

Autumn edition

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**"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



Female hiker
drinking water
from outdoor
stream
by
mimagephotos

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Warning

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

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

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FROM THE EDITOR

Hi

Welcome to this Queensland edition of Bushwalk Australia magazine. I am enjoying this state by state run down of walking across this vast land of ours. Queensland is huge, it really deserves two editions, but I think we can make this work. It has been a great privilege to have so many people in Queensland get involved and share their local wisdom. Even the Queensland Minister for Environment has been kind enough to share with the bushwalking community.

I had the joy of living in southern Queensland for a few months and enjoyed some short walks in the Hinterland. I have climbed Mount Bartle Frere in the fog and got a wonderful view of my feet. It is the big rivers and waterfalls that dominate the landscape that I remember and enjoyed the most. I must get back there again soon.

I dare not pick favourite articles in this edition, you will need your time to work through this one. I hope you find some tips and new adventure ideas to keep you walking well.

Happy walking and Happy Easter
Matt McClelland (aka Wildwalks)
matt@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. I operate Bushwalk.com and 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.

BUSHWALK.COM

Share your wisdom

Matt McClelland aka Wildwalks

Best walks in the Northern Territory

We've gathered information on best walks in Queensland from your previous survey answers and created a nice article. For the following edition we will head up to Northern Territory. Please click on the link below and fill out the survey with your favourite walks in this state.



Your tips and tricks when bushwalking

If you have some good tips to share or found a gadget you think others would be interested in, please share by clicking on the link below and fill out the survey, thank you.



The "Where-is-it?" game goes international

Our very popular Where-is-it? game has grown due to a popular demand. The game is simple - pick where the photo was taken. If you are the first to guess correctly, then you upload the next image and keep the game rolling. It is a lot of fun and a great way to explore natural places all around Australia and now the world.

Check out the [New International game](#), the [Australian game](#) and the [Tasmanian game](#).



BEST WALKS OF QUEENSLAND

Cameron Semple

Queensland is a big place! Of our mainland states and territories Queensland is the second largest, and with this size comes huge diversity in the ecosystems, terrain and walks that can be encountered. From the humid tropics up north, to the dry and dusty west, to the lush and more populated coastline, there is enough to do and see here to cover several lifetimes.

There's no secret that it gets a bit hot and humid up here; after all, it is the Sunshine State. However, with the extensive track system it isn't hard to find your own personal oasis. Whether it's climbing a peak or exploring a hidden gorge, you're sure to find a unique adventure.

A good place to start is one of the 10 Great Walks of Queensland. The full list can be found on the [Queensland Government website](#), but highlights include Carnarvon, Gold Coast Hinterland, Fraser Island and the Whitsunday Ngaro Sea Trail.

All of the Great Walks are well marked, with sign posts at regular intervals advising distances, and follow formed trails. The campsites are generally of high quality with mulching toilets, water tanks and wooden platforms for setting up tents or just to provide a spot to sit off the ground. Whilst these track networks can be used for day walks, they all offer multi-day experiences to those with the gear and fitness.

The south-east corner is home to some of the most popular walks in the state. Well known national parks such as Lamington on the Gold Coast Hinterland, Girraween on the Granite Belt and Cooloola on the Sunshine Coast all offer extensive and well maintained walking tracks, and each provide their own unique ways to escape the heat.

Lamington National Park is a World Heritage Area and part of the Gondwana Rainforests of Australia. Its altitude often puts it amongst the clouds and keeps the temperature down. It isn't uncommon to need a light jumper, even in summer. There are many classic walks both on- and off-track within the park. Checking out one of the beautiful waterfalls should be on any visitor's list, and with walks such as the Box Forest Circuit or the Coomera Falls Circuit providing ample access there's no excuse to miss out.

Off-track walking in the park should not be taken lightly. The dense vegetation and rugged terrain mean a high level of navigation skill is required. The rewards are worth it though, with routes such as the Stinson

wreck through-walk taking you deep into the beautiful Southern Lamington Wilderness.

Girraween National Park is located south-west of Brisbane within the popular wine-producing area of the Granite Belt. Sitting west of the Great Dividing Range, its altitude and position mean that temperatures are consistently the coldest in the state. In winter the mercury will easily drop below zero, with snow even a possibility in rare conditions.

The main features of this stunning park are the large granite formations. At just over 10 kilometres return, the Mount Norman Track is one of the more exhilarating days out. Sitting as the highest peak in the park at 1267 metres, it provides an excellent day of walking and scrambling to reach its summit.

If a bit of sand, surf or paddling is your cup of tea, then Cooloola Recreation Area is a great destination. Only 90 minutes north of Brisbane, this large reserve encompasses a big variety of areas and activities including beach camping, freshwater lake camping, water activities and remote bushwalking and camping. My favourite place to set up base is at the Harrys Hut campground. Sitting on the banks of the Upper Noosa River it provides a perfect jump-off point for various activities.

If you're feeling fit you can tackle the walk from Harrys Hut to the Cooloola Sandpatch. It is a big day at 25 kilometres return, and you'll need to access the other side of the river somehow. A blow-up dingy works well for the packs at least. Alternatively, if you have access to a canoe or kayak you can paddle up the river to Campsite 3 (of 15) and halve your walking distance to the sandpatch. Once there you'll be rewarded with expansive views across the park and out to the ocean.

No summary of greater Brisbane would be complete without mentioning Mount Barney. Standing at 1359 metres tall, the numerous ridges and rugged peaks offer many challenges to experienced walkers and would be classed by many as the pinnacle of hard bushwalking in the south-east corner. The south ridge provides the easiest route to the top and is the most popular, while the south-east or Logans ridge provide tougher and more exposed options.

“... it isn't hard to find your own personal oasis.”

The new edition of Robert Rankin's book: *Secrets of the Scenic Rim*, has excellent notes and aerial photos, and is a great tool for planning your next gruelling day on Barney.

The south-east corner certainly isn't the only place worth visiting. Heading north-west gets you to Carnarvon Gorge in the Carnarvon National Park. Sitting in the central Queensland highlands, the gorge is one of a series of amazing places in this area including Isla Gorge and Blackdown Tableland National Parks.

Features of the area include beautiful streams running beneath towering cliffs and of course superb lookouts. The Main Gorge Track in Carnarvon is the backbone of the trail network and allows you to choose your own adventure. Interesting features dot their way along the track and vary in distance from seven kilometres return to longer multi-day adventures. One spot worth the walk is the Art Gallery, which sits just over five kilometres down the track. It is home to over two thousand pieces of indigenous art including engravings, ochre stencils and freehand paintings.

The tropical north of the state allows for a huge number of adventures, with large

“Features of the area include beautiful streams running beneath towering cliffs and of course superb lookouts.”

sections hard to access and rarely visited. The cooler months are definitely the best time to visit and you'll want to take plenty of insect repellent.

If peak-bagging is your thing, then you can't go past Mount Bartle Frere, the highest in the state. Located north-west of Innisfail, this tropical peak is 1622 metres high. The summit can be reached as a challenging single-day walk, or can be split up over a couple of days. You can also turn it into a through-walk by starting at either the Josephine Falls carpark or Junction Camp and finishing at the other. Surrounded by lush rainforest and offering roughly 1500 metres of altitude gain, this walk offers an experience that is truly unique to Queensland.

The areas mentioned here offer only a tiny glimpse of the walks and adventures available in this stunning part of the world. The national parks website provides a good source of basic information about places to visit, or simply look at a map, find a patch of green and see where it takes you.

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



Josephine Falls, North Queensland
by Brian Eglinton

Queensland

Mount Barney (South Ridge track)

9 km return, 10 hours, nprsr.qld.gov.au

There are many route options - South Ridge, SE Ridge, Logans, Eagles, Mezzanine to name a few. For first timers, ascending South East (Peasants) Ridge to the East peak and then descending via South Ridge is recommended. As one of the highest standalone peaks in SE Qld, it's all about the views! Great bird life. Some challenging little rock scrambles, lots of twists and turns and trees to go over and under and a jaw dropping initial descent on to south ridge makes this the best all round day walk in QLD. Can also be completed as a multi day walk if preferred.



Mount Bartle Frere

15 km return, 12 hours, state8.net

Highest point in Queensland, with the walk starting not much above sea level. In the wet tropics, with jungle, amazing trees, possible wildlife (some not so nice - leeches!) Tough with steep stretches, and a boulder field near the top. Finally a muddy scramble holding onto tree roots to reach the tiny summit plateau. If it's clear, great views at the top. Know your turn-around time so you aren't finishing in the dark!



Queensland

Mount Maroon (Cotswold track)

6 km return, 6 hours, nprsr.qld.gov.au

A scaled down version of Mt Barney. A great little climb up the “chimney”, followed by a gentle ascent to the summit to be rewarded with 360 degree views of the main range. Not an overly long or taxing walk.



Glen Rock

11 km circuit, 6 hours

Great open eucalypt circuit with amazing views, steep ridges and razorbacks. Winter walk.



Queensland

Coomera Circuit

Lamington NP

17.4 km return, 7 hours, Queensland National Parks Brochure

Easy but medium length. Rainforest, great waterfalls, and lots of stream crossings.



Twin Falls Circuit on Springbrook plateau

Springbrook National Park

4 km return, 2 hours, nprsr.qld.gov.au

Start this walk from Tallanbana picnic area or Canyon lookout. Follow the track in an anti-clockwise direction to take advantage of the interpretive signs, which guide the walker through different forest types. Pass behind two waterfalls, through rock clefts and among palms and treeferns. Notice the smooth, pink bark of the brush box *Lophostemon confertus* that occur along the track. Similar brush box in other parts of this World Heritage area have been radiocarbon-dated at 1500 years, making these trees the oldest ever carbon-dated on Australia's mainland. Great NP campsite at Springbrook.



Queensland

Carnarvon Gorge

Varies, npsr.qld.gov.au

This is generally easy walking along the gorge floor with towering white cliffs on each side. Various side features can be chosen and are delightful, with constricted canyons, giant slots and a variety of protected gardens. The flat track is suitable for all ages. There are several creek crossings, aboriginal paintings, massive cathedral cave, side moss and fern-filled gorges.



Toolona Creek Circuit

Lamington NP

17.4 km round trip, 6 hours, npsr.qld.gov.au

Antarctic beech trees, creeks, waterfalls and rainforest.



Queensland

Kahlpahlim Rock Circuit

12 km round trip, 7 hours, nprsr.qld.gov.au

A fine walk near Cairns. Some gigantic granite structures on the top of the Lamb Range. Some scrambling to get to a number of different vantage points, but they give terrific views in every direction.



Daves Creek Circuit

Lamington NP

12 km round trip, 4 hours, nprsr.qld.gov.au

Not a long walk, but has a large variety of fauna and geological features on the Lamington Plateau. A walk for all seasons with wildflowers any time of the year. Great lookout point over the Caldera towards Springbrook and Mt Warning as well.



Broken River

Eungella NP

9 km return, 4 hours, nprsr.qld.gov.au

Track is lovely. It is high and there's not much in the way of Gradients. You will ALWAYS see platypus - for years I have suspected the rangers of seeding the area under the bridge with mealy worms. Cool in spite of the latitude - they get frosts. Fantastic lookouts/views.



Somerset Trail

D'Aguilar NP

13 km return, 4 hours, nprsr.qld.gov.au

Somerset Lookout has a fantastic view inland in Mt Mee section of D'Aguilar NP. This is an easy walk.



Love Creek from Alex road

Brisbane Forest Park

7 km return, 2 hours, everytrail.com

Brilliant creek scenery, waterfalls and scrambling right in Brisbane Forest Park.



Queensland

Wungul Sandblow

Fraser Island

2 km return, 40 minutes, walkit.com.au

You can do a circuit, starting outside the campground and walking through the forest. Then coming around to the sandblow “from the back”. It is fantastic, especially if there aren’t (many) other people. Looks like a desert, but framed by a forest and a wide open sky.



Battleship Spur

Carnarvon NP

30 km return, 12 hours, aussiebushwalking.com

Long day walk from Information center with superb views of Carnarvon Gorge.



Ship Stern Circuit

Lamington NP

21 km return, 8 hours

Rainforest, waterfalls, cliff faces, views and vegetation changes.



Mt Roberts, Lizard Point

Main Range NP

12 km return, 9 hours, moderate, [Walker's guide to S.E. Qld's scenic rim](#)

Spectacular view, moderate walk but not short. Rainforest.



Queensland

Mt Castle

Main Range NP

1 km return, 30 minutes, [Walker's guide to S.E. Qld's scenic rim](#)

Off-track/pad walking through rain forest and open eucalypt, a razorback ridge section with amazing views, a large natural arch and boars head.



Walshes Pyramid

Wooroonooran NP

6 km return, 6 hours, nprsr.qld.gov.au

Great physical workout with a very steep nearly 900 metres climb. And a great location looking over Cairns and into the surrounding ranges.



Moreton Bay - West

1.5 hours, easy, nprsr.qld.gov.au

This is more of a family walk. Catch the ferry across to Moreton Island and then head north along the foreshore. the walk takes about 1.5 hrs (easy walking) before you reach the Ben Ewa camp site. This is a sheltered camp site (we have been there when the westerlies have been blowing but the camp site was fine). Its just that bit too far for the "yobbo" crowd. Its a different walk in that its pretty much along the beach all the way. we've seen turtles on the beach and lots of fish and dolphins. Probably would avoid the warmer months (too many bugs).



Border Trail

Lamington NP

21.4 km one way, 7 hours, nprsr.qld.gov.au

Its a ridge walk without significant gradients. It is shady and can be walked in any season which isn't true for much of Queensland! Lots of stuff to see but still an easy, can't-possibly-be-lost track. Like the camping grounds at either end and O'Reillys. Also O'Reillys will arrange pickups.



Queensland

Main Range traverse

35 km, 2 days, [Walker's guide to S.E. Qld's scenic rim](#)

Vegetation variation, cliffs, views, historic plane wreck, strenuous/ challenging, remote campsites, navigation challenge-Steamers, Lizard point, Mt Superbus circuit, Main Range.

Gold Coast Hinterland Great Walk

45 km, 3 days, nprsr.qld.gov.au

Fantastic changes in scenery and altitude (for Queensland) combined with great views and reasonably challenging climbs. This includes the lovely Border Track, then there are a lot of changing microclimates - rainforest, sclerophyll eucalypt, abandoned plantations. O'Reilly's did it as a supported walk and they were great - very helpful, flexible, great accommodation and meals. Waterfalls. Birdies. Pretty-faced wallabies.

Queensland

Mt Barney Gorge

7.4 km return, 3 hours, nprsr.qld.gov.au

Passing through the scenic Lower Portals, this is not really a big walk. However, the Barney Gorge campsite is one of the prettiest that you will come across and barring long weekends, you will probably have it to yourself.



