



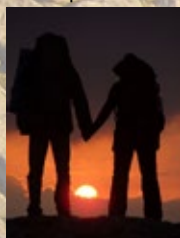
Best of the ACT

Volume No 9, February 2015

Bushwalk.com Magazine  
An electronic magazine for  
<http://bushwalk.com>  
Volume 9, February 2015

**"We acknowledge the Traditional Owners of this vast land which we explore. We pay our respects to their Elders, past and present, and thank them for their stewardship of this great south land."**

Cover picture



Man and woman on the top accompany a sunset by Dmitriy

Editor

Matt McClelland  
[matt@bushwalk.com](mailto:matt@bushwalk.com)

Design manager  
Eva Gomišček  
[eva@wildwalks.com](mailto:eva@wildwalks.com)

Sub-editor  
Stephen Lake  
[stephen@bushwalk.com](mailto:stephen@bushwalk.com)

Graphic designer asistant  
Gaber Gomišček  
[gaber@wildwalks.com](mailto:gaber@wildwalks.com)

Please send any articles, suggestions or advertising enquires to Eva.  
The copy deadline for April 2015 is 1 March 2015.

#### Warning

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

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

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

4

Letter from the Editor

5

@ Bushwalk.com

6

Gardens of Stone National Park  
[A bushwalker's paradise](#)

12

We have more parks than ever  
[So why is wildlife still vanishing?](#)

16

ACT's best walks

30

Walking in your bush capital  
[Johnny boy's walkabout blog](#)

34

Granite hunting near canberra  
[Canberra Bushwalking Club](#)

38

Two Centenary walks  
[Parliamentary Zone walk and Mount Ainslie walk](#)



46 | Bushwalking NSW politics

52 | Photo gallery  
Get ready to be amazed

70 | Gear freak  
Powering the 21st century bushwalker

76 | DIY Water container  
And three ways of collecting water in tricky places

80 | Terra Rosa gear  
Custom manufacturing for ultra-lightweight gear

82 | A quick guide to blister prevention for buswalkers

86 | 5 fishing and walking tips

90 | It's in the bag  
Zip-lock bag cooking

94 | Waterways guide mobile app



# FROM THE EDITOR

I hope this edition finds you well.

After our popular Best Walks of Australia edition and all the feedback I got, this edition is the start of a new series. We are going to work around the country looking at the best walks of each state. The walks included come from you, based on the survey in last edition. So here we kick off with the ACT.

I have been surprised at the wonderful variety of walks. I also continue to be humbled by the generosity of people in the bushwalking community for the time and effort they spend to share their experience. Thanks again to the wonderful people who contribute their images and articles.

This edition is very NSW and ACT centric. I do try to make each edition as broad as possible. Over the next handful of editions we will take a tour of the country. I hope you'll find some new places to explore.

It is an honour to share two letters with you in this edition. One from the NSW Minister of environment and one from the Shadow Minister. These are in response to a series of questions I sent them. I hope you find the questions relevant and the answers helpful.

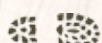
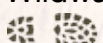
I hope you enjoy this edition and share it with your walking friends. Please continue to use the thumbs up/down links - the feedback is very helpful. Please also answer the survey to help us with next edition. Thank you.

This edition is dedicated to Richard Stanton. A wonderful friend, brother, dad and husband. He loved to explore the ACT by foot, peddle and paddle. He will be greatly missed.

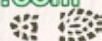
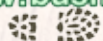
Happy walking

Matt McClelland (aka Wildwalks)

matt@bushwalk.com



[www.bushwalk.com](http://www.bushwalk.com)



## Declaration

The bushwalking community is a small world and paths often cross. To improve transparency I thought it be helpful to list my associations within the outdoor community. In many cases I approached the authors of the articles included in this edition and suggested the topics. These are people I know through [Bushwalk.com](http://Bushwalk.com). I operate [Bushwalk.com](http://Bushwalk.com) and [Wildwalks.com](http://Wildwalks.com) and have written 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. 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. There is some commercial advertising through the magazine. I have probably forgotten something - if you are worried about transparency please either write to me or raise the issue on [Bushwalk.com](http://Bushwalk.com).



# BUSHWALK.COM

## Share your wisdom

Matt McClelland aka Wildwalks

### Best walks in the Queensland

One edition ago we shared a review of the best walks in the ACT as voted by our walking community. With lots of help from and knowledge of [John Evans](#) we created a list that covers a large number of walks. In the next issue we'll be focusing on Queensland. 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 the image below which will take you to the survey.



### Tips, tricks and gadgets

We received many good tips from our readers and will be including them in the future editions. You can check the first one below. If you'd like to share your walking tips, please click on [this link](#) or the image below which will take you to the survey.



BUSHWALKING TIP

**A spare old light weight tent fly/nylon  
doubles as a picnic rug  
and as a rain shelter to cook under.**

tip by Sir TrekkaLot

[www.bushwalk.com](http://www.bushwalk.com)



# GARDENS OF STONE NP A BUSHWALKER'S PARADISE

Michael Keats, Brian Fox and Yuri Bolotin  
("The Bush Explorers")

The Gardens of Stone National Park north-west of Lithgow is part of the World Heritage listed Greater Blue Mountains. The Gardens of Stone National Park (presently 15,010 hectares) consists of three disparate areas separated by rural land and coal mining leases. It adjoins several state forests and the Wollemi National Park. The Gardens of Stone is an area of unique and outstanding beauty no serious bushwalker can afford to miss.



## What makes the Gardens of Stone so unique?

In presenting the case for extension of the Gardens of Stone National Park (Stage 2) Alex Colley of the Colong Foundation wrote,

*“The unique qualities of the Gardens of Stone...include the “pagoda” formations created by ironstone bands within the sandstone, and a high density of rare plants and endangered upland swamps. Despite the infertility of its soils, the area is threatened by development proposals because of proximity to Sydney, but it contains no commercial natural resources that are not found in abundance elsewhere. Its real value is in its scenic and bio diversity qualities, which are enhanced by its ready accessibility.”*

Pagodas are amongst the most beautiful natural landforms that jointly Mother Nature and Father Time have wrought. The Gardens of Stone National Park is blessed with one of the largest (if not the largest) contiguous areas of this erosion residual land forms in the world. Combine this with the high concentration of rare and endangered species, as well as the sense of wilderness that permeates the park's landscapes, and

you have the recipe for a bushwalker's paradise.

The susceptible sandstones with their ironstone banding give rise to bizarre sculptural manifestations scattered over hundreds of square kilometres. Where sandstone outcrops appear in ravines and gorges, running water charged with the products of erosion has carved dramatic forms that adorn or have become canyon walls, embellishing surrounding cliffs and gullies with unique features.

**“The Gardens of Stone National Park is blessed with one of the largest contiguous areas of this erosion residual land forms in the world.**

There are great slots; contorted twisting canyons; winding ramps; gentle waterfalls; rushing rapids, great caverns; keyholes; sinuous passageways; and high above, turreted peaks and pinnacles that reach for the sky. Exploring this terrain is to embark on a never-ending adventure of discovery. Every journey in this wonderland requires patience, careful navigation, physical stamina, constant vigilance, resourcefulness and self-discipline.



Cathedral Cave  
by Emanuel Conomos



Where massive cliff lines overhang deep valleys, routes can be discovered, often presenting as a complex combination of ramps and slots. Within these routes are countless glorious formations, deep caves and overhangs, subsidiary clefts and canyons, secret pools, waterfalls, spiral ramps and more.

Pagodas are fragile, decorative pieces that must be treated with enormous care, and trod on lightly (preferably not at all). Tens of thousands of millennia have passed during their creation, yet one careless footfall can destroy delicate ironstone and sandstone tracery in seconds.

### Exploring the Gardens of Stone

The Sydney motorway network has made destinations within the Gardens of Stone National Park accessible for day walks like never before, with formerly remote destinations such as Pantoneys Crown Mountain and Donkey Mountain now well within reach.

The scale of the Gardens of Stone National Park and surrounding areas is huge. One of the most basic tenets for exploring in this area is to set achievable goals; distances are deceptive. Unless you are walking on a fire trail or rare track, progress is inevitably slow. This applies equally to the dry ravine country

**“countless glorious formations, deep caves and overhangs, subsidiary clefts and canyons, secret pools, waterfalls, spiral ramps**

in the western part and the wetter eastern part. Exploring an area with deeply dissected topography takes time. Many walks may show on a map as less than five kilometres in length, yet six hours or more may be entailed in completing the walk. It is not country to hurry in. At all times, party safety must be the prime consideration.

While not mandatory, carrying a 20 metre tape is strongly recommended. Situations can and do arise where setting a tape can make all the difference to the comfort,



SW side of Angus Place trail  
by Brian Fox



wellbeing and safety of the party. Remote area first aid training and keeping these qualifications current is essential for leaders and good for all participants. Always make sure that every member of your party carries an appropriate first aid kit.

Exploring the Gardens of Stone National Park in most “off the beaten track” areas requires above average fitness with some true grit of spirit. If you ever need motivation for keeping yourself in good physical form, fall in love with the Gardens of Stone.

Current maps of this area have many deficiencies. Most Department of Lands topographic maps of the area show topography with 20 metre contours. The scale of 1:25 000 is often inappropriate for the Gardens of Stone National Park. As a result, many major features are not shown and the maps portray a simplicity which is very much at variance with reality. Carrying a GPS and the best quality map you can buy is mandatory in this frequently complex terrain

if you want to verify your position. High-resolution aerial photographs (such as from Google Earth) are useful and often essential. Also, we always carry a Personal Locator Beacon (PLB). Gardens of Stone National Park is that kind of place.

Carrying an adequate supply of water is absolutely crucial. Water is generally scarce; some of the creeks and rivers are polluted. In drier times many creeks cease flowing and cannot be relied on.

### The Case for Conservation

When the Gardens of Stone National Park was declared in 1994, in their collective wisdom the authorities drew borders based on existing pastoral leases, mining leases, and Crown Land boundaries. Pagoda country follows the underlying geology and therefore transcends these conventional and politically expedient boundaries. As a result, the current Gardens of Stone National Park footprint excludes some of the finest rock formations and bushwalking destinations.





A few years ago, the Colong Foundation for Wilderness, the Blue Mountains Conservation Society and allied conservation groups advanced a proposal that would increase the national park to 40,000 hectares by adding several key areas, including spectacular pagoda country of Ben Bullen, Newnes and Wolgan State Forests. Both open cut and underground coal mines have been operating within these areas for a long time, resulting in water and air pollution, massive pagoda collapses, hanging swamp destruction, and further decrease of the habitat of many rare and endangered plant and animal species. In the case of the open cut mining, it causes wholesale annihilation of the entire natural environment. If these extensive parts of the pagoda country remain unprotected for much longer, this unique piece of our national and world heritage will be lost forever.

### What can bushwalkers do to help save this spectacular country?

- 1) Visit the area often while you can. It may not be there in ten or even five years time.
- 2) Share your experiences with others: your friends, your bushwalking club, anyone.
- 3) Document and record what you see – this can be shared in your club newsletters and through social media.
- 4) Use every opportunity to tell politicians that eco tourism is more sustainable and creates more regional income and employment than coal mining.

### Further Information

- 1) Colong Foundation for Wilderness website: [www.colongwilderness.org.au/campaigns/the-gardens-of-stone](http://www.colongwilderness.org.au/campaigns/the-gardens-of-stone)
- 2) Blue Mountains Conservation Society website: [www.bluemountains.org.au/gos2.shtml](http://www.bluemountains.org.au/gos2.shtml)
- 3) Protect Gardens of Stone website: [protectgardensofstone.org.au/](http://protectgardensofstone.org.au/)
- 4) Protect Gardens of Stone Facebook site: [facebook.com/protectgardensofstone](https://facebook.com/protectgardensofstone)

5) Our on-going project is “The Gardens of Stone and beyond” book series. It contains extensive resources – maps, walk notes, as well as natural history of the area. Nine books will be published. Books one to five are currently available. Book six is due to come out in early 2015. See [www.bushexplorers.com.au](http://www.bushexplorers.com.au) for where to buy these books as well as natural history of the area. Nine books will be published. Books 1 to 5 are currently available; Book 6 is due to come out in early 2015. See [www.bushexplorers.com.au](http://www.bushexplorers.com.au) for where to buy these books.



The Bush Explorers

Michael Keats, Brian Fox and Yuri Bolotin have done over 2,500 walks between them. Most of these walks are in the Greater Blue Mountains, and the majority of them are exploratory off track walks in the Gardens of Stone and Wollemi National Parks.

All these experiences have been methodically documented within a number of bushwalking books, including “The Gardens of Stone and beyond” series, which has become an authoritative source of information on the park that is simply not available elsewhere. Check out their website, [www.bushexplorers.com.au](http://www.bushexplorers.com.au), for more details.





# VIDEOS

A video of a five week solo trip to New Zealand. Check out mountains, one of the NZ's greatest walk, a glacier, a jump off the plane at 15000 feet and much more.



To learn more about the trip and author himself, check out [follow-me-new-zealand-5-weeks-photos](#).

And here is an exceptional example of gravity. Check out the video [precarious-bridges-and-towers-of-balanced-rocks-by-michael-grab/](#).





# WE HAVE MORE PARKS THAN EVER, SO WHY IS WILDLIFE STILL VANISHING?

Bob Pressey, Euan Ritchie and Dr Piero Visconti



While we can never know for sure, an extraordinary number of animals and plants are threatened with extinction — up to a third of all mammals and over a tenth of all birds. And the problem is getting worse.

Tasmanian devil



At the same time, we have more land and sea than ever in protected areas (“parks”) — more than 200,000 protected areas covering about 15% of the world’s land area and 3% of the oceans.

### **So why are protected areas making so little difference?**

This is a vital question about the future of nature that should be discussed at Sydney’s World Parks Congress, beginning today.

This once-in-a-decade Congress, led by the World Conservation Union (IUCN), will be attended by thousands. A sobering reality will lie behind the excitement and networking: while protected-area systems expand, we are losing the planet’s species at an alarming rate.

**“...protected areas are only one of our tools, and will never do the job alone.”**

One reason is that protected areas are only one of our tools, and will never do the job alone. IUCN could say, though, that it’s doing the best it can.

But another reason, more confronting for IUCN, is that protected areas tend to be in the wrong places.

### **Protecting the leftovers**

Just about anywhere people have looked, the majority of protected areas are residual — leftover areas of the world pushed to the margins where they least interfere with extractive activities such as agriculture, mining, or forestry.

On land, protected areas are mainly remote or high, cold, arid, steep, and infertile. Similar patterns are emerging in the sea.

Residual protected areas, by definition, make least difference to conservation.

Meanwhile, biodiversity continues to be lost in landscapes and seascapes suitable for clearing, logging, grazing, fishing, and extraction of minerals, oil, and gas.

**“...protected areas tend to be in the wrong places.”**

Residual protection also gives the false appearance of progress because many people equate the number of protected areas and their extent with success.

These figures are only “good news” if they tell us about the difference these parks make to conservation. They don’t.

### **Failing to stop the losses**

The most rigorous estimates of the difference that protected areas make are small.

By 2008, only 7% of Costa Rica’s much-lauded protected-area system would have been deforested in the absence of protection.

Globally, in 2005, the loss of native vegetation prevented by protected areas was 3% of their extent.

These numbers get to the very purpose of protected areas. They are small because protected areas are mainly residual.

### **Aiming for the wrong targets**

Protected areas that make little or no difference should be a major concern for IUCN, especially because targets for protection endorsed by the Convention on Biological Diversity at best obscure and at worst encourage the failure of protected areas to make a difference.

The Convention’s targets are meant to guide decisions on protected areas to 2020. The only unambiguously quantitative target (number 11) says nothing about making a difference. It aspires to 17% of land and 10% of the sea under formal protection.

The result has been a rush to proclaim large, remote protected areas where they are easiest to establish and make least difference. The story is familiar in conservation and beyond: provide a simplistic metric that implies success, and it will be manipulated to achieve high scores.

Another of the Convention’s targets (number 5) gets closer to the real purpose of protected areas, but remains problematic: “By 2020, the rate of loss of all natural habitats, is at least halved and where feasible



brought close to zero, and degradation and fragmentation [are] significantly reduced.”

But there are problems here too. Before we halve the rate of loss, we need to know what the “baseline” rate of loss is — and over what period it should be measured. Should it be measured in the past, when loss might have been slower, or now? Habitat loss also varies across the world — does that mean that reduction in loss rates of some areas can offset faster losses elsewhere?

Several kinds of tropical forests, for example, housing most of the world’s terrestrial species, are being lost rapidly. For these, even a halving of the rate of loss will mean mass extinction.

**“Several kinds of tropical forests are being lost rapidly.”**

### Australia setting a bad example

IUCN’s mission is hindered by recalcitrant governments.

Australia, as host of the World Parks Congress, will show off its conservation wares. The display window is less impressive than when Australia genuinely led global conservation thinking from the 1970s to 1990s.

Our protected areas on land, such as those in the host state, are strongly residual (claims of an improving trend are based on inadequate data).

Australia’s marine parks, which are directed more at satisfying total protected area than protecting threatened marine biodiversity, show other countries how not to protect the sea.

