 tsp	0.5 gram
Salt, pepper	few pinches	

### Tin sardines - keep separate

Tin sardines	1 can	106 grams
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**Water** - 1/2 cup



# Chicken Noodle Salad

## (one serve)

Shelf fresh Hokkien noodles can easily be soaked in cold water to prepare. This makes quite a handy ingredient for us campers who are restricted by a fire ban, or who just don't want to cook. Noodles are high in carbohydrates, and carbohydrates are the most important energy for the body. It is the principle energy source, and bushwalker's key fuel source to keep us going. The noodles themselves don't have much flavour so it is what you do with them that counts; they absorb flavours from the ingredients you add to them. So let's add some things.



### At home

Label the bags and place all ingredients into the allocated bags and container.

Copy or print out *Method at camp* and keep with the bags.

### Method at camp

In a bowl, soak Bag 1 (noodle mix) in 1 cup of water for 10 minutes. Discard the water then add Bag 2 (shallot mix), container of sauce and the chicken. Mix through and serve.

### Hints and tips

- For the vegetarian option, tempeh can be used. Slice it up and toss it through.
- Any flavour of tinned chicken can be used, however for this dish I recommend the sweet chilli sauce flavour.
- Sea vegetables are available in any good health food shop.

### Bag 1 (noodle mix)

Item	Amount (cup / spoon or grams)	
Shelf fresh Hokkien noodles		100 grams
Sea vegetable	2 Tbsp	3 grams

### Bag 2 (shallot mix)

Fried shallots	2 Tbsp	12 grams
Fried noodles	2 Tbsp	6 grams
Sesame seed	1 tsp	3 grams
Chicken stock	½ tsp	3 grams
Lemon pepper	¼ tsp	1 gram
Dried onion	1/8 tsp	0.5 gram
Dried garlic	1/8 tsp	0.5 gram

### Container

Dark soy sauce	1 Tbsp	20 grams
Peanut oil	½ tsp	2 grams
Sesame oil	½ tsp	2 grams
Mirin	½ tsp	3.5 grams
Chilli oil	few splashes	

### Chicken in sweet chilli sauce - keep separate

Chicken in sweet chilli sauce	1 tin	85 grams
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# MAGAZINES



Wild  
Nov-Dec 2014  
Wild, Australia's wilderness adventure magazine

- How the west was won
- Highs and lows on Lows Peak - Mount Kinabalu
- How to survive on a desert island

Price: \$47.95 for one year

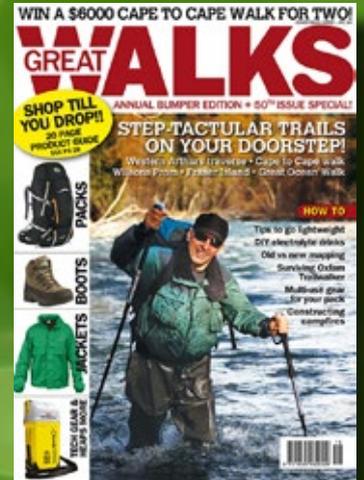
Subscribe Link  
[wild.com.au/subscribe](http://wild.com.au/subscribe)



AG Outdoor  
Dec 2014-Jan 2015

- The best Christmas gift ideas, and include a special selection of our favourite adventure books and DVDs as well
- Escape the Christmas/summer rush by selecting our favourite weekend destinations in each state and territory in Australia
- Peak-bagging in Tasmania, tackle a fantastic cycling adventure in New Zealand's North Island, and profile Jason Beachcroft
- Expert gear tests and an extensive How To guide to buying hiking boots, and this issue is yet another winner.

For even more adventure, see [agoutdoor.com](http://agoutdoor.com) or FB Australian Geographic Outdoor.



The Great Walks  
Dec 2014-Jan 2015

- T20 page buyers guide
- 10 top lighthouse walks
- Western Arthurs traverse
- Exploring Oman and Burma
- Multi-use outdoor gear

Read more on [greatwalks.com.au/](http://greatwalks.com.au/)



As the one year anniversary of my step-fatherhood approaches, the kids and I have become incredibly close; aided by the fact that their mum has a 'real job' now, leaving some weeknights and Saturdays where it's just the three of us. It's about as different as it gets from my old life, but I love it.

Though the weeknights are usually a slightly hectic flurry of dinners, baths, and bedtime stories, interspersed with occasional tantrums, the Saturdays give us time to just hang out and enjoy each other's company.