Thorsborne Trail

Hinchinbrook Island

32 km, 4 days, nprsr.qld.gov.au

Ramsay Bay to George Point ie North to South or visa versa. 4-6 days and about 40km with side trips. Superb tropical walk with varied terrain and magnificent coastal camping. Need to book well ahead (restricted access -10 permits/day - giving a feeling of exclusivity) and do prepare.



View towards Mount Barney's west peak
by Cameron Semple

Queensland

Cooloola Wilderness Trail

48 km, 3–5 days, nprs.qld.gov.au

Easy relatively flat walk through flowering heath country, rarely visited by walkers. You can go swimming in waterholes and to extend the walk you can join onto Cooloola Great Walk or even canoe the Noosa River Canoe Trail.



Spicers Gap to Teviot Gap

26 km, 2 days, danthewanderer.com

Challenging mostly off-track walk along the Main Range National Park escarpment providing spectacular views for virtually the entire walk. This has to be the best multi-day walk in SE Qld.



Queensland

Sundown circuit

Sundown NP

43 km, 8 days, [Sundown National Park guide](#)

Up Mt Donaldson, down McCallister creek, up the Severn river, up Blue Gorge and down Ooline creek. Three different gorges, amazing views, water for swimming, isolation.

Mackay Highlands Great Walk

56 km, 3-5 days, [npsr.qld.gov.au](#)

Well, it has the Broken River walk which I listed as a great day walk. Great views, lots of options to do the thing as a through walk or as multiple day walks. Absolutely charming camping spots. Temperate. Can't get lost. Lovely and unusual historical ruin at the end. And did I mention, platypus.

Carnarvon Great Walk circuit

87 km, 4 days, [npsr.qld.gov.au](#)

Covers several sections of the Queensland sandstone belt.

Mt Castle

Main Range NP

6 km, 8 hours, [meetup.com](#)

Taking the easiest approach from Goomburra, there are stunning views to be had. You pass by Laidleys Falls, the "Hole in the wall", Boars Head and numerous razorback ridges. Camping right on top of Mt Castle, you get 360 degree views. Can also be done as a day walk.

Sunshine Coast Great Walk

58 km, 3 days, [npsr.qld.gov.au](#)

The walk takes you through some dramatic changes in vegetation and terrain. Great views in elevated locations (eg at the Ubajee camp). Post wet season (April - July) the creeks provide excellent respite and drinking water. It's readily accessible but not over populated (except perhaps for the Ubajee Walkers camp which can be busy). Parts of it can be challenging but not too hard which makes it a reasonably good walk for kids.

Conondale Range Great Walk

55 km round trip, 4 days, [npsr.qld.gov.au](#)

Nice circular route (no need to pre-locate retrieval vehicle). Great views.

Queensland

Girraween circuit

Girraween NP

46 km, 2 days, [Bushwalkers guide to SE Qld](#)

Superb granite out crops to climb, and in later winter, early spring wildflowers are outstanding.

Fraser Island Great Walk

90 km, 6-8 days, npsr.qld.gov.au

Amazing sand dunes, pristine perched lakes that can be swum in, wildlife encounters (dingoes possible or even likely), sunrises over ocean, walkers' campsites close enough to vehicle access to allow pack dropoffs by support vehicle, accommodation and basic facilities at both ends of walk and 4WD shuttle between both ends of walk is possible.

Binna Burra to O'Riellys return via Fountain Falls/ Darlington Range

Lamington NP

35 km, 11 hours, [Bushwalkers guide to SE Qld](#)

Waterfalls, rainforest, creeks and navigation challenge.

Noosa Great Trails circuit

40 km, 3 days, noosa.qld.gov.au

What made it stand out was the local community support - see trybooking.com. Council and other organisations got together, one turned up with hiking gear, tent etc (or plans to BnB) and they bussed the gear to the camping areas. Local service groups provided meals for minimal cost. Some beautiful areas there I didn't know about, and of course wonderful views to the sea and the hinterland.

Severn River/Red Rock Creek

26 km, 2 days

Beautiful river scenery, cliffs, rock hopping, scrambling, seeing the amazing Red Rock waterfall from below and above.



TAKE A WALK IN NATURE

Exploring Queensland's parks and forests

A message from Queensland's Minister for National Parks

Every day, thousands of people flock to Queensland's national parks and protected areas to enjoy the pleasure of a bush picnic, go for a walk, see native birds and animals in the wild, or simply just to relax.

As the Minister responsible for Queensland's national parks and State forests I get to see many of these superb areas first-hand. I recently had the honour of opening a new suspension bridge below Purling Brook Falls in the Gold Coast hinterland's Springbrook National Park.

Looking upstream at the pumping waterfalls, and downstream to the smaller falls and cascades, it struck me just how lucky we are in Queensland to have these world-class places on our doorstep. I know how much I value the parks and forest in my own neighbourhood.

During the recent sometimes gruelling election campaign, it was the time I spent walking and running through the foothills of Mount Coot-tha that gave me a chance to think and breathe.

When he's a bit bigger my son Sam, who is now seven, will walk some of those same tracks to school. Some of my best memories as a child are hopping rocks up creeks with my sister, stumbling on swimming holes and waterfalls. I love sharing those experiences now with my own children.

As a committed environmentalist I am keenly aware of the urgency and importance of protecting Queensland's unique environment, for present and future generations. I have found that

one of the best ways to understand the importance of our environment is to go bushwalking.

There's really no better way to have a close encounter with nature. Walking tracks can take you to places you won't reach in a car, and most are graded to make walking easy.

Queensland's parks provide a range of bushwalks accessible to beginners and experts. You can take a 10-minute walk along a marked path, or a week-long hike requiring advanced navigational skills. It all depends on what you are looking for.

Some of the most popular bushwalking experiences include:

- The Thorsborne Trail - this rugged island has cloud-covered mountains, fragile heath vegetation, lush rainforest, tall eucalypt forest and mangrove fringes.
- Castle Rock walk at Girraween - this is a park of massive granite outcrops, large angular tors, and precariously balanced boulders.
- Noosa Headland coastal track – the Noosa National Park features spectacular coastal scenery. Walking this track you could be lucky enough to catch a glimpse of a koala, glossy black-cockatoo, ground parrot or a wallum froglet.
- Bartle Frere trail in Wooroonooran National Park - climbing the summit of Queensland's highest mountain offers a challenging way to explore part of the World Heritage-listed rainforest of the Bellenden Ker Range.

Thousands of people from around the world have already experienced the many spectacular walking tracks throughout our national parks. This is wonderful, but we want to see more people out and about, exploring our parks and seeing everything that is on offer. In today's digital age, these visitors have the ability to become advocates for our natural spaces, sharing their experiences via social media with their friends and family.

When people have the ability to instantly upload videos and photos of their trips, check in at specific locations or map their walks online, they can spread the word far more effectively through their social networks than we could ever hope to achieve with a website or a TV commercial.

We are open to hearing about our visitors' experiences, good or bad, and constructive criticisms.

The feedback we receive via social media, online or face-to-face will help shape and guide our decisions in the future as we endeavour to deliver even better experiences for our local, interstate and international visitors.

People looking to interact with us online can visit the [Queensland National Parks Facebook page](#), check out our [YouTube channel](#) or follow us on Instagram @QldParks and tag #QldParks.

National parks are the cornerstone of Queensland's protected area estate and are an important part of our natural environment and cultural heritage.

Queensland has more than 12 million hectares of protected area estate, which includes more than 2000 kilometres of walking tracks, 470 camping areas and 30,000 kilometres of roads and fire control

lines. However, improving access to protected areas must be balanced with conservation so our children can enjoy these special places with their children, and those future generations will thank us for our careful management.

I look forward to delivering on our vision of reconnecting the Queensland landscape through a network of national parks, marine parks, wildlife corridors, and reserves to benefit biodiversity and drive tourism.

Through proper management, the Queensland Government aims to ensure that the parks and forests are protected, accessible and valued by everyone.



Dr Steven Miles is Minister for Environment and Heritage Protection and Minister for National Parks and the Great Barrier Reef.

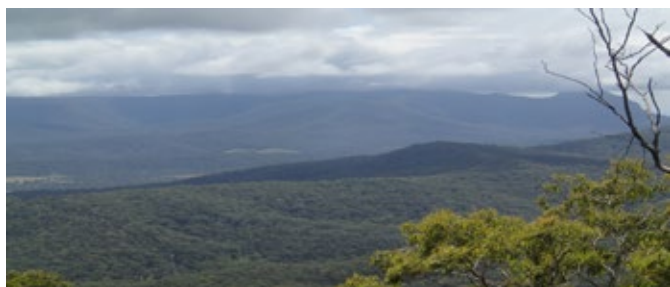
IN THE FOOTSTEPS OF ALLAN CUNNINGHAM ESQ.

Athol Lester

It is around 11 am and I am standing on a high and narrow knoll some 10 kilometres west of the Great Dividing Range in southern Queensland and my heart is beating faster than it should just from the climb. This is from the excitement I am feeling from knowing I am standing in the exact position that explorer Allan Cunningham stood at 11 am on 11 June 1827 and took bearings on what I know as Flinders Peak. This peak is clearly visible through the southernmost of two “Gaps” in the range and is at a bearing of 46 degrees true. There can be no dispute – if I move more than a few metres from this spot I can no longer see that point and my whole view changes.

The view to the east to Cunningham’s second observation point

This exhilaration I am feeling is one of the reasons that the National Parks Association of QLD (NPAQ) continues to fight to protect such places and to ensure that our descendent generations will be able to do the same in another 188 years! The excursion to experience this breathtaking vista is to prepare the route for a planned event to take a group of people to this spot on the edge of Main Range National Park in June 2015 and to hopefully feel the awe I am feeling as I stand here.



Glengallen Valley leading to Cunninghams Gap

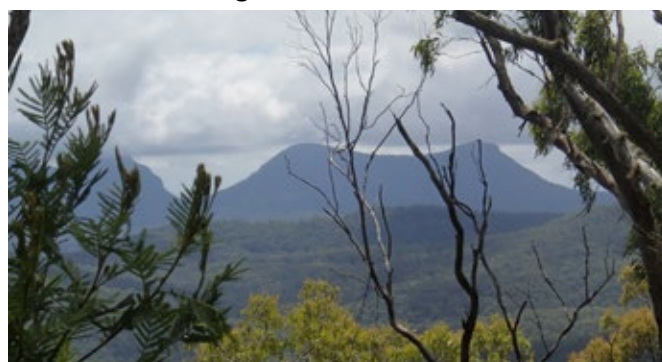
I wonder at the determination and the navigational skill which allowed explorers such as Cunningham to make these challenging journeys into totally unknown country. What must it have been like to stand there so many years ago, yet I feel a closeness to that day and that group of pioneers.

As Cunningham did on his day, we then follow the ridge line some six kilometres east until we reach another high position where we can see Mount Warning. Cunningham made this extra effort on steep terrain from our initial position and continue up and down to his second position on a flat plateau just west of Spicers Peak in order to finally establish his exact longitudinal position by taking a bearing on Mt Warning, which had been accurately recorded by Captain Cook. Another bearing on Flinders Peak from here allowed Cunningham to be sure of where he was that day – and those details are recorded in his journal preserved in the NSW State Archives in Sydney. Standing here after that slog along the lateral ridge, and confirming the bearings with my own readings, I can again feel that excitement and connection to the past and the person we can almost feel as though we are walking beside.

It will not be an easy day for the NPAQ members and friends who undertake this

experience later this year. The route we will follow involves climbing a total of 850 metres over a track of about 15 kilometres; as Cunningham observed, the terrain is not technically difficult. It is open forest with a covering of grass suitable for grazing right to the summit of the ridges! For many years there has been a debate among historians about the accuracy of Cunningham's observations on that day, and indeed a strongly-held belief that he did not see the gap which bears his name today. However, by following his footsteps we can clearly see that he correctly recorded both Cunninghams Gap and Spicers Gap from his position on the knoll at 11 am and also correctly recorded the position of Mt Warning from his position at 3 pm that day.

The NPAQ is indebted to Prof. Frank Dowling and to staff at Spicers Peak Lodge who initially researched this route and confirmed Cunningham's observations in 2008. Our aim is to offer wonderful experiences to visitors to our National Parks and Conservation areas and to appreciate the need to preserve them intact for future generations.



Mt Mitchell and the two Gaps

The National Parks Association of Queensland is the peak non-government organisation in Queensland for the expansion and appropriate management of national parks and other protected areas. To find out more about NPAQ go to npaql.org.au.

Athol Lester is Activities Convenor for the NPAQ and one of its Vice-Presidents. He is an engineer by trade and has been an NPAQ member for nearly ten years. Athol is an avid bushwalker - on-track, off-track, new track - and loves to get out and about. He is passionate about Australia's national parks and is an enthusiastic supporter of their expansion.



TABLELAND BUSHWALKING CLUB

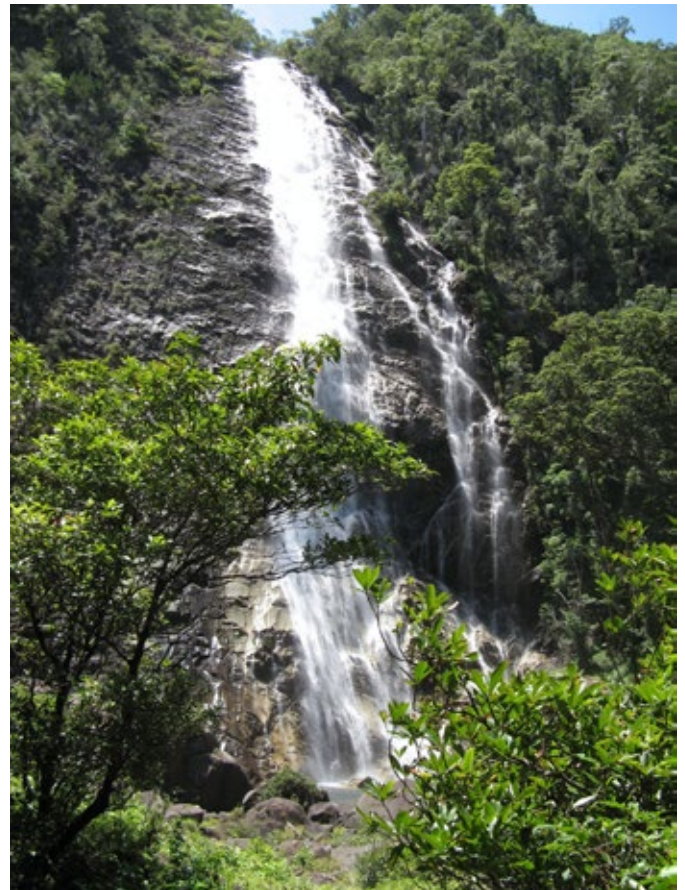
Club President Sally McPhee

The [Tableland Bushwalking Club](#) is based on the Atherton Tablelands in North Queensland, approximately 90 kilometres south-west of Cairns. The Club was incorporated in 1990 and recently celebrated 25 years of continual existence. We currently have 90 members and 30-40 of these are regular walkers. Club walks are every second Wednesday and Sunday and include visits to national parks, state forests and private land.

