

Bushwalk Australia



Best of WA

Volume No 12, August 2015

Bushwalk Australia Magazine
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Volume 12, August 2015

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

Cover picture



Quarram Beach
by Tom Saunders

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Warning

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

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

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

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From The Editor

Hi

I hope this edition finds you well.

About 10 years ago I went to Western Australia very reluctantly for a two week's for work, but quickly fell in love with the place. On weekends I wandered some of the shorter walks and explored some of the sunburnt country. My wife then flew across and we spent a week exploring southern WA before driving home across the Nullarbor. This is such a huge and diverse state that even a lifetime of exploring will only scratch the surface.

This state by state series of Bushwalk Australia has been a lot of fun to produce. It's been great to hear about so many adventures and share them with you. As you would hope, this WA edition is mostly written by WA bushwalkers. A big thank you to all those who have contributed. I would also like to say a big thanks to you for reading and sharing this online magazine with your friends and clubs. It's exciting to see it growing, and I really appreciate all the helpful and encouraging feedback.

As winter continues across the country I hope you can get out and explore some new places.



Happy and safe walking.

Matt McClelland (aka Wildwalks)
matt@bushwalk.com



Declaration

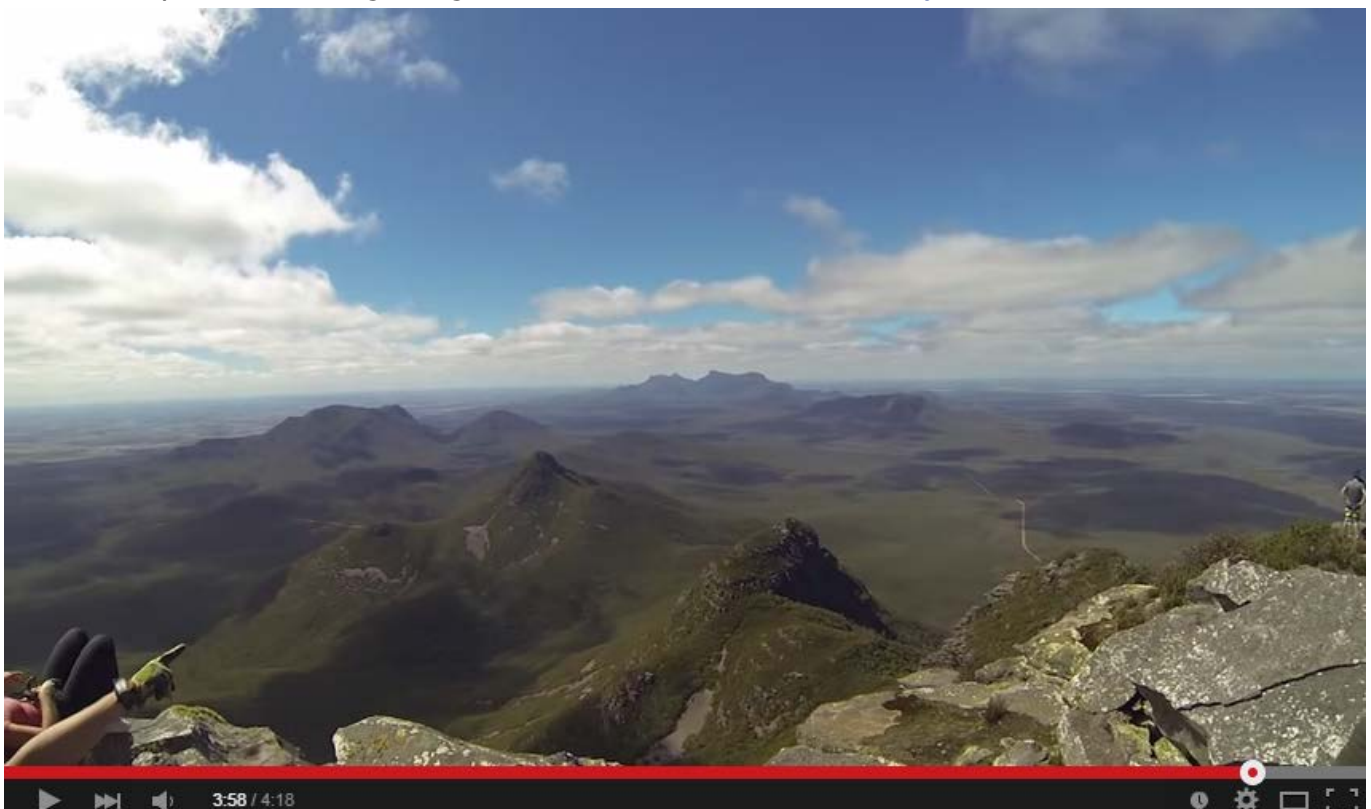
The bushwalking community is a small world and paths often cross. To improve transparency I thought it would be helpful to list my associations within the outdoor community. In many cases I approached the authors of the articles included in this edition and suggested the topics. The opinions stated in articles are those of the authors and not of those involved in the production of this edition. The authors are mostly 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.

Videos

Project Yosemite is a time-lapse video project set in Yosemite National Park and shot by Colin Delehanty and Sheldon Neill. To see it follow this link stumbleupon.com.



Since this is a WA edition, why not take a look at one of the walks in this state? Here is the Toolbrunup Hike - Stirling Ranges, WA. To see it follow this link youtube.com.



Western Australia Offers A Hike For Everyone

Edith Thomas, Western Walking Club



Western Australia might be one of the most isolated parts of the continent but it offers great hikes for the locals, people from the eastern states, as well as our numerous overseas visitors. Our unique landscape offers some incredible walks so it is no wonder bushwalkers return time and again for yet another adventure.

Wildflower and Hamersley Road, from East Mount Barren
Credit to Tourism WA

Our best known bushwalk is the world-famous [Bibbulmun Track](#). This fantastic asset offers a thousand kilometre long hike, winding through spectacular wilderness from the outskirts of Perth to the historic town of Albany on the south coast. It is a joy to wake in one of the shelters to the early morning bird song, with mist thick in the valley and the sun's warming rays promising another glorious day.

In spring walking the Track is like walking through a beautiful garden surrounded by WA's famous wildflowers. Be it orchids, a bush of vivid blue leschenaultia, or carpets of everlastings, nature is at its colourful best.

Bushwalkers are tough and plod along to the welcome haven of the shelter at the end of the day. To sit around the campfire, swapping stories with other walkers from all parts of the world makes it worthwhile. It is appreciated by all to be able to use the Track and the facilities for free. Eventually one arrives at a little town along the way where the welcoming town folk can provide a hot shower, great food and accommodation.

Slowly the Track winds through the forest towards the spectacular Southern Ocean coastline to follow towards the finish of the

adventure. Of course if one does not have six to eight weeks to spare, there are lots of opportunities to hike for an hour, a day or a week.

In Albany a favourite of ours is the Bald Head walk. The highlight of this 16 kilometre track is walking along a narrow ledge of the isthmus on the Flinders Peninsula. It is exhilarating hiking high above the rugged shoreline. Sometimes we take time to view yet another wildflower we have not seen before. Reaching Bald Head, a large granite rock is a good place for a lunch stop before heading back.

Situated in the Margaret River wine region, the [Cape to Cape Track](#) spans 135 kilometres between the lighthouses of Cape Leeuwin and Cape Naturaliste. This challenging but spectacular walk hugs the coast along pristine beaches, dramatic cliffs and through towering karri forest. To tackle the whole track in one trip is a great challenge (usually five to seven days), but multiple vehicle access points allow entry for day walks and shorter sections. The overnight options include some very basic camping areas for walkers only, campgrounds with more facilities and vehicle access and, this being a tourist mecca,



East Mount Barren
Credit to Edith Thomas

plenty of other accommodation right up to the highest levels of luxury and pampering.

On the trail of the Queen of Sheba orchid we head for the Stirling Ranges in the Great Southern region. To hike up [Bluff Knoll](#) is very popular with visitors, but our favourite is [Mt Toolbrunup](#). At first it is an easy hike up a small track in the forest. Slowly we pick our way up towards the peak and our effort is well rewarded. Reaching the top, a tennis court-size flat rock gives us a 360° view over the Stirling Ranges. We spy Mt Trio, Mt Hassell, Mt Talyuberlup, Mt Magog among others to be climbed another day. If one is lucky to be in the Stirlings at the end of August there is a good chance to find the elusive Queen of Sheba at the base of Mt Trio. If you keep your eyes open you will find dozens of different orchids amongst other wildflowers. For the more adventurous the Stirling Ridge walk will appeal.

For those who want to venture further afield Fitzgerald River National Park features a tantalising variety of landscapes to explore, from rolling plains, colourful breakaways, rugged peaks and headlands, to stunning bays and inlets where southern right whales shelter close to shore in winter with their newborn calves. Follow the [Hakea Trail](#) or visit the nearby West and [East Mt Barren](#) walks.