And the only quantitative targets in Australia’s Strategy for the National Reserve System — for protected extent and coverage of regional ecosystems — leave plenty of scope for more parks that make little or no difference.

Not content with marginalising protection, Australian governments are weakening what’s there. Parks on land are being opened up for livestock grazing, industrial

logging, mining, “conservation hunting”, and commercial development.

No-take zones in marine parks are being opened up for fishing. The Great Barrier Reef Marine Park is in jeopardy and the plan to fix it is destined to fail.

### Four steps to make parks work

Here are four ways for IUCN to lead the way to parks that make a bigger difference:

- Stop using targets that give the illusion of conservation progress. These include the number and extent of protected areas and percentages of countries, states, or regions covered. At best they will inadvertently obscure the real signal. At worst they will be used perversely to dress up residual protection.
- Measure success as the difference protected areas make relative to no protection. This is “impact evaluation” in fields such as medicine, education, and development aid, where difference means saving and improving human lives. If saving species is also important, evaluating the impact of protected areas is essential.
- Establish an IUCN Task Force to develop ways for evaluating the impact of protected areas, considering both biodiversity and human livelihoods. Assess the impact of current protected areas to provide lessons for management and future planning. And test approaches to setting priorities as the predictions they are.
- Develop targets for the impact of protected areas: how much threat should be averted and how much loss should be avoided?

Ultimately, the success of conservation depends on what natural resources are left unexploited by humans so that other species can survive.

Protection that does not avoid the loss of species and ecosystems merely gives the appearance of conservation progress under exploitative business-as-usual.



Real conservation – the kind that makes a difference – depends on IUCN's leadership. Every year of delay means irreversible, avoidable loss of biodiversity.

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 11 November 2014.

### Bob Pressey

Professor and Program Leader,  
Conservation Planning at James Cook  
University

### Euan Ritchie

Senior Lecturer in Ecology, Centre  
for Integrative Ecology, School of Life  
& Environmental Sciences at Deakin  
University

This article was co-authored by **Dr Piero Visconti**, Board Member of the European Section of the Society for Conservation Biology in Washington, D.C.



Fill up water every time  
you see a freshwater stream.

BUSHWALKING TIP

tip by Alex Portnoy

[www.bushwalk.com](http://www.bushwalk.com)



# Walking For All ACT'S BEST WALKS

John Evans

View down to Snowy Flats from Mt Gingera  
by John Evans

Variety is indeed the spice of life and, in terms of different walking opportunities, Canberra and the Australian Capital Territory offer just that. No matter whether you're new to walking and only have a few hours to enjoy the outdoors, or are a seasoned backpacker looking for extreme adventure, the ACT has plenty to offer.



Located at around 600 metres above sea level in the granite country of the Great Dividing Range, the ACT has a generally mild and non-humid climate. However, in summer days of high 30 degree heat you'll need to seek out the many creeks or a river for walks, and in winter be equipped to walk through snow on the nearby higher ranges.

In 2013 Canberra celebrated its centenary with the opening of the Canberra Centenary Trail. This is a 145 kilometre series of linked walking trails and purpose-built tracks, designed for both walkers and bike riders. It showcases urban and urban fringe elements of the city and can be joined and left at any point. A great walk is along Anzac Parade to the Australian War Memorial, then up the well-made and signposted track to Mt Ainslie. Take time to visit the bush Aboriginal War Memorial in its fitting location. At Mt Ainslie you'll take in the vista of Canberra as a planned city, just as Walter Burley and Marion Griffin designed it. Or walk beside the Murrumbidgee River from Kambah Pool to Tuggeranong, passing long dry-stone walls and old rabbit-proof fencing which divided the original pastoral holdings in the area. Both these easy walks would take about two hours, especially if you had a friend waiting at the other end to pick you up!

The original carers of this country were the Ngunnawal people. If you're able to drive around an hour south of Canberra into the Namadgi National Park (including about two kilometres of good dirt track suitable for 2WD at most times), you can walk six kilometres return across an open grassland track to view the Yankee Hat aboriginal rock art. You won't see one kangaroo, but hundreds, cocking their heads quizzically as you pass nearby. You may even hear wild dogs howling. On your trip, call in at the Namadgi Visitors Centre and pick up an excellent map showing 25 track walks in the Park. Haggard walkers completing their 650 kilometre walk from Victoria through the roof of Australia on the iconic Australian Alps Walking Track might be enjoying their first ice cream for six weeks.

**“In 2013 Canberra celebrated its centenary with the opening of the Canberra Centenary Trail.”**

If you have a day to spare, drive further south of Canberra on the Boboyan Road to walk the Settlers Track. This signposted, self-guided brochure walk, with options of six and nine kilometres, sympathetically displays the European grazing heritage of the area before it was resumed for the Namadgi National Park. You'll visit Brayshaws and Westernmans Homesteads and Waterhole Hut, built in the 1800s. Times were hard then and graves near Westernmans were required because of flooded rivers. A coffin was

made from ceiling boards from the homestead. Local volunteers work at maintaining these buildings as part of the local heritage.

The starts of many track walks are accessible via sealed roads within 30 minutes of Canberra and have

self-guided brochures. Try Square Rock with its granite boulders and Eucalypt forests; Booroomba Rocks with views from massive granite cliffs; or Mt Tennent which will cause you to huff and puff as you climb the 800 metres over seven kilometres to the fire tower at the top. Look out for runners and walkers carrying bricks in packs, as it's an excellent training walk!

The Tidbinbilla Nature Reserve, less than an hour's drive west of Canberra, provides a wonderful opportunity for families with children, and for the disabled. It has an exciting adventure playground and many short family walks. Kangaroos and emus abound, as well as koalas in an enclosure, so you're guaranteed to spot them. The Sanctuary was developed after the disastrous 2003 firestorms which burnt most of the ACT

and into the western edge of Canberra. Sealed tracks allows for feet, prams and wheelchairs and, in addition to the signage, volunteers are on hand to provide answers your questions.

For the more adventurous there are plenty of hard day walks. One of my favourites is to drive on sealed road to Corin Dam, around 45 minutes west of Canberra. A rough

**“The Tidbinbilla Nature Reserve provides a wonderful opportunity for families with children”**



footpad used to ascend to from here but a few years ago the ACT Government Parks and Conservation firefighting team built a walking track up the spur in their off-season. Still not to be taken lightly, the cleared track has almost 500 steps of dressed and natural timber and stone as it climbs nearly 550 metres in a little over two kilometres to join Stockyard Spur (now that's a serious huff and puff).

From the helipad, a vehicle track continues at a less dramatic climb to ascend to the crest of the Brindabella Range. If you know where to look, you'll pass remnant brumby yards from a bygone era, but you can't miss the spectacular views. Turning south you'll arrive at Pryors Hut, where workers sheltered as they attempted to establish the Alpine Botanic Gardens. The ACT-NSW border passes nearby and to preserve the pristine nature of the Cotter River water supply for Canberra: the dunny is sited on the west side of the crest in NSW!

Continuing a little further south, you'll see a turnoff to the Mt Gingera walking track as the Mt Franklin Rd crosses Snowy Flats Creek (drink from this pristine stream). Take it to walk an additional one kilometre in 45 minutes to the top. You'll be rewarded with panoramic views to the mountains at the heart of Namadgi National Park and, to the south-west, down to Kosciuszko National Park. Spare a thought for the wind-swept, tortured snow gum that hangs on at the top. A cool destination in summer but snow in winter, so don't trifle with this walk. Exercise your usual safety precautions – don't walk alone, tell someone of your plans and again when you return, be properly equipped including (I would recommend) a Personal Locator Beacon. This 20 kilometre, 1100 metre climb day trip provides immense satisfaction.

**“You'll be rewarded with panoramic views to the mountains at the heart of Namadgi National Park...”**

Another is a 30 kilometre, 800 metre climb, trackless day walk (an overnight trip would give you time to smell the roses) to Mt Namadgi and its indigenous stone arrangements. I've gone there on my birthday on several occasions, friends packing in choice comestibles to share for lunch. I bring the champers – half a bottle serving seven or eight as it's a long trip home. From the sub-alpine top the views are stupendous and, somehow, you feel like an eagle rather than a flapping chook.

If you're experienced, well equipped, have a party of at least four (for safety reasons) and a competent off-track navigator, the south-west of the ACT should be your destination. The surveyors of 1910-15 described parts of it as “rugged beyond imagination” and the post-2003 firestorm regrowth adds a certain charm of its own. Generally following the ACT-NSW border makes a great 19 day trip and several Canberra walkers dream of this becoming the ACT's Great Walk.

Be aware that parts of Namadgi National Park are either non-camping (to protect water quality) or require a camping permit and permits to light fires in other than provided fireplaces are required. The Namadgi Visitors Centre will help you and genuine walkers will appreciate these caveats.

All these walks and heaps more are described in detailed trip reports on Johnny Boy's Walkabout Blog at [johnevans.id.au](http://johnevans.id.au). Do visit, make your selections and come walking in Canberra and the ACT.

The following pages are a compilation of best walks based on a survey by readers from last edition of BWA. Photos by John Evans.

**“...parts of it as rugged beyond imagination...”**





## Mt Gingera

### from Mt. Franklin Road

14 kilometres, 3.5 hours, easy, [simonwil.com](http://simonwil.com)

Easy way, second highest peak in the, fairly flat on top A.C.T., The 360 degree views are amazing – back to the Tidbinbilla range, the Tinderries, Bimberi wilderness (which at this point you're standing in) and down into Kosciuszko National Park. Not a particularly strenuous hike, but at close to 14km the wander back up the same track. standing on top of Mt Gingera, perfect silence, awesome views – just wonderful.



## Mt Gingera

### from Corin Dam

20 kilometres round trip, 7 hours, 1200m climb, hard, [johnevents.id.au](http://johnevents.id.au)

A lovely initial climb via wooden and stone steps up to Stockyard Spur. Visit Pryors Hut on the way. The dunny is just over the border in NSW! Great views over the hills of the ACT whilst standing beside a tenacious, wind-swept snow gum.





## Mt Ainslie

### from Mulligans Flat

25 kilometres, 7-8h hours, medium, [gang-gang.net](http://gang-gang.net)



Get dropped off where the Gundaroo road crosses the ACT border, and walk the ACT border through to the Federal Hwy. Then find your way to Mt Majura and Mt Ainslie. Parts of it follow the Centennial Trail. Great variety near the centre of Canberra and another good training walk/run - about 25 kilometres with good ascents and lots of views and diversity.



## Canberra Centenary Trail

145 kilometres, 3-7 days, grade depends on walk, [tams.act.gov.au](http://tams.act.gov.au)



You can make a day walk of many of the sections on the trail. Because we live in Hall, we walk from there towards One Tree Hill. A new view of Canberra. Beautiful trail, but watch out for mountain bikes!





## Mt Gudgenby

### from Gudgenby car park

17 kilometres, 8 hours, 850 metre climb, hard, [johnnevans.id.au](http://johnnevans.id.au)

A classic walk with great views. From the Gudgenby car park along the valley to the saddle before Naas Creek, then up to Mt Gudgenby, which happens to have a trig on it. About 18 kilometres and 800 metre climb, with some very thick scrub and some granite scrambling.



## Three Huts Walk

9 kilometres round trip, 3-4 hours, medium, [npaact.org.au](http://npaact.org.au)

The 3 Huts Walk is now a popular walk but not shown on the Namadgi National Park Map. So in looking for a description of this walk I found these details of a number of walks on the National Parks Association of the ACT website. I can't do any better than these descriptions of a number of great day walks including the one I detailed above. The NPAACT refers to the 3 huts walk as brayshaws hut to westernmans.





## Billy Billy Rocks

### from Smokers Gap

5.6 km, 6hours, 350m climb, hard [johnnevans.id.au](http://johnnevans.id.au)



kilometres Always a magic walk, despite the scrub. Aboriginal Bogong cave en route, spectacular lunch spot atop the rocks. It is a beautiful walk from Smokers Gap north into Tidbinbilla Nature Reserve.



## Booroomba Rocks

### from Booroomba Rocks carpark

4 kilometres return, 2.5 hours, 200 metre climb, medium, [npaact.org.au](http://npaact.org.au)



Booroomba Rocks walk is short, but except for a few small parts, it's basically straight up. The bush is dense and cool. Spectacular views over Canberra on a clear day. Feels remote but easy to get to.





## Granite Tors

7 kilometres, 3 hours, 400 metre climb, medium, [tams.act.gov.au](http://tams.act.gov.au)



The impressive granite boulders, the wildflowers in spring and summer and the expansive views. Great views, relatively unknown. Presence of old geodetic observatory.



## Mt Bimberi

**from the west**

22 kilometres, 8 hours, 700 metre climb, hard, [simonwil.com](http://simonwil.com)



Hiking to the highest point in the ACT - but “do-able” in a single day (rather than an overnight hike if done from the east (Canberra)). Highly recommended!





## Mt Clear

21.8 kilometres, 7 hours, 770 metre climb, hard, [johnnevans.id.au](http://johnnevans.id.au)



At first very pleasant walk 1.2 kilometres in 25 minutes gently up through open forest with great views in all directions. It gets harder when descent from SH1245 to the Naas Valley FT.



## Mt Ginini (and Mt Gingera)

### via Stockyard Spur

27 kilometres, 10 hours, 1500 metre climb, hard, [johnnevans.id.au](http://johnnevans.id.au)



Steep but easy walking with great views all the way to The Main Range. Lots of wildflowers of many varieties. Views from up here are spectacular.





## Mt McKeahnie

### from Orroral

14.4 kilometres, 7 hours, 530 metre climb, hard, [johnevens.id.au](http://johnevens.id.au)



Interesting regrowth and good variety in the vegetation. Some intriguing exposed rock areas and a good view. A full days walk.



## Mt Namadgi

28.4 kilometres round trip, 13 hours, 800 metre climb, hard, [johnevens.id.au](http://johnevens.id.au)



Trackless country, aboriginal stone arrangements, sub-alpine views that few ever see first hand. A very long and hard trip for quick and competent walkers.





## Mt Tennent

### via Orroral

14 kilometres return trip, 6 hours, 700 metre climb, medium-hard, [mntviews.blogspot.com](http://mntviews.blogspot.com)



30 minutes drive from southern Canberra, yet the peak is almost 1400 metres and provides great views both over Canberra and towards the ACT alps. It is also an excellent training walk/run - 14 kilometres return and almost 700 metres climb and descent.



## Yankee Hat

6 kilometres return trip, 2.5 hours, easy, [tams.act.gov.au](http://tams.act.gov.au)



Stroll through expansive grasslands dotted with kangaroos, to the Yankee Hat Shelter to view Aboriginal rock art. Beautiful mountain views, interesting rocks and caves, challenging regrowth.





## Mt Kelly

### from Yankee Hat car park

30.4 kilometres, 2 days, 1050 metre climb, hard, [johnevans.id.au](http://johnevans.id.au)

Mt Kelly is very remote and is a hard days walk to get to the summit, at the base is a great place to camp. It is stunningly beautiful country.



## Mt Kelly (and the Scabby Tarn)

### from Yankee Hat car park

46.6 kilometres, 3 days, 1790 metre climb, hard, [johnevans.id.au](http://johnevans.id.au)

Trackless country, huge views, a beautiful mountain tarn, ACT/NSW border markers, hills at the core of the ACT's Namadgi National Park





## Mt Bimberi

### from the east

50 kilometres, 2 days, 430 metre climb, hard, [simonwil.com](http://simonwil.com)

Great overnight hike - start at Orroral Valley, hike out past Cotter Hut, up the Murrays Gap fire trail and then bush bash (not too difficult) up to the summit of Mt Bimberi (highest peak in the ACT).

## Mt Bimberi (Summit of Mt Bimberi)

### from the west

19.5 kilometres return, 8 hours, hard, [mntviews.blogspot.com](http://mntviews.blogspot.com)

From the north-eastern tip of Tantangara Reservoir, to Oldfield Hut, then eastward to Murrays Gap, then bush bash northward to the summit. Camp on the top (carrying water) and then return the way you came. alternatively, with a car shuffle, could walk to Yaouk Gap, bagging the delightful Mt Murray on the way.



## Yaouk Gap to Mt Scabby

14.9 kilometres, 8 hours, 750 metre climb, hard, [johnnevans.id.au](http://johnnevans.id.au)

A wonderful remote and high summit, rarely visited. The source of the Cotter river. There is some open granite along the tops, but also some scrub SE of Yaouk Gap. The descent from Mt Scabby is difficult.



## Mt Namadgi

**from the Old Boboyan road car park**

28.4 kilometres, 2 days or 13 hours, 800 metre climb, hard, [johnnevans.id.au](http://johnnevans.id.au)

Mt Namadgi is in the middle of the Namadgi NP and has some ceremonial grounds and excellent views but has a lot of scrub bashing, a great place to camp.





# WALKING IN YOUR BUSH CAPITAL AND THE ACT – JOHNNY BOY'S WALKABOUT BLOG

John Evans

My daughter sure knows how to press my buttons so, at times, instead of Dad, it's Johnny Boy. Combined with my respect for indigenous Australian culture, here was a great name for a blog – [Johnny Boy's Walkabout Blog](#).