The Tablelands is a sub-tropical region, but because of its elevation of 750 metres we experience mild weather, though parts of the area can be wet. In the south-west, Millaa Millaa has an average rainfall of 3000 mm a year, while to the north at Walkamin, rainfall averages 1000 mm a year. From a walker's point of view we are blessed with a fantastic range of landscapes to explore.

The area has wonderful rainforest and waterfalls, spectacular beaches, enticing sclerophyll forest and, further to the west, the dry open savannah plains and the rocky formations of outback Australia. This means that we are never short of a different destination, and all are within an hour's drive of Atherton.

I could spend the entire article just discussing the spectacular waterfalls in our region, but I want to highlight the diversity of walks by concentrating on four or five walks. The first is the Hann Tableland National Park, an undeveloped wilderness located



West Mulgrave Falls



Granite slopes Hann Tableland

on the western edge of the Tablelands. One of the main features of the park is a long narrow U-shaped granite rim surrounding Boyle Creek. While the top of the rim has magnificent granite slopes and boulders, the edge of Boyle Creek harbours a micro rainforest environment offering a cool retreat from the surrounding hard landscape, and also provides an opportunity for a refreshing dip.

Another area the Club enjoys walking in is the Wooroonooran National Park, a huge 800 square kilometre area of mostly rainforest and home to Queensland's two highest mountains, Bartle Frere 1622 metres and Bellenden Kerr 1592 metres. The park offers numerous day and overnight walks, including the Gorrell Track, the Bartle Frere Track, the Goldsborough (Goldfield) Track and the Misty Mountain Trails.

An area I love is the rainforest wilderness below Bartle Frere, an area originally explored in the 1880s by Christie Palmerston (with the help of native guides and trails) in his search for gold. Apart from white water enthusiasts and keen fisherman the area is little visited. Bartle Frere has the most fantastic crystal-clear rainforest streams, majestic waterfalls and wild rainforest.



Rainforest Pool Wooroonoonan

One favoured saying during the wet season is "Go west, young man," because we know it will be drier than close to the coast. Often these areas are of historical significance, particularly in relation to Australia's early mining history. One such destination is Stannery Hills, an abandoned tin mining district 30 kilometres west of Atherton. At

its height in the early years of the twentieth century, 800 people lived and worked here, but the only signs are two dams and the remains of a two foot narrow gauge railway, which took tin to a nearby battery. It's a great wet season or winter walking area, but too hot for summer walking.



Stannery Hills

Drier locations close to home include Mount Misch, Mount Emerald and Walshs Bluff, all part of the Great Dividing Range. The top of Mount Misch is rainforest and has two small streams and the remains of World War II bunkers used for training the soldiers in tropical conditions. The other two are drier, open and rocky and provide great 360° views of the surrounding Tablelands.



Mt Misch

There are also some great overnight trips available in the region. On Hinchinbrook Island is the 32 kilometre Thorsborne Trail. If you want to race it can be done in less than four days, but take five or six days and

explore all the side trails. The walk can be done from either the north or south and the camp sites are either along the beach, or at the two waterfalls. For the really adventurous there is a chance to explore the remains of the World War II B-24 Liberator that crashed into Mt Straloch in 1942, or to climb Mount Bowen (a boulder-hopping 1121 metres high), with an overnight stay recommended.



Hinchinbrook Island

Another backpacking challenge for the adventurous is the 1350 metre climb of Thortons Peak (Queensland's fourth highest mountain), near the coast north of the Daintree River. The mountain is mostly

rainforest and notorious for its misty wet weather. Near the top, the forest gives way to a huge boulder field, an area not for the faint-hearted, as you have to leap from one boulder to another without thinking of the crevices below. From the top you get 360° views to surrounding rainforest, the Daintree River, beaches and out to the Coral Sea.



Thortons Peak


I can't think of enough superlatives to describe our bushwalking area, so when in north Queensland, come walking with us. See our website at tablelandsbushwalking.org/.



View from Bell Peak

LAMENT OF A SOUTHERNER

John & Lyn Daly



Here I was in sunny Queensland. I drove into the park late, so I pitched my tent and rolled into my sleeping bag. When the magpies and kookaburras woke me at dawn I tried to undo the tent but the zipper was frozen solid. As I forced the zip up, flakes of ice fell from the inside of the fly and landed on the back of my neck. I poked my head out to discover a carpet of white! No, not snow – ice and frost. I could almost hear the birds calling “Welcome to Girraween”.

Walking in Queensland is different.

Queensland is a land of contrasts, five times larger than Japan and twice as big as Texas. It also has the misinformed reputation for being too hot for walking. That couldn't be further from the truth. Hot, wet summers characterise the tropical north, but along the southern ranges, snow will occasionally fall. Some places only get 150 mm of rain a year, while others experience up to 4000 mm. Queensland attracts walkers from all around Australia and abroad, and each region has its own special appeal. You just need to dress for the occasion. You wouldn't go walking in Victorian alpine regions without adequate wet weather gear and warm clothing. It's the same in Queensland.

In south-east Queensland, even in the middle of summer, bushwalkers are still active. Most tend to head for the cooler subtropical rainforests of the Gold and Sunshine Coast hinterlands, while leaving the more open eucalypt forests of the Main Range and Mount Barney areas for the other three seasons. Just in this small corner of Queensland, you probably have more diversity than in any other similar-sized region in Australia. Each area has its own unique appeal and it also comes with its own requirements for safety and comfort.

Tents, hazards and bities

We have walked with people who just take a tent fly or a lean-to on overnights walks. We have also walked with a person who was suffering the effects of hypothermia before he made it to camp on a cold, wet afternoon in the mountains of south-east Queensland. So should you carry a tent? We do! If you are cold and wet, you can always get inside your tent and get warm.

There's nothing that will eat you in south-east Queensland, but in the rainforests, brushing against the leaves of a stinging tree will cause a painful irritation. On off-track walks, lawyer vine (wait-a-while) is a bit of a problem but easy enough to skirt around on most recognised routes.

You'll always encounter leeches in the rainforest areas and ticks can be a problem in the drier eucalypt forests so a good insect repellent is necessary.

Granite Belt

Around the Granite Belt, cold, frosty winter mornings often give way to beautiful clear skies. In spring, walkers may be outnumbered by wildflower enthusiasts. Vast expanses of heath country are there to explore, huge granite domes beg climbing, underground creeks need to be followed, and caves wait discovery.

What's essential

You should always pack your winter woolies, even in the warmer months.

Fraser Island

On Fraser Island on the Sunny Coast, bushwalkers encounter tourists at any time of the year. With an area of 1840 square kilometres, Fraser Island is the largest sand island in the world. Pristine lakes, cool rainforests, towering eucalypts and masses of coastal heath plains are all connected by a series of formed tracks and designated campsites. What is possibly Queensland's greatest Great Walk takes five days to complete. See

npsr.qld.gov.au/experiences/great-walks/.

Dingoes

All walkers' campgrounds are either fully fenced, or have dingo-proof boxes to store your food. Please don't feed the dingoes, and wash off your sunscreen before swimming in the pristine lakes. The ecosystems of these lakes are quite fragile.

The Wet Season

The Wet Season is also called the green season and as you head further north you are likely to experience massive downpours between December and February. This doesn't need to be a deterrent but some remote roads into national parks may flood. Not getting into the area is bad enough, but being stuck in a remote campsite for days, or even weeks waiting for creeks and rivers to go down can cause a real problem if you don't have enough food and water.

Then there's the Islands

Another Queensland gem that is just as popular with European backpackers as with Aussie bushwalkers is Hinchinbrook Island. A five or six day walk along the Thorsborne Trail should be on every bushwalker's bucket

list. And the World Heritage Listed Wet Tropics hinterland west of the island has its own unique environment to discover.

More and more walkers are discovering the delights of walking on Queensland's tropical islands, particularly around the Whitsundays. There is nowhere else in Australia where you can combine walking, camping and island hopping into the one great experience. It's not the place to be in cyclone season (from 1 November to 30 April) but for the rest of the year you can discover the secluded beaches, rocky coves and crystal-clear waters that are internationally renowned.

Be Prepared...

You need to be aware of crocodiles. Yes, they frequent the area but if you follow the warning signs you shouldn't have any hassles. Marine stingers are a problem in the summer months so swimming in the ocean is definitely not advisable. Mossies and sand flies can also cause a problem, so take along your insect repellent. You'll need to store your food in the rat-proof boxes provided at every campsite on Hinchinbrook. You could get away with just using a tent fly on overnight walks, but in a torrential storm, you'd be much more comfortable in a tent with a tub floor.

Other attractions

Another delight of the Tropical North is a climb to Mt Bartle Frere, the highest peak in Queensland. And when you are there, it's just a short drive onto the Atherton Tablelands where there are more great rainforests and lakes to explore.

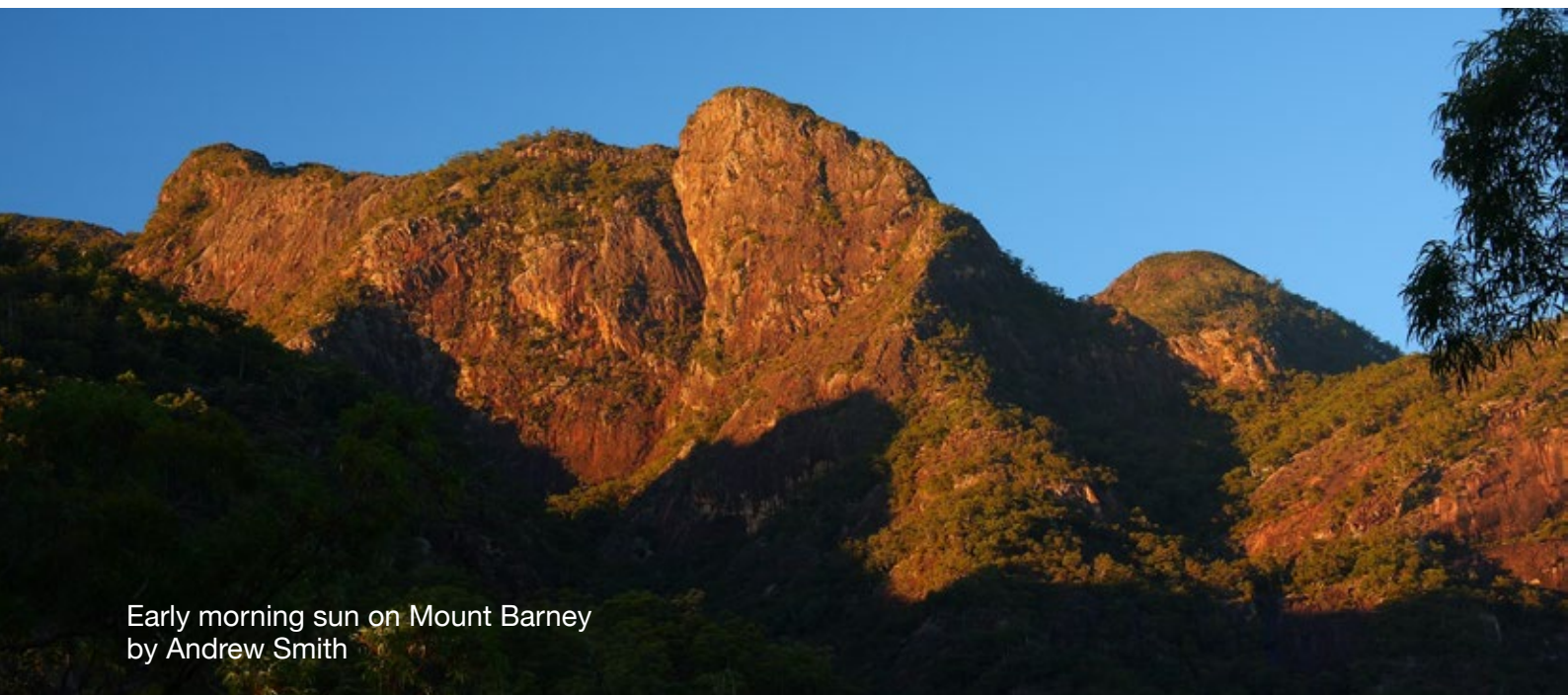
Walkers are also attracted to the rolling plains and sandy deserts of Western Queensland. Around Carnarvon Gorge there are many opportunities for remote, off-track walking, as well as day walks to unique areas where you can experience some excellent examples of Aboriginal art.

Be flood savvy

Rain plays havoc with the roads around Carnarvon and you should always check with local authorities before venturing into remote regions. There are no opportunities to buy food or fuel once you get into the parks, so walkers need to be self-sufficient. And don't ever drive through a flooded creek.

So, there's nothing left to do but grab your boots, your hat and your backpack and head for sunny Queensland. You won't be disappointed.

John and Lyn Daly have been writing the Take A Walk series of bushwalking guide books for eighteen years, and are currently working on their thirteenth title, *Take A Walk in Northern New South Wales*. They have also been organising and conducting international guided hiking trips for fifteen years. In 2015 they are running trips to Scandinavia, Spain and France, China, and Patagonia. To learn more about their bushwalking books or their guided walking holidays, go to takeawwalk.com.au.