In the state's north-west a visit to the incredible Karijini National Park is well worth the long drive. Here you'll discover WA's most spectacular gorges. A steep ladder leads down to Hancock Gorge. There is no track as such so we find our own way along the deep narrowing gorge. To proceed to the deep pool we need to place our feet on either side of the gorge walls while a stream gushes deep beneath us. The water is icy cold as the sun does not penetrate down here. We come upon a sign telling us not to proceed past here unless we registered with the ranger so return and descend the cliff to Handrail Pool at the other end of the circuit. Others later return to complete the hike, encountering numerous pools along the way. Stories of having to brave numerous cold water swims might not appeal to everyone - this adventure is not for the fainthearted.



An easy but absolutely beautiful hike is from Fortescue Falls to Circular Pool. We descend along the falls into the gorge. The way zig zags among steep rock rich in iron-ore, rock gardens, rock gardens, and delicate ferns clinging to the cliffs. There is the opportunity to explore other walks, including [Hamersley Gorge](#), before we continue to Mt Augustus. This 1000 metre high monocline, twice the size of Ayers Rock, offers two options to reach the top. We opt for the easier way up amongst the trees that give way to low scrub towards the top. The descent over huge boulders makes a great alternative. Back at the camp we watch a magical sunset over the rock.

The Kimberley region's Purnululu National Park, also known as the Bungle Bungles, must be the most unique part of the country. While most of us think of the beehive-like domes it is famous for, there is so much more to explore in the area. Hiking in Piccanniny Gorge we marvel at nature's might that carved the rocks into incredible shapes over the centuries. We meet a large water monitor lizard on the edge of a pool. Reflections of the beehives provide a perfect photo opportunity and the lizard does not seem to mind being the centre of attention.

Some distance away is Echidna Gorge. As we make our way along the gorge, feeling very insignificant amongst the towering rocks, the gap narrows as we head deeper, at times only a metre wide. There is only a sliver of blue sky above, then the sun lights up the gorge for a few awe-inspiring minutes. We make our way as far as possible, turning around when a huge boulder blocks our way. Interestingly it consists of small pebbles cemented together, unlike any other rock around.

This is a short introduction to bushwalking in WA. There is definitely something for everyone, from the tall Tingle Trees around Walpole, to the rugged Southern Ocean, to the real outback. From a short hike in John Forrest National Park to a multi-day hike on the Bibbulmun Track. Come on over and enjoy our unique part of Australia.

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



Western Australia

Bluff Knoll (Stirling Range)

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

Highest point in Stirling Range (great views, particularly to the east). Also pops up in the “40 best walks in Australia” or whatever its called. The Stirlings are a tiny range in the huge flat area of WA - incidentally look up Elders not Bureau of Meterology (which goes to a salt lake about 100 kilometres away, the Stirlings can get snow....) Fantastic views, gorgeous flowers.





Western Australia

Hancock Gorge (Stirling Range)

135 metres return, 10 minutes, parks.dpaw.wa.gov.au



Ancient landscape, deep red gorge, rock scrambling and swimming to do the walk, narrow chasms, waterfalls.

Banded ironstone passage in Hancock Gorge
Tom Brennan

Competition: Photo of the year 2010

Western Australia

Toolbrunup (Stirling Range)

4 km return, 3-4 hours, parks.dpaw.wa.gov.au

Highest point in Stirling Range (great views, particularly to the east). Also pops up in the “40 best walks in Australia” or whatever its called. The Stirlings are a tiny range in the huge flat area of WA - incidentally look up Elders not Bureau of Meterology (which goes to a salt lake about 100 kilometres away, the Stirlings can get snow....) Fantastic views, gorgeous flowers.



Western Australia

Loop Walk Trail (Kalbarri NP)

8 km loop, 3-4 hours, fr.everytrail.com

Easy walk in a wild setting, less crowded than Karijini and yet more spectacular and better thought out as a walking track.



Cape to Cape (any section which can be completed in a day)

20-25 km per day, capetocapetrack.com.au and Cape to cape guidebook (Jane Scott and Ray Forma)

The track runs mostly along the coast. It makes use of old 4WD vehicle tracks, constructed paths and natural beach sections which are mostly sand. There are easy sections, which make excellent short walks, but some beach sections are long, and hard going if you are carrying a full pack. The full walk is well within the capability of anyone who is moderately fit, but walkers should be aware that the full walk is quite a challenge.



Mt Bruce (Punurrunha) Summit (Karijini NP)

9 km return, 4-5 hours, trailswa.com.au

Spectacular 360 degree views from the summit and the ridge, some short but fun scrambles.



Western Australia

Cascades to Gloucester Tree (Gloucester NP)

12 km return, half day, trails.wa.gov.au

Well, I like to do it as a loop. There is a tourist tram which goes from Pemberton to The Cascades, a national park with a lovely walk around - yes, cascades. Cross the tramtrack and management trail and you will find the Bibbulmun track - so one gets to do a very pretty part of this iconic long distance walk. It goes for about 6 kilometres or so along Eastbrook, from there to the Gloucester tree which is one of the old firewatch trees. From there, 500 metres on the other side of the highway is the Gloucester Ridge winery - great lunches and wines. And it doesn't matter if you over indulge, it's an easy 3 kilometres mainly sealed path back to Pemberton. If the idea of carrying a credit card instead of a soggy sandwich appeals, you can head off in the other direction (ie out of Pemberton, I think northbound Bibbulmun) the next day towards Big Brook Dam. One of the several "heartbreak hills" in this area, but from Big Brook Dam its 500 metres to the Hidden River Estate which is particularly welcoming to families
hiddenriver.com.au/

Escarpment Trail (Kennedy Range NP)

3.4 km return, 3 hours, parks.dpaw.wa.gov.au

Great isolated park, amazing camping spot. The walk is easy and fun, to the top of the range with great views.

Wanamalu Trail (Francois Peron NP)

3 km return, 1.5 hours, sharkbay.org.au

Great scenery with the ocean, red sand cliffs, yellow crabs, birds, dugongs, turtles etc... The walk is too short though and one way.

A photograph of two hikers, a woman and a man, standing on a rocky trail and looking out over a vast, flat landscape towards a large, flat-topped mountain (Mt Augustus) in the distance. The hiker on the left is wearing a white t-shirt, brown shorts, a white bucket hat, and a red and white backpack. The hiker on the right is wearing a white t-shirt, brown shorts, a white bucket hat, and a black backpack. The landscape is covered in low-lying, yellowish-brown shrubs and grasses. The sky is clear and blue.

Western Australia

Mt Augustus (Burringurrah) Summit (Mount Augustus NP)



12 km return, 6 hours, trails.wa.gov.au

Great views, aboriginal art, options of different routes to and from the summit.

Castle Rock (Porongurup NP)



3 km return, 2.5 hours, trails.wa.gov.au

The Pongorups are a small ridge in a flat area, wonderful views, lovely shady walking, helmet and spider orchids. There's a skywalk at the top of Castle so even those of us not into scrambling can reach the top. Oh, and there are great wineries in the area... sensing a theme here?

Western Australia

Cape to Cape Track

135 km one way, 5-8 days, capetocapetrack.com.au and Cape to cape guidebook (Jane Scott and Ray Forma)

Stunning, spectacular coastal scenery, beaches, whales and dolphins, coves, some inland sections of forests, heaps of variety, and carpets of wildflowers everywhere in Spring, esp October!

Some prefer it as a series of day walks - check out “walking in circles” which is day walks based on the cape2cape. And don't forget the Meelup - which perhaps should have been in my favourite day walks - its an extension to Dunsborough which is a lovely and very easy section from Dunsborough to Cape Naturaliste which takes in Eagle and Brunker bays. Some of the prettiest beaches around, great wildflowers. Oh, and wineries in some sections. Also, Contos is one of the best camps you'll see.



Western Australia

Stirling Range Ridge walk (Stirling Range)

28.8 km circuit, 3-4 days, [Mountain Walks in the Stirling Range](#)

The only alpine multiday walk in WA. Great scenery and wildflowers. The Stirling Range Ridge walk offers a great escape from the typical dry and arid landscape that is more typical for Western Australia. The walk is more of a route than a track as is not marked apart from some rock cairns, but is fairly easy to follow as in most parts there is a reasonably worn path through the vegetation.





Western Australia

Bibbulmun Track

1002 km one way, 6-8 weeks, bibbulmuntrack.org.au

Superb mix of tall temperate forest and coastal scenery. The Track takes walkers through towering karri and tingle forests, down mist-shrouded valleys, over giant granite boulders and along breathtaking coastal heathlands. It passes through many of the most beautiful national parks of the south-west forests and coastline.

East of Dingo Beach GS
Credit to Tourism Western Australia

Western Australia

Cape le Grand Coastal Trail

15 km one way, 8-9 hours, trails.wa.com.au

Goodness they seem to have listed it as a day walk. I thought it was longer; you'd certainly need shuttles for one day. Anyway there are excellent camps en route. Some of the most beautiful beaches in Australia, interesting wildflowers, spider orchids just about any time of the year...