Initially it was designed to share my walks with the more sedentary members of my family, but they showed little interest in the photographs of far-flung, featureless (to them) landscapes and the minutiae of the trip reports. However, walking buddies did show enthusiasm and appreciation of the record of walks. As the store of information grew, others from interstate and overseas keen to walk in the Australian Capital Territory began to ask for recommendations and the blog took on a life of its own. All I want to do is to share the bush experience with those who can't necessarily get out into it themselves and to encourage those who can to come and breathe a bit of fresh air.

What will you find on Johnny Boy's Walkabout Blog at [www.johnevans.id.au](http://www.johnevans.id.au)? If you're after eloquent stories, don't bother! If facts and figures, as guides to where you might experience great walks in the ACT and nearby NSW, are your cup of tea, then surf right in.

The home page is an index to planned and completed trips, each completed walk containing the detail which will assist you self-assess your capability to enjoy and complete the walk safely. Content includes location, distance, total climb, time and grading. There are maps, photographs,

videos and, for the tech-savvy, gpx files to load into your GPSr and kml files to view the walk in Google Earth. The trip report may contain notes on the weather for the day and the going – whether it was track, scrub, rock scrambling or river walking. There's enough information to repeat the walk either vicariously or, better still, equip you to go out and enjoy it yourself.

There's also a wealth of supporting information. I have an interest in both European and indigenous geographical sites of significance and landmarks, so there are endless lists of historical and cultural sites, hills, trig, waterfalls, weirs, huts and other points of interest. One particular project which has consumed me for several years has been to find and record the extant ACT-NSW border markers.

This has been a self-confessed list-ticker's paradise, with many trips into the rugged edges of the ACT yielding over one thousand photos of piles of stones (border marker lockspits) and blazed trees which were placed by the original surveyors over 100 years ago.

I'm continually working on ways to improve access to this information store. As well as the main index tables, lists and internal cross-referencing links, there is a custom search facility accessing all the data back to the blog's genesis in 2004.

**“You'll be rewarded with panoramic views to the mountains at the heart of Namadgi National Park.”**

## Johnny Boy's Walkabout Blog

... bushwalking in the ACT and nearby NSW

[Disclaimer, Warning and Advice](#)

[Welcome](#)

[Other Resources](#)



22 May 07 | First snow dusting of Mt Gungahlin and Bimberi Wilderness Peaks over the Gungahlin grasslands, NNT

Last updated 7Jan15

News: NEW – a [Google map of trip destinations](#), linked to trip reports. Populated with 2015 and 2014 trips | A shout out to Ross McKay of [web aware](#) for great advice on Google Maps and kml input | Quote of the day 'WordPress has a low barrier to entry but it's a bit of a rabbit hole' | [Cbr100Challenge thoughts](#) | HUGE SHOUT OUT to Joel Eade [www.joeleadedesign.com.au](http://www.joeleadedesign.com.au) who fixed my blog! | Search facility now Google powered and across both new and old blogs | Sit back and watch a [slideshow of the theme photos](#) from each trip (not available via mobile access)

[Planned Walks](#)

[Completed Walks](#)

[Other Resources](#)

Walk

Distance

Contact Johnny Boy





Tidbinbilla Peak, scree slopes and cliffs on the Namadgi National Park side of the Tidbinbilla Ridge

What does the future hold for Johnny Boy and his blog? Someone close to me says I'm a grumpy old man if I can't do one or two walks each week, so I hope to enjoy trips in the ACT bush for some years to come. And I'll continue to blog those trips for as long as they prove useful to others. Maybe one day my family members will read them!

Over half of the ACT is public open space. Canberra is dotted with Nature Reserves (often on the suburban hill tops) and the southern portion of the Territory is the Namadgi National Park (NNP). The Tidbinbilla Nature Reserve (TNR) is 20 minutes' drive west of the city and the northern end of the iconic Australian Alps Walking Track is at the Namadgi Visitors Centre.

You could try a family walk pushing the pram on an urban fringe walking track or suburban shared walking path; track walking on well signposted routes in NNP or TNR; or day or overnight pack walking off-track in the remote and rugged areas of the ACT.

So grab your pack and come walking in your bush capital and the ACT.



John began his love affair with the ACT bush in 2004 after completing the Canberra Bushwalking Club's annual Navigation Refresher. Seven sessions of navigation and bushcraft shared by living legends had him hooked. It's grown from a passion to an obsession. With other responsibilities it's hard to get away overnight, so he usually only day walks. He like gadgets and technobabble.



A tarn on the Scabby Range in the Bimberi Wilderness



## IN THE NEWS

### Will Tasmania open its Wilderness World Heritage Area to tourism?

The Tasmanian government is preparing plans to open the worlds only wilderness heritage area to tourists and loggers. This vast area of 1.58 million hectares covers Cradle Mountain National Park, Franklin-Gordon River National Park and Southwest National Park. Read more here [tasmania-plans-to-open-wilderness-world-heritage-area-to-logging-and-tourism](#).

### The Great Koala National Park?



It's time to get serious about koala conservation so that future generations can still observe these fascinating animals in the wild, not just in captivity. The Great Koala National Park would be made up of 175,000 ha of state forests added to 140,000 ha of existing protected areas. This spectacular landscape hosts lush World Heritage rainforests, some of the world's most diverse towering eucalypt forests, and an array of threatened species. Read more here [koalapark.org.au](http://koalapark.org.au).

### For Sale - The Six Foot Track Lodge



The lodge is located on the well-known Six Foot Track track which runs between Katoomba and Jenolan Caves, partially along the beautiful Coxs River. Read more [6fttracklodge.com](http://6fttracklodge.com).





# GRANITE HUNTING NEAR CANBERRA

Linda Groom

President of Canberra Bushwalking Club



Rock stack N of Gudgenby  
by John Evans

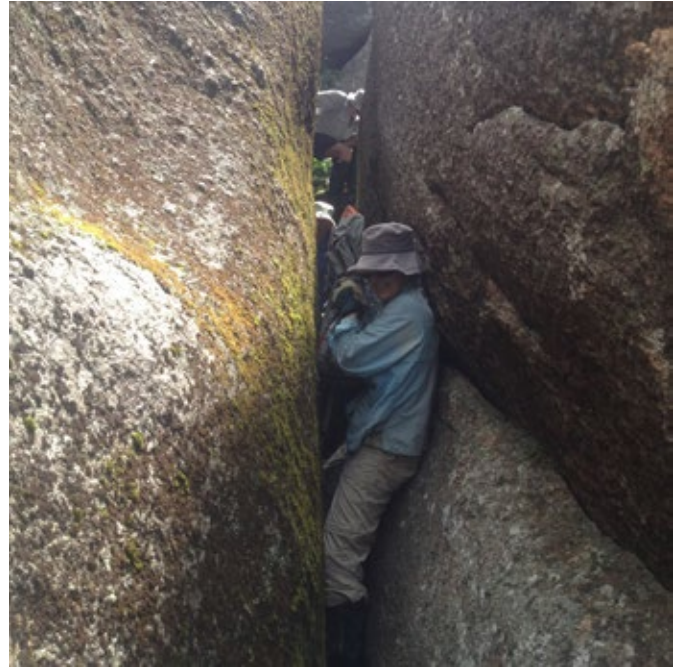


Canberra and its surrounding areas are blessed with the kind of granite that sets a bushwalker's pulse racing. The granite tops have views that stretch to the Snowy Mountains, the climbs to the tops certainly raise your heart rate, and the exposure from the crest of a 30 metre high boulder can also induce a certain cautious breathlessness.

The [Canberra Bushwalking Club](#) has been exploring these granite areas for over 50 years. One of the club's classic granite hikes is Mt Gudgenby,

1720 metres. From the starting point, where vehicle access terminates at the locked gate on the Old Boboyan Road, you can see the peak soaring on the skyline. It's further than it looks; for experienced walkers it's usually an eight hour day. Whichever route you take to the top, you can't avoid some subalpine

“...if that does not satisfy the acrobatically-minded members of the party, the descent of the main granite slabs will.”



A squeeze through Orroral granite by John Evans  
scrub, which has thickened up nicely since the 2003 fires. The twin peak, 500 metres north of Mt Gudgenby proper, contains an intriguing route through giant cracks between its boulders, and if that does not satisfy the





acrobatically-minded members of the party, the descent of the main granite slabs will.

Trips with the [Canberra Bushwalking Club](#) now often include the sport of Granite Hunting. Since most granite outcrops are not marked on topographic maps, the walk leader starts by staring at Google Earth. In this way we have found routes to hundreds

of granite features and given them names totally unapproved by the Geographic Names Board. In the Temple of Doom you can follow cracks into caves of complete darkness. At Apollo Rocks you can climb up inside boulders, do an awkward but unexposed stomach shuffle, emerge on a high flat platform and understand how it must feel to be an eagle.



Climbing granite ridge near Mt Major, Tallaganda NP



Namadgi mist



Peeled granite NW of Orroral Hill by John Evans



Mt Gudgenby, the Temple of Doom and Apollo Rocks are all within Namadgi National Park. As well as these more challenging walks, there are meadow walks in the valleys to more accessible granite. There is also a wealth of

“Trips with the Canberra Bushwalking Club now often include the sport of Granite Hunting.”

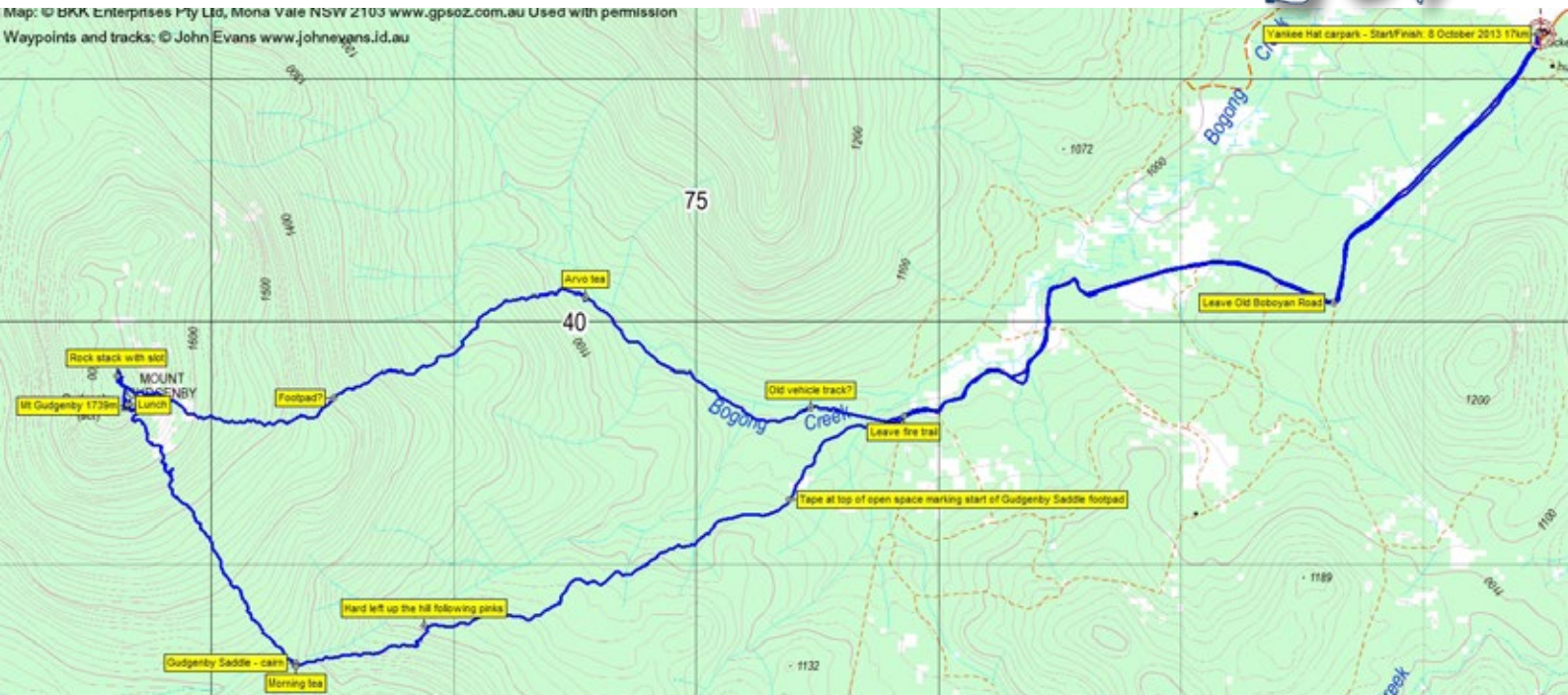
granite in other directions from Canberra, including Tallaganda National Park and the Tinderries. If you would like to explore some granite, check out our club's activity program at [canberrabushwalkingclub.org/program](http://canberrabushwalkingclub.org/program). Visitors are welcome on all walks, though we may ask about your walking experience before accepting a booking for the harder walks.



Descending Gudgenby slabs by John Evans



Map: © BRK Enterprises Pty Ltd, Mona Vale NSW 2103 www.gps2.com.au Used with permission  
Waypoints and tracks: © John Evans www.johnevans.id.au





# PARLIAMENTARY ZONE

## Parliament House to the Australian War Memorial

Nina Tallis Didcott



This, the first section of Canberra Centenary walk, takes you past many of Canberra's most iconic sights. Along the way there are numerous places to stop and visit if you wish - indeed, several days could be spent on this section alone. It starts at Parliament House and heads north through the Parliamentary Triangle, via Old Parliament House with its rose gardens, past the High Court, the National Portrait Gallery and Reconciliation Place, before reaching Lake Burley Griffin. It then follows the lake shore, over Kings Avenue Bridge and up to the War Memorial via the National Carillon, Blundells Cottage and Anzac Parade. For most part the trail is well sign-posted, reasonably level and on footpaths, although it does cross some fairly major roads at times.



**Grade** Easy  
**Time** 2 hr 30 mins  
**Distance** 6.7 km one way  
**Circuit option** Yes (see Make it a circuit)  
**Ascent/descent** 115 metres  
**Conditions** Sealed path the whole way, well sign posted, crosses some major roads; water available.  
**Cycling** Shared sealed path with walkers.  
**Dogs** Permitted on-leash  
**Transport** *Bus:* Routes 2 and 3 (weekdays), route 934 (weekends) stop at Parliament House. Route 10 (weekdays), route 930/931 (weekends) stop at War Memorial.  
*Car:* Paid parking underneath Parliament House, free parking behind the War Memorial.  
**Fee** Park entry fee applies  
**GPS of start** -35.3064,149.1259  
**GPS of end** -35.2798,149.1509



Foundation Stone and Parliament House

### Australian history – Reconciliation Place

Reconciliation Place was constructed as a monument to reconciliation between Australia's settler population and Indigenous people. It was officially opened on 22 July 2002 and is situated at the major junction of Canberra's most significant land axis and the pedestrian pathway between Questacon on one side and the National Portrait Gallery and the High Court of Australia on the other.

This location places Reconciliation Place both physically and symbolically at the heart of Australian democratic and cultural life.

There are 17 artworks significant to reconciliation situated around the area, made from a variety of materials. The intention is for new artworks to be added over time, reflecting the notion that reconciliation is an ongoing process, rather than a singular event.

**1** The trail starts at the front of Parliament House. Looking in a north-easterly direction from the forecourt you can see sweeping views of Canberra's Parliamentary Triangle with its many iconic buildings, the grand land axis to Lake Burley Griffin and across to the War Memorial with Mount Ainslie in the background.

Over Parliament Drive the trail proceeds downhill, past Canberra's foundation stone, the stone structure located in the centre of the lawn at the top of the hill. Proceed over a bridge and then down the hill to cross over Queen Victoria Terrace and pass Old Parliament House, also known as the Museum of Australian Democracy, on your left. At the right time of year it is worth a

short detour to see the rose gardens which flank Old Parliament House on both sides. The Aboriginal Tent Embassy can be seen on the lawns after crossing King George Terrace. Continue straight and over King Edward Terrace before turning right, soon to end up at the bottom of the ramp leading up to the High Court. Note that at the time of writing there are no trail markers between here and waypoint 4, though the route is easy to follow.

**2** Proceed up the ramp towards the High Court, passing the National Portrait Gallery on your left. Immediately at the top turn left and make your way into Reconciliation Place with its sculptures and displays.



When reaching the circular walkway, turn right and follow the path down towards the lake through the rather canyon-like, sandstone-lined passage which takes you right down Canberra's central land axis to emerge at the lake shore.

**3** From here, turn right and proceed along the pathway at the lake's edge, taking in the display of flags from more than 90 countries, one for each nation with a diplomatic mission in Canberra. Across the lake there are views of the National Carillon and the city centre. Proceed past the National Gallery and Sculpture Garden, along the lake shore for about 600 metres.

**4** Here the trail markers begin again, shortly before Kings Avenue Bridge. Follow the marker to the right, which leads you over Bowen Drive and onto and over the bridge.

**5** At the other side of the lake, follow the path veering left down to Kings Park at the lake shore. A short detour over the bridge to the National Carillon and around the small island it stands on is worthwhile.