We grab every chance we can to get out and enjoy some fresh air. The kids were just starting to tire of spending hours in all of the local playgrounds, when we discovered [Munzee](#).

Munzee calls itself the '21st century scavenger hunt'. It's kind of like a much easier version of geocaching. Using an app (which is available for [iOS](#), [Android](#) and [Windows](#)) and the GPS on their mobile device, players find Munzees which other players can deploy just about anywhere. Every Munzee captured gives points to both the player who captures it, and the one who deployed it.

Physical Munzees are either [QR codes](#) or [NFC tags](#), which need to be captured by scanning with a device. The other type, which is less fun but much easier, is the Virtual Munzee, which is nothing more than a prescribed geographic location that can be captured as long as the player is within 91 metres (300 feet).

Within these types, there are [loads of different sub-types](#) which offer varying amounts of points. Blast Capture credits can even be found, which allow players to capture up to 100 Virtual Munzees within a 1.6 kilometer (1 mile) radius, all in one go.

Apparently there are people playing worldwide now, with at least one physical Munzee deployed in every continent. Yep, even Antarctica.

Anyways, the kids caught on quick, and now love it even more than geocaching. I think it's the fact that it generally requires much less thinking. I was sceptical at first, seeing more

value in the challenge of geocaching, but I've come around now. Sometimes you don't feel like thinking too much.

On a typical Saturday, we head to a local park and Munzee our way around for two or three hours. Once we have a rough idea of a Munzee's location, I give the kids a clue and they run off to find it. Before we know it, we've walked a couple of kilometres, having a laugh and stopping for a play along the way. By the time we make it back to the car they're usually exhausted, but these days out have often been known to end with cries of "I've had the best day ever." Basically, everyone wins.

If you've got small children it's a brilliant incentive to get out and about in the fresh air, and get some exercise without the kids even noticing. You should give it a go.

More on Munzee here [munzee.com](http://munzee.com).



#### 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.

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# SPORTS DRINKS AND ELECTROLYTES

Matt McClelland aka Wildwalks

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We all know that water is essential for life and you can never have enough of a good thing - or can you? The common saying “The dose makes the poison” was first expressed by Paracelsus in the 1500s and is still the basic principle of toxicology. Let’s look at the risks of not drinking enough or too much water. Let’s also check out what all that sports drinks fuss is about.

### Why is water so important for the body?

About 60% of our body is water, which is the main distributor of vitamins and minerals to our cells. Water transports toxins out of the body and helps process all the food we eat. It also regulates our temperature (sweating helps cool us down). It even lubricates joints and acts as a shock absorber for our eyes, brain and spinal cord. An average adult replaces between **two and three litres** of water per day. Most of our water comes from the food we eat. We even make about a cup of water each day through metabolising fat - clever.

### Not enough water

We all know the proverb that when you start feeling thirsty, you are already dehydrated. The signs of mild dehydration are thirst; tiredness; headaches and a decrease in alertness, concentration and memory as well as a loss of endurance and physical skills. That's a red alert to start drinking, but not in litres; lots of smaller sips tend to be kinder to your body and help you bounce back faster.

### Too much water

When drinking water beyond thirst (such as during a long bouts of intensive exercise), the sodium in your body can become diluted. This is called **hyponatremia**. If hyponatremia leads to nausea and vomiting, headache, confusion, lethargy, fatigue, loss of appetite, restlessness and irritability, muscle weakness, spasms or cramps, seizures, and decreased consciousness and possible death. Although this is pretty rare, it seems more likely in tropical areas and is worth being noted in these regions. Risk

of dehydration is a much more common problem, so don't use this as an excuse to not drink enough, but do keep it in mind. Too much of a good thing can be bad.

### Are you a salty sweater?

Weird questions I know - but trust me, it is relevant. Some people sweat more salt than others. People with saltier sweat tend to have higher salt intake needs. You are likely a salty sweater if you get white marks on your skin and shirt or if you get a gritty feeling on your skin after exercise - these are salt residues. Other signs include when sweat stings your eyes or cuts in your skin.

No need to stress. Many people are salty sweaters, but you will need to be more aware of getting enough sodium and potassium. You can do this through a diet, but if you are exercising and needing to drink a lot, than sports drinks with sodium and potassium are likely to improve your performance and health.