Hakea Walk Trail (Fitzgerald River NP)

23 km one way, 2 days, trails.wa.com.au

Remoteness.

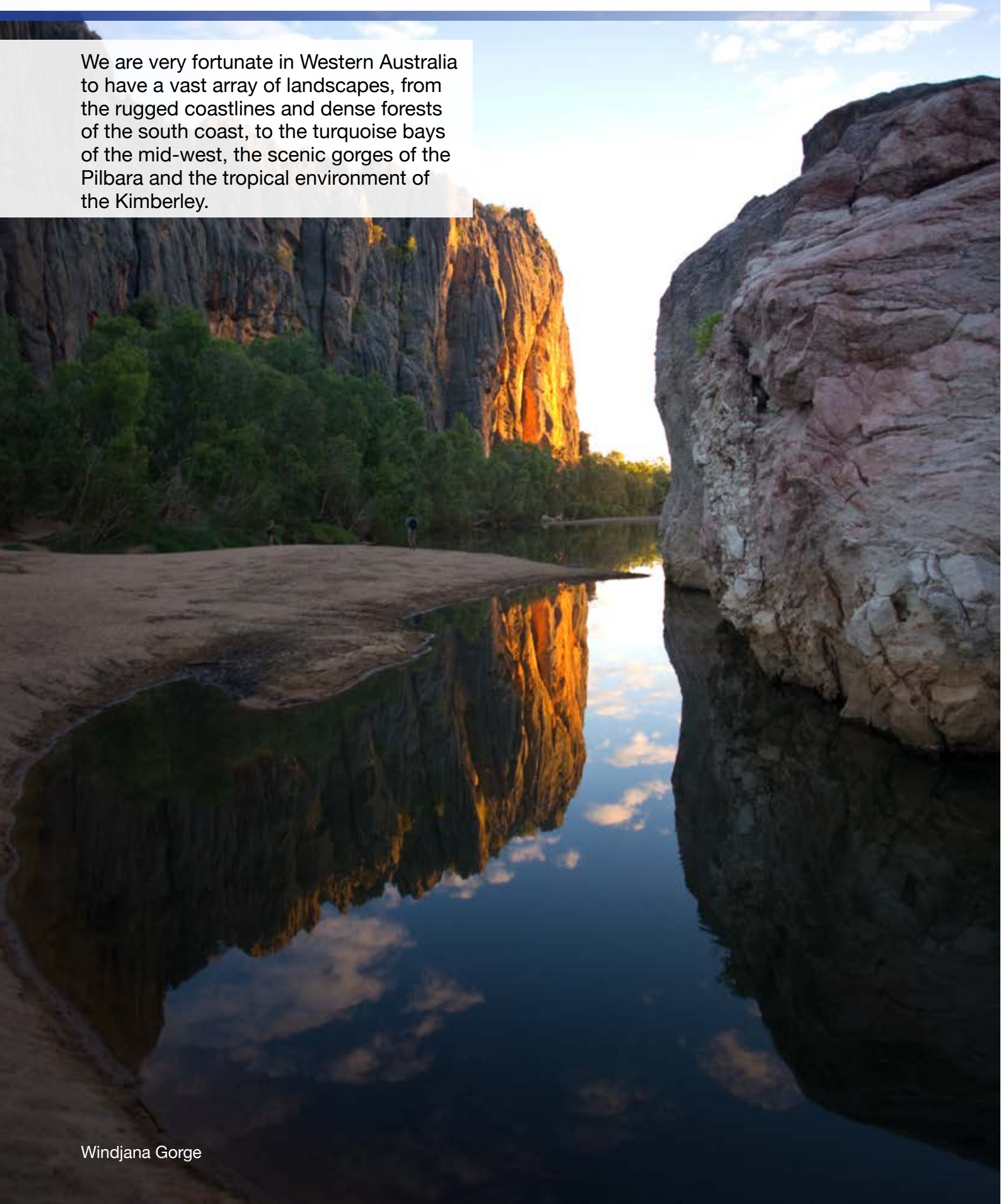
The Kimberley

The Kimberley is one of the last great wilderness areas, with less than 50,000 people living in an area twice the size of Victoria. The scope for walking is massive, from the major rivers like the Mitchell, Drysdale and Charnley to the ranges of the Carr Boyds and Cockburns.

Letter from the Minister

Albert Jacob MLA
Western Australian Minister for Environment; Heritage

We are very fortunate in Western Australia to have a vast array of landscapes, from the rugged coastlines and dense forests of the south coast, to the turquoise bays of the mid-west, the scenic gorges of the Pilbara and the tropical environment of the Kimberley.



Windjana Gorge

Western Australia has thousands of walking tracks for people to experience and connect with these unique, diverse and awe-inspiring natural environments.

With 100 national parks, 13 marine parks and numerous other conservation reserves, there are more than 28 million hectares of environmental estate available for people to explore. This world-class parks system not only aims at providing opportunities for people to experience nature, but to also raise community awareness and appreciation of the State's wildlife and cultural values.

As an avid bushwalker, I know how important it is to have a range of readily accessible tracks and trails available, from easy short walks on flat, well-formed paths to longer walks that include different and challenging terrains for the more skilled, experienced and fit walkers. WA walking tracks and trails are classified according to the Australian Walking Track Grading System. Tracks within conservation estate are managed and maintained by the Department of Parks and Wildlife, many in partnership with the community.

The success of this partnership is highlighted by the State's world renowned Bibbulmun Track - one of the world's great long-distance walking trails, stretching almost 1000 kilometres from Kalamunda in the hills on the outskirts of Perth to the heritage town of Albany on the south coast.

The track is managed in partnership with the not-for-profit community organisation the [Bibbulmun Track Foundation](#), and provides people with walks through many of the State's most scenic parks among towering forests with breathtaking views of valleys, granite boulders and coastal heathlands.

Recognised by National Geographic as one of the Top 20 World's Best Epic Hikes, the Bibbulmun offers a wide range of walking experiences from easy short strolls to the exhilarating end-to-end walk, which can take the most experienced bushwalker eight weeks to complete. To assist with these adventures, Parks and Wildlife has established 49 camp sites along the main

route, from basic camping sites to purpose-built shelters. The track also passes through a number of south-west towns, generating local tourism benefits.

There are a number of bushwalking clubs in WA for people without the time or inclination to plan or the experience and confidence to walk individually, or who just enjoy walking with company. There are also a wide range of tours offered by the many licensed operators.

Bushwalking is a great way for people to get outdoors and connect with nature. It is also important for children to experience nature as a part of family day trips, extended holidays, picnics, walks, camping or simply enjoying the sights of many of our national parks.

To counteract the growing disconnect between people and the environment, in particular for young people, the State Government has embarked on a partnership with [NaturePlay WA](#) to encourage a stronger connection with the environment from a young age.

We are also working to implement the \$21.05 million [Parks for People](#) initiative to improve and expand family camping and associated visitor experiences in national parks and conservation reserves.

This initiative provides for visitor facilities and services such as affordable camping and caravan accommodation, walk, bike and drive trails, and the creation of interpretation information including mobile and desktop applications. Overall it will see at least 450 new camp sites, eight new campgrounds and the expansion of at least nine campgrounds in the most popular national parks and State forest recreation areas.

I have been very fortunate to see first-hand many of these new developments. In the past year, I have experienced the breathtaking Tunnel Creek and Windjana Gorge National Parks in the Kimberley, the jarrah forest of Lane Poole Reserve in the south-west, the wilderness areas of Fitzgerald River National Park on the south-coast and the Cape-to-Cape walking trail in Leeuwin Naturaliste National Park.

Facilitating visitor activities such as bushwalking, picnicking and camping is an important part of management planning for WA's conservation estate. Parks and Wildlife is constantly engaged with the community to ensure recreation is balanced with conservation and that there are many information sources available for people to find out what WA parks have to offer.

From the [Explore Parks](#) and the [TrailsWA](#) websites, social media and brochures, to quick and easy apps such as ParkFinder for smart devices, information on WA's walk trails is at our fingertips. You can even book online for campsites in national parks through [ParkstayWA](#).

Information is the conduit that links park managers and users, fostering greater environmental stewardship. An excellent example of this is the Mamang and Hakea walk trails in the Fitzgerald River National Park. These trails traverse a spectacular and pristine environment which is highly vulnerable to impacts of dieback. Rather than restricting visitor access and stopping people from exploring, Parks and Wildlife has established the walk trails in conjunction with a concerted information program that informs people about precautions needed to protect biodiversity. This includes installing boot cleaning stations at trail heads within the park and encouraging people to wash tyres and car under-bodies before and after a trip to the park.

Providing access and information for people to connect with and experience nature will greatly assist in establishing the next generation of advocates for our parks and reserves.



Albert Jacob served for nearly three years on the Joondalup City Council. He was elected as the inaugural member for Ocean Reef in September 2008. He was the Parliamentary Secretary for Community Services; Seniors and Volunteering; Youth. He was appointed as Minister for Environment; Heritage in March 2013. With a Bachelor of Environmental Design and a Masters in Architecture, Albert is committed to the conservation and protection of Western Australia's unique marine and terrestrial ecosystems.