Continue along the edge of the lake until you get to the historic Blundells Cottage.

**6** Turn right, leaving the lake, and proceed under the under-pass. Continue until you get to Constitution Avenue. Turn left and soon you will be on Anzac Parade.

**7** Here the signs lead you over the road, but you can make your own decision. Anzac Parade has war memorials on both sides so you may wish to zigzag your way up or choose one side or the other. At any rate, the destination is obvious; just make sure you are on the left-hand side of the road when you reach the top. The trail then crosses Limestone Avenue and leads up to and across the front of the Australian War Memorial. Pause here for a moment to take in the view across to Capitol Hill where you started from, then make your way around the War Memorial on the right-hand side to cross over Treloar Crescent and end up in Remembrance Park at the foot of Mount Ainslie.



### Make it a circuit

One option is to proceed up Anzac Parade on one side, turn around at the War Memorial and return by the same route to the lake but via the other side of Anzac Parade, thus taking in the memorials on both sides. Once back at the lake shore, continue around the

lake in an anti clockwise direction, cross over Commonwealth Avenue Bridge, then look for the main axis between the flag poles (waypoint 2) to take you back up towards Parliament House. Alternatively, for a shorter route, at Blundells Cottage (waypoint 6) continue around the lake as above.



Attraction	Opening hours	Cost	Toilets	Café	Other information
Parliament House	9am – 5pm; closed Christmas Day.	Free	Yes	Yes	Temporary and permanent exhibitions, events, free guided tours, wi-fi, ATM, courtesy wheelchairs and strollers, gift shop. Visit <a href="http://aph.gov.au">aph.gov.au</a> .
Old Parliament House (Museum of Australian Democracy)	9am – 5pm; closed Christmas Day.	\$2 adults, \$1 children, \$5 families	Yes	Yes	Guided tours, exhibitions, events. Courtesy wheelchairs and strollers. Visit <a href="http://moadoph.gov.au">moadoph.gov.au</a> .
National Portrait Gallery of Australia	10am – 5pm; closed Christmas Day.	Free	Yes	Yes	Gift shop, courtesy wheelchairs and strollers. Visit <a href="http://portrait.gov.au">portrait.gov.au</a> .
High Court of Australia	9.45am – 4.30pm Mon-Fri, 12pm – 4pm Sundays; closed public holidays.	Free	Yes	No	Tours and guides, exhibitions, performances. Visit <a href="http://hcourt.gov.au">hcourt.gov.au</a> .
Reconciliation Place	24/7	Free	No	No	Outside; 17 sculptures and information boards.
International Flag Display	24/7	Free	No	No	Outside; 90 flags from around the world.
National Sculpture Garden	24/7	Free	No	No	Outside; 26 sculptures.
National Gallery	10am – 5pm; closed Christmas Day	Free to permanent exhibition	Yes	No	Visit <a href="http://nga.gov.au">nga.gov.au</a> .
National Carillon	24/7	Free	Nearby	No	Outside; recitals Wednesdays and Sundays 12.30pm – 1.20pm.
Blundells cottage	10am – 11.30am, 12pm – 4pm Thursdays and Saturdays except public holidays.	Free	No	No	Group tour bookings available.
Anzac Parade	24/7	Free	No	No	Outside; 11 memorials commemorating various services, battles and wars. Guided tours and walking tour podcast available.
War Memorial	10am – 5pm; closed Christmas Day	Free	Yes	Yes	Activities and events scheduled throughout the year, free tours, gift shop, the “Last Post” is played daily at 4.55pm. Visit <a href="http://awm.gov.au">awm.gov.au</a> .



National Museum of Australian Democracy (Old Parliament House)



# MOUNT AINSLIE

Australian War Memorial to Hackett

Nina Tallis Didcott



Mount Ainslie, the second section of Canberra Centenary walk, is named after the 19th century settler James Ainslie, is a central feature during this part of the trail, with its vistas, its flora and its fauna. Leaving the urban areas behind, the track on the hillsides goes through woodland with varied stands of trees and colourful wildflowers at certain times of the year. From the summit area there are expansive views of the capital. At the top a display depicting Marion Mahony Griffin's artistic interpretation of the view can be compared to the real vista of today. Kangaroos may be seen grazing on the hillside, and you may see and hear a variety of birdlife. The walk as it ascends the hill on one side and descends it on the other is steep in parts but well worth the effort. The cycle route goes along the base of the hill.

Centenary gateway



**Grade** Medium  
**Time** 2 hours  
**Distance** 4.4 km one way  
**Circuit option** Yes (see Make it a circuit)  
**Ascent/descent** 115 metres  
**Conditions** Partly sealed, partly unsealed tracks. The walking path is mostly shady, well defined and quite steep, with built-in steps along the way. The cycling route is a bit less shady. Water available.  
**Cycling** The cycle route follows around the base of Mt Ainslie along the western side. The track is unsealed, with a rough surface in parts, a multi-use track shared with horses and walkers. Cyclists can mount their bikes and ride from where the bike path separates from the summit walking track (waypoint 2), whilst the first short part of the track will have to be walked.  
**Dogs** Permitted on-leash  
**Transport** *Bus:* Route 10 (weekdays), 930 and 931 (weekends) stop outside the Australian War Memorial. Route 2 (weekdays), 936 and 937 (weekends) stop in Madigan Street and Phillip Avenue in Hackett.  
*Car:* Free parking available at the back of the Australian War Memorial (Treloar Crescent) and in Kellaway Street, near the end of Phillip Avenue.  
**Fee** Park entry fee applies  
**GPS of start** -35.2798, 149.1509  
**GPS of end** -35.2559, 149.1611



Walking track

**1** Start in the Remembrance Nature Park, behind the Australian War Memorial. The trail markers and a trail head sign can be found in the south-eastern end of the park, by the stairs at the back of the Richard Kelliher VC Memorial area. Walk up the stairs, across the bridge and along the sealed Mt Ainslie Summit Track, also marked as the Kokoda Track. Along the way this track has several memorial plaques commemorating battles fought on the Kokoda Trail in Papua New Guinea during WWII.

**2** Shortly after passing a barrier through the narrow opening, the wider unsealed cycling trail goes off to the left, to commence on a well-marked dirt road until it rejoins

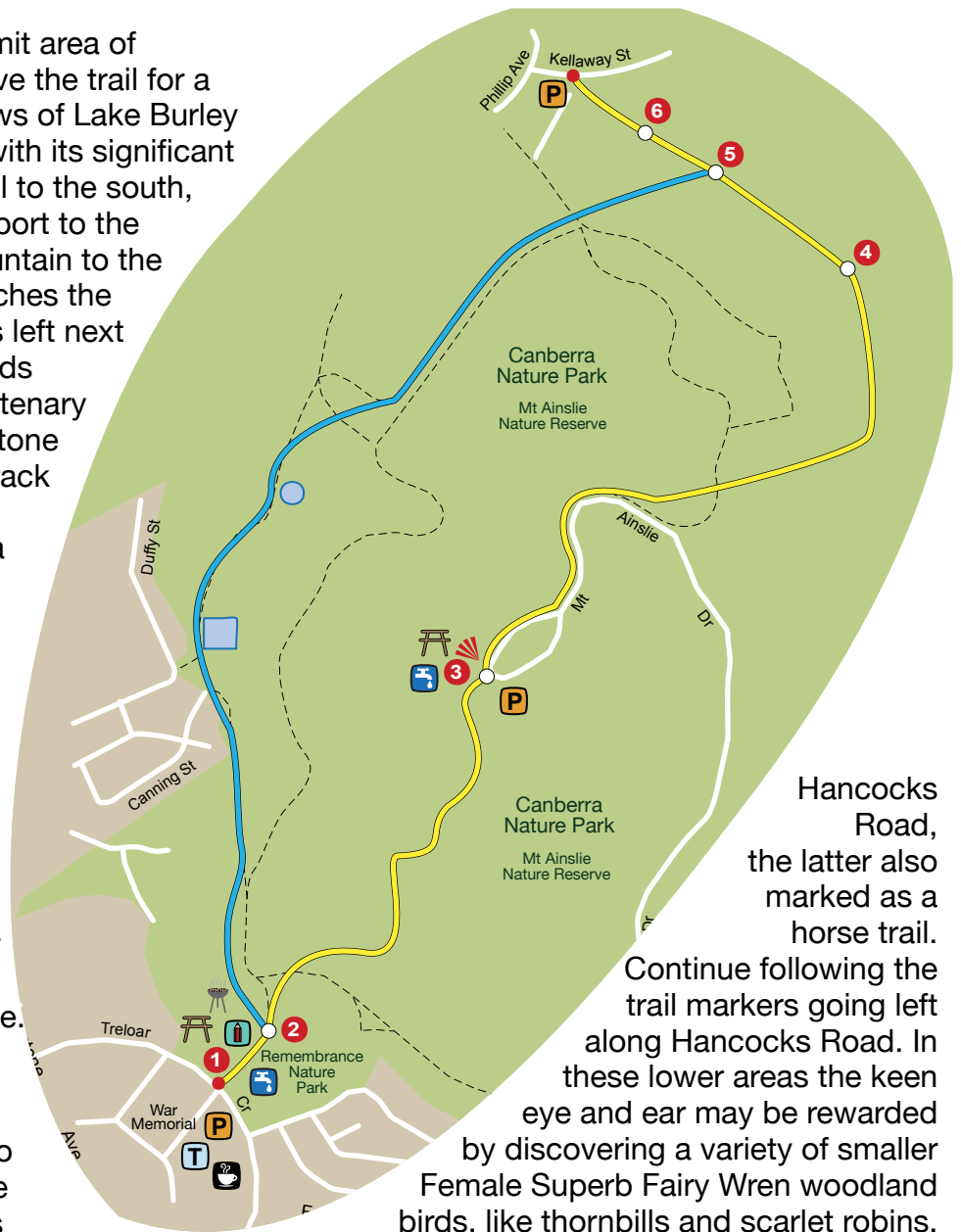
the walking track at waypoint 5. However, walkers continue straight ahead towards the summit through a second barrier on a sealed track, passing signs on the left to a short optional detour. This detour leads to a plaque dedicated to Aboriginal people who served in the Australian forces.

The summit track continues upwards through shrubby woodland with gum trees and stands of she-oaks. Soon the ascent steepens somewhat and steps have been constructed in several places along the path. The vegetation becomes denser on the way upward, offering welcome shade on a warm day.



**3** Upon reaching the summit area of Mount Ainslie you can leave the trail for a moment to take in the views of Lake Burley Griffin, Central Canberra with its significant landscape design, Red Hill to the south, Canberra International Airport to the south-east and Black Mountain to the west. Where the track reaches the summit area the trail veers left next to the road. It then proceeds through the Canberra Centenary Gateway, down the sandstone steps onto the unsealed track below, and then leisurely through the she-oaks for a while. Follow the trail markers when the path forks. The landscape changes slightly here and the woodland becomes more open and grassy. Turn left when the walking path meets a wide dirt track that runs parallel to the powerlines. The route continues along this wider track, diverting away from the powerlines after a while.

**4** Before long the track reaches a larger 5-way junction. There are signs to show that this is where the East 132 KVA Track meets



Walking track



5 The cycle route comes in from the left at the West 132 KVA Track junction. From here on the cycling route and walking track combine and continue along Hancocks Road, and you will soon see the houses and fences of the suburban areas of Hackett.

### Make it a circuit

At waypoint 5, walkers can walk back along the cycle route on the western side of Mt Ainslie. Cyclists can ride a full loop around the base of Mt Ainslie, with several tracks to choose from.

### Australian wildlife – Superb fairy-wren

This is the only species of fairy-wren regularly found in the ACT and it is a much-loved resident of parks, gardens, and woodlands, wherever there is dense cover. Little parties forage together close to ground level, calling with a fast-paced silvery reel. The male is in breeding plumage by late winter, unmistakable in brilliant blue.

6 The next part of the Centenary Trail continues along the Hackett Houses Track which turns off Hancocks Road on the right. To end here, continue straight along until Hancocks Road reaches the car park by Kellaway Street, near the end of Philip Avenue.



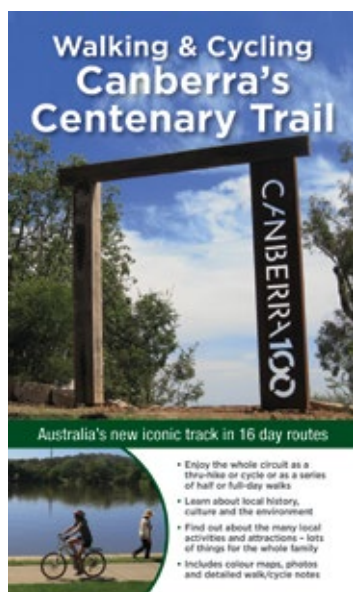
Male Superb Fairy Wren

### Australian flora – Drooping she-oak

Drooping she-oak (*Allocasuarina verticillata*) grows in stands at various places on the Mt Ainslie hillsides, becoming more prominent from an elevation of about 630 metres and upwards. This tree is a hardy native of south-eastern Australia and grows in a wide range of habitats. It can grow up to 10 metres tall and has drooping branchlets with pine-like needles. When examined closely these

needles are segmented with small leaf-like serrations at the end of each segment.

Drooping she-oaks have separate male and female plants. Large woody cones with winged seeds form on the female plants. These seeds are a food source for cockatoos, galahs, parrots and the sole food for the glossy black cockatoo, a bird species which is declared vulnerable in the ACT.



Walking & Cycling Canberras Centenary Trail, a new book in Woodslanes hugely successful walking guides series, introduces the best day walks and cycles for visitors and residents alike, ranging from leisurely urban strolls to the more rugged tracks deep in the bush. Detailed descriptions and maps help the reader explore the parks, bushland, lakes, rivers and most interesting urban areas along the way. As with previous titles in the series, the book is richly illustrated with over 150 full-colour photographs and detailed maps for every route. A summary table of routes indicating distances, facilities and highlights is included to help the reader find exactly the right route for the occasion. The book covers the full circuit, so those wishing the tackle the whole thing in one adventurous trip, with overnight stops, will also find it invaluable.

You can find more information on the book here  
[Walking-Cycling-Canberra-s-Centenary-Trail.](#)





# BUSHWALKING NSW POLITICS

Matt McClelland aka Wlldwalks







8th January 2015

To  
Hon. Robert Gordon STOKES, MP  
Hon. Luke FOLEY, MLC

Dear Rob and Luke,

I hope this letter finds you well.

I know it is a busy time for you, but I would like to ask you a few questions to help the Bushwalking community better understand you, your portfolio and policies.

It would be a great privilege to publish your responses in the next edition of our online magazine. Since it is getting close to the NSW election I would like to give you both an equal chance to respond. I will include up to three A4 pages of your response to these questions. I will include the pages in the magazine as you provide them, with no specific commentary. Please email me your response by 26th January, to be published about a week later.

The questions:

1. Personally - what would your ideal bushwalk be like?
2. What role do you see bushwalking playing in the NSW community?
3. What message would you like to share with people new to bushwalking?
4. What message would you like to share with experienced bushwalkers?
5. What links do you see between bushwalking and protection of native ecosystems?
6. What can bushwalkers do to help you in your role?
7. What would you like to see come of the former minister's "NSW Great Walks" initiative - the idea of investing to make NSW a premium walking destination?
8. What changes would you like to make to improve cross tenure walking experiences? (E.g. to avoid issues like the long term Calna Creek bridge outage on the Great North Walk)?
9. Infrastructure NSW have recommended the State Government spend \$300m in regional NSW and in National Parks (focused on improving tourism). Do you support this spend? What are some examples of how you would like to see it spent in relation to bushwalking?
10. Please include a short bio, a photo and any other comments you would like.

By way of a background:

Our website visitors vary widely. Some regularly enjoy long distance, overnight and off track walks all around Australia. The majority of our readers enjoy short track based walks in local reserves. About 40% are over 65 years and about 65% are women.

In terms of magazine readership:

The magazine is emailed directly to about 8k people and is also distributed through our Facebook pages with around 13k followers. The magazine is also available on the homepage of [Bushwalk.com](http://www.bushwalk.com) and [Wildwalks.com](http://www.wildwalks.com) which serve around 5k unique visitors each day. Finally the magazine is also forwarded through club and other networks all around Australia. You can read the last edition here - <http://emag.bushwalk.com/BWA201412.pdf>

If you have any questions please let me know.

Kind regards,

Matt McClelland  
[matt@wildwalks.com](mailto:matt@wildwalks.com)





**Answers received from  
The Hon. Rob Stokes, MP  
Minister for the Environment**



Rob Stokes is the Liberal Member for Pittwater and NSW Minister for the Environment, Minister for Heritage, Minister for the Central Coast and Assistant Minister for Planning.

NSW is spoilt with many of Australia's best walks, and I'm excited by the challenge to make our state a major destination for bushwalkers.

As I've always lived near the water, my preferred walks usually feature the coast or a swimming spot, however I recently hosted US Interior Secretary, Sally Jewell, on the National Pass and was reminded of the breathtaking beauty of the Blue Mountains National Park.