### Benefits of sport drinks

"For the average person who goes out for an hour to play tennis, there is no need for these beverages," said Dr. Michael Sawka, chief of the Institute's Thermal Physiology and Medicine Division. Importantly, he goes on to say that sports drinks can help people who exercise strenuously for more than an hour at time. He also says that if you don't like to drink plain water then a sports drink is better than a soft drink. So if you are on a strenuous bushwalk and sweating a lot, a sports drink may help improve things.

### What are Electrolytes?

**Electrolytes** are salts (charged ions) ) are salts (charged ions) that float around your body doing lots of pretty cool things. In particular they are critical for allowing nerves to send their signals and for regulating your blood pressure. Your body is constantly playing a balancing act to keep water and electrolytes just right. If your sodium level drops then your kidneys will produce more urine so you pee out excess water. When sodium levels are high you get thirsty - you drink to restore the balance. We normally get all the electrolytes we need through our food.

There are two main salts in sports drinks - sodium and potassium - which your body needs to keep in balance. Too much sodium and your blood pressure can rise to dangerous levels. Not enough potassium and you will be weak, get muscle cramps and have dangerous abnormal heart rhythms. As a **general rule** most of our diets are too high in sodium and low in potassium.

### What is in sport drinks?

There are three key ingredients in most sports drinks. They are obviously mostly water, handy for hydration. Secondly, they generally have a lot of sugar, not so great. The third main ingredient are the salts, primarily sodium and potassium.

Sodium is found in most processed foods in the form of Sodium Chloride. Potassium is found naturally in green leafy vegetables, potatoes and dried apricots. Bananas are probably the most famous natural source of potassium.

Most sports drinks can be obtained in ready to drink or powder form. There are also plenty of recipes online for DIY. Obviously powdered drinks are lighter for walking if you are able to collect water along the way.

### So should you drink a sports drink?

Clearly I am going to come up with some lawyered wimpy response: please consult with your doctor or dietician. But in this case I really think it is a good idea if you are doing extreme or long duration walks. You may survive based on general advice, but no-one has a normal body, and who wants to just survive. Surely we want to enjoy ourselves.

Unless your plan is to go hard and fast (in which case you really should get professional advice and build up to it) then a well-balanced diet and enough water to quench thirst will do you fine. I am a salty sweater, so I generally carry powdered sports drink with me and mix up a batch or two on long warm walking days. I find that the flavour also helps me drink enough water, otherwise I tend to not get enough fluid into me.

In terms of hydration, the rule of thumb is listen to your thirst and check the colour of your urine – it should be pale yellow. If you are thirsty or your pee is a darker yellow, then drink more. If it is hot and you are sweating hard, then rest to reduce your fluid and salt loss. In most cases sports drinks are a bit of yummy hype. You can get the salts you need from your diet. If you have been working hard and sweating hard for an extended time; if you think that you have lost salt or it has been diluted with too much water, then there may be some value in the sports drink for you. Listen to your body, rest when you need to, eat well, drink enough and have fun