Albert lives with his young family and is a Vice Patron of Surf Lifesaving WA as well as his local club Mullaloo Surf Lifesaving Club where he is a patrolling member.



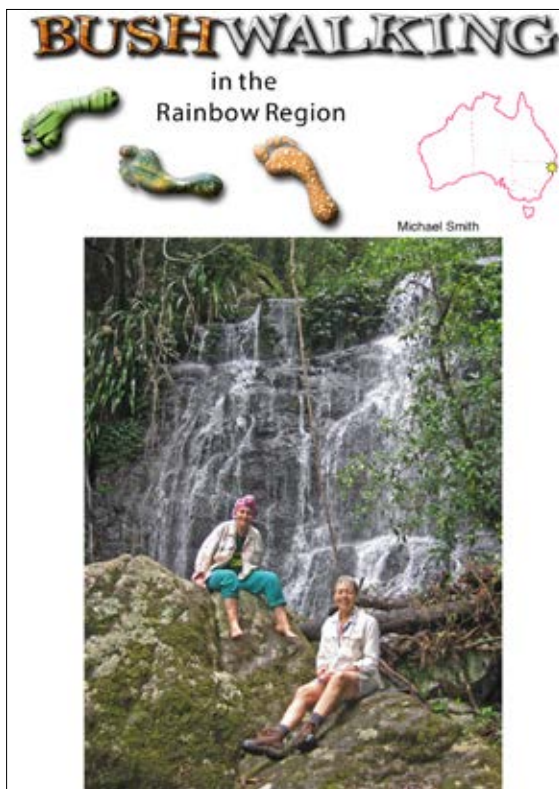
King George River, Western Australia

In the News

Airbnb for lawns

At [Homecamp](#) their mission is to connect campers seeking authentic experiences with hosts offering unique private land, or backyard to camp on. Check out this new concept for your next wild walking trip. Follow this link for more information [home-camp.com](#)

Bushwalking in the Rainbow Region



Michael Smith, the Author of “Bushwalking in the Rainbow Region”, has generously given us a digital copy of his very popular book to share with you all. This is a guide book for Northern Rivers region of New South Wales, describing 59 day walks in the area between Tweed Heads, Yamba and Woodenbong. [Download your copy now.](#) (7 MB) Enjoy the book and the walking. And thank you Michael.

Man survives three nights in remote WA outback after becoming separated from bushwalkers

A South Australian man has been found alive after three nights lost in the remote outback of Western Australia. He was separated from a group of European tourists while they were bushwalking in the Mitchell Plateau area of the Kimberley. Read more [here](#).



You Can Go Bushwalking in Perth

John Clifton, President of WAFBC



There is something special about bushwalking as a family. You can share being taken to another place, where time itself seems to slow, your senses are enlivened and the suburban life seems a long, long way away. It's a bit of a secret that members of the WA Family Bushwalkers Club (WAFBC) well understand.

With the hot summers a thing of the past for a while and cooler winter days here, there's a great opportunity to get out and explore parts of Perth's natural environment as a family or in family groups. There are many easy walking trails suited to families with young children as well as longer trails for older kids. There are several WAFBC favourite walks that I'd like to share that would be great to try on a weekend or in the School Holidays.

Right on Perth's very doorstep is the Zamia Trail in Bold Park. This walk is very doable with young children (and prams with pneumatic tyres) and can be as short as three kilometres, with older kids able to tackle an extended distance by joining up with other trails. There is a good map available from the [Bold Park website](#). We often start from the Tuart car park on Perry Lakes Drive. Walk north up the hill to the ridge then head south before looping back to the car park. This walking trail provides ocean views to Rottnest Island and City views across a bushland setting – we often picnic in Perry Lakes Reserve after a walk. There's fantastic open woodland and often you will have the Reserve to yourself in the late afternoon.

For something different there is the Cape Peron Foreshore Park Walk Trail, which is a coastal walk of about three kilometres. On hotter days our Club has combined the walk with a swim after, and on a winter's day you can be blown away and experience a wildness right in Perth with waves pounding the rocks. The trail starts from the car park and is well marked. For added interest you will also see historic World War II gun emplacements, built for defending Garden Island and Fremantle. There are many birds to be seen in this Park.

And now to the Hills. When my children were little we visited Fred Jacoby Park

(Mundaring Weir Road Mundaring) and did the Portagabra Track. It's just one of the many tracks in the Perth Hills which really takes the family into the bush. The track is a loop covering about four kilometres and is an up and down. With smaller kids it will take a family about two and a half hours. I love this short walk as you will see granite boulders and outcrops, a bit of wandoo bushland and views to Mt Dale. Wandoo is a medium-sized tree with white or orange trunked that grows 10-25 metres tall and occurs mainly on eastern parts of the Darling Range. Wandoo bushland is quite open without thick undergrowth and great to walk through, even for little kids as well as adults. The track is well marked and you can step off it and explore if you wish. For the sake of the environment, on the other two walks I have mentioned you must stay on the track. I like to walk this track in the mornings, when you are likely to see kangaroos in the small valleys. If there has been some rain there may be streams running down the hill. Morning tea at the end is always a treat. The track goes over the Pipeline, which provides water to Kalgoorlie, prompting questions like where Kalgoorlie is and why people live there.

This year our club has families heading out from Perth for weekends and school holidays taking on south-west bushwalks in the Porongurups and on sections of WA's 1000 kilometre Bibbulmun Track. The WAFBC has a great winter program of bushwalks, trail rides and overnight camps. In the June long weekend, the club ventured out of Perth to Dryandra National Park near Wandering and walked trails in the Wandoo forest.



John Clifton, is the President of the WA Family Bushwalkers Club. New members are welcome and further information about the club can be found at wafbc.org.au

Western Walking Club – One of the Oldest in the Country

Edith Thomas, Western Walking Club



Back in 1937, 15 women and four men who enjoyed hiking formed the Western Walking Club. Little did they realise that 78 years later the club would still be going strong. While the men were away during the war, the women kept the club going.

After a very successful campaign to get people exercising, the numbers swelled to well over 200. It was not unusual for 80-100 walkers to turn up on a Sunday. Now we have over 150 members, with a number of them who joined in the 1960s and 1970s still active on our walks. Other clubs were formed by some of our members. So the Perth Bushwalking Club, Bush Walkers of WA were formed. Later the Family Bushwalking Club offered walkers with young children a chance to enjoy our unique bush.

We cater for walkers with different fitness levels, newcomers to bushwalking who are

not sure of their capabilities, and our long-time members who are getting bit older, who choose an easy walk. Others choose the harder option. Our easy walks are about 10-12 kilometres, mainly on tracks. On medium-hard walks you can expect to walk 16-20 kilometres, cross country or on rough tracks. Morning tea and lunch somewhere deep in the bush is most welcome by all. We are lucky with the weather in WA. Yes, we do have showers at times but very seldom does it rain all day. In the last 24 years we have only cancelled two walks due to bad weather.

“The leaders always took the time to find a new terrain, great views, spectacular places...”

My work colleague's account of the hikes she participated in over the weekends whetted my interest. With two boys to take to football, cricket or tennis matches I had to wait until I was no longer needed to cheer from the sidelines. In 1991 it was my opportunity to join the club, and from the start I was embraced by like-minded people. The leaders always took the time to find a new terrain, great views, spectacular places for lunch, usually along a creek, or high up on a



On the Bibbulmun Track
Credit to Edith Thomas

granite rock with views down the valley. I was astounded by the diversity and beauty of our outdoors.

The club offers navigation and GPS training to interested people, which is a great help to maintain leader numbers. It might take a little while for new leaders to take the plunge to lead a walk. More experienced leaders generally take them under their wing and offer to co-lead a walk with them until they are comfortable navigating through the bush.

I was a bit apprehensive about leading a walk for a while. "Women are not good at following maps" was deeply ingrained in my brain. But when one of my favourite leaders unfortunately passed away and no one took over her walks, out came the compass, the map and off I went with a few bushwalking friends in search of Hopeful Falls. I haven't stopped since. It is exiting to find yet another beautiful area in the Darling Ranges to explore. Unfortunately this is getting harder as suburbia is encroaching into our walking areas.

“A group of us have an annual backpacking hike on the Bibbulmun Track

Our club was instrumental in helping to realign the Bibbulmun Track in 1998. We are still involved as maintenance volunteers to keep the Track in good condition for all to enjoy.

A group of us have an annual backpacking hike on the Bibbulmun Track. It is always a fun time, although maybe not while trudging up a hill with a heavy backpack. But arriving at the campsite meeting other hikers is always special, where stories are shared around the campfire. It's amazing how far and wide people on the Bibbulmun Track walkers hail from. We've met walkers from all parts of Europe, England, USA and of course NZ, as well as from eastern Australia.