Early morning sun on Mount Barney
by Andrew Smith

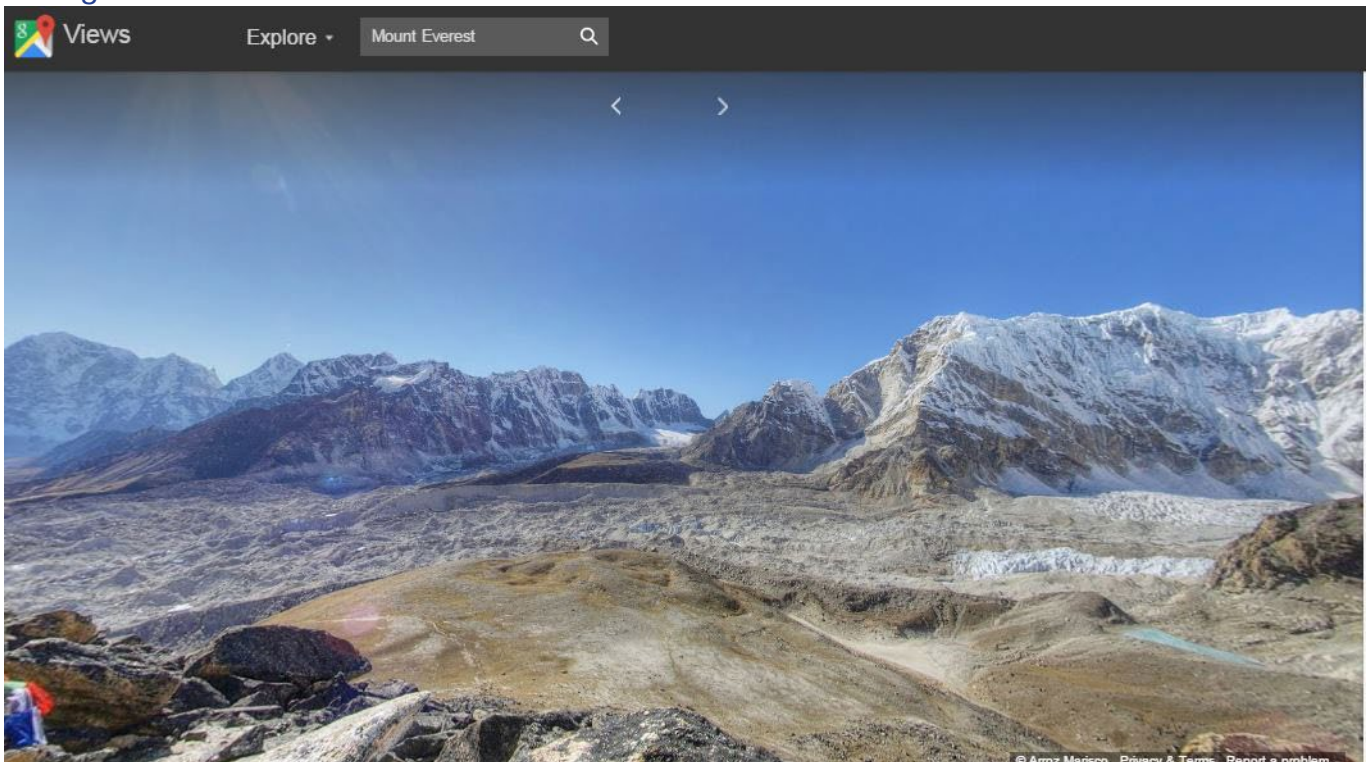
IN THE NEWS

Springbrook National Park's new John Stacey Suspension Bridge



A new bridge that is spanning across Little Nerang Creek gorge was opened in March 2015. It is a part of an upgrade of the Purling Brook Falls walking track circuit, one of Queensland's most popular national park tracks. A new section of track has replaced a previous section that was subject to landslips. [↗](#)

Google Street View documented Mount Everest



If you're one of those people who loves mountains, but know they'll never climb such a giant as Mount Everest, now is your chance. [Google Street View](#) teamed up with local mountaineer Apa Sherpa to document this region so we can all "climb" Mount Everest now. [↗](#)


Australia's biggest national park will be created in WA's Kimberley

State Government banned mining in Mitchell Plateau. Now there will be a new national park developed in the area of five million hectares. The new Kimberley National Park, as the park will be called, will incorporate two million hectares of land in the Kimberley, taking in the current Prince Regent, Mitchell River and Lawley River national parks. [↗](#)



TOOLONA CREEK CIRCUIT

Cameron Semple

A long-exposure photograph of a waterfall cascading over mossy rocks in a lush forest. The water is blurred, creating a soft, ethereal effect. The surrounding vegetation is dense and green, with moss growing on the rocks in the foreground.

The track network at Lamington National Park in the Gold Coast Hinterland is world class. You can pick a walk to suit virtually any skill or fitness level from tracks with wheelchair access (although you'll want to have your 4WD wheels fitted) through to off-track adventures that test the navigation skills and fitness levels of even the most hardened bushwalking veteran.

Over the Christmas break my brother Tom and I spent the day on the Toolona Creek circuit surrounded by the lush rainforest and taking photos of the gorgeous waterfalls that help make this park an icon.



Gateway to beauty

The circuit is listed as a full day walk on the [National Parks website](#), and at 17.4 kilometres you certainly need to allow plenty of time for not only the walk, but also enough

time to truly appreciate all the sights it has to offer. The walk takes about six hours and is rated as a [Class four](#).

After setting off along the Border Track you soon head off to the left on a track branch that heads downhill on the Box Forest Circuit. As the track zig-zags through amazing bushland and rainforest, take note of the large and ancient Antarctic Beech and Brush Box trees.

The track crosses Canungra Creek above the famous Elabana Falls before working its way around and down to their base.

It can often be tricky getting some quiet time at the popular spots along the walk, but as usual, patience is the key.

After leaving Elabana Falls the track links up with then follows Toolona Creek, weaving in and out, across and above it. You can really appreciate the work that has gone into track building in this difficult terrain. To get so close, so many times, to such breathtakingly beautiful spots along the creek is no mean feat.

While I stuck to landscape and detail shots, Tom complemented this by concentrating on the macro side of things.



Elabana Falls

As we followed the creek the rain started, and consequently so did the leeches. Once arriving at Chalahn Falls we were graced by a brief lapse in the wetness. This allowed a few shots to be taken while flicking leeches off the camera and tripod. The opportunities for interesting and varied compositions here are endless.



Murray's Skink

The rain continued sporadically as we continued towards Toolona Falls, the final named falls for the walk. It's interesting on a walk like this. Everything is just so beautiful that you come to expect it, and anything less is a disappointment. Fortunately, Toolona Falls didn't fail to impress.

Having been too busy taking photos and admiring the surroundings we forced ourselves to stop here for a late lunch. This also gave us time to wait out the rain and more opportunities for - you guessed it - taking more photos. I find that waterfalls and waterways in general have this magnetism that always makes it hard to leave. Eventually



Amazing hydrophobicity of a hairy caterpillar
by Tom Semple

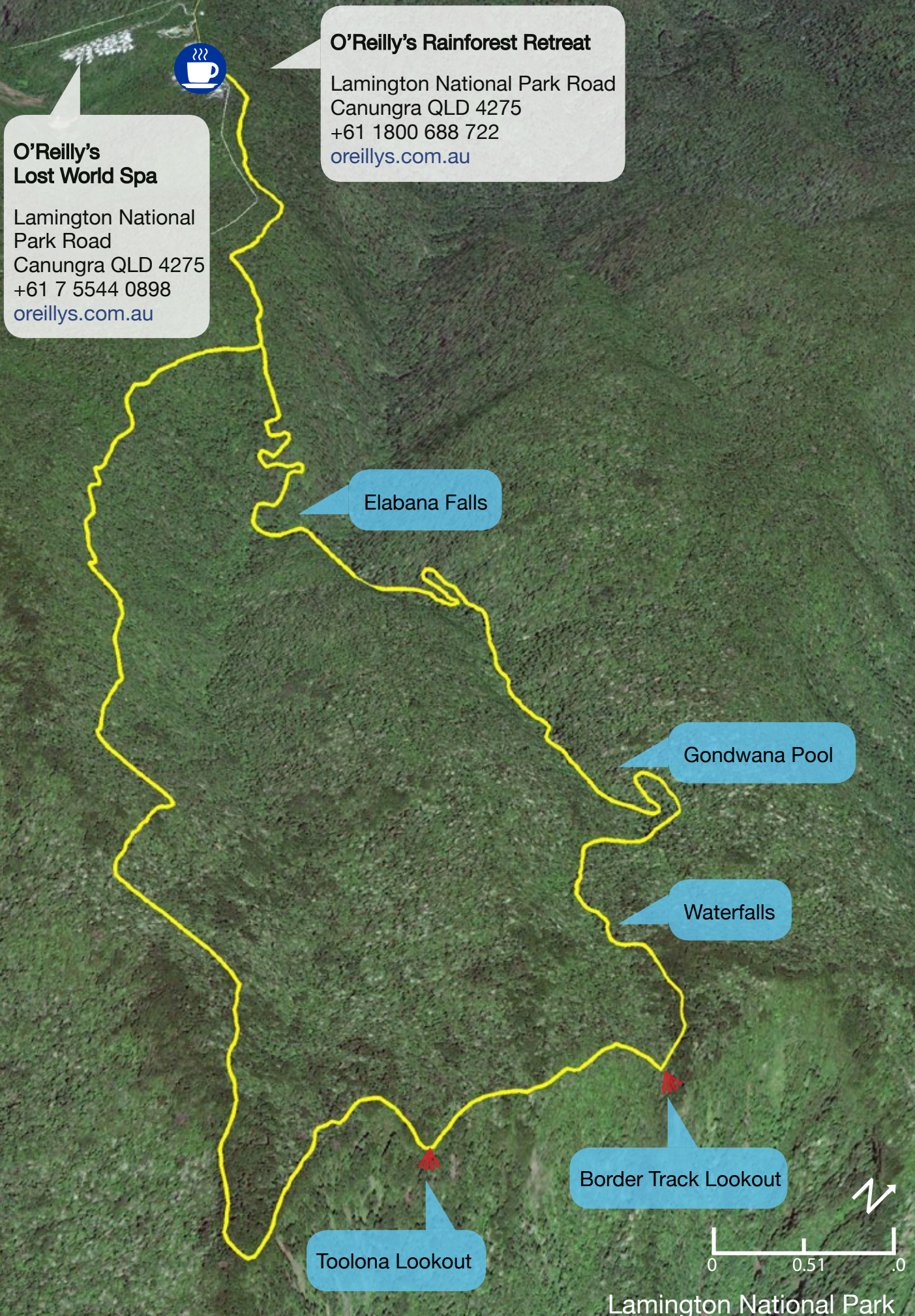
though, the rain started again, more heavily this time, so we packed up and headed for the Border Track.

Once on this familiar track you still have quite a walk ahead before reaching the car park. Thankfully it is mostly flat or downhill and as far as tracks go, it is basically a highway. We usually try and temper our pace on the final stretch so as not to destroy our feet and knees more than necessary, but as usual we failed.

Before long we reached the picnic area at the Border Track head where we stripped off outer layers and flicked off what remaining leeches we could find before hitting the road back to Brisbane.



Cameron grew up and lives in south-east Queensland and has been bushwalking and camping throughout its beautiful national parks all his life. He loves taking photos and blogging about his adventures so as to share and create awareness about this awesome part of the world. See his website highandwide.com.au for more blogging and images.



BRISBANE WALK

Dianne McLay



City view from South Bank

Grade Easy
Time 2 hours
Distance 4.5 km one way
Conditions Some shade
Transport

Ferry: CityCat and Inner City Ferry to South Bank

Bus: Numerous buses pass through the Cultural Centre Busway Station

Train: South Brisbane Railway Station

Car: Parking under South Bank and along the river at Kangaroo Point Cliffs

GPS of start -27.4761, 153.0223

GPS of end -27.4724, 153.0389

Brisbane History - Kangaroo Point Cliffs. The rock forming the Kangaroo Point Cliffs was created by volcanic ash and is called Brisbane Tuff. It was quarried for 150 years until 1976 and stones from the quarry were used for early Brisbane buildings, marine walls, wharves and roads. Coal wharves were located at the cliffs from 1884 to 1960 and you will see remnants of these in the river. Today, the area is a popular venue for abseiling and rock climbing and with the cliffs lit each night, evening climbing is popular during the hot summer months.

1 Start at CityCat terminal South Bank 1 and 2 and with the river on your left, follow the wide Clem Jones Promenade. On this section beware of cyclists, who may ride too fast. Children and dogs require special care. On your right is Australia's only inner city beach and the free lagoon-style swimming pools, which are very popular during summer.

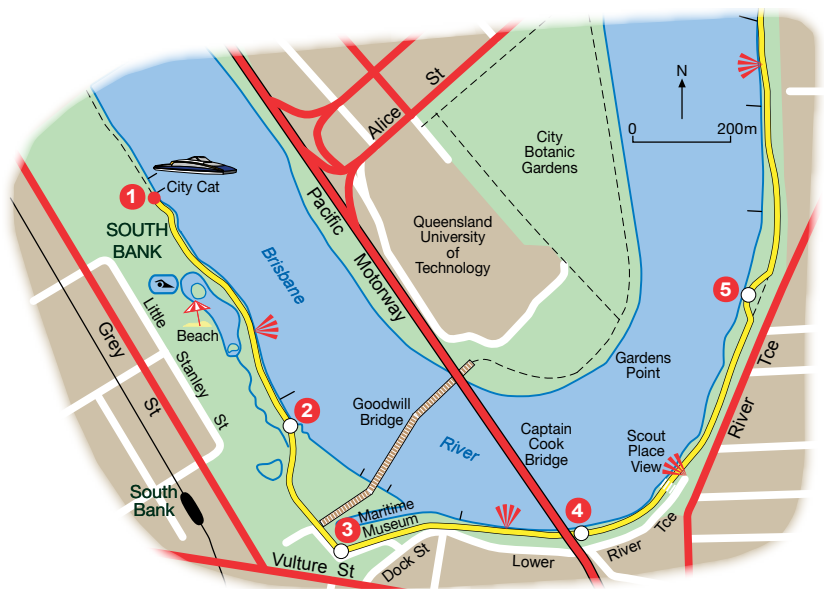
2 Follow the path for 500 metres to the next ferry terminal. Take the path to the right, away from the river towards the Grand Arbour. The Arbour runs the length of South Bank and is lined with 403 curling steel columns that support bougainvillea vines. Turn left and follow the Grand Arbour to within 20 metres of its end. On your left you'll see the Queensland Maritime Museum and bollards at the entrance to the Goodwill Bridge.



Rock climbing at Kangaroo Point

3 Directly in front of these bollards is a path that leads back down to the river. Where the path turns to the left there's a sign to The Cliffs Boardwalk. Go down to the Boardwalk. Keep an eye out for the many sculptures and artworks along - and sometimes on - the river. Use the pedestrian section to avoid cyclists.

4 Continue under the arches of the Captain Cook Bridge and you'll see the Kangaroo Point cliffs, which may have rock climbers and abseilers. After about 200 metres a



set of steep stairs leads to the top of the cliff for expansive views along the river and Brisbane's north and west. The stone shelter at the top is Scout Place, commemorating the Scouting movement. From there, retrace your steps to the river.

5 Continue along the river to a timber boardwalk that winds through a small clump of mangroves giving you a close up view of this salt tolerant plant. Ahead are some quirky shelter pavilions.

6 Pass by the Thornton Street ferry terminal. Above the steps behind the ferry terminal is a large sculpture by Mona Ryder called Crossover Guardians. Continue along the concrete path until it finishes at Macdonald Street, then follow a narrow dirt track through the park, parallel with the river. A little further on is a park named after surveyor James Warner, the first European to build a home at Kangaroo Point. Go out onto the footpath here.

7 Take a left turn to the Brisbane Jazz Club, and next door, the Holman Street ferry terminal. The ferry pontoon has good views across to the city and the northern end of the Story Bridge. The green domed roof opposite belongs to the historic Customs House, built in 1889.