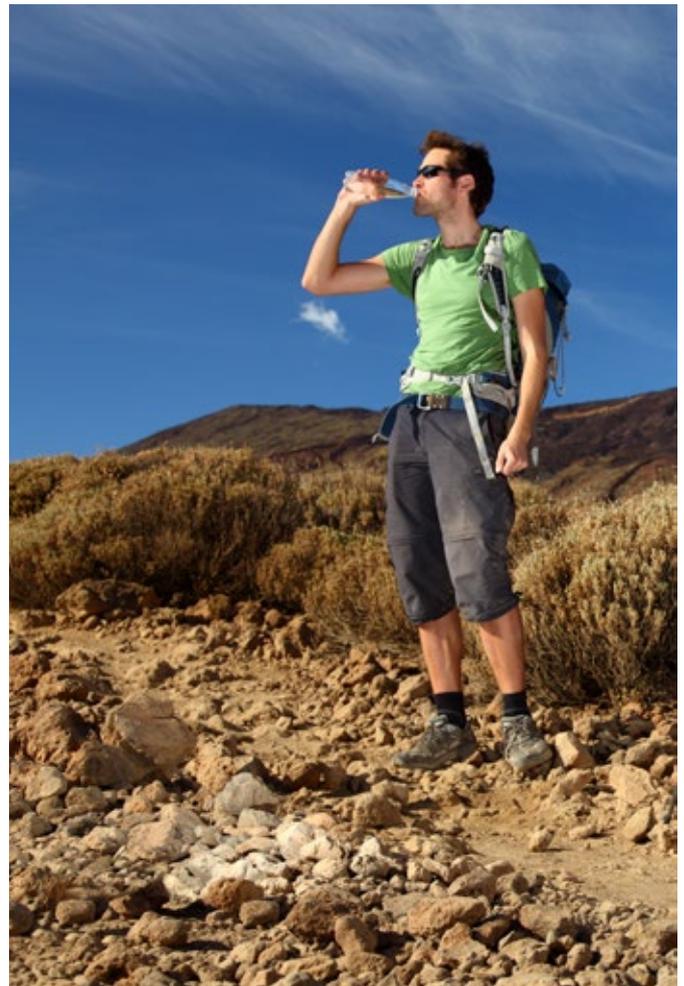
### Further reading

[Striking a Balance: Less Sodium \(Salt\), More Potassium](#)

[Current US military fluid replacement guidelines](#)

[Water purification article in the second edition of Bushwalk.com emag](#)

[Don't Guzzle the Hype](#)





Rainbow of reflections - afternoon at Fortescue Falls  
by Tom Brennan

# IN THE NEWS

## No more permits for bushwalking groups in Queensland

Small-scale non-commercial activities conducted by groups of twitchers and bushwalkers will no longer need a permit to enter Queensland's national parks. ↗

## Tasmanian bushwalking shutterbugs celebrate 60 years

Members of the [Launceston Walking Club](#) are celebrating their 60 year anniversary of taking photos and exhibiting them on annual exhibitions. ↗

## Near real time satellite maps?

From their home in San Francisco, they design, build and operate a network of satellites that they call "Doves." In January 2014 they delivered Flock 1, the world's largest constellation of Earth-imaging satellites, made up of 28 Doves. Together with subsequent launches, they have launched 71 Doves, toward imaging the entire Earth, every day. Imagine being able to see areas burnt by fire, flooded by rains or trashed by a storm. Imagine a world where walking maps were up to date. Not here yet but there is hope. ↗



## Secret Spots Revealed in Trail App

The best walks in Warringah are now available in a web-based interactive app on [warringah.nsw.gov.au](#). Mayor of Warringah, Michael Regan, said the app reveals new facts about the area. It allows people to zoom in on their location and learn fascinating information about specific sites. It also gives important details such as accessibility and facilities. He hopes the app will encourage more people to take up walking and discover the hidden secrets of Warringah. ↗



# UPCOMING EVENTS

## [Barooga Walking Club](#)

have a new walking track, and as part of the launch of this new facility, they are holding a Fun Run and Walk on 6 December 2014. Come and help them celebrate this momentous occasion, while raising money for a great cause. All money raised will be donated to breast cancer research. [↗](#)

## [Wilderquest](#)

NSW parents check out Wilderquest for some stuff to keep your kids wild during the holidays. [↗](#)

## [Wild](#)

A movie that chronicles of one woman's 1100 mile solo hike undertaken as a way to recover from a recent catastrophe. The movie premieres nationally on 22 January 2015. [↗](#)



If you have any events you'd like to include in the next editions, please leave a comment. [↗](#)

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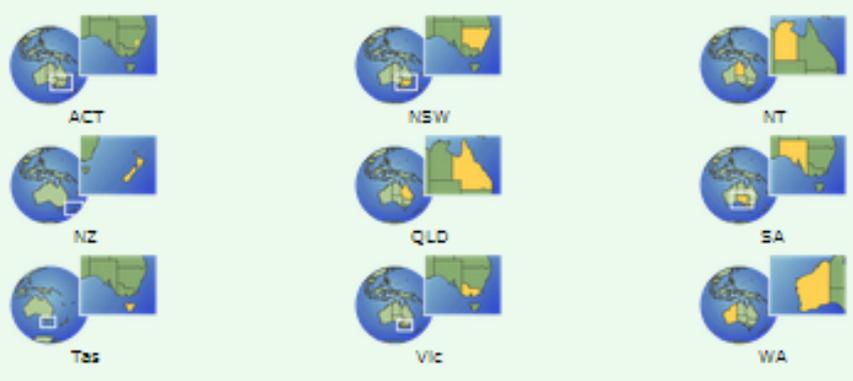
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