Our annual camping trips to our beautiful south-west region gives us the opportunity to explore new areas. This may be to King River or Denmark, Walpole or Northcliffe, closer to home to Dwellingup or the Ferguson Valley. The Wongan Hills or Coalseam National Park in the wildflower season are an absolute must.

The club gives us the opportunity to visit Kalbarri, Karijini, Kennedy Ranges, Mt



Augustus, the amazing Kimberley, and Lake Eyre. Hiking on the Overland Track in Tasmania or in the Blue Mountains or in the rainforest of far north Queensland, just to mention a few.

We have fond memories of hiking in the Julian Alps in Slovenia, the Austrian Alps, the rugged

Dolomites, Cinque Terre or the Amalfi Coast. Some of our members have hiked the Camino. New Zealand entices many of us to hike their numerous walking trails.

The club is a great source of friendships. As many people end up being single these days, it gives wonderful opportunities to enjoy the outdoors with others. We always welcome visitors, and hope to take them to places they otherwise would not see. We are happy to show off our lovely part of the world to everyone. Just get in touch with the club. Here is the link to their website

www.iinet.net.au

“...arriving at the campsite meeting other hikers is always special...”



Edith has been a WWC member since 1991. She has been on the committee for 29 years, with positions including magazine editor, walks coordinator, and five years as president. Edith enjoys leading walks, and planning local and overseas trips. For 14 years Edith has been a Bibbulmun Track Foundation office volunteer as well as a maintenance volunteer. She lives in Perth.



Bibbulmun Track - Helena campsite
Credit to Edith Thomas

Photo Gallery



BWA Photo Competition



Other States August 2014

WINNER



Isla Gorge
landsmith

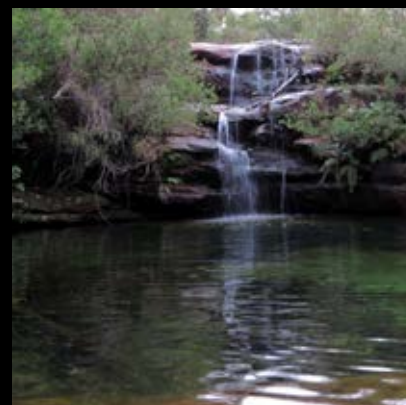
Isla Gorge was a place I'd never heard of, but put it on my Queensland itinerary because I was going past. When you pull into the parking area it's not very exciting. When you get out of the vehicle it's not very exciting. However, with a photographer's eye I viewed the landscape and determined that in the late afternoon it might be worth descending below the cliff and having a look. What a surprise! There were sandstone walls, colours and patterns to satisfy even the most jaded eye. Beautiful colours paraded before me and, in the end, I wished that I'd had more time at Isla Gorge.



Bluff Mountain -
after the fire -
Awildland



Main Range sunset
Cameron Semple



Curracurrang Pool
and Falls
John Walker



View of the valley
Vern



Amber's Weeping Face
Brian Eglinton



Under Mount Lofty
B Trainor



Tasmania August 2014

WINNER



Golden Lilac
Dan Broun



Southern exposure
Andrew Smith



Evening glow along Goodwins
Moor to Mount Shakeapeare
ILUVSWTAS



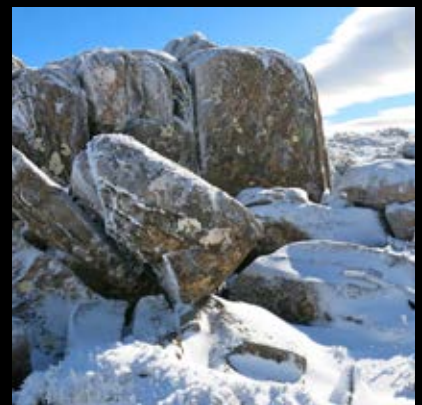
Icicles
on Mount Wellington
Charles Chadwick



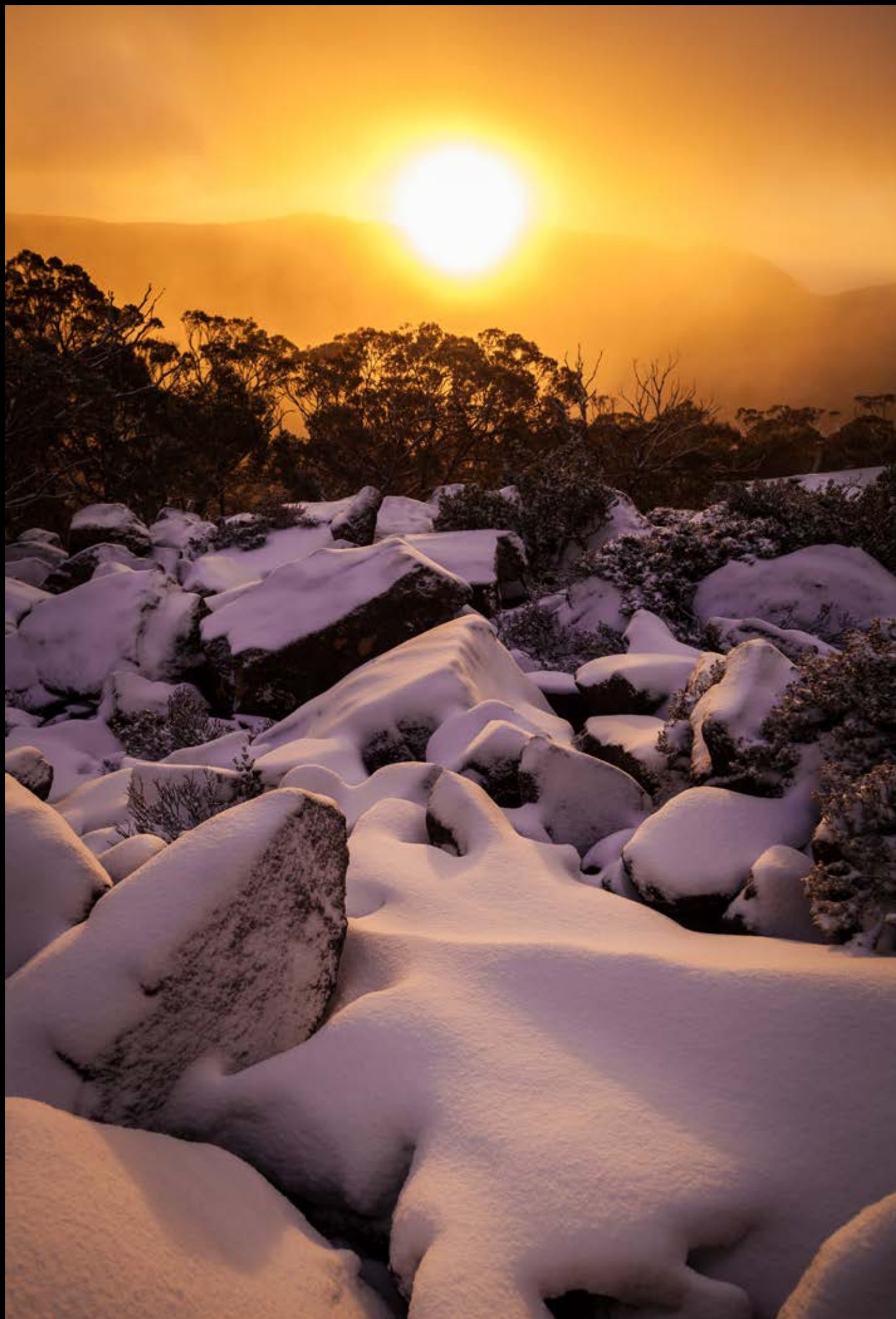
Evening on Rogoona -
North-north-west



Into the blue
Tortoise



Frosted dolerite
Naturelover



Landscapes August 2014

WINNER



Misty Myrtle
Dan Broun



Storm brewing
North-north-west



Jagged joy
Louise Fairfax



The Main Range and Watsons
Crags from Tate West Ridge
Doric Swain



Sunset from the
southwest of Tasmania
ILUVSWTAS



Tessellations
Andrew Smith



Winter Walk
Tortoise



Non-landscapes

August 2014

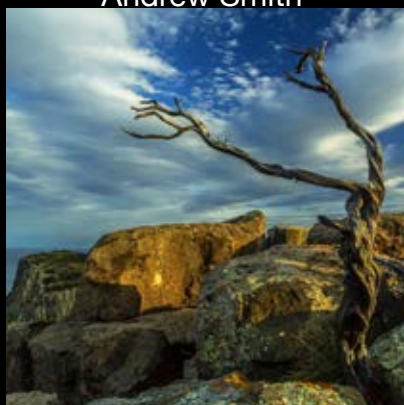
WINNER



...leads you here...despite
your destination...under
the Milky Way tonight...