When I was a little younger, and before children, my favourite bushwalk was the Royal National Park coast track. I loved the chance to do a multi-day walk, set up camp where I pleased, getting away from the city for a few days. I remember sleeping on one of the beaches along the coast track, although I'm now told by my friends at the NPWS that we don't encourage that anymore.

Now with a young family, we're most likely to undertake some smaller loop walks. A particular favourite is walking to some of the secluded beaches that can be found after launching from West Head in Ku-ring-gai Chase National Park. It's best in the morning when you can lap-up the north-east coastline.

As a government, we recognise the environmental, social and economic benefits that investment in national parks and in particular, bushwalking, can have for local communities.

That is why we have introduced the Great Walks of NSW program, part of



our plan to reposition NSW to more effectively compete with established high profile walking destinations like Tasmania and New Zealand.

Our aim is to increase park visitation and tourism by improving track conditions, camping infrastructure and visitor experiences. This will create opportunities for commercial partnerships in high-demand locations, including guided walks, serviced accommodation and catering, both inside and outside parks.

To date, the Great Walks initiative has been primarily focussed on the upgrade of the Royal National Park track. The \$2.5 million funding for this project will deliver important improvements to the existing track, while new support has also been allocated to improve parts of the Sydney Harbour National Park walk.

Royal and Sydney Harbour National Parks were selected as the first stage in the Great Walks program as they are easily accessible to interstate and international tourists. However, there are significant opportunities to extend this program to regional locations including the Snowy Mountains, the Central Coast, the Illawarra, the Blue Mountains to Southern Highlands, and the Byron hinterland.

As part of the State Infrastructure Strategy recently released by Premier Mike Baird, we are preparing detailed plans in readiness to access part of the proposed \$300 million for regional tourism infrastructure. Part of this is for national parks, including funding for walking track upgrades.

There is already a great diversity of quality walking experiences in NSW national parks that attract local, interstate and international visitors. For example, the Blue Mountains has an extensive network of high-profile tracks, such as the Grand Canyon Walk, National Pass and Giant Staircase attracting more than 2.7 million visits each year. We have made, and continue to make, significant investments in upgrading and promoting the Blue Mountains trail network and other trails across the state.

We have a great opportunity to make NSW the number one walking destination in Australia and New Zealand. With the diverse environment found in more than 865 national park reserves, from the Snowy Mountains to the Byron hinterland and to our far west, I hope to work together with you to promote and improve the Great Walks of NSW.



**Answers received from  
The Hon. Luke Foley, MLC  
Shadow Minister for the Environment**



Luke Foley is the Leader of the Labor Opposition, Shadow Minister for Infrastructure, Shadow Minister for the Environment and Shadow Minister for Western Sydney.

**Personally what would your ideal bushwalk be like?**

My wife and kids and I having a few quiet hours to wander along a river – even the Lane Cove River would be a treat right now! Having become leader of the NSW Labor Opposition my time is pretty squeezed.

**What role do you see bushwalking playing in the NSW community?**

Bushwalking is one of life's great

pleasures. Many people in NSW, from all walks of life identify visiting the bush as one of the things they enjoy. This may mean a trip to their local metropolitan national park for a picnic with their kids or taking on some of the state's great challenges such as Kanangra to Katoomba and beyond.

NSW is unique. Sydney is the only city in the world with the state's largest wilderness, Wollemi National Park, only 80 kilometres from the GPO.

I'm keen that the people of NSW are encouraged to enjoy bushwalking, making the most of our amazing natural heritage.

**What message would you like to share with people new to bushwalking?**

Take it slowly. Don't try anything too ambitious at first and don't forget to take your blister kit...

**What message would you like to share with experienced bushwalkers?**

One of the things I did when I became Shadow Minister for the Environment was to go on a weekend bushwalk and camping trip with conservationists in the Gardens of Stone National Park – and it was the middle of June!

With three young kids my overnight bushwalking opportunities are pretty limited these days. For those whose lives allow you to get out and enjoy remote places – count your blessings. It is such a privilege to have such a bounteous bush heritage to enjoy. But always remember: safety first.



**What links do you see between bushwalking and protection of native ecosystems?**

The bushwalking community has been central to the story of conservation in NSW.

It was bushwalkers who discovered the plans to clear the Blue Mountains' famous Blue Gum Forest and built a community campaign to stop the clearing and to buy the property.

Bushwalkers built the conservation movement in NSW long before the mass movement was born in the early 1970s. I have walked through the rainforest at Terania Creek which was the scene of the great historical struggle to conserve the northern rainforests, and now it is all protected within the Nightcap National Park.

**What can bushwalkers do to help you in your role?**

Remain staunch advocates for the wild and beautiful places they know and love.

**What would you like to see come of the former minister's "NSW Great Walks" initiative the idea of investing to make NSW a premium walking destination?**

I am very supportive of building appropriate infrastructure to help more people to get out into the bush. I believe that it is only as people experience the Australian bush that they really come to appreciate it and fight for its protection. I don't think we

have made it easy enough for people to have that experience. I support the idea of promoting great walks and providing infrastructure for them. I believe this is fundamental eco-tourism infrastructure we should encourage.

**What changes would you like to make to improve cross tenure walking experiences? (For example, to avoid issues like the long-term Calna Creek bridge outage on the Great North Walk)?**

I support the development of appropriate arrangements to allow access for non-intrusive bushwalkers across various land tenures.

Infrastructure NSW have recommended the State Government spend \$300 million in regional NSW and in national parks (focused on improving tourism). Do you support this spend?

I am always supportive of more funding for national parks. It is often a hard sell within Government when there are many competing demands including funding schools and hospitals. I believe however, like funding for the arts, funding for national parks is a key measure of the calibre of our society.

**What are some examples of how you would like to see it spent in relation to bushwalking?**

As stated above, I am supportive of the push to improve appropriate tourism infrastructure in parks as long as it does not undermine the other key objective of national parks, namely to effectively conserve our flora and fauna.



# PHOTO GALLERY

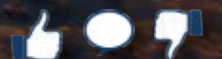
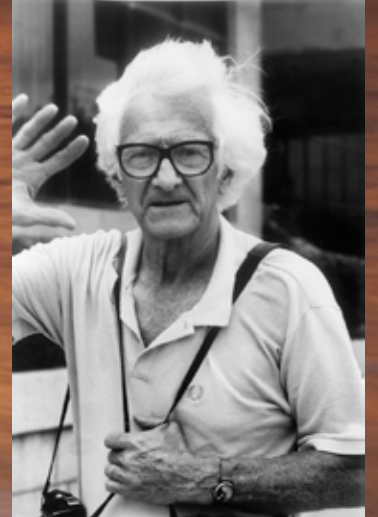




# BWA Photo Competition

Taking pictures is savoring life intensely,  
every hundredth of a second.”

Marc Riboud





# Other States

## February 2014

### WINNER



Sunset Bald Rock NP  
Lorraine

My apologies to all, as the photograph was mislabelled. The photo is from Draining Rock, west of Tenterfield, NSW. We had enjoyed a day of photography and walking at Bald Rock the previous day but had earmarked Draining Rock for our return journey in the motor home. The afternoon drive out was scenic and the road, part dirt, in good condition. We knew immediately that we had reached our destination. Draining Rock was begging to be climbed. We loaded our shoulders with cameras and headed toward the Rock. However, the conditions of time, scattered cloud and wind was not conducive for a climb. The light was also just not quite right. We had envisaged the last rays of sun lighting up its surface. Looking in the opposite direction toward the west was a promising sunset. We both take off at a fast pace to a lesser but interesting cluster of boulders with the layers of tree covered land visible in the distance. I found my "posi" and waited for a beautiful sunset.



Facet Rock, Granite Drive  
Brian Eglinton



Cloudy with  
a chance of sun  
Wayno



Face of Beerwah  
Brian Eglinton



Looking back upstream,  
Wollangambe Canyon  
Upper Tourist Section  
John Walker







# Tasmania

## February 2014

### WINNER

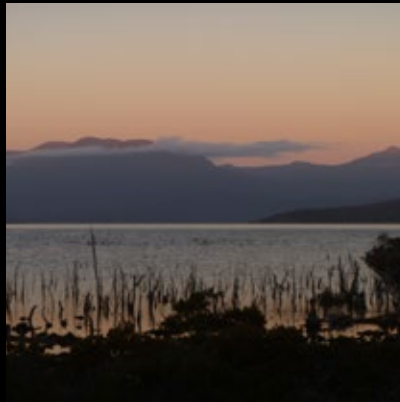


The Eldon Bluff  
Light show  
MJD

Two men versus 100 kilometres of largely untracked wilderness over nine days. It was exhausting but awesome; and despite not being able to ask for directions we only got lost a couple of times. Coming off the Eldon Range we traversed around the northern side of Eldon Bluff and in the late afternoon we raced out to Dome Hill as the weather broke. Returning to our packs we set up our tents at the edge of the forest and listened to the wind whistling overhead. The next day we headed around the southern side of Lake Ewart and up towards Castle Mountain, which we climbed after dropping packs near one of the many small tarns. Returning to our packs we decided to find a spot to camp and while setting up the tents we were treated to this amazing light show on Eldon Bluff. This phenomenon is called crepuscular rays and comes from their frequent occurrences during crepuscular hours (those around dawn and dusk).



A day on  
the Eldon Range  
Dan Broun



A special  
homecoming treat  
Jared Parry



Louisa Morning  
Graham51



Coastal dawn  
Louise Fairfax



The edge  
Ben Trainor







# Landscapes

## February 2014

WINNER



Little Horn  
Beardless

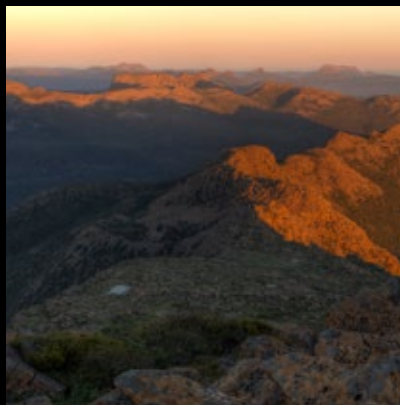
I set off just after the sun rose from Dove Lake, headed around Hansons Peak, walked between Twisted Lakes and there was a stunning light to capture Little Horn and its reflections in a tarn. I then climbed Cradle Mountain for the first time. It was a great day in a beautiful part of creation.

Read more about the walk here

<http://bushwalk.com/forum/viewtopic.php?f=9&t=16734>



E.L.B.  
Dan Broun



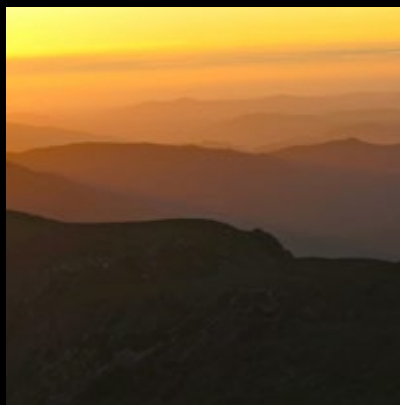
Sunset on the Eldons from  
Eldon Peak - and contemplating  
tomorrow's boulder hopping  
MJD



Bald Rock NP  
Lorraine



Volcanic Cores  
Brian Eglinton



Layer upon layer of  
golden light  
Louise Fairfax



You have to be tough to  
survive here  
landsmith







# Non-landscapes

## February 2014

WINNER



Old Man Myrtle  
Dan Broun

Old Man Myrtle was taken on the first day of a nine days walk through the Eldon Range. On the north-eastern flanks of Eldon Peak is a remarkable forest of big old myrtle trees, some of the biggest I've seen. I was captivated by them and spent some time wandering through, catching the grand and miniscule of this forest with my camera. A rare and wonderful place.



Natural Curl  
Brian Eglinton



Buff rumped Thornbill  
landsmith



Monster from the deep  
Louise Fairfax



Reflection therapy  
MJD



Gravillea Girraween NP  
Lorraine



Holding on  
Beardless







# Other States

## March 2014

### WINNER



The path heads down!  
Vern

This canyon was a big undertaking. 13.5 hours of amazing adventure. We started in the dark navigating off track to the canyon head. There was more water than normal due to a week of rain prior to this day but we decided that it was still doable. No turning back now. We headed down for hundreds and hundreds of meters abseiling through a mist filled canyon with roaring water and soaring cliff lines. We had some tense moments. One where the rope became stuck meant that Bruce spent a freezing long time in the middle of a waterfall trying to fix it and I almost went into a rescue mode. But at the end of the day when the sun had already set we arrived back at our car exhausted but thrilled with the experience.



Booroomba Rocks  
sunset  
Dan Broun



Hello hello  
Brian Eglinton



Lower Ebor Falls  
landsmith



Dharawal scene  
John Walker







# Tasmania

## March 2014

### WINNER



Evening at Cradle  
Tortoise

This image graces the cover of my diary, for more reasons than one. Not long before I took it, I was grumbling along, annoyed with friends who had skedaddled, leaving me with the slow friend we'd gone to support. I grumpily abandoned my turn-around time for getting back out before dark.

But with an attitude change, things markedly improved. I was soon blessed with a spectacular evening on Cradle Plateau. Not a breath of wind, gorgeous light, Cradle glowing orange, cloud flowing up from the valleys, and the whole mountain to myself. Time was short to find a pool to provide a reflection, but it was possible, with the camera held low.

Next time, I'll be there at sunset on purpose.



A sublime sunrise  
Dan Broun



Clear(ing) Hill from  
Packers Spur  
North-north-west



Sunrise from on high  
(Western Arthurs)  
Louise Fairfax



High Dome lets the sun  
out for another day  
MJD



Frenchmans  
half-veiled  
Peter Grant



Fabulous Franklin  
Graham51







# Landscapes

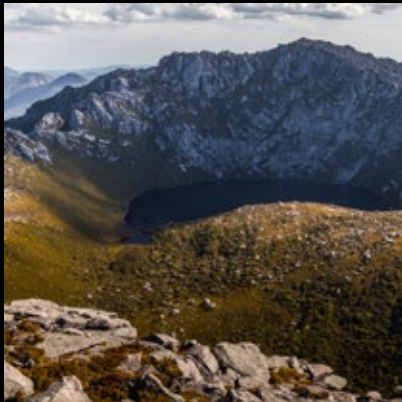
## March 2014

### WINNER



Beneath the plateau,  
Claustral Canyon  
Vern

The Blue Mountains don't look that much like mountains but are more like a big plateau with deep channels and valleys weaving their way through it. But beneath the surface is an adventure playground! We had worked our way down Ranon Canyon and into Claustral Canyon when we came to this point. I had just managed to set the camera up on the tripod and clicked to capture one of the crew backflipping into the pool. A pretty amazing spot beneath the plateau!



The Phoenix  
Dan Broun



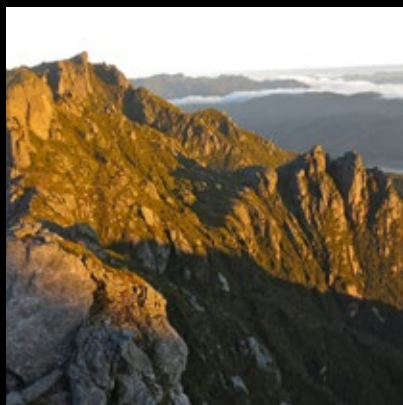
Below Ebor Falls  
landsmith



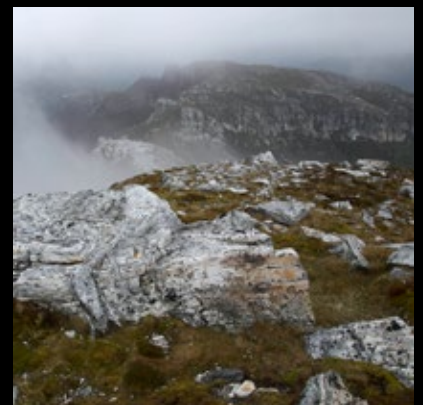
Sir John Falls  
Graham51



Evening on the Thumbs  
North-north-west



Sunrise, Western Arthurs  
Louise Fairfax



Glimpses from the Cap  
Peter Grant







# Non-landscapes

## March 2014

WINNER



You are in my bubble!  
Ash Thomson



Assassin bugs  
killing a bee  
landsmith



Cascading beauty  
Dan Broun



Mountain Pool  
North-north-west



Pandani,  
Western Arthurs  
Louise Fairfax



Fungi on the track  
John Walker



Climbing Heath  
Peter Grant







## GEAR FREAK

This article will horrify some bushwalkers. Technology has rapidly changed the way we work and play, and has even impacted how we bushwalk.



# Powering the 21st century bushwalker

Matt McClelland aka Wildwalks

When heading bush, many of us carry electronic devices for reading a book, listening to music, taking photos, helping navigation or keeping in touch. There are a number of reasons for these devices, and many reasons for leaving them at home, we all walk for different purposes. I take electronic devices on walks to take notes and photos. On longer trips I like to stay in touch with the family and keep work ticking over.

On day trips, batteries for most devices will last. Once we head away for a few days or weeks, keeping the batteries charged becomes increasingly challenging.