8 A little further on is Captain Burke Park, named after a local resident. The large sculpture in this park, near the children's playground, is The Rock by Stephen Killick. Just before the path passes under the bridge, a set of stairs on the left leads down to a small riverside beach. Continue on the path under the bridge and around Kangaroo Point.

Kangaroos were particularly plentiful in the area before it was cleared in the first half of the 1800s.

Make a day of it

Start with a ferry ride along the Brisbane River, and maybe breakfast at a riverside cafe in South Bank Parklands. Adjacent to South Bank, across Melbourne Street is the Queensland Museum, Art Gallery, State Library and Gallery of Modern Art. Most exhibitions have no admission cost so you can enjoy a morning of free culture. All venues have cafes or restaurants, some with views of the city and river. Return to South Bank for an afternoon of swimming in the free lagoon pools. There is a white sandy beach, a water play park and swimming areas suitable for all abilities from toddlers to the serious swimmer. As the sun sets, cook up a feast using the free barbeque facilities at South Bank or Kangaroo Point. Take in a show at the Performing Arts Complex at the northern end of South Bank, then finish the evening with a stroll along Clem Jones Promenade to admire the city lights.

9 About 200 metres after the bridge a jetty provides a good spot for viewing the Story Bridge and passing ferries. The grand building 100 metres further on was built in 1887 as an immigration depot. In 1947 it was given the name Yungaba, an Aboriginal word for resting place or welcome. During both World Wars it was used as a military hospital.

10 A little further on, walk through an avenue of Jacaranda trees which are covered in purple blossoms in spring. Behind the big propeller on the right is a sculpture which includes an octopus, and there are other maritime themed sculptures in this section. The yachts ahead reveal a river lifestyle with clothes lines, barbeques and bicycles on the decks.

11 Finish at the Dockside Ferry Terminal where you can catch an Inner City Ferry back to your starting point. For cafes, walk 150 metres to Dockside Town Square.

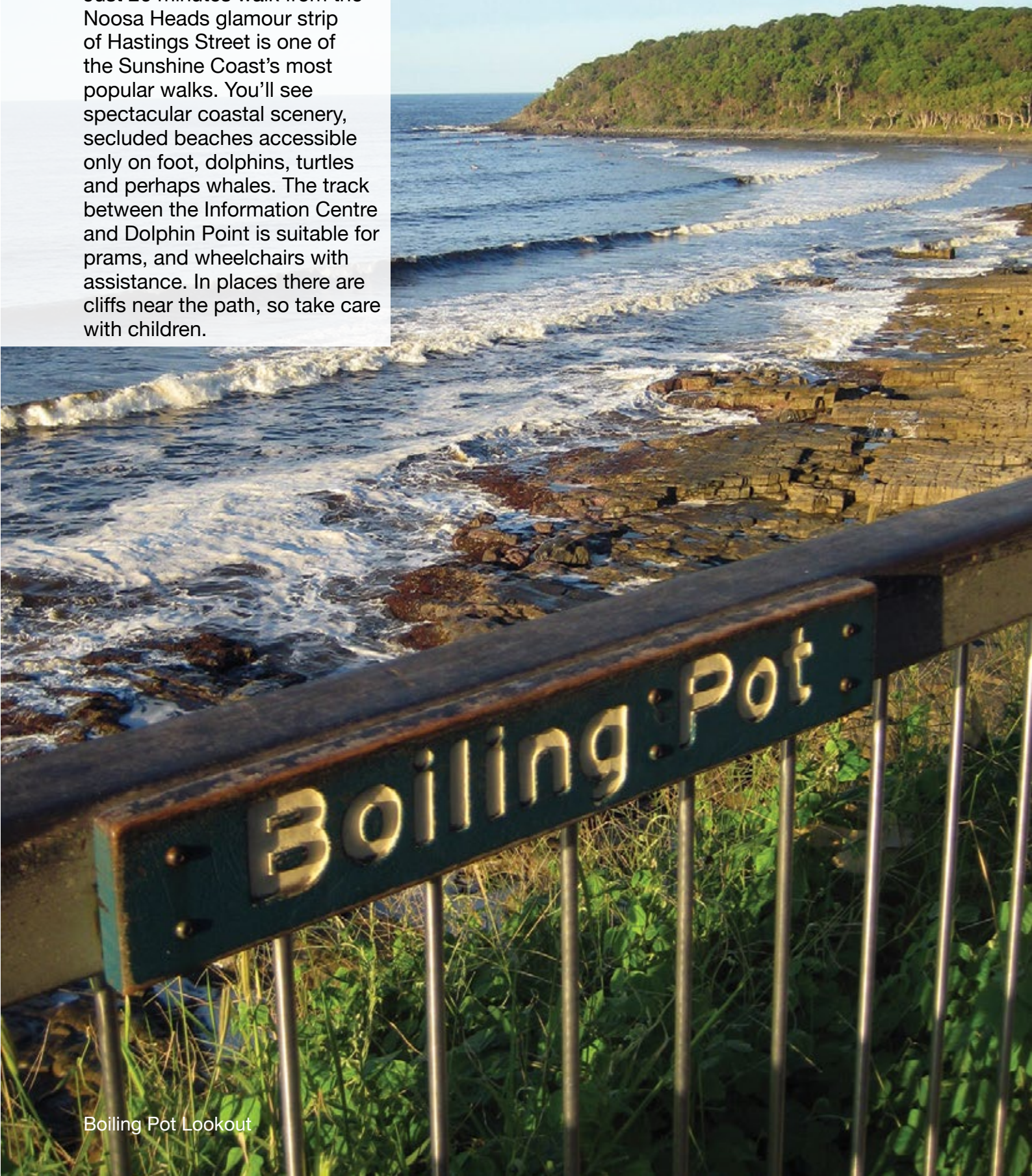
The above is an edited version of an extract of the book *Brisbane's Bush, Bay & City Walks*, second edition, \$29.99, available from selected book stores or from woodslaneonline.com.au.



NOOSA COASTAL TRACK

Dianne and Balfour McLay

Just 20 minutes walk from the Noosa Heads glamour strip of Hastings Street is one of the Sunshine Coast's most popular walks. You'll see spectacular coastal scenery, secluded beaches accessible only on foot, dolphins, turtles and perhaps whales. The track between the Information Centre and Dolphin Point is suitable for prams, and wheelchairs with assistance. In places there are cliffs near the path, so take care with children.



Grade Easy
Time 2 hours
Distance 7 km return
Conditions Partly shaded
Transport

Bus: Sunshine Coast Sunbus routes 626-9, 630-2

Car: Street parking, car parks beside Noosa Surf Lifesaving Club, Hastings Street

GPS of start/end -26.3865, 153.0918



1 Begin on the beach side of the Lifesavers' Clubhouse at the Park Road end of Hastings Street. With the ocean (Laguna Bay) on your left, follow the path to the end of the beach where the track forks. Take six stone steps up to the roadside path. The path to the left follows the water line then joins the roadside path after a steep set of stairs. Amble along the path for bird's eye views of surfers and paddlers below. Look out for steps leading down to Little Cove, a small beach which you might like to explore, otherwise continue following the main path.

2 You'll soon reach the entrance to the National Park and the nearby Information Centre, which has friendly, knowledgeable staff. Adjacent to the Centre is the beginning of the Coastal Track, which is marked as "walk number 4". Before setting off on this path, you might like to look at displays about the local Indigenous people, the Gubbi Gubbi, along with information on flora, fauna and history. Wild koalas are regularly spotted in the tall eucalyptus trees nearby. Look out for the round leaves of the Bullocks Heart tree (*Macaranga tanarius*) which attracts butterflies and Silvereye birds which eat the plant's seeds. After a minute or so on the Coastal Track, you may hear or see brush turkeys scratching in the undergrowth beside the path. These native birds build large nest mounds of material from the forest floor. Heat produced by the decaying matter incubates the birds' eggs. To the left of the track are Pandanus

Palms, their branching roots helping them to cling to the steep banks.

3 Just a few minutes later is Boiling Pot lookout where you may see surfers jumping off the rocks to catch a wave. In the distance is Double Island Point. As you walk on you'll see Banksia trees which produce yellow cylindrical flowers and provide nectar for native birds. The track drops into a Melaleuca or Paperbark forest and then to Tea Tree Bay. For a quick detour to this pretty beach, there are steps down to the left, otherwise, continue on and you'll find a drinking water tap and toilets up a short track to the right. Listen for frogs croaking near the little stream leading down from the hill.

4 After a moderate climb you'll reach Dolphin Point where there is a grassy bank - a good spot for a rest with views of the waves and rocks below. From this point the track becomes rougher and unsuitable for wheelchairs, although strollers with large wheels may be able to handle the bumps. Continue on to Granite Bay with its rocky beach.



5 If you'd like a closer look at Granite Bay, look for a signpost on the left indicating the steep path down to Winch Cove. Otherwise, continue on, ignoring the paths on the right which lead to Alexandria Bay and the Tanglewood Track. After the path contours around the headland (past Picnic Cove), you may hear that the sound of the ocean has changed, depending on the wind direction. A little further on are glimpses of rugged sea cliffs. You may see dolphins and turtles, and, from June to November, Humpback whales migrating to or from their northern warmer breeding grounds.

6 After another few minutes, you'll reach North Head and Hells Gates, where the ocean rushes into a deep gorge below the lookout area. Take care on the exposed edges. This is the turnaround point for this walk and you can retrace your steps back to Hastings Street via the Coastal Track or follow the Tanglewood Track, which leads back to the Information Centre at Waypoint Number 2 via an inland path. Alternatively

you could follow the signs down to Alexandria Bay, the beach area visible from the lookout, and join Walk Number 7, which ends at Sunshine Beach.

Sunshine Coast environment - Noosa Heads coastline

The rugged coastline in this area is made up of sand, sandstone and igneous rocks such as basalt and granite, which are formed from intensely hot, molten magma. The sandstone and rocks are more resistant to erosion than the sand, resulting in a spectacular coastline with rocky headlands sheltering small beaches and coves.



The above is an edited version of an extract of the book *Best Village & Coastal Walks of the Sunshine Coast*, \$29.99, available from selected book stores or from woodslaneonline.com.au.



PHOTO GALLERY

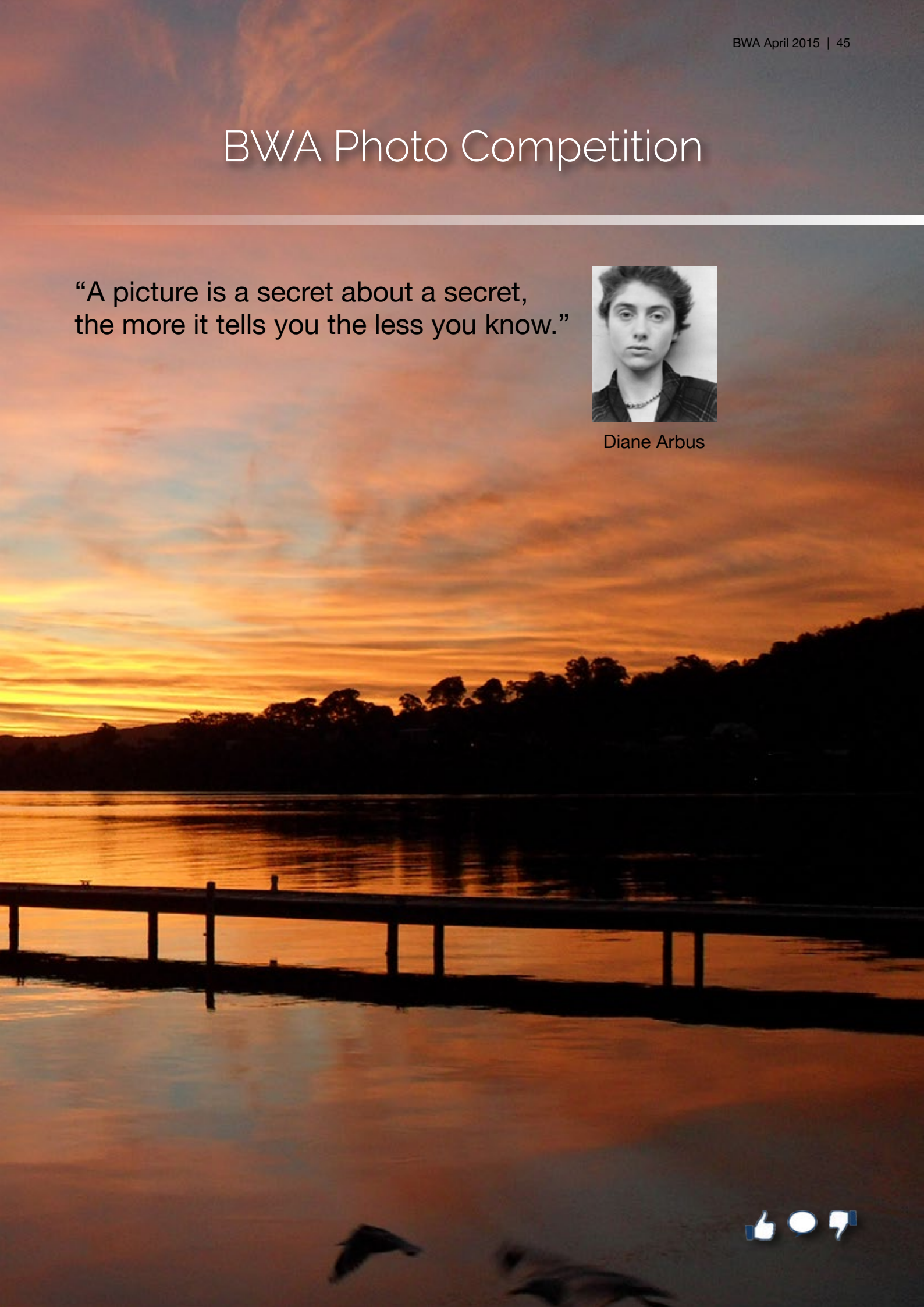


BWA Photo Competition

“A picture is a secret about a secret,
the more it tells you the less you know.”



Diane Arbus



Other States

April 2014

WINNER

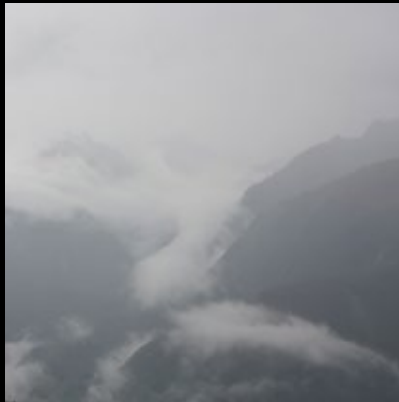


Dawn, Wilsons Prom
Louise Fairfax

I had great fun taking this at Wilsons Prom, as my daughter came with me, both of us setting out for the shoot in the pitch black so we could get longer exposures, and thus a sense of movement in the water. We had a snack before we departed, and that meant we had enough energy to run up a mountain together afterwards, before returning to the others for breakfast number two.