Andrew Smith

In 2014 I moved to Tasmania and became a father. Of course, as a new parent, I don't get much time to bushwalk. However, my partner understands my need to be out amongst nature and several months after the birth of our son she offered me a weekend away bushwalking. I took the opportunity, but because I am the stay-at-home-dad, it would be the first time away from my little mate since he was born. I chose to walk to South Cape Rivulet, which I had been to many years before, because it is a great walk and a beautiful spot to camp. There wasn't a cloud in the sky that night and I took some photos of the sky, including capturing a faint aurora. The photo of the Milky Way through the forest canopy was my favourite. The title I gave the photo, "...leads you here...despite your destination... under the Milky Way tonight..." is a lyric from The Church's song Under the Milky Way, and in some respects is a metaphor for my life at times.



Life on the edge
North-north-west



Dan Broun
Reachin'



Cocky
Brian Eglinton



Winter on the
Zig Zag track
Tigercat



Campfire recliner
Vern



The foot of the mount
B Trainor



Other States

September 2014

WINNER



Good morning Budawangs,
NSW, Australia
Mandy Creighton

Photograph taken from the clifftop near Talaterang Creek south of Talaterang Mountain looking down the Clyde River Valley, Pigeon House Mountain on the left and Byangee Walls on the right. A fantastic place to wake up on a weekend walk in the Budawangs.



Resident of Morialta
Brian Eglinton



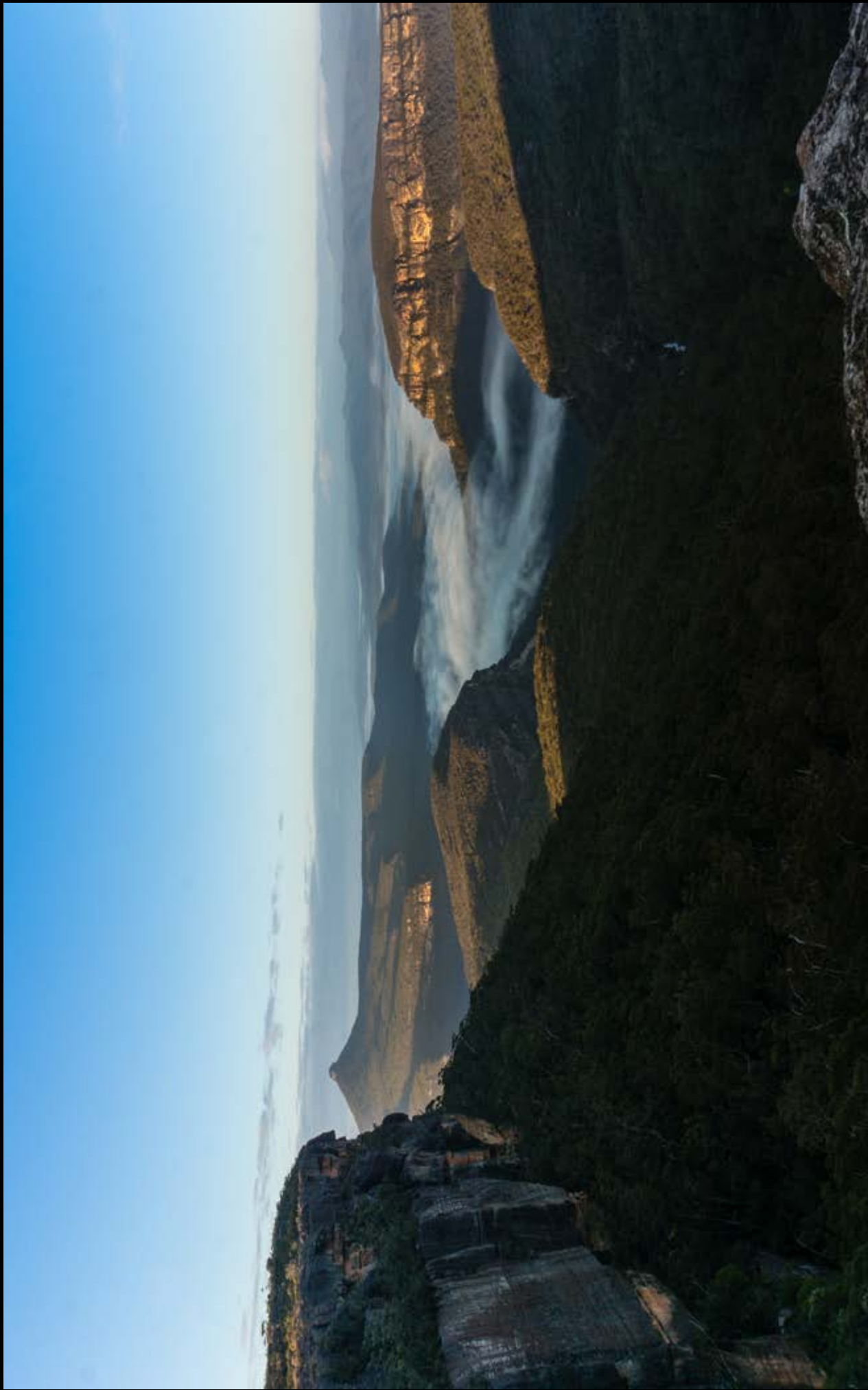
The Sphinx
landsmith



Flannel Flowers
(*Actinotus helianthi*),
harbingers of spring
John Walker



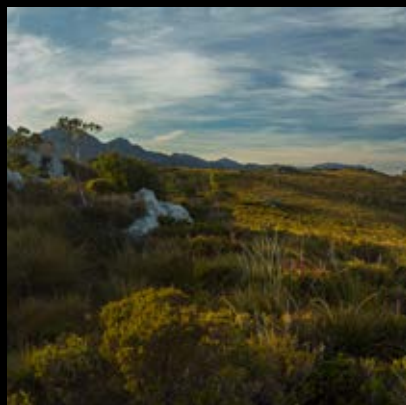
Busy as a ...
Cameron Semple



Tasmania

September 2014

WINNER

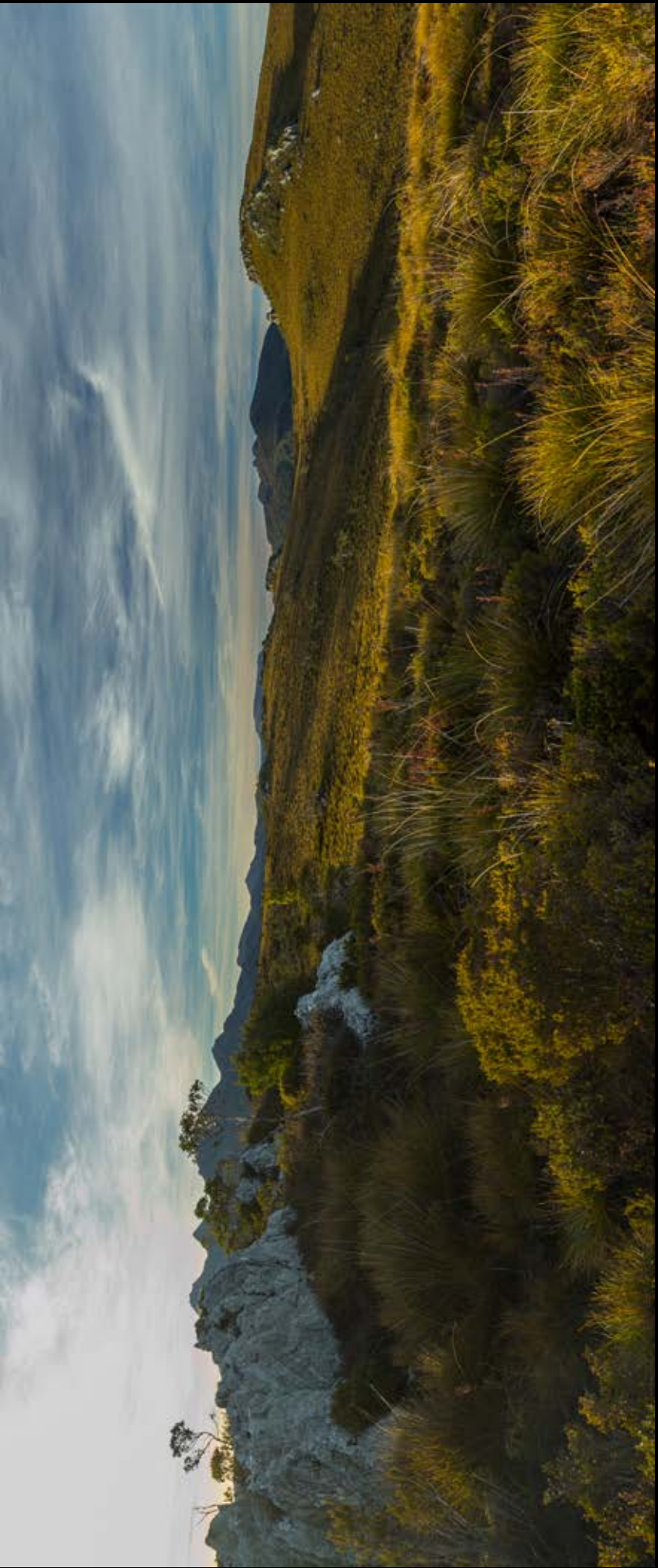


This is the place
for a campsite ...
North-north-west

A late departure for a loop over Dolly Hill, Calders, the Beehive and Arrowsmith meant I would be overnighiting. And a detour to collect water meant I hit this ridge at sunset, desperately looking for somewhere to pitch for the night. And there was this one spot amongst the buttongrass, quartzite outcroppings and low scrub that was juuuusst big enough for the tent. And then, of course, there was that light, and the view past Calders and Arrowsmith to the Frenchman ...