## Energy conservation

There are a bunch of tips to help batteries last much longer. Switch phone into an airplane mode or off when not in use. Turn lights off or right down. Turn off beeps and any unnecessary features. Conserving your batteries is important but it still only gets you so far. Low temperatures are your batteries' enemy, as batteries are much less efficient at low temperatures. On cold days, internal pockets are the best place for batteries, which gets tricky with a camera and warm batteries and a cold camera often leading to a fogged up lens or sensor. When walking on colder days, keep batteries as warm as possible and have spare warm batteries.

Low temperatures are your batteries enemy. Your battery becomes much less efficient as the temperature drops. On cold days I will carry the batteries I need for the day on an inside pocket. This gets tricky with a camera and warm batteries and a cold camera often leads to a fogged up lense or sensor. When walking on colder days keep batteries as warm as possible and have some spare.

## Options for recharging

All devices use energy to recharge. Some will collect that energy in the bush (e.g. solar) and

others will store it and we carry that energy with us (e.g. battery packs). Collecting energy in the field is often a lighter option for longer trips, but is generally less reliable.

## Options for collecting energy in the field

- Electricity generation relying on specific environmental conditions
  - Solar panels
  - Wind/Hydro
- Energy generation based on human activity
  - Motion
    - Walking
    - Winding
  - Thermal

## Options for using stored energy

- Replacement batteries
- Recharging battery pack
- Fuel Cells
- Engine based generator

## Welcome to Bushwalking Energy 101

So before we get into details on each of these, let's discuss some nerdy stuff. A basic physics principle is that energy can't be created or destroyed, just changed from one state to another. As a battery discharges, chemical energy is converted to electrical energy, which is converted to sound, light, radio waves and heat. When we charge a battery we reverse this process by taking electrical energy and converting it into chemical energy for storage.

When converting between energy states there is energy loss, usually heat. So if one battery is charged from another, at least about 20% will be lost, mainly as heat. This means that it is generally more efficient in



terms of weight to replace a battery than to recharge it in the field.

### How much power

What is a watt hour? I am glad you asked: it's a unit of energy that can be used to compare how much energy is stored in or can be produced by something. Generally speaking, if a battery has a one watt hour (Wh) capacity then it can produce one watt of electricity for one hour, or half a watt for two hours. One watt hour is equal to 860 calories or just over one kilogram of sugar in the human diet. An alkaline AA battery delivers about 3.9 Wh, but the more expensive Lithium AA batteries pack in more than 5 Wh. So you can see not all power sources are the same.

Power from batteries and the like are limited by the amount of energy they store. Other devices such as solar panels and generators are "refilled" by sunlight or fuel. With generators you can decide how much fuel you will need, as specific amounts of fuel can also be measured in Wh.

Sunlight and wind power are different, and only produce power when the conditions are right. For example, a ten watt solar panel will produce ten watts of continuous power in ideal conditions – a sunny day and pointing towards the sun. You guessed it: that means the solar panel gives you ten watts each hour. In practical terms a ten watt solar panel will produce more power in one hour than an AA lithium battery will in its lifetime.

### Power options

Now let's work through some specific options. If there was one perfect option then I would obviously just tell you that. The reality is that the best option depends on a bunch of factors - how long are you walking for, your power needs, the devices you are powering, weather and environmental conditions, access to shops/food drops, your budget, environmental concerns, etc.

### Solar, Wind & Hydro

On bushwalks, solar is the most practical, but wind and hydro are worth looking at. These options are interesting as they collect energy from the environment, so you have a base weight that does not change regardless of the amount of energy used. However, they

are very dependent on specific environmental conditions to produce a meaningful amount of energy. Ideally you will be able to charge your device's battery directly, but some of these units also contain a small battery pack to store energy for later use.

[Outdoor Gear Lab](#) has a good overview of the many solar options. Consider the power rating, how you can point it to the sun, power output options and ruggedness. Don't forget to consider the likely weather conditions, tree cover and the worst outcome if you can't generate power.

In some places wind is more reliable than sunlight, and if you get a breeze overnight you can charge in camp. There are a few micro-wind turbines on the market. They are a bit cumbersome but are still worth considering. See [Windpax](#) and the [Trinity](#). It is also worth following the progress of [Flutter](#). This little device looks easier to pack and setup. The project is also set to look at generating power for moving water as well.



[Hydrobee](#) is the best attempt I have come across in harvesting hydro power in a portable way.

The product is still under development but has potential for providing a steady power supply from flowing water.



When looking at these devices, consider how much time you will have to charge. Charging an eight Wh battery will take a ten Wh device about an hour in ideal conditions.



## Motion and Thermal

These two examples also gather energy from the environment or from your own motion. These are interesting because unlike the last set they are much more predictable power sources. You have a fair idea of how far you are going to walk and you generally know how long you can burn a stove for the thermal options.

### Motion

**SolePower** is a unique idea. It is a special innersole that has a little generator below your heel. Each time you step down you generate a bit of power to charge a battery. The product is not quite ready for release, but they reckon you will be able to charge an iPhone in somewhere between 4-8 kilometres of walking, which I am sure will vary greatly with terrain, scrub density and other factors. You could buy two and charge two battery packs at the same time, one in each shoe. The insoles are waterproof. I am going to keep an eye on this and give it a test run when they come out.



**Go Kin** must be the goofiest looking charging device in this list, but before you write it off, it claims to generate a lot of power. From six watts at a slow pace to 12 watts at brisk pace this thing kicks out a fair bit of power on those long walks. It works by having two cords that run from the device in your pack to the back of each shoe or boot. Each step pulls the cord and allows it to retract. You can unclip once charged and let the cords retract. I imagine the cords would get very annoying off-track but I can see it has its place. I imagine this would be a good option snowshoeing and walking in open country.

Hand crank charging is an option for people who just want a bit of power as a backup. There are a bunch of these, such as the **SOSCharger**. Generally you work fairly hard for about five minutes turning the handle to give you five - ten minutes talk time on your phone. Many of these devices have built-in

batteries and a LED light. Some have radios and other gadgets. In this same space are tubes you can shake that also generate power.



### Thermal

This is an interesting area still undergoing rapid development. The principle here is to take thermal energy and convert it into electricity. Many of our large power stations do this with large steam turbines, but there is also an electronic device called a **thermoelectric generator**. If one side is hotter than the other it will generate electricity as the heat moves across. On a side note, if you apply power it will "pump" heat from one side to the other, meaning one side gets colder and the other gets hotter. Generally these generate more power when there is a larger heat difference on each side.

**PowerPot** is a simple but effective device that allows you to cook and charge at the same time. Put water in the pot and fire up the stove and you can get five or ten watts at 5V (USB plug) of power (depending on the model). It will work on most stoves and can work on timber fires as well.



**BioLite** is probably the most famous power generating stove for bushwalkers. The stove weighs 930 grams and burns sticks. It generates around two watts at 5V (USB plug) so don't hold your breath whilst charging and iPad. If you are in an area where there is biomass you can burn and need a bit of power this could be a good option. Biolite





has a base camp model that generates more power but it's really too big for bushwalking.

### Replacement Batteries

If you have already purchased your device then you are probably pretty limited in your options here. As a part of your criteria when shopping, it's worth considering the types of batteries a device uses. Rechargeable batteries generally have a lower environmental footprint, so if they meet your power needs then they are a great option. Since I take a lot of photos I tend to go through three or four camera batteries each day. A lesson I was slow to learn is to have an easy way of telling the difference between charged and used batteries - otherwise after a few days in the bush it can get frustrating. My preferred method is to have two snap lock battery bags, one marked used, the other one fresh. A great place to buy specific battery packs for cameras is eBay; generic batteries tend to be much cheaper (and sometimes longer lasting) than the brand name ones.

### Battery Packs & rechargeable batteries

A custom pack of batteries can be a great way to run power-hungry devices and to recharge devices with built-in batteries. I have built some custom photography gear to run off battery packs, and since I carry them I also use them for charging my phone.

You can get battery packs of pretty much any voltage you want, the three most common being 3.7 V, 5 V and 12 V. The 5 V ones are ideal for charging phones as this is the standard USB voltage.

Batteries are getting more and more high-tech and much more power dense. Please read the instructions for your batteries twice before using them. Modern batteries are happy to burst into flames if we use or charge them incorrectly. You don't want your pack bursting into flames on the track.

There are thousands of types of batteries, varying mostly on the chemistry used to generate the electricity. Here is a table to give you a sense of the common types of batteries and the relative weight and power storage. I have added non-rechargeable

alkaline and zinc carbon batteries for comparison to the rechargeable batteries. There are many other factors to consider with batteries (maximum power draw, environmental impacts, safety, ease of recharging, etc.) but here I just list weight and price. We are looking for a lower price/Wh ratio (cheaper) and higher Wh/kg ratio (more power for the weight). Lithium-ion batteries are the big stand-out on this list, mostly because their price has dropped a huge amount in the last few years. The actual figures here vary greatly with the battery size, but still provide a helpful guide. The whole battery market is rapidly changing, so keep an eye out as batteries get lighter and cheaper.

Type	\$/Wh	Wh/kg
Alkaline (for comparison)	\$0.23	85
Zinc Carbon (for comparison)	\$0.35	36
NiCad	\$1.65	50
Lead acid	\$0.20	38
NiMH	\$1.10	90
Li-ion	\$0.50	180

### Fuel Cells

Fuel cells are fundamentally different from batteries in that they can be refilled rather than recharged. Instead of burning fuel like an engine, fuel cells move hydrogen atoms across a membrane to generate electricity. Fuel cells use different fuels such as hydrogen gas, alcohol, or LPG.

Okay, these things are cool and still an emerging technology. They have a big environmental benefit over batteries: easily rechargeable, reusable and recyclable and less or non-toxic chemicals. Their weight to Wh ratio is not as great as batteries until you get into the larger sizes. Horizon were kind enough to send me a Minipak to play with. It was easy to use and charged my iPhone 4 from empty to full almost twice from one cell of hydrogen. It's not the lightest way of charging your phone but the low impact on the earth is very appealing.



Built for hiking, the **Minipak** is compact and gives out two watts. The device is powered by a HYDROSTIK, a cylinder about the size of your thumb. The unit weighs 120 grams and each hydrostick weighs 105 grams. Each hydrostick gives up to 14 Wh and can be refilled many times. You can get refill you hydrosticks at home with a special refill station that extracts the hydrogen from water. Horizon also produces **larger units** that are for charging batteries at base camp. These seem very reliable in wide temp ranges and long-term storage.



### Kraftwerk

Kraftwerk is a very exciting product that is teasingly close to production. The makers claim that this unit can output 56 Wh at 5 volt from 40 grams of lighter gas, then be refilled in about three seconds.



That's enough power to recharge an iPhone 11 times or replace a 300 gram Li-ion battery pack. This seems to a light-weight and reliable way of generating electricity in the field. Kraftwerk outputs two watts, so it is good for charging a mobile phone, camera or GPS but can't provide enough juice to directly power big devices like a laptop.

### Engine Based generators

I don't advocate you start packing a petrol generator with you but these options are worth looking at for car based camps or longer walks with vehicle support.

I won't get into details as this game changes daily on eBay. We all know the phone chargers that plug into your car lighter

socket. You can get adapters so you can plug more chargers in at one time. I also use a 240 V sine wave power inverter. This converts the 12 V of a car into 240 volts AC, very handy for charging and power most devices. Again you can use a power board if powering a few devices. The higher power inverters require wiring to your car battery, but when powering small devices, plugging into the lighter socket works fine. It's generally better to only use these whilst the engine is running, and be careful to not run the car battery flat or run out of car fuel.

### Battery Recycling

The life cycle of a battery is worth considering. They are getting so cheap and small so they are easy to drop into the bin. A few years ago I started putting my used batteries into a lunch box for recycling, and was shocked by the sheer volume of "disposable" batteries I go through. Can I encourage you to try starting a battery recycle box at home and work? You can empty them in many places check out Planet Ark's website at [recyclingnearyou.com.au/batteries](http://recyclingnearyou.com.au/batteries).



### Final Discharge

I still think bushwalking is a pursuit for getting back to the basics. The less stuff we carry and the less tech stuff we have the better. Technology can enhance our experience; very few of us still use external frame packs or crazy heavy tents. Sometimes we will leave gadgets at home, sometimes at the bottom of the pack (just in case) and some of us will play with them the whole trip for work or pleasure. Whatever you end up choosing try to stick to the motto "less is best" and get out there and have fun.

Happy walking  
Matt :)





# DIY WATER CONTAINER

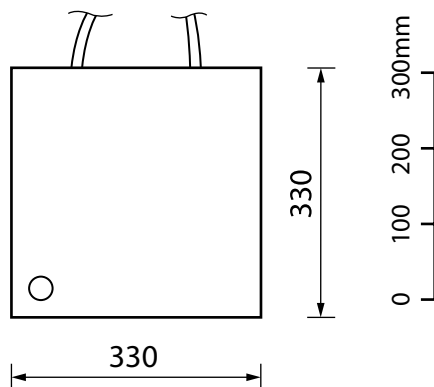
Stephen Lake

There are a myriad of water containers on the market. Many are quite satisfactory, but I prefer the DIY approach.





Since the late 1970s I've had the same sort of water container, a wine cask in a nylon case. It's light, costs very little, and holds a lot of water. If you have basic sewing machine skills then you can make it.



### You need:

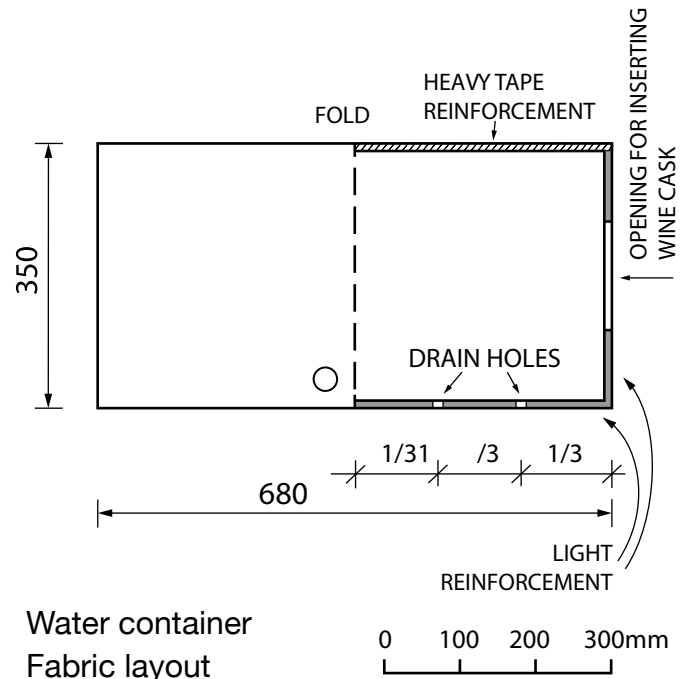
1. A wine cask with a removable spout. Casks with spouts that look a bit like a tap and have a button will not work.
2. Light nylon fabric, like that used to make tents. Just over double the size of the wine cask. Camouflage nylon is not a good idea, as this makes the container hard to find. I found this out when I stepped on one, and on another trip when I had to go back to pick it up. Oops.
3. About three metres of 19 mm nylon webbing, or make a strap and reinforcing from the nylon fabric.
4. Light ribbon for reinforcing edges, perhaps a metre.

### Empty the wine cask

The first step is to empty the wine cask. This should be undertaken gradually, and preferably in company. Hic. Remove the spout, best done with your teeth. Rinse. (The cask, not your teeth.) For the first trips, expect water that has a faint wine taste, good wood notes, light nose and fruity essence.

### Fabric dimensions and details

The nylon should be in one sheet to make a case that holds the wine cask. It's crucial that the case be big enough so that a full cask will fit. To this end, a mock-up should be made to hold a full cask, perhaps by



pinning a pillowcase. Note that the cask should not normally be completely full, as the water will need somewhere to go when it is in your pack. Having a bit of room left in the cask assists. When making the case, pins must not be used as the nylon should be preserved. My casks are 350 mm square, so a sheet of nylon 400 by 800 mm is about right.

### Spout hole

The hard part is cutting the spout hole, about 40 mm diameter, so you may wish to practice on a piece of scrap fabric. I cut a hole a bit bigger than the spout, and then hemmed it with narrow light ribbon that was folded as I went around the hole. Do the inside first. An alternative is to cut a small hole, make radial cuts, and fold this inside to make a seam for a bigger hole. I'm less keen on this as it's not quite as rigid as light ribbon, which can go around several times. A third way is to make a hole in a square of fabric, perhaps 55 mm square. This is easier to make as it's a small piece of fabric, and you just sew the square onto the rough hole. The best way is to get someone else who can sew do the job. Bribes can be undertaken with the wine, but not to the point of Sewing while intoxicated, SWI.

The spout hole can be on the same or opposite side to the opening. Being on the same side makes it easier to put the spout in



the hole, and on the opposite side makes it a bit more secure. I prefer having the spout hole and the opening opposite each other. For example, spout opening lower left corner, opening right edge.