Miniature world
Cameron Semple



Veil of cloud
Wayno



Fairy Falls
John Walker



Solitary Islands NP
landsmith



Along the Sugarloafs
Brian Eglinton



Tasmania

April 2014

WINNER



Morning Glory
Brian Eglinton

We had come to the Labyrinth in late April with high hopes of seeing the fagus in full colour, but it was only just turning. You always hope for fine weather, but sometimes braving the elements results in catching a fleeting moment when the cloud and light combine to do something special.

We had hiked up to Lake Elysia in pouring rain and jumped into our tent mid afternoon. Water was streaming off the surrounding mountain sides. But it was the morning that brought the magic. The smaller pools were frozen over and the pre dawn light show went through a couple of periods with an intense red glow.

Capturing this effect on the clouds over a mirror smooth Lake Elysia made it all worthwhile. By mid morning we were back in rain again, but still very happy.



Secret Tarkine Waterfall
Dan Broun



Junee River
North-north-west



It has been known
to snow in the
Mountains of Jupiter
MJD



Tyenna and beyond
Tibboh



A moody Lake St Clair
Louise Fairfax



Landscapes

April 2014

WINNER



Portal to Adventure
Brian Eglinton

The magic of photos is in the light and the amazing way it display things in different ways. We had decided to retreat from the continuing forecast rain and snow, but our path back to Narcissus was often in brilliant sunshine. All around though, were heavy clouds and showers. The valley walk was a bright corridor in the gloom.

This sunshine with showers effect was quite prominent in the rainbows seen when looking towards Mt Olympus. First noticed looking across button grass plains, they became more frequent and pronounced on the river mouth. Waiting for the boat at the wharf on the Narcissus River, it all came together to form a double rainbow over the river mouth.

Later, I would get another shot with the boat coming in under that rainbow. So the title suggested itself - Portal to Adventure.



Misty Morning
on the Arthur Plains
North-north-west



Home! Sweet home!
MJD



Gwongoorool Pool
Cameron Semple



Moonee Beach
landsmith



Field West
Tibboh



Just sayin'
Dan Broun



Non-landscapes

April 2014

WINNER



One fallen.
One standing.
Dan Broun

This image was taken on a trip to the proposed Mt Lindsay minesite in the Tarkine. A group of dedicated conservationists roamed the pristine rainforest slopes of this threatened place to document it's treasures should a massive tin and tungsten mine tear a hole in the side of the mountain. The beauty is everywhere here and this image represents the possibilities confronting that special place.



Rainy day walking
North-north-west



Swampy
Brian Eglinton



Fallen
Cameron Semple



Frills
Gayet



Fungi at Emerald
landsmith



Cliffs above the creek
John Walker



Other States

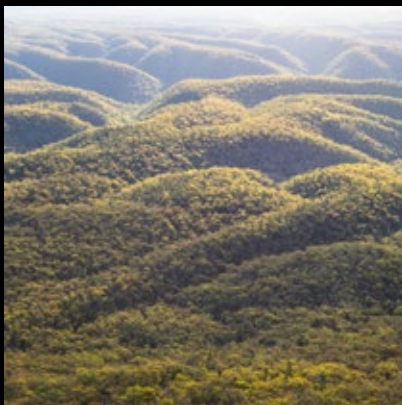
May 2014

WINNER



Toolona Falls,
Lamington NP
Champion_Munch

This photo of Toolona Falls was taken on a wet and misty day in Lamington National Park with a cheap point-and-shoot. The area boasts dozens of serene waterfalls and the most beautiful rainforest, it's quite hard to take a bad photo!



Ridges of green
Tom Brennan



Imposing Clouds
Cameron S



Morialta Creek
Brian Eglinton



Tasmania

May 2014

WINNER



Forecast:
Mostly cloudy...
North-north-west

Autumn is always my favourite time, and there are few better places to spend it than the Southern Reserve. Add a little peak-bagging (this is from a quick late afternoon scramble up Gould, with the day's two previous summits - The Minotaur and The Parthenon - leading back to The Acropolis) and weather that didn't go off until heading back down into the forests, and you have the recipe for a truly memorable week.



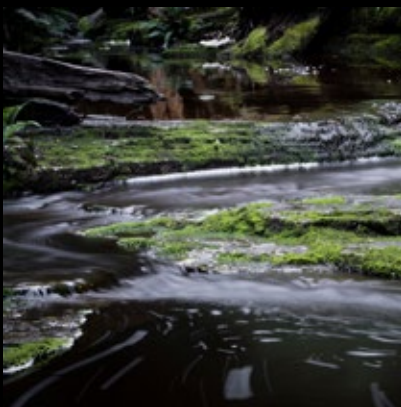
Clarity of Cradle
Lady McGuyver



Winter light
Dan Broun



Sunrise
Gayet



Just a stroll from
Snug Falls!
Ash Thomson



Solitary spot
Louise Fairfax



Landscapes

May 2014

WINNER

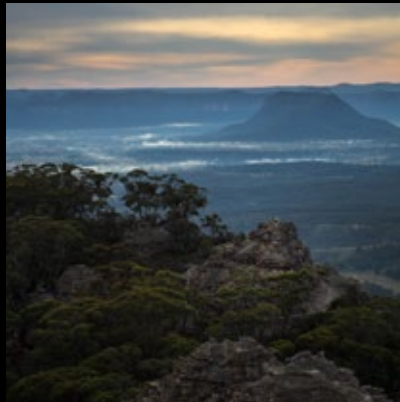


Spotlight
North-north-west

Fifth time up the Acropolis and the first one where I got the views. And it being fagus season made for an almost perfect day (see, there was this nasty cold wind up there...). The whole day I had the clouds and sun doing this sort of thing, so it was just a matter of pointing the camera at the right place at the right time. Sometimes the luck goes your way...



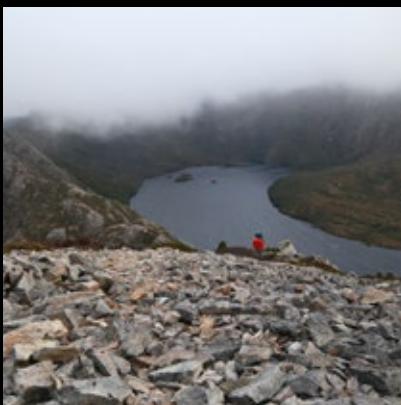
Chambers Pillar sunrise
Travis22



Capertee dawn
Tom Brennan



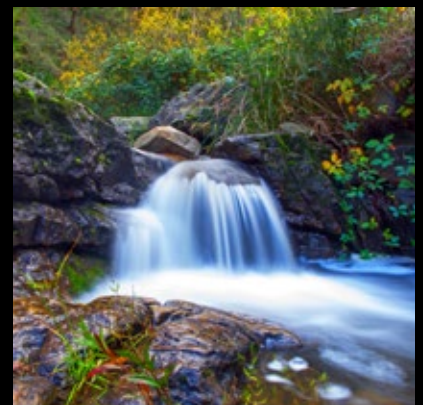
Sphinx Bluff outlook
Dan Broun



Misty moist evening
Louise Fairfax



Mt French sunset
Cameron S



Autumn flows
Brian Eglinton



Non-landscapes

May 2014

WINNER



Pastel droplets
Dan Broun

On a freezing and windy day on the slopes of Mt Rufus near the Gingerbread Hut I found a protected gully full of botanical wonders. The macro lens came out and this was my favourite image from that day. When I see it, it reminds me of a pretty girl I know.



And what do YOU want?
Louise Fairfax



Ice
Tibboh



Meet the family!
Ash Thomson



Reaching for the skies
North-north-west



Colour in the dark
Cameron S



Rocky pool
Brian Eglinton



GEAR FREAK

Matt McClelland aka Wildwalks

You may have guessed by now I am a bit of a fan of crowd funding projects. It is not without risk but it is also an interesting way to explore the edge of innovation and market interest. So here are a few projects that look interesting

Visions of Future Tents: the MoonLight 2

Tents started life as DIY projects then became the domain of bigger chains and now we are seeing innovation in all areas. This tent seems strong for its weight which is surprising for the shear walls. When in a tent I like to be able to sit up straight and stretch out a bit. This design seems to allow that even on the edges. I like the fact that you can pitch the fly first, I often leave my tent inner at home to save weight. The little details like the spare zippers make me feel like this tent would last a while. This will be an interesting project to watch.

Read more here kickstarter.com.

Lukla Endeavour - Outerwear for the 21 Century Adventurer

The phrase "Game changer" gets thrown around a lot these days but oh my, this is a true game changer. An outer jacket that is as well insulated as a puffy jacket but thin and waterproof. This jacket is made by using a tweak to a decades old technology that produces incredible insulation value in a very thin and breathable material. I like the cuddle factor in my jackets so I am not sure if I would miss that, but the idea of a thin tough warm jacket may win. I am also curious to see how this plays out for overnighting. Can it be used to replace at least a part of your sleeping bag? Will they bring out a sleeping bag next?

Read more here kickstarter.com.



Lukla Endeavour - Outerwear for the 21 Century Adventurer



WALKING WITH INSECTS

Tom Semple



A few years ago, bushwalking changed for me. It went from being a necessary energy output to get to a reward (waterfall, lookout, swimming hole), to being an enjoyable experience in itself. I started to appreciate the natural environment more, particularly insects and plants, and discovered a whole other world to look at and be fascinated by while walking.

Despite being an entomologist, my interest in plants closely rivals my interest in insects, and there's a good reason for this. Insects and plants often have such intimate interactions, that it's hard to know one without the other. For example, if you can distinguish between wattles and eucalypts, you'll know where to look for the spectacular **Botany Bay diamond weevil** (which is only found on wattles).

Obviously I don't expect the average or even experienced bushwalker to take a course in insect and/or plant identification, but hopefully with my help you'll have a better idea about where and when to look. Because if there's one thing I can say definitively, it's that insects are everywhere!

My brother Cameron often stops to photograph landscapes during our hiking adventures. The time required for this might have made me irritable in the past, but now when he sets up his tripod, I pull out my camera and choose one of the various insects nearby to photograph.



A Botany Bay diamond weevil hanging out on a wattle leaf (*Acacia* species)

So where do I look?

Everywhere. On top of leaves, underneath leaves, on tree trunks, underneath bark, on the ground, on my lunch, in the air, and even in the water!

Believe it or not, I think one mistake is to put too much effort into looking. I spot the most insects when I'm walking and my eyes are relaxed, just roughly scanning



Hover flies are a common sight in Queensland. Look and listen for their buzzing as they hover perfectly still in mid-air



Katydids are closely related to grasshoppers and crickets, and often disguise themselves as leaves. This one was trying to disguise itself as a rock

the ground or surrounding foliage for imperfections. Sometimes insects are very well camouflaged, but often they're really quite conspicuous. Look for spots on leaves, contrasting colours or shapes in flowers, and of course movement. Although it helps sometimes, you don't have to get down on your hands and knees with a magnifying glass to find something cool.

Although insects are literally found everywhere (especially in Queensland), a number of factors affect how many or what sort you see.

Time of day

Like us, a lot of insects slow down at night, and will find somewhere safe to rest as the temperature drops. The morning is a great time to spot and photograph them, as they're usually a bit slower before the sun has warmed them up. On the other hand, there is a plethora of nocturnal insects. If you've ever been camping you'll know that a lot of insects prefer the night (try reading a book by torchlight in the bush). In fact, a great way to attract nocturnal insects is to string up a sheet and shine a light on it. Try it next time you're bush camping, but make sure it's not right next to your tent.

Time of year

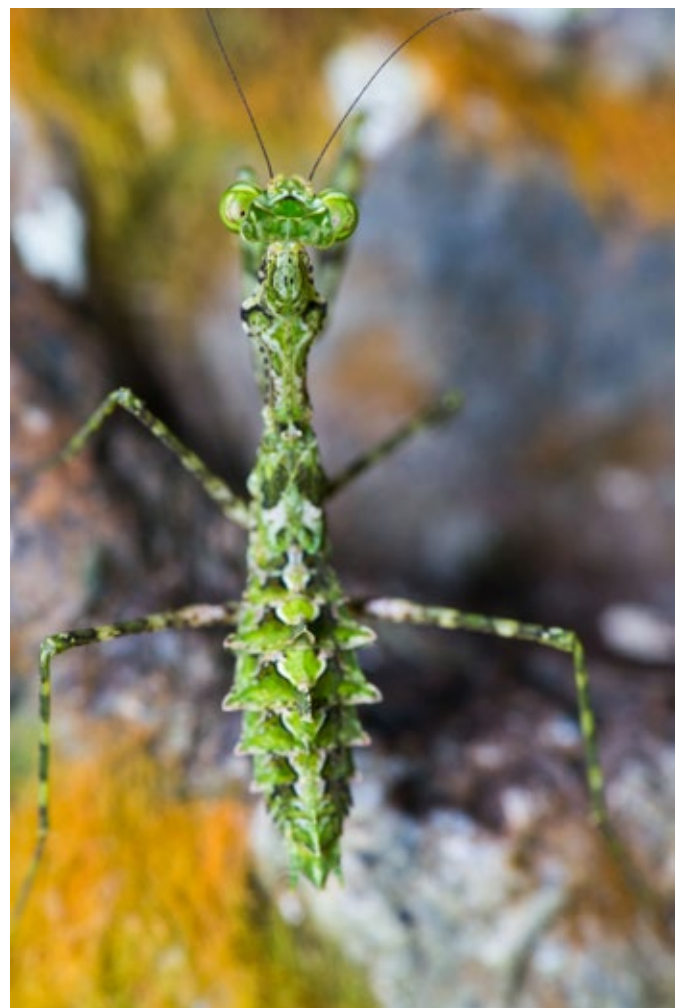
It's not quite as common in Queensland, but in colder climates a lot of insects "overwinter", which means they hibernate like other animals. Although they don't have snow to contend with here, you will notice

less insects around in the colder months. Their tiny bodies rely heavily on the sun's warmth for energy.

Habitat

This is a big one. Insects are the single most diverse group of organisms on earth! One of the reasons insects have been so successful through history is their adaptability. They have evolved to successfully occupy every environmental "niche" you can think of. Simply put, you will find different sorts of insects on every walk you do. That said, my favourite places to go and photograph insects would have to be either creeks (they need to drink too) or flower-filled heath. A lot of insects feed on plants and particularly flowers, so they congregate in habitats like these – as do the predatory insects that feed on them.

We have an exceptional variety of weird and wonderful insects in Queensland. The warm



Camouflaged? Not exactly. Although this **mantis** probably would be if it were in amongst green leaves



Spiders aren't insects, but you can see some cool ones catching insects at night, like this one hiding under bark

climate means that they can be active almost all year round, and we have everything from wet rainforests through to arid rangelands, which provide an enormous selection of habitats for them.