Dawn glory,
Mount Field NP
Louise Fairfax



Landscapes September 2014

WINNER



Early sun hits Florentine
Louise Fairfax



Ormiston Pound walk
landsmith



Evening at Donaghys Hill
North-north-west



Golden sunset,
Budawangs, NSW
Mandy Creighton



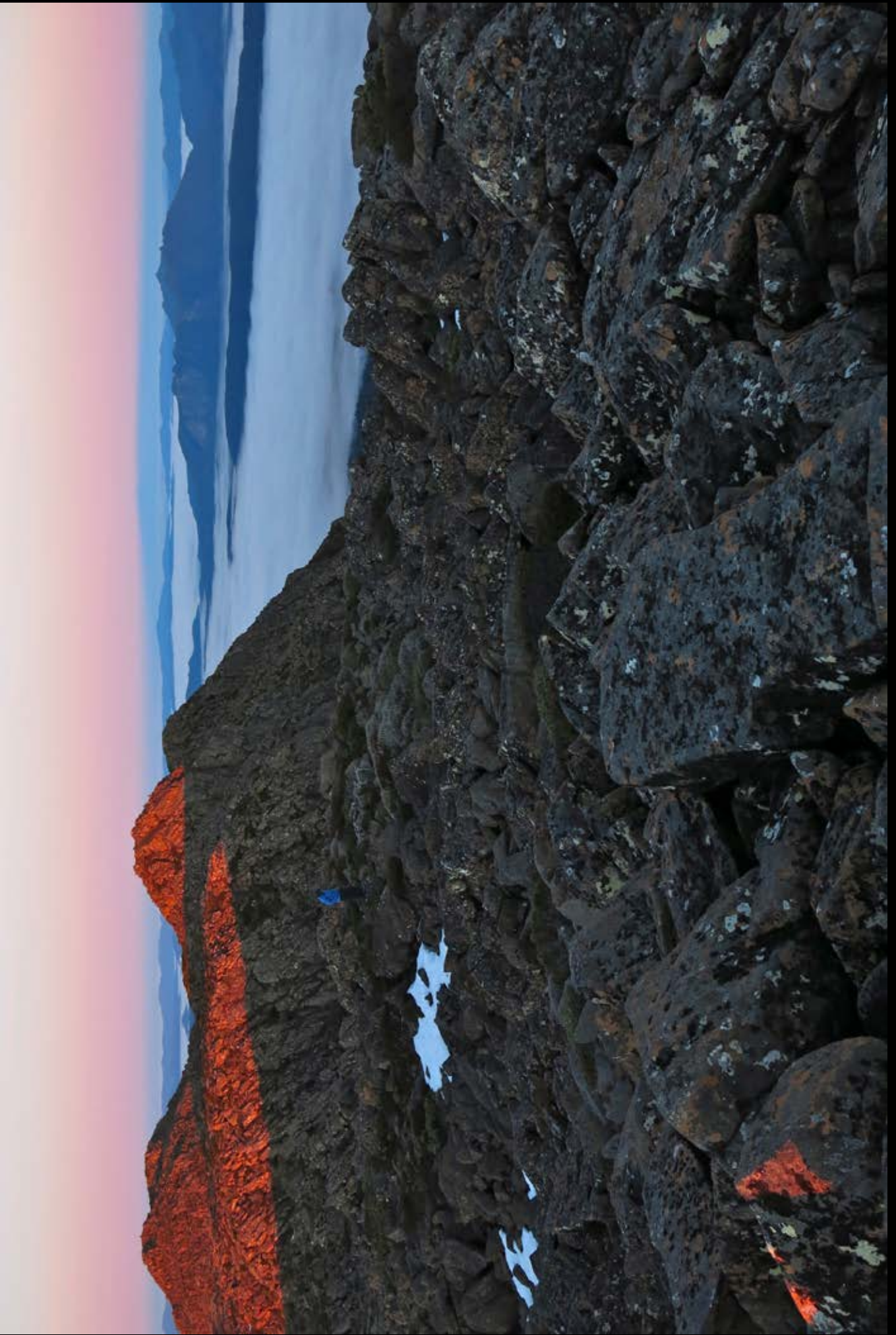
So close to the rat race,
so far from care
John Walker



Steavensons Falls
Lookout
Cameron Semple



Morialta Pools
Brian Eglinton



Non-landscapes September 2014

WINNER



Kookaburra bath time
Mandy Creighton

This Kookaburra had just been taking a bath in a small pool of water and I managed to capture this photograph of it taking flight, dripping wet. After this it sat on a tree branch and gave itself a good shake then started preening as it dried out.



There's no place
I'd rather be
Peter Grant



Reflections of gravity
North-north-west



Flatwing (either *Austroargiolestes*
or *Griseargiolestes*)
landsmith



What you looking at?
Cameron Semple




Evil eye
Louise Fairfax



Sun baking
Brian Eglinton



Gear Freak

A close-up photograph of a woman with blonde hair, smiling warmly at the camera. She is wearing a brown knit beanie with a small red label that says "Black Diamond". She is also wearing a bright red, quilted puffy jacket. The jacket has the words "SUMMIT" and "S" visible on the sleeve. She is lying down, and the background is a soft, out-of-focus yellow and white. The overall mood is cozy and happy.

I used to chuckle when people went to extraordinary lengths to lighten their packs for an excursion into the wild, such as shortening toothbrush handles, cutting matchsticks in half and drilling out their spoon handles. Why sweat the small stuff I would think, what's a gram here or there?

Musings on Outdoor Gear

Tim Macartney-Snape

Now that I'm older and wiser, I'm a lot more conscious of the discomfort of a heavy load and notice the insidious downstream repercussions of a day over-burdened by having lugged a heavy load, so I have more sympathy for the gram shaver. I even try harder to lighten my own burden because, yes, heavy stuff does tire you more - fancy that!

But to be fair to my younger, gung-ho self, there are many things you can do to lighten your load before having to resort to cutting your toothbrush down to an impractical length.

The most obvious thing of course is to more ruthlessly cull what you take, which is more easily said than done because while less is



often more in terms of the experience you'll get, sooner rather than later, by leaving things out, you will be sacrificing comfort and perhaps safety.





But counter-intuitively, the most effective thing you can do today is go out and buy more stuff! By systematically replacing all that old, heavy, uncomfortable stuff with new, better stuff you will be doing yourself a favour. This will of course lead to more agonising, like “Do I really need that really cool looking piece of gear?” The truth is that in almost every way, gear is better than it used to be.

Any bit of gear that I would take now is lighter, more comfortable or functional and mostly better looking.

Better looking?!

Well yeah, given a choice between a thing of beauty and an ugly alternative why choose the ugly? Form does follow function and it's generally true that the more perfectly an object performs its intended function the more aesthetic it will look and the more pleasurable it will be to use. This is also true because of the opposite – if a piece looks good it's an indication that it had plenty of attention devoted to its design. All designers aspire to a point in the design process where function and aesthetics meet in a sweet spot approaching perfection.

For example, take something simple like the Sea to Summit alpha series spoon. The hard anodised alloy-tumbled body isn't chrome shiny but it's easy on the eye, smooth all round for easy use and cleaning, with a curve at the business end perfectly matching the inside wall of the Delta series bowl or plate. The holes in the handle are hex shaped to perform adequately as 3, 4 and 5 mm ring



spanners. Consequently, it's a simple tool that's a delight to use, especially if you're hungry or if your stove jet needs cleaning! So as a general rule, aesthetics in an original product are a good indication of quality. Occasionally, imitations can be as good as the original product but it is rare for a copy of a premium product to be as good as the original because the temptation to cut corners with cheaper materials is so hard to resist.



Most people aren't going to go out and replace all their gear in one hit, but having lighter, better performing gear is probably a more compelling reason to buy a new piece than because their old piece wore out.

When I started out as a teenage bushwalker, the closed cell foam pad was the latest innovation for those sensible enough to avoid sleeping directly on the ground, having recently replaced felt, which was usually made from compressed, matted wool and fur. But my pack was made of steel and canvas, my tent was of a lighter cotton, as was the shell of my "down" (feather) sleeping bag and my clothes were of cotton and wool. Down and wool are still around but in more refined "premium" forms, while for everything else, synthetics and high-tech alloys rule.

Once just an irritation in its oxide form because it always ended

up inside your volleys, silicon has turned indispensable. In integrated circuitry form it has transformed the night with LED lighting, brought safer communication with satellite beacons, made navigation easier with

“Do I really need that really cool looking piece of gear?”