### Reinforcing

Across the top sew a piece of webbing, preferred, or nylon reinforcement. The carry strap should then be sewn onto the top; it's easier than juggling ingredients later. The carry strap should be positioned at one third intervals across the top, about 115 mm for my bag. The carry strap can be as long or short as you wish. I like the strap such that the strap goes over one shoulder the cask is on the opposite hip. Others like a shorter strap. If making a strap out of nylon you'll need three or four layers, as the water weighs about four kilograms.

Then sew reinforcing with either webbing or ribbon on the bottom and opening edge. All edges should be hemmed.

### Last step

The last step is to sew the edges. Suppose that the fold is on the left with the spout hole next to it. Use bulldog clips to hold everything in place and start in the spout corner, going across the bottom. Leave two drain holes of about 10 mm. Go up the right side for about one third of the distance and stop. Go up another third and start sewing again, to the top. The middle unsewn third

is the opening. It will be a bit tight to put the cask in and out, but that's the idea; if the opening is too large the cask will fall out when there's not much water in it.

Sew across the top. This may be quite interesting due to two hems and one or two webbing or nylon reinforcement and strap layers, so a short sharp needle is recommended. It may be necessary to move the needle by hand. I have an ordinary domestic machine, nothing special, and have sewn multiple layers of heavy canvas such as packs. Finish with a second row of stitches all around.

### End notes

If you have a flash sewing machine you might want to embroider your name. Mine was done by hand on the machine and it's not pretty.

The total cost will be quite small; all my water containers were made from spare parts, no cost. The above weighs about 150 grams empty and will hold about four litres.

On all trips I take either a second of the above or a second wine cask in a plastic bag, allowing for carrying extra water to a dry camp or a breakage. The second cask weighs about 50 grams. Use is monitored. When the cask seems to be nearing the end of its life I get another one. Refer to emptying above.

My late 1970s wine cask container has been on many trips summer and winter and is still working. Me too. Just.





# BUSHWALKING TIPS:

## Three Ways of Collecting Water in Tricky Places

Stephen Lake

Sometimes water can be hard to obtain. The following details three ways of managing.

For many years I have carried a drinking tube, about five millimetres outside diameter and a metre long, coiling to 100 millimetres diameter. You can buy drinking tubes from craft shops. My drinking tube lives in the hip pocket of my pants, accessible for a quick drink without taking the pack off. Shallow running water can be sucked up. I like orange as I keep losing things, and orange stands out; I lost my mind once.



Sometimes water runs over rocks or is hard to reach, and a drinking tube can't be used. There's another way if the forest has the right sort of bark. A curling straight piece of bark can get water as shown in the pictures, filling a water container, no hands.

The third method has only been used once and the picture has gone walkabout. The river only had sub-surface water, soaking through sand, nothing viable. I formed my spare wine cask in a slight V shape under the wet sand on a slope, with one edge exposed. The water slowly accumulated on the surface, went into the V, and trickled out. It took a while but we got water.

Above Tobias Gap, Bungalow Spur, Feathertop, Victoria



Farm Ridge, Kosciuszko NP, NSW, 258078, the west of two small creeks




Read more on water purification in the article in our previous edition [BWA201412.pdf](#)





# TERRA ROSA GEAR

Evan Howard



In late 2008 early 2009 I found myself sitting at a hijacked sewing machine and a few metres of nylon piled up all around me. I was attempting to make a tarp to go over my new camping hammock that I was trying out. I was still learning how the machine worked as it had been a while since I had last used one way back in my school days. The results were surprisingly pleasing and I was happy with my attempt and was ready to test it out. That tarp became my go-to shelter and saw much use. On a trip to Canada in July 2009 my climbing partner and I got stormed out on our first attempt to visit the Terrarosa Glacier in British Columbia. We huddled under the tarp in a fantastic sub-alpine meadow to wait out a storm. Unfortunately the storm set in and we had to retreat.



Back home in Australia I started making other bits of gear for fun, and at the same time I was becoming aware of the small but very present cottage industries that were popping up across the USA and Europe. I noticed that Australia was under-represented in custom manufacturing for ultra-lightweight gear. During the rest of 2009 and into 2010 I toyed with the idea of starting a cottage industry company, and worked hard to improve my sewing and building skills to bring them up to a standard that I deemed worthy of Australian conditions. Great ideas were tossed around with friends on numerous trips across the Blue Mountains. The one thing I was finding hard to settle on was a name. Then in August 2010 a group of three of us had a wonderful trip to the Terrarosa Glacier climbing among the incredible Fire Spires. This was some of the most incredible climbing I had ever done, and this place influenced much of what I have done since.

That settled it and “[Terra Rosa Gear](#)” was a perfect name, not only because of the glacier, but also for the red earth of Australia.

Terra Rosa Gear started in 2010 with a few tarps and the sleeping cover, and as people started noticing Terra Rosa Gear I began to get custom orders and requests to do this and that. At this time I was speaking

with fantastic people who were going on incredible adventure all over Australia and the world.

Although at the start Terra Rosa Gear was ultralight specific, I noticed the huge amount of requests for custom gear made from heavier materials such as cordura and canvas. Australia is blessed with some of the world’s finest canvas manufactures and now canvas gear and ultra-lightweight gear are both well represented in Terra Rosa Gear.

The journey that Terra Rosa Gear has taken me on over the last four and half years has been incredible; the journey continues. It’s amazing to be a part of the larger community of the outdoor and adventure enthusiasts of Australia. It’s their passion that drives me to make gear for them to use in some of the most brutal and beautiful country you can find anywhere on the planet.



Evan is a Canadian now based in Melbourne. He heads out to the mountains when ever he decides to take some time off from the sewing machines.





# A QUICK GUIDE TO BLISTER PREVENTION FOR BUSHWALKERS

Rebecca Rushton

Every bushwalker knows the threat of foot blisters. We've all had one. And we've all got our own methods of preventing them - with varying levels of success.





I know a thing or two about blisters – it only takes a 15 minute wander in the rocky coastal scrub around my place for me to get a blister on the back of my heels. It doesn't matter what boots or shoes or how challenging the terrain.

Being a podiatrist (and a blister-prone one at that) I've researched this topic inside out. So if you're not quite on top of blisters yourself, read on. Here's a quick overview of your blister prevention options.

## Prevention - My Recommendations

### Definite – Before you head out

#### 1. Footwear fit and lacing

Make sure your footwear fits properly in length and width. If you get this wrong, you really are making it hard for yourself! For length, use the rule of thumb – perfect fit is where you have the width of your thumb between the end of your longest toe and the end of the upper. For width, you need a snug fit, but not to the point where the sides of your foot overhang the sole of the shoe. And use your laces! They allow you to maintain perfect fit while your feet change during a hike.



Image by Stephen Lake

#### 2. Cushioning

Cushioning has a double blister prevention effect: reducing pressure and the cushioning material absorbs shear so your skin doesn't have to. Some cushioning material does this better than others. So if cushioning innersoles that came with your bushwalking footwear are too thin or flimsy, replace them with better ones. While this won't guarantee blister prevention, and you can't just keep

adding more and more cushioning, it's an easy step to take to help minimise the chance of blisters under your feet.

#### 3. Moisture-wicking socks

The micro-climate in your shoes is moist at the best of times. And we know that moist skin has a high friction level and predisposes to blisters. So considering you'll be wearing socks anyway, it makes sense to get some that have advanced moisture management properties: moisture-wicking socks. Cotton is anti-moisture-wicking – don't use cotton. Merino wool and certain synthetics are better options. You may have heard of CoolMax, a popular brand. It's important to know that moisture-wicking socks can only do so much. They rely on moisture evaporating through the upper of the shoe to work to their best. But as you know, most bushwalking footwear isn't particularly "breathable".

#### 4. Skin adaption

Research has shown that you can toughen your skin to the rigours of your activity – the terrain, your footwear, the weight you carry etc. The more your skin is subjected to these forces, the more it can adapt to these forces, and the more resistant you'll be to blisters. However, there is only so far your skin can adapt. But think of it from the opposite end of the spectrum – if you're new to bushwalking or you haven't been out since last season, or you're on a more challenging terrain with a heavier pack and a new pair of boots etc, you're at more risk of developing blisters. Makes sense, right? I suspect most bushwalkers already know this!

### Definite – Have in your blister kit

#### 1. Silicone gel toe sleeves

Some of the most painful blisters are toe blisters – on top, underneath, on the tips or in between. When it comes to toe blisters, I would not leave home without silicone gel toe sleeves, obtainable from most pharmacies and podiatrists. Silicone gel toe sleeves cushion the whole toe. And there is no other material that absorbs shear like silicone gel does – it's perfect for toes. On the down side though, some people find that after a while, their skin gets too macerated (soggy) with these.



## 2. ENGO Blister Patches

These are blue patches that stick to your shoe, insole or orthotic, not your skin. They are made of a really low-friction material and they last about 500 kilometres. I use these in every shoe I have to stop my blisters. I recommend including a few of these in your blister kit. They're the perfect way to troubleshoot abrasive rubbing, hot spots and blisters on the go. You can't use these for interdigital blisters, just because there's no part of the shoe to apply them to. And while the adhesive is strong enough to hold them in place in spite of the extreme forces they encounter, water-logging can make them come unstuck.

### Maybe - Experiment with these if you need to, they might help

- Preventive blister taping - Research shows that even when feet are taped, blistering is common. Taping is better at preventing abrasions.
- Lubricants – Lubricants like Vaseline reduce friction initially. But friction levels will increase on longer walks. And they weaken the skin because they're occlusive.
- Powders – Talcum powders have limited use for moderate to long walks. More advanced powders work more like a lubricant.
- Antiperspirants – Limited effect on moderate to long walks.



- Astringents – Some people soak their feet in solutions like salt water, Condy's crystals, methylated spirits, cold black tea or rubbing alcohol thinking it toughens the skin somehow. Although popular, there is nothing to say if or how it works to "toughen" the skin.

- Double-socks – By allowing rubbing between sock layers, it saves the skin from shear. This can be successful for some bushwalkers.

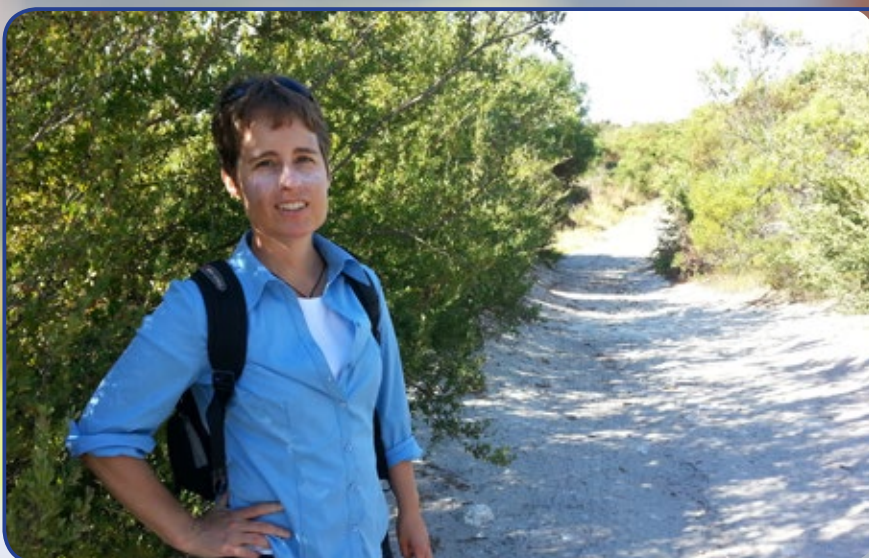
### If you continue to get blisters

If you keep getting blisters in spite of all this, see your podiatrist! We can look at whether it has anything to do with how your feet work. Depending on your unique circumstances, we might suggest orthotics, special cushioning and pressure relief, stretches, toe devices or any number of treatments.

### Summary

We're all different in our susceptibility to blisters. Some bushwalkers need do nothing more than pull their boots on and head out. Others of us have to be a lot more prepared. If you're worried about blisters, or if what you're doing now isn't working, take another look at your prevention options again. Things have come a long way.

For more information, check out the [Blister Prevention website](#). And to investigate the research behind each strategy, take a look at The [Advanced Guide to Blister Prevention](#).



Rebecca Rushton is a podiatrist with 20 year's experience. She has a special interest in blister management, is the founder of [blisterprevention.com.au](http://blisterprevention.com.au), and the author of The Advanced Guide to Blister Prevention and distributor of ENGO Blister Prevention Patches. She lives in Esperance WA and her favourite walk is the rocky limestone track just 200 metres from her back door.



# MAGAZINES



## Wild 145 issue

Wild, Australia's wilderness adventure magazine

- Pulling the plug on the dam at Lake Pedder
- Sleeping on summits: slumbering in Australia's highest places
- Secrets of the stone country
- Following 'The Snow Leopard'

Leopard'Price: \$47.95 for one-year

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



## AG Outdoor Jan - Feb 2015

- Paddling adventure through the Grand Canyon
- Sea kayaking Canada's beautiful Haida Gwaii islands
- How to explore the NSW canoe and kayak trails

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



## The Great Walks Dec 2014/Jan 2015


- 20 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/)



# 5 FISHING AND WALKING TIPS

## Scott Levi



Winston Churchill once said “Golf is a good walk spoiled”. With the way I play, whilst I’m inclined to agree with him, fishing and walking are a very compatible combination of outdoor pursuits. I have never seen a trout stream in an ugly location, and some of the best bushwalks also happen to lead to the best fishing. In wild, pristine, mainly inaccessible places, I believe it’s more important to be a good bushwalker than a good fisherman. Usually, the further you walk, the better the fishing.

Keen bushwalking fisherman Chris Levi fords a stream; lightweight wading boots come in handy



For trout, gear can be as simple as a hand line spooled with some six pound line and a pill bottle with a few size 10 hooks. Using lead is often a big mistake, as you want your bait to waft around naturally in the current, not anchored to the bottom. Bait is everywhere: grasshoppers, worms, Dobsonfly larvae (toe biter) and other large aquatic nymphs, shrimps, maggots, crickets, wood grubs, and even a march fly or any other insect you can find. Let the bait trot down through the run into the head of the pool and let the fish take it without resistance. If fishing floating baits such as grasshoppers, it's handy to grease your line with a little bit of Vaseline to keep it floating (also very handy for chafing when bushwalking!). It is not legal to use frogs or transport live fish for bait, and make sure regulations (check the fishing regulations in your state or territory - links are at the end of the article) allow bait fishing, or fishing at all, in that location.

Collecting shrimps and other aquatic insects is very easy, and a real eye opener when it comes to sampling the abundance of invertebrates living in flowing water. It's worth doing just as an experiment to gauge the health of a river. A quick rummage around in the flow of a gravelly, rocky run, will dislodge an incredible array of creatures, and the size of the freshwater shrimp can be quite surprising. Pin one on still kicking and trot it down the run, or suspended under a bubble float, and you have an irresistible bait.

Take only enough bait for immediate use and only what is permitted. Leave the beautiful native crayfish alone:

**“Leave the beautiful native crayfish alone...”**

they have enough trouble surviving habitat degradation and the other issues that have led to their decline. Catch enough fish for your breakfast or dinner, as there is no point killing fish to carry around and waste. This information can be very useful in a survival situation as well. It's amazing how many times a lost walker has gone hungry when there is a supply of food in the river right in front of them.

If you want to be a bit more sporting, telescopic spin rods are a great idea and

collapse down to a very manageable size for your pack. A four or six piece fly rod will also easily fit inside your pack. A small selection of lures or flies will do the trick, as many of the fish in remote locations wouldn't have seen too many of these fakes and will be rather naive and easy to catch. As camp is usually near water, and the most productive time to fish is dawn or dusk, fishing won't take up too much time and frustrate those in your party who are keen to hit the track.



Chris with a Western Lakes Tasmanian Brown Trout

Being able to supplement your food with fresh fish is a great treat. After winter rain in the Blue Mountains, the Warragamba feeder streams will often fill up with big silver rainbow trout sporting a crimson spawning sash. These brighter, fresh run, fish weigh one to three kilograms and are lovely to eat. A simple way to incorporate one into a meal is to cook the fish in foil. One great thing with trout, when we'll cooked, all of the pin bones and rib bones will come away attached to the backbone and there is no need to scale them. Just peel off the skin when cooked. Anchovy fillets come in their own olive oil and little bottle or tin. Fry a few in olive oil until they emulsify into an oily paste. Small things with big flavour are ideal bushwalking food. Dice and fry an onion and a clove of garlic, add a super-concentrated tomato paste sachet, boil pasta and add to the sauce, along with flaked trout, and you have a campfire seafood marinara.



In future editions we will look at some of the walks where fishing is an option. We'll focus on walks where you can target wild Murray cod and bass (although most anglers release native fish in our rivers), high country trout and the myriad of saltwater species on offer along some of our coastal walks. And remember, one of the many positives of combining walking and fishing: if you don't catch anything, you have had a successful bushwalk, not an unsuccessful fishing trip.