I encourage all of you to have a closer look at the little things on your next walk. Most insects aren't dangerous, and those that are will generally leave you alone as long as you don't poke them or pick them up. Except for bull ants. Bull ants will attack anything that moves.

Everything about **bull ants** (image on the cover of the article) says "stay away", so I recommend doing exactly that!

Although insects are hugely abundant and diverse, they are also vulnerable in the same ways as other animals and plants. I sincerely hope that Queensland maintains its national parks and protected areas in their natural state, so that we can preserve the things that make this part of the world so special.



Grass trees are popular with **native stingless bees** like the tiny *Tetragonula* species in this photo



Photo by Cameron Semple

Tom is a researcher at The University of Queensland in Brisbane, with an Honours degree in entomology and phylogenetics. When he's not rock climbing, he likes nothing more than spending hours photographing insects, waiting for the perfect shot. Through his writing and photography, he hopes to inspire more people to take an interest in insects, instead of reaching for the bug spray. You can see more his images at highandwide.com.au.

MAGNETIC ISLAND

Scott Levi

Magnetic Island is a North Queensland walking and fishing location that keeps drawing me back, (I will have to get rid of that old steel-framed back pack!) Two-thirds of Magnetic Island is National Park. The Queensland Government tourism brochure advises that “with secluded but easily accessible bays and golden beaches. The Island has nearly 25 kilometres of walking tracks meandering through the protected national parks. Wander through the eucalypts, catch a glimpse of one of the 2,500 free-roaming koalas and 166 different species of wildlife.” What they don’t mention is that thanks to progressive management zone laws and regulations, fish numbers and marine biodiversity have never been better.

With family ties in Townsville and having worked there, I've been visiting the Island for over 30 years. Despite the great improvement in the fishing, some of the walking opportunities have diminished, with a number of trails closed for environmental reasons. The walk to the top of Mt Cook was a very challenging, full day adventure, and certainly not for the faint hearted or ill prepared. Some people still follow the old route which is very rough with lots of regenerated growth.



Magnetic Island rock formation on bushwalk from Arcadia to Nelly Bay

Most of the beach-fringed bays with coral and good snorkelling are green: no fishing. This has really made the underwater experience so much more enjoyable, and as usual if you are prepared to do a little walking you can find uncrowded places. On our last visit a real highlight was hand feeding a school of metre plus Cobia or black kingfish. You will see big, beautiful, diamond scale sea mullet, banded sea snakes, Spanish dancers, colourful wrasse, cod and emperors - too many species to mention here. The fishing around the deeper rocky shores is excellent, and the giant break wall at the new ferry harbour at Nelly Bay is a brilliant fishing

platform, with coral trout and a myriad of colourful reef species to be caught.

The walk to West Point on the mainland side is a flat nine kilometres along a well defined track with beaches and mangroves to explore. Mud crabs, whiting, grunter, mangrove jack, finger mark and barramundi are all realistic options.

On a recent trip I was amazed to see large barramundi stacked up in the shadows cast by the Horseshoe Bay stinger proof swimming enclosure. These big saltwater barra can be hard to catch in full sunlight, however, they are a sucker for a lure or live bait in low light conditions.

For the energetic, a little bit of rock hopping and boulder bouncing will get you to secluded and safe rock fishing spots. As it is an island there will always be a location where the wind will take a live bait under a balloon out into the deeper water for a land-based Spanish mackerel. The winter months are the best time of year to target these great eating pelagics. Due to their razor sharp teeth remember to use some wire.



Some hard bush bashing to Mt Cook, watch out for stinging ant nests in the trees

Queensland fishing regulations allow the use of cast nets for bait gathering, and you'll find plenty of places to get poddy mullet or herrings for bait.

This is tropical bushwalking, so lots of water in a back pack or a hydration pack is a must. Pay strict attention to the fishing zone maps, which are very easy to interpret, adhere to the regulations and don't leave litter or discard line in these pristine places. With a little bit of effort it's surprising how easy it is to find a spot to yourself. Magnetic Island would have to be one of the few places where you are more than likely to see a koala in the wild.



A couple of reef fish for the barby

There are plenty of great, affordable, accommodation options, from backpackers up. Food is cheap and in the summer



Charlotte Levi

months, mangoes, lychees, paw paws and other tropical fruit are abundant and inexpensive. Supplemented with some fresh fish, you can live like royalty.

Hinchinbrook Island is a few hours further north. This is a true wilderness bushwalking experience, huge and wild, with amazing fishing/walking, and self sufficient camping options. Unfortunately, it's costly to get to and is pretty hardcore. In contrast, Maggie Island is easy and cheap to get to, and has lots for the family to do, even lifesavers on duty on the beach at Alma Bay!

And, finally, there is something very motivating about the lure of an icy cold pot of beer in the pub at Arcadia or Picnic Bay, after a hard, perspiration drenched, tropical bush walk!



Plenty of quite beaches to walk or paddle to

UPCOMING EVENTS

part 1

Retrace the Steps expedition

Sunday 26 April – Saturday 2 May 2015

organised by Wayne Holgate and Tim Cox,

Retrace the Steps – Cox's Road Dreaming walk organisers

The Central West Bushwalking Club and Greening Bathurst are jointly hosting a one-off opportunity to walk Cox's Road from Mount York to the Flag Staff at Bathurst over 7 days, including one rest day, commencing on the 26 April through to the 2 May 2015. This once in a lifetime opportunity to walk the western section of Cox's Road also coincides with the bicentenary of Governor Macquarie's grand tour across the mountains in 1815 with his supporting entourage of 50 persons along Cox's Road to the Bathurst Plains. Macquarie commenced his tour at Emu Plains on 21 April arriving in Bathurst on the 4 May to the rousing cheers of the small party stationed on the Bathurst Plains. In 2015 we have or will celebrate three important bicentennial events.

Register your interest in this expedition by emailing coxroaddreaming@gmail.com and place the following wording in the subject line: Retrace the Steps expedition.

Further information about registration, payment and logistics will be provided subsequently in a timely manner. The final list of participants will primarily be determined by the order of expressions of interest received.

WildEndurance 2015

This is an annual 50 kilometres and 100 kilometres team challenge that goes through Australia's pristine Blue Mountains. It is held on the 2 and 3 May 2015. Go here to read more and register wildendurance.gofundraise.com.au/.

The Youngcare Simpson Desert Challenge

is back from 6 to 17 May 2015. It will be a daily mental and physical battle that will not only change the lives of our trekkers, but also that of thousands of young Australians in desperate need. Read more here simpson-desert-challenge.

WWF-Australia Trek for Orang-utans and Tigers

Trek for Orang-utans, Borneo - 23 October – 3 November 2015

Trek for Tigers, India - 7 February – 18 February 2016



Is going nose to nose with nature on the top of your wishlist? Climb on-board for two extraordinary adventures to Borneo and India where you can see the world's most dynamic wildlife – and help protect it. You can make a difference while having the adventure of a lifetime. For more information please visit adventure_challenges. Be the change you want to see in the world.



TACKLING THE TRICKY TASK OF TICK REMOVAL

Cameron Webb



Tick bite poses a potentially serious health risk in itself but sometimes the way people try to remove ticks just makes things worse. This is because urban myths and conflicted advice from local and overseas health authorities have created confusion among both health professionals and the community.

Of the more than 70 bloodsucking arthropods known as ticks that live in Australia, the paralysis tick, *Ixodes holocyclus* dominates when it comes to interaction with people.

This tick is most commonly found in wet sclerophyll forests along the east coast. While their life cycle (including egg, larva, nymph and adult) can take a year to complete, adult ticks are most commonly encountered in the spring and early summer.

Ticks don't jump or fly. They find a host by climbing to the top of grasses or other nearby vegetation and slowly wave their legs about until they make contact with a passing potential host. They're commonly associated with ground-dwelling mammals, particularly [bandicoots](#), but can potentially be found on a range of wildlife.

“... adult ticks are most commonly encountered in the spring and early summer”

Once they've found a host, ticks take a blood meal to obtain nutrients to either moult to their next developmental stage or, in the case of female adult ticks, develop eggs. They can stay attached for up to ten days while feeding.

Reactions to tick bites can vary from a mild itching with localised swelling, to severe allergic reactions and [life-threatening anaphylactic condition](#). A [recent study](#) of 500 tick bite cases presenting to a hospital on Sydney's northern beaches reported 34 individuals with anaphylaxis, 40% of whom had a history of allergy or previous anaphylaxis.

Spreading disease

There's currently an acrimonious [debate](#) about the presence of tick-borne pathogens that cause [Lyme Disease](#) or a “Lyme-like” illness in Australia. No causative agent has been isolated from local ticks or wildlife, and *Ixodes holocyclus* has been shown to be [unable to transmit](#) the strain of bacteria that causes Lyme disease.

But other tick-borne pathogens, such as [Rickettsia](#) and [Babesia](#), have been

documented in Australia. Infection with these pathogens typically results in a “flu-like” illness of varying severity but there will be a range of pathogen specific symptoms.

Notwithstanding pathogen transmission, there are other well-documented health risks associated with ticks.

Potentially fatal tick paralysis is a serious concern, as is [mammalian meat allergy](#). Mammalian meat allergy is triggered in some individuals by substances in the saliva of ticks injected during feeding.

People who have an allergy to this may experience life-threatening anaphylaxis following the consumption of red meat or, in some instances, other animal-derived products, such as milk and gelatin.

Removing ticks

There has also been some [debate](#) in recent years about the best way to remove an attached tick, with opinions divided between killing it in place or forcibly removing it. It has been suggested that forcibly removing the tick may increase the severity of any allergic reaction.

The absence of clinical trials has led to uncertainty, as has advice from overseas health authorities that may not be appropriate in Australia due to differences in our ticks.

There's no doubt the advice provided by health authorities in [North America](#) and [Europe](#) are suitable for those regions. They suggest quick removal, using forceps or other devices, to reduce the likelihood of pathogen transmission.

But the species of ticks prevalent in those places are not associated with possible tick paralysis or potentially serious allergic reactions caused by *Ixodes holocyclus*. Australians need a different approach and there's growing consensus that killing the tick in place may be best way to minimise the risk of severe allergic reactions.

Killing ticks

Killing ticks is tricky. Some insecticides may be effective but involving any substance (such as methylated spirits, nail polish,

alcohol or petroleum jelly), or physical disturbance (such as the use of forceps) that agitates the tick is likely to cause it to inject more saliva and toxins into the skin, resulting in a more severe reaction.

The Australasian Society of Clinical Immunology and Allergy (ASCIA) recommends using aerosol “freezing” sprays normally associated with wart treatments. These products are widely available from pharmacies and they rapidly kill the tick in place, minimising potentially serious reactions.

Once killed, the tick can then be left to fall out naturally.

What we really need are clinical trials assessing the effectiveness of these currently recommended tick removal techniques and the likelihood of preventing or minimising allergic reactions. Fortunately, this is the focus of the recently

“ASCIA recommends using aerosol “freezing” sprays normally associated with wart treatments.”

formed [Tick-induced Allergies Research and Awareness \(TiARA\)](#) group.

Clear tick removal guidelines, supported by research and clinical information – or both – will hopefully adopted by local health authorities and put an end to confusion.

Cameron Webb

Clinical Lecturer and Hospital Scientist at University of Sydney

Cameron Webb and the Department of Medical Entomology have been engaged by a range of insect repellent and insecticide manufacturers, as well as local health authorities, to provide testing of products and provide expert advice on biting insect biology and control.

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 21 May 2014.



NSW health recommend to remove ticks with fine point forceps, read more here http://www.health.nsw.gov.au/environment/Publications/tick_alert_brochure.pdf.

To read more about mammalian meat allergy follow this link abc.net.au.

You can also check these two videos.



Catalyst's video on [mammalian meat allergy](#).



Catalyst's suggestions on [removing ticks](#).

MAGAZINES



Wild
Mar-Apr issue

- Rafting the Colo
- Top End Track Notes: Mulgrave
- Tried & Tested: Distress Beacons
- Canoes on the Nisutlin
- Packrafting for Beginners
- Profile: Brando Yelavich

Price:
\$47.95 for one-year

Subscribe Link:
wild.com.au/subscribe



AG Outdoor
Mar-Apr issue

We've chosen our Top 10 day walks, both in Australia and NZ. In this issue we also take readers on one of the world's best walks - the Peru Rivers Trek - that leads you the "secret way" to Machu Picchu. We reveal an exciting Aussie multi-day walk through the Victoria's High Country and offer readers two perspectives on the famous Larapinta Trail: one AGO contributor walks the 223 kilometres independently, while another takes the three-day luxury guided experience. And speaking of guided, we offer advice on what's best: guided or unguided trekking. This issue is packed, and that's before we even mention the new paddling, road trip, MTB/cycle and MissAdventure sections, on top of our gear tests and tech advice!



The Great Walks
Apr-May issue

- Top 10 war history walks
- Australian Alps Walking Track
- Great Himalaya Trail
- 15 outershell jackets
- Grose Valley, NSW



A QUICK GUIDE TO FOOT BLISTER TREATMENT

Rebecca Rushton

In the ideal world, managing foot blisters starts and stops with prevention. But sometimes things go wrong. Either prevention fails, or we let things go a bit too far (sometimes a lot too far). Then we end up having to deal with a foot blister while we're on the track.

To treat a blister on the track, it goes without saying, you'll need to be carrying some sort of a blister kit. But what should you have in your blister kit? To help you decide, let me explain the principles of blister treatment. And I'll show you what's in my blister kit.

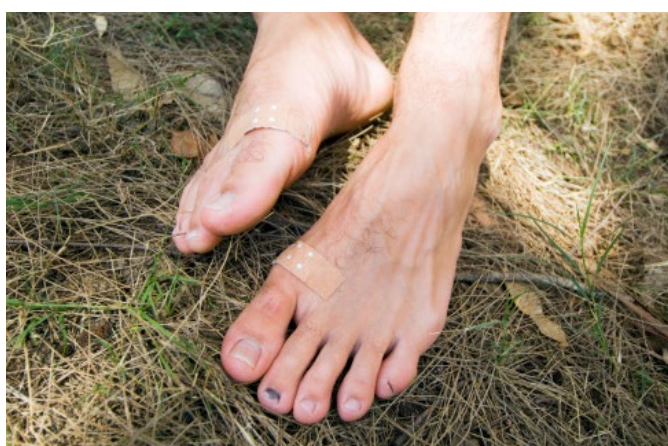


Five Steps to Optimal Blister Treatment

The aims of blister treatment are to minimise pain, prevent infection and speed healing. There are five steps to achieving this.