**“...if you don't catch anything, you have had a successful bushwalk.”**

Fishing regulations in different states:

NSW	<a href="http://dpi.nsw.gov.au">dpi.nsw.gov.au</a>
VIC	<a href="http://depi.vic.gov.au">depi.vic.gov.au</a>
QLD	<a href="http://daff.qld.gov.au">daff.qld.gov.au</a>
NT	<a href="http://nt.gov.au">nt.gov.au</a>
SA	<a href="http://pir.sa.gov.au">pir.sa.gov.au</a>
WA	<a href="http://secure.fish.wa.gov.au">secure.fish.wa.gov.au</a>
TAS	<a href="http://dpipwe.tas.gov.au">dpipwe.tas.gov.au</a>



Camp is often near good fishing water



At the hut, a fish dinner is always a treat for hungry walkers



Walking and fishing Tasmanian wilderness, Mt Ironstone



# IN THE NEWS



## Plant Biosecurity News

Giant pine scale (GPS) was recently found in Melbourne and Adelaide; now DPI is asking communities in NSW to look out for GPS in their local parks and public areas. GPS is a sap sucking insect that lives on pine trees. For more information on the project and what to look for check [giant-pine-scale](#).

Image courtesy of Andrea Battisti,  
Universita di Padova, Bugwood.org

## Wild's new website has been set loose!



There's a brand new website over at [wild.com.au](#) and they're inviting everyone to check it out and provide feedback. Read their "[Take a tour](#)" page and feel free to send them an email if you notice anything out of the ordinary.

## New edition of Australia's Trails and Tracks Magazine

Check out the Jan/Feb edition of the magazine by clicking on this link [austtrail/1\\_doc2](#).

## Discovery of a new plant in the Blue Mountains

A plant with a tiny, extremely bright orange flower has no roots or leaves and lives off a fungus to survive. Read more here [environment.nsw.gov.au](#)





# IT'S IN THE BAG

## Zip-lock bag cooking

Sonya Muhlsimmer



If you have had a hard day bushbashing through the scrub, you will probably want a quick and easy dinner. The idea of getting to the campsite to take off your pack and relaxing, taking in the view sounds like bliss! It gets even better when you know you will not have to do any (or not many!) dishes after dinner.

These zip-lock bag meals are designed for you to have more time to rest, relax and recuperate. They are nutritionally balanced for you and are really inexpensive and easy to make at home. All you need to do is just grab some basic ingredients from your pantry, throw them in a zip-lock bag and off you go. How much better can it get? Not much I say. The bags do not melt. They get hot and feel a little flimsy, but they do not actually melt. But I do highly recommend placing them in a cup or bowl for stability when adding the water and rehydrating the meals. They are not specifically made for this use, but they do work. Now, how long till we reach the campsite?

Somewhere along the South Coast Track, Tasmania



# Chinese sausage, noodles and veg

This meal is so quick and easy to put together, and inexpensive too. All the ingredients, including the Chinese sausages, are available at major supermarkets. The sausages add flavour, sodium and nutrients to any dish, especially to a packet of long-life noodles. TVP chunks for the vegetarian option are available through Asian shops or health food shops and is an excellent substitute. However, this dish has just under 2000 kJ so you can add more vegetables or dried tofu to boost the energy.

## At home

Break the noodles (and TVP chunks) into smaller pieces.  
Place all ingredients into the allocated bag.  
Print out method at camp label and place with bags.

## Method at camp

In a pot, boil 1½ cups of water.  
In the meantime place the closed bag inside a cup or a bowl.  
Chop the sausage up into thin slices.  
Open the bag and add the sausage.  
When the water has boiled, pour the water in the bag and close it.  
Leave the closed bag sitting for 6 to 8 minutes (or until the peas are rehydrated).  
Enjoy.

## Hints and tips

Due to the moisture content of the sausage, keep it separate until you need it. Keeping the sausage with the other ingredients could spoil the other ingredients.



## Keep separate

Item	Amount (cup / spoon or grams)	
Chinese sausage	1	30 grams

## Bag 1

Dried mushrooms	1/2 cup	7 grams
Dried peas	1 Tbsp	11 gram
Long life noodles	1 bundle	50 grams
Fried shallots	2 Tbsp	12 gram
Vegetable stock	1 tsp	6 gram
Lemon pepper	1/4 tsp	0.5 grams
Dried onion	1/8 tsp	0.5 grams
Dried garlic	1/8 tsp	0.5 grams
Ground chilli	few pinches	
Salt, pepper	few pinches	

## Vegetarian option

Substitute TVP chunks for Chinese sausage	12 TVP chunks	20 grams
---	---------------	----------

**Water** - 1 1/2 cup





# Minestrone soup

## (one serve)

This is a real tasty treat out in the bush, and again so quick and easy to prepare. There is no set recipe for minestrone soup, so really the choices for ingredients are endless. Bacon bits are available as a shelf stable product from supermarkets. For the vegetarian, TVP chunks can also be added to this dish. This meal has just under 2500 kJs. It is so it is full of energy and nutrients that your body needs to sustain your outdoor adventures. Go on, have a bowl!

### At home

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

Copy or print out Method at camp and keep together with the bag.

### Method at camp

In a pot, boil two cups of water. In the meantime place the closed bag inside a cup or a bowl.

Open the bag and when the water has boiled, pour the water in the bag and close it. Leave the closed bag sitting for 12 to 15 minutes. After this time, open the bag, add the tomato paste and stir through. Then enjoy.

### Hints and tips

Placing the bag inside a cup will help keep it all together. It will also ensure that you will not lose your dinner as the plastic in zip-lock bags are a bit flimsy. If there is a small hole in the bag, the water will leak into the cup or bowl, and you won't lose any of your dinner. Also, take an extra zip-lock bag to store the remaining tomato paste in.



### Bag 1 (SDT & olives)

Item	Amount (cup / spoon or grams)	
Risoni	1/2 cup	102 grams
Dried mushrooms	1/2 cup	7 grams
Fried shallots	2 Tbsp	12 grams
Dried peas	1 Tbsp	11 grams
Bacon bits	1 Tbsp	11 grams
Dried onion	1/8 tsp	0.5 gram
Dried garlic	1/8 tsp	0.5 gram
Italian herbs	1/4 tsp	0.5 gram
Raw sugar	1 tsp	5 grams
Vegetable stock	1/2 tsp	3 grams
Ground chilli	few pinches	
Salt, pepper	few pinches	

### Tomato paste - keep separate

Tomato paste	1/2 sachet can	25 grams
--------------	-------------------	----------

### Vegetarian option

Substitute TVP chunks for Bacon bits	12 TVP chunks	20 grams
--------------------------------------	---------------	----------

**Water** - 2 cups





## UPCOMING EVENTS

### Adventure Travel Film Festival

is organised annually in Bright, Victoria.

This is the fourth year of the festival. It is organised during the weekend 13-15 February 2015. It is bigger and better each year. The festival sets out to inspire people to undertake journeys whether for a weekend or something more ambitious. We want to show how easy it is. The festival includes inspirational films and speakers including two starlight screening in Howitt Park on the Friday and Saturday evening. We'd love more bushwalkers to attend, John Muir presented at the festival in the past to talk through his epic Alone across Australia solo walk. (Chris and Elayne Clash may not attend due to going travelling again). More to read here [adventuretravelfilmfestival.com/](http://adventuretravelfilmfestival.com/).



### Healthy Living Festival 2015

The Healthy Living Festival aims to promote health and wellbeing and showcase the Shire's diverse community groups. It will run from Saturday 14 March to Sunday 19 April 2015. It will present more than 150 recreational, social and educational events in Hornsby Shire. Read more on [hornsby.nsw.gov.au/my-lifestyle/events/healthy-living-festival-2015](http://hornsby.nsw.gov.au/my-lifestyle/events/healthy-living-festival-2015).

### Johnny Boy's walk for the Beryl Women's Shelter

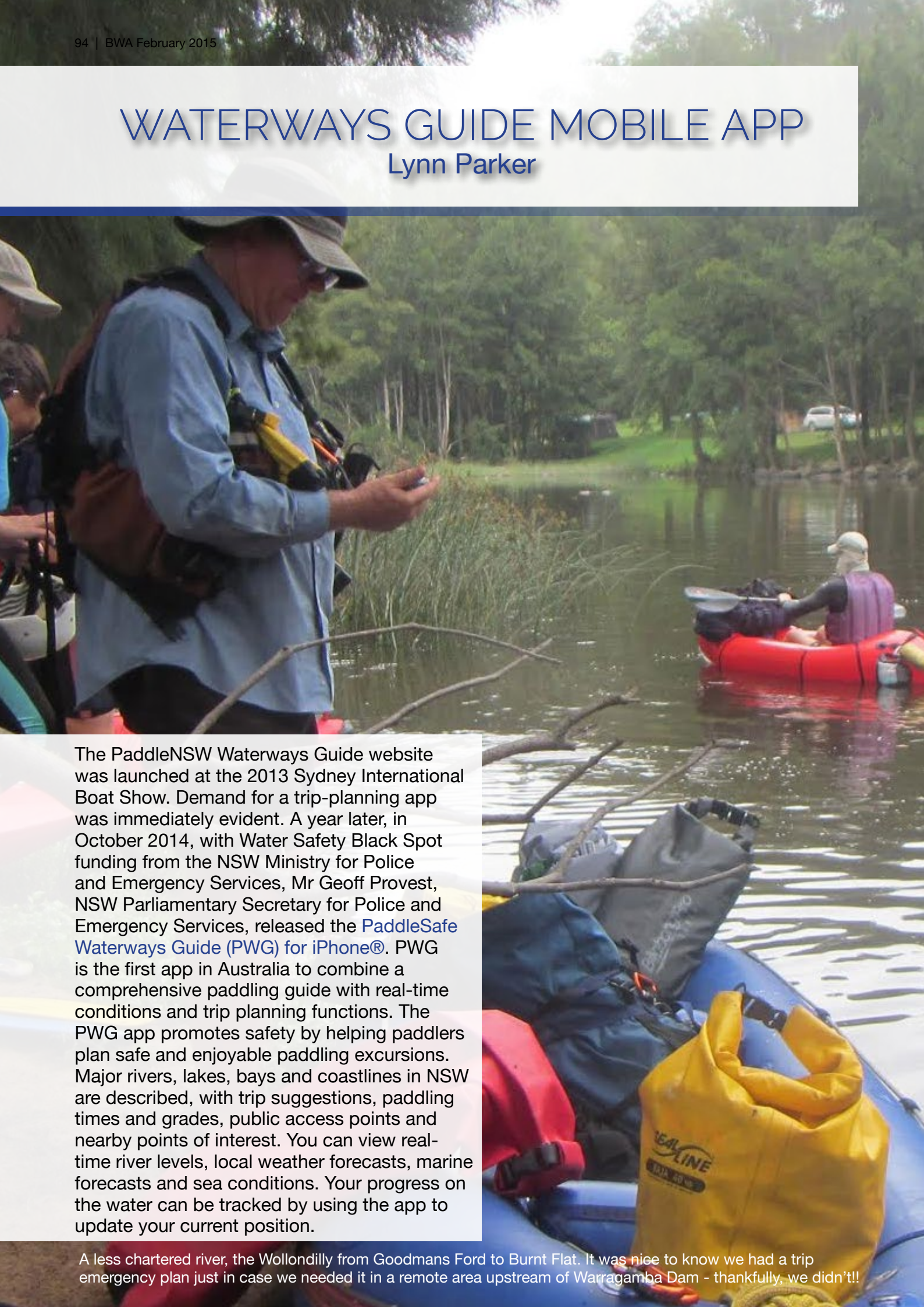
On 21-22 March John Evans hopes to walk 100 kilometres in less than 36 hours on the Canberra Centenary Trail in the [Cbr100Challenge](#). He would like to raise \$6,600 (that amount has a certain resonance with his age) for the Beryl Women's Shelter, who provide accommodation and support to women and children escaping domestic family violence. If you'd like to help, and to encourage him in his training and on the day, please follow this link [21-22-march-2015-cbr100challenge](#).





# WATERWAYS GUIDE MOBILE APP

Lynn Parker



The PaddleNSW Waterways Guide website was launched at the 2013 Sydney International Boat Show. Demand for a trip-planning app was immediately evident. A year later, in October 2014, with Water Safety Black Spot funding from the NSW Ministry for Police and Emergency Services, Mr Geoff Provest, NSW Parliamentary Secretary for Police and Emergency Services, released the [PaddleSafe Waterways Guide \(PWG\) for iPhone®](#). PWG is the first app in Australia to combine a comprehensive paddling guide with real-time conditions and trip planning functions. The PWG app promotes safety by helping paddlers plan safe and enjoyable paddling excursions. Major rivers, lakes, bays and coastlines in NSW are described, with trip suggestions, paddling times and grades, public access points and nearby points of interest. You can view real-time river levels, local weather forecasts, marine forecasts and sea conditions. Your progress on the water can be tracked by using the app to update your current position.

A less chartered river, the Wollondilly from Goodmans Ford to Burnt Flat. It was nice to know we had a trip emergency plan just in case we needed it in a remote area upstream of Warragamba Dam - thankfully, we didn't!!



The trip planning tool in the app does not need to be on water, but can easily be used by bushwalkers too. All you need to do is nominate an access point draw your route on the map provided, set you times and presto, leave your plan with a home base. The PaddleSafe App can also be used to invite your mates (with their ICE details), log GPS coordinates along the way (and send them home when in range).

View real-time river levels, local weather forecasts, marine forecasts and sea conditions.

The trip planning facility steps you through the essentials for a trip, sends invitations to friends, and creates a Float Plan to let someone know before you go.

Track your progress on the water by using the app to update your current position.

Demand for a trip-planning app was immediately evident and exactly one year later, with Water Safety Black Spot funding from the NSW Ministry for Police and Emergency Services, the PWG app was previewed at the 2014 Sydney International Boat Show.

“...it will also be useful to campers and picnickers looking for a place with access to water.”

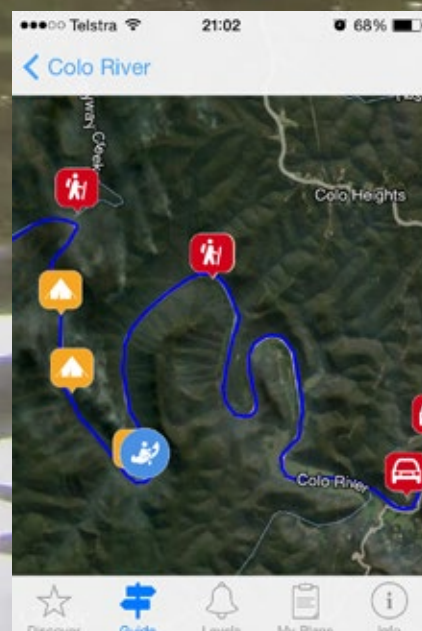
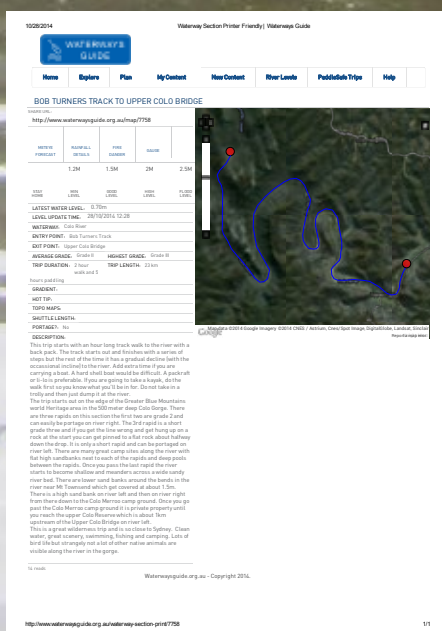
The PWG app and companion website are both maintained by the paddling community. The app for iPhone and iPad can be downloaded for free from the App Store.

The PaddleSafe Waterways Guide app for iPhone and iPad can be downloaded for free from the App Store.

PaddleNSW is a volunteer-driven not-for-profit organisation and the peak state body, dedicated to providing NSW and ACT paddlers with the best opportunities to pursue their sport or recreational activity. PaddleNSW is engaged in building a community of paddlers and helping create a safe, fun environment for paddlers to navigate.

Tim Hookins, PaddleNSW Chairperson said “The Waterways Guide and PaddleSafe App will be invaluable to canoeists, kayakers and anglers looking for somewhere to go on the water, but it will also be useful to campers and picnickers looking for a place with access to water. I can see the app also being used by athletes when training on open water. Details can be logged with Home Base in the case of an emergency” .

Read more at [waterwaysguide.org.au/](http://waterwaysguide.org.au/) or download the app by clicking on this icon.





Free postage

Paper books &  
PDF's



Forum Wiki Blog Rules Photo Comp Shop

Cart Contents Checkout My Account

Top » Catalog » Guide Books

### Categories

Guide Books-> (26)

ACT (2)  
NSW (15)  
NT  
NZ (1)  
QLD (2)  
SA (1)  
Tas (2)  
Vic (2)  
WA (1)

### Manufacturers

Please Select

### Quick Find

Use keywords to find the product you are looking for.  
Advanced Search

### What's New?



## Guide Books



ACT



NZ



Tas



NSW



QLD



Vic



NT



SA



WA

### Shopping Cart

0 items

### Reviews

There are currently no product reviews

### New Products For November