Step 1: Apply antiseptic

Betadine is the most popular one. I prefer a liquid because it can soak into all the nooks and crannies rather than just sit on the surface. Single-use swabs are great because they're light and small. But they're messy (take gloves or be prepared to wash your hands afterwards). An alternative is a 15 ml bottle with a built-in eye-dropper lid.



What dressing do you use on your blisters?

Step 2: Dress your blister

The dressing you choose for your blister depends on the integrity of the blister roof. Your blister roof will either be:

- Intact
- Torn
- Deroofed

For *intact* and *torn* blisters, don't stick anything adhesive to the blister itself. Otherwise the roof might tear off completely when you remove the dressing. Use an *island dressing*, an absorbent non-adhesive pad surrounded by adhesive tape. Most Band-Aids are an example of an island dressing, but you can do better than that! Try something like Primapore dressings: the adhesive is really good and you can buy them from most pharmacies. I like them because they're sterile too. Alternatively, if you choose to buy a roll of dressing that you can cut to size, make sure you tape both ends to lock out the sweat and dirt that

inevitably gets in during the course of a hike. Fixomul tape is good for this.

For *deroofed* blisters, use a *hydrocolloid dressing*. Hydrocolloid dressings are rubbery yellow dressings that absorb water to form a gel. They provide the best environment for your blister to heal fast. Compeed is an example of a hydrocolloid dressing. Yes, they're adhesive, but it's a bit different - because as the raw skin heals, it weeps. And this combines with the hydrocolloid material to provide that ideal healing environment, preventing it from sticking to and disrupting the valuable healed tissue when the time comes to remove the dressing. You leave hydrocolloid dressings on for up to a few days (depending on how weepy your blister is) for best results. Some people don't like how these dressings make blisters gooey and smelly, but I can tell you this is a good thing for healing. By the way, sometimes hydrocolloids don't stick well to the surrounding skin. I like to put a bit of Fixomul around each side to make sure it doesn't peel off. That way, I can see how weepy my blister is to judge when the dressing needs replacing.

“Nothing hurts more than walking on a nasty blister under the ball of your foot.”

Step 3: Reduce pressure

Nothing hurts more than walking on a nasty blister under the ball of your foot. Or having to put your boots back on and walk downhill with a blister on the outside of your little toe.

You need to get the pressure off it. When you get home or to camp, you can leave your boots off, walk a bit funny to take the weight off or keep off your feet as much as you can. But while you're out on the track you can't do this, so there are two ways to reduce pressure.

You can use *cushioning*. Presumably you've already got a bit of cushioning under your foot in the form of an insole, so there might not be any more you can do there. But for toe blisters, silicone gel toe covers are great. They will help blisters on top, underneath, on the tip of and between toes. If you've never tried silicone gel toe covers, get a couple and put them in your kit – they might just save the day.

Even better than cushioning is *pressure deflection* in the form of felt donut pads. You might know this better as moleskin, but the orthopedic felt that podiatrists use is better because it's thicker. The idea is you cut a hole in the middle and this is where the blister sits. Felt donut pads really come into their own for blisters under the ball of the foot or over bony prominences, like bunions. Most pharmacies have felt or firm foams.

Step 4: Reduce friction levels

This is the most overlooked part of blister treatment. Without addressing friction levels, the shear that causes blisters continues at the blister base as it's trying to heal, delaying healing and making it hurt more. Here's an excerpt from an article I wrote recently that highlights our misconceptions about friction in blister treatment:

There's something you don't know about friction. And your feet need you to know this! Think back to your last foot blister. You treated it with a plaster right? *You know, to stop that friction.* But I bet you think friction is rubbing. It isn't. Friction is about grip. High friction means two surfaces grip together. Low friction means they don't... they're slippery. Read the full article here: [a-fraction-too-much-friction](#).

So how do you reduce friction levels? Firstly, you can try and make your skin drier. I know,

that's a tough ask when you're out on the track, not to mention when it's hot or wet. Antiperspirants, powders and changing socks are a small step in the right direction. But you'll need to do even better than that once you've got a blister.

Greasy lubricants like Vaseline and BodyGlide significantly reduce friction in the short to medium term. They have a few downsides, including a delayed increase in friction. And they can cause your dressing to dislodge or make the next one not stick.

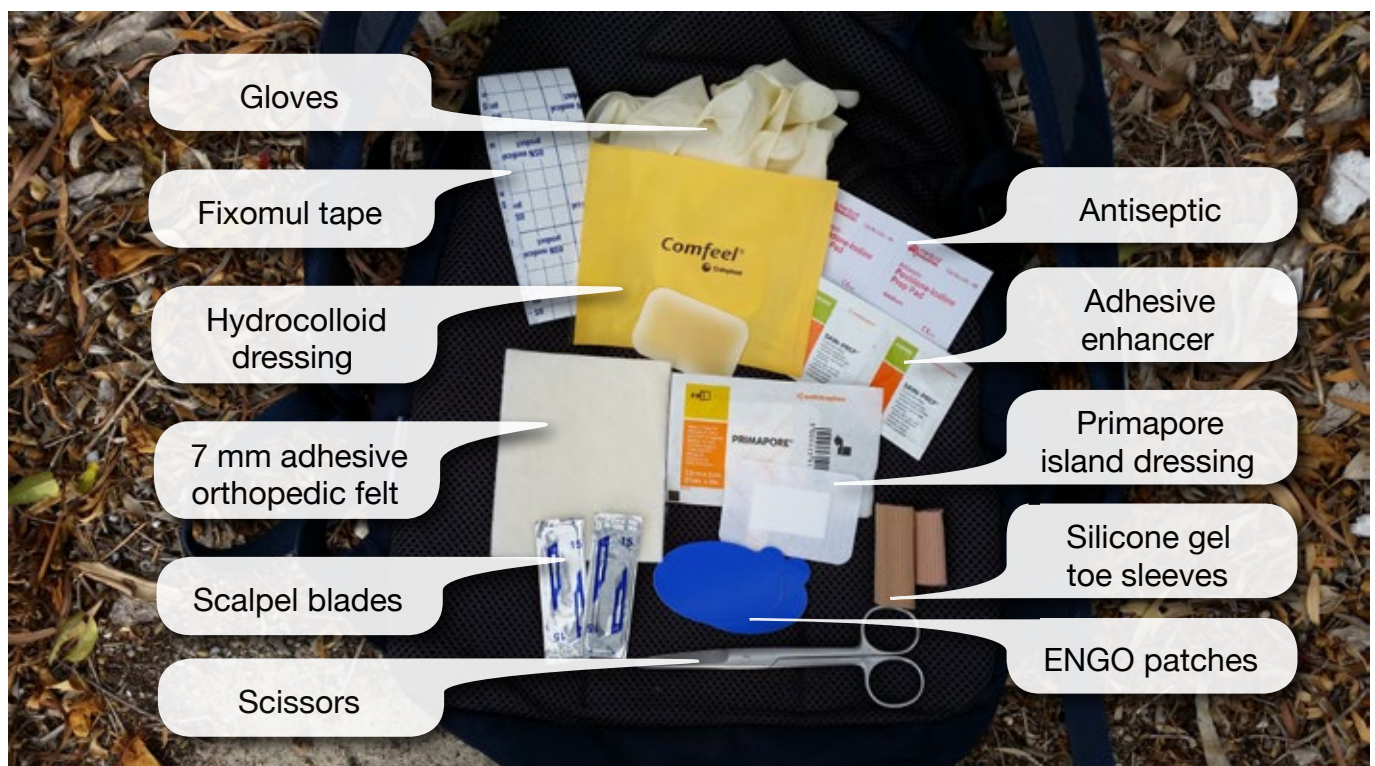
An even better option is *ENGO Blister Patches*. These patches stick onto your shoe or insole where your blister is and just stay there

day in, day out. The best thing is they keep friction levels low no matter how moist your skin gets – that's a big plus. But they can come loose when waterlogged, so river crossings and heavy precipitation can be a problem.

“There's something you don't know about friction. And your feet need you to know this!”

Step 5: Monitor regularly for infection

Once you've got a blister, your job isn't over when you get home. You have to continue to treat it and monitor it for days to a week until your blister has healed. You have to keep it dressed and clean and monitor for signs of infection the whole time. What are the signs of infection?



- Pus
- Increased pain, swelling, redness, warmth
- Red streaks extending from the blister (medical emergency)

What's in your blister kit?

If you're not sure you're as prepared as you could be for blisters, ask yourself these questions:

- Am I covered for infection control?
- Do I have dressings for all three types of blisters?
- Have I got something to deal with pressure?
- Have I got something to reduce friction levels?

On page 78 there's a photo of my blister kit. If you want to know more about why each item was included and how to get the most out of each item, you can read [this article](#). So what's in your blister kit?

Should I pop my blister?

There are times when keeping the blister roof intact is not the best option. When the blister is large and painful and you have to keep going, it can be better to take matters into your own hands and lance it in a controlled and clean environment. But you must realise the increased risk of infection. And you must use a sterile implement! Remember, it is okay

to *not* lance your blood blister. If in doubt, don't pop it!

If you want to know more on how to pop and drain a blister safely, please follow this link and read what Rebecca wrote on this topic [how-to-drain-a-blister](#).



Rebecca Rushton is a podiatrist with 20 year's experience. With a special interest in blister management, she is the founder of [blisterprevention.com.au](#), 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.



UPCOMING EVENTS

part 2

The Anzac Day Challenge

Saturday, 25 April 2015

This challenge is a timed running and trekking endurance challenge held on ANZAC day. It is covering 100 kilometres of spectacular and scenic northern Sydney trails through both the Ku-ring-gai and Garigal National Parks.

Big Burke & Wills Trek 2015

16 to 26 August 2015

The Big Burke & Wills Trek is a 330 kilometres 11 days trekking challenge following in the faded footsteps of Burke and Wills through south western Queensland and north eastern South Australia, from the Dig Tree (near Innamincka) to Birdsville crossing both the Strzelecki and Sturts Stony Deserts. If you want to go on this adventure read more here [burkeandwillstrek.com.au](#).



A SWEET ENDING

Sonya Muhlsimmer

At the end of the day looking back at your achievements (and the view), why not tackle a dessert? Desserts can be anything from biscuits to chocolate, or even some cake or pudding. Or why not try some tapioca pudding or custard crunch. These desserts here are so easy to prepare and make a sweet ending to your day.

After a lot of exercise, the body can use up stored glycogen (energy) and break down muscle. So in order to rebuild your muscles and replenish the glycogen stores, eating a dessert can help boost your energy level and aid in your body's recovery (so you can climb that mountain in your view. Mt Cook here I come...).

Looking down at Mueller Hut, New Zealand

Mango tapioca pudding

Tapioca pudding is quick and easy to prepare. It is packed with carbs and has a high GI. However, except for a little bit of calcium, phosphorous and potassium, it has not got much nutritional value. As your body will be depleted of energy, this dessert is a great remedy for recovery due to the carbs. When tapioca is cooked, it somewhat resembles jellylike balls, and is quite a unique ingredient. As tapioca does not have much of a flavour on its own, it is what you do with it that counts. To see if you like it, I recommend trying this dish at home before your adventure.

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 add the contents of the bag and pour in 1½ cups of water, stir together. Bring the pot to the boil then simmer for about five minutes. Take the pot off the heat, cover and sit for five minutes. Serve.

Hints and tips

Any kind of dried fruit or nuts can be added to this dish.



Bag 1 (pudding)

| | | |
|----------------|----------|----------|
| Tapioca pearls | 1/4 cup | 50 grams |
| Milk powder | 1 Tbsp | 7 gram |
| Coconut sugar | 1 tsp | 4 grams |
| Coconut powder | 4 tsp | 12 gram |
| Dried mango | 4 pieces | 25 gram |
| Vanilla sugar | 2 tsp | 8 grams |

Water - 1 1/2 cup

Custard crunch

Do you always take some biscuits and scroggin (also known as trail mix or gorp) on your trips? Have you always got heaps of scroggin left over and wonder why you always carry so much and what can you do with it? I know I do. I came up with this dessert recipe that is quite useful with some left over biscuits and scroggin; however, you do need to pack with you a little bit of custard powder. This dessert is also an excellent high energy “recovery” dish.

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, add the contents of the bag (custard mix) and mix about $\frac{1}{4}$ cup water to make a smooth paste. Then add another $\frac{1}{4}$ cup of water, stirring to mix thoroughly. Place the pot on the heat and bring to the boil stirring constantly. Reduce to a simmer for one to two minutes, stirring occasionally and then take the pot off the heat. Add the scroggin mix and broken up biscuit, mix to combine. Stir through and serve.

Hints and tips

Any kind of scroggin mix or biscuits can be used. I use Ginger Nut biscuits as they are quite a tough biscuit and can last in the pack.



Bag 1 (custard mix)

| | | |
|----------------|-------|---------|
| Custard powder | 2 tsp | 7 grams |
| Milk powder | 2 tsp | 6 gram |
| Vanilla sugar | 2 tsp | 8 grams |

Bag 2 - Keep separate – take from your ration

| | | |
|--------------|-------------------|----------|
| Scroggin mix | $\frac{1}{4}$ cup | 40 grams |
|--------------|-------------------|----------|

Bag 3 - Keep separate – take from your ration

| | | |
|---------|-------------|----------------|
| Biscuit | 1 or 2 each | 20 to 40 grams |
|---------|-------------|----------------|

Water - $\frac{1}{2}$ cup



XTREME GOURMET

The wonderful Chef Sonya, who writes delicious recipes we post in every edition of Bushwalking Australia magazine, will now publish a book on the topic. It will be full of high energy, lightweight recipes for the outdoor enthusiasts.

This book is designed for anyone who enjoys the great outdoors; from weekend wanderers to extreme sports enthusiasts. The food needs to be nutritional with a high energy count to keep you going, lightweight for the backpack, easy to prepare and taste great. This book provides nutritional advice and recipes according to the high energy demands your body will need.

Energy is the most important necessity when considering food for any sports expedition. All ingredients used in these recipes are cheap and easy to find with basic pantry items available from supermarkets, health food stores, Asian grocers or your own dehydrated stash.

Written by Food Scientist that is also a qualified Chef and has a love for the great outdoors, you know your meals on your next trip will be healthy, hearty and tasty (soul food), you will be the envy of every camp ground.

Sonya needs our help so she organised a crowd funding project through Pozible. The project runs until 28 April. The link to the project is pozible.com.

All donations get your name in the book as a big Thank You and if you pledge a certain amount and you have a suitable photo she will add the photo to the book, so you will become a part of it.

You can also follow Sonya through facebook at [Xtreme Gourmet](#).



High energy, lightweight recipes for the outdoor enthusiast



Food with nutrition and taste in mind for back packing, hiking, tramping, bushwalking, camping, canyoning, back country skiing, alpine touring, mountaineering, climbing, trail bike riding, etc...

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