GPS devices (always take a compass as a back-up and the knowledge to use it) and delivered the convenience of digital cameras. As a polymer, silicon has spawned a range of collapsible pots and crockery for compact packing, and as a coating to super-fine filaments of nylon it has brought us super-light but surprisingly strong fabrics.

The success of Sea to Summit's world-leading stuff sack and dry sack range which relied so heavily on that siliconised nylon not only gave us the resources to develop our award winning X pots but also our award winning Air Sprung Cell™ technology for sleeping mats.

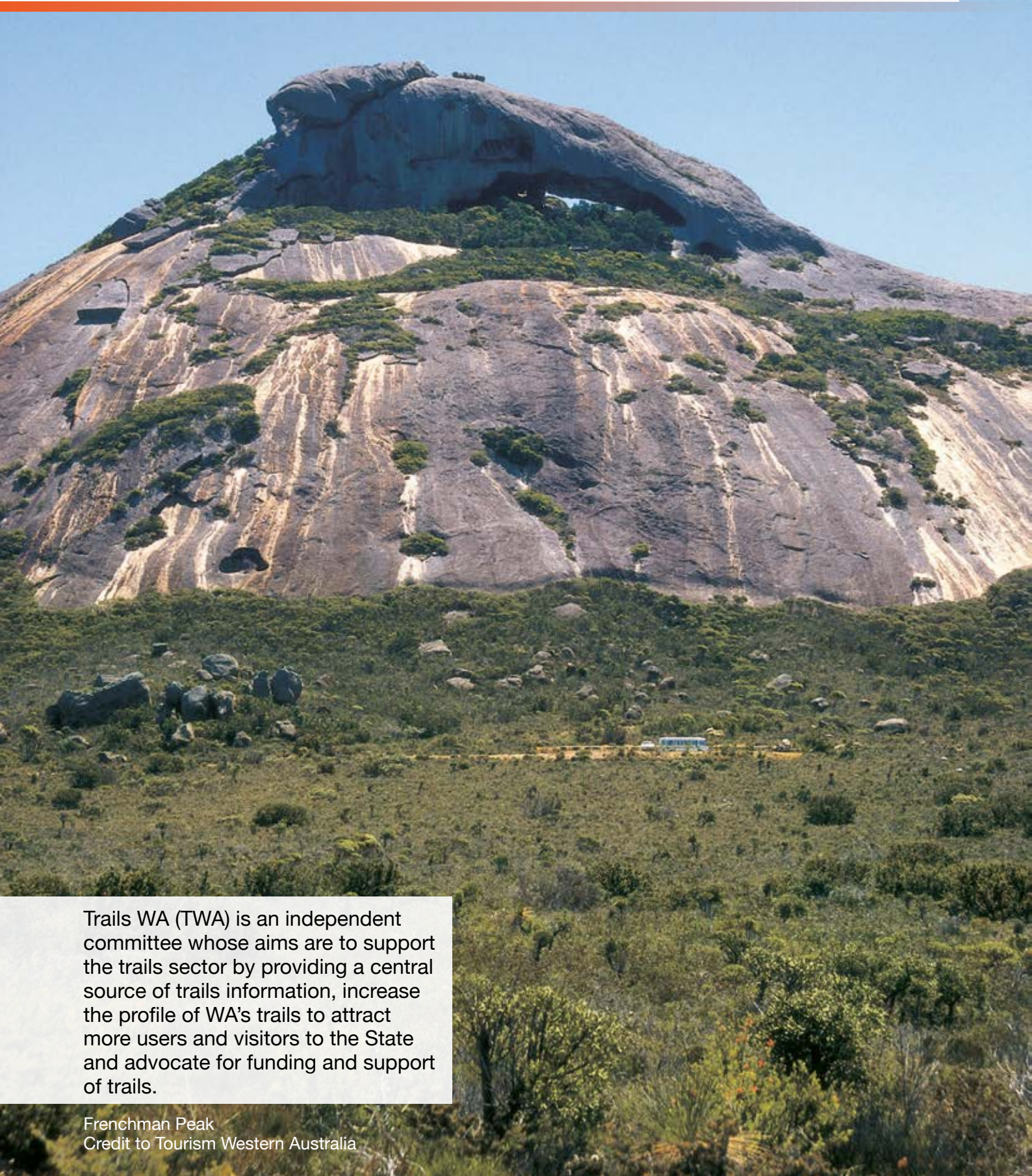
Passion for developing better gear combined with market forces will ensure that gear will continue to get lighter and be made more efficiently and sustainably. Let us hope that enough young people will continue to discover the joys of being outside and that there will always be places worth visiting.



Tim is a co-founder and part owner of the Aussie outdoor adventure gear brand [Sea to Summit](#), named after his second climb of Everest, which he climbed without bottled oxygen or Sherpa assistance, from sea level in 1990.

Trails WA Website is the Key to Finding Yourself in Amazing Places

Linda Daniels



Trails WA (TWA) is an independent committee whose aims are to support the trails sector by providing a central source of trails information, increase the profile of WA's trails to attract more users and visitors to the State and advocate for funding and support of trails.

Frenchman Peak
Credit to Tourism Western Australia

The Trails WA website has profiles of 90 bushwalks in Western Australia, with plenty more under development. Your website search can be refined by a number of parameters including location, degree of difficulty and time to complete the trail. You can narrow the results even further according to your interests such as wildflowers, Aboriginal and heritage, food and wine or finding a family-friendly experience.

Designed with the visitor in mind, each trail profile shows accommodation and services close to the trail, other attractions in the area and links to the visitor information centre. Users can rate and review trails, save their favourites, share trails via social media and upload their photos.

Trails range from the multi-day Bibbulmun and Cape to Cape Tracks which take in the stunning coastlines and towering karri forest of the south-west, to exciting day walks exploring the red gorges of the Kimberley

region. The website also profiles a wide variety of other trails including mountain bike, paddling and 4WD trails. So if you're looking for an adventure, check out the Trails WA website – and find yourself in amazing places.



The “Top Trail” icon identifies the top trails experiences in WA. Find out more at trailswa.com.au



Trails WA

Native Forests and Logging

Dr Oisín Sweeney, Science Officer, NPA NSW

We could have it so much better! Leisure, not logging, is the future of native forests.

Magnificent places under threat

Think about it. Huge tracts of spectacularly forested hills. Panoramic ocean views periodically peek through the canopy. Creeks lined with lush rainforest trickle down gullies, providing pure, clear water for anglers and oyster farmers. A peaceful relaxing breakfast in the eco-lodge. Relaxation doesn't last long for people seeking more energetic pursuits! This is perfect terrain for mountain biking, orienteering, climbing, canyoning and adventure racing. This is an ancient landscape, not too steep like across the Tasman, but constantly undulating and changing form. There are spectacular places to spend a weekend.

These are NSW's state forests, two million hectares of public land, with most between Bega and Ballina east of the Great Divide, containing the best landscapes outside national parks. Native forest logging shuts us out of these forests and prevents us from maximising their economic return and public benefit. Sure, Forestry Corporation will claim that recreation is allowed in state forests and that's true - until logging starts, when it's everyone out. And, sorry about this, but your bike track now runs through carnage.

“We can use our state forests to dramatically expand high-quality outdoor recreation...”

A convergence of interests

We could have it so much better. There is another model for state forests that has better economics, is much more equitable, sustainable and ... is fun! We can use our state forests to dramatically expand high-quality outdoor recreation, nature-based tourism and nature conservation. Despite having some of the finest landscapes in the world for outdoor sports we lag far behind other countries. Anyone who has visited New Zealand knows how true that is. Here's how it could work. But first, a disclosure.

I'm an ecologist and am passionate about the conservation of Australia's unique flora and fauna. I want my kids to be able to see the wonders that I have. This is my primary motivation to end native forest logging. But I also love hiking, mountain biking and cross country running. Most people in our

organisation, the National Parks Association of NSW (NPA), love the outdoors almost as much as they dislike logging. That's the joy of this idea: conservationists and outdoor enthusiasts share a common interest!

A win for the environment ...

The NPA sees national parks as being under siege. Everyone wants a piece of them because they are the most intact large landscapes left. But using them for recreation such as horse riding, mountain biking and large running events compromises conservation outcomes, spreads weeds and damages fragile species and ecosystems. Encouraging these activities in state forests with lower conservation values would buffer national parks while simultaneously expanding outdoor recreation opportunities. Talk about a win-win!

“Everyone wants a piece of them because they are the most intact large landscapes left.”

Under this model, some state forests would become national parks, primarily areas that contain forest ecosystems that are under-represented in existing national parks. Others may be particularly important for iconic threatened species like koalas or quolls. But as the reserve network is heavily biased to upland areas^{1,2}, it's likely that many outstanding ecosystems will be on the coastal lowlands. Or, to put it another way, those that are flat and boring and not so much fun for recreation. Another win-win perhaps.

And a win for the community!

The remaining forests could be classified according to their attributes. For example, forests which have suitable terrain and are close to large towns and future urban growth areas could be prioritised for higher impact recreation. Those linking to or between national parks could be prioritised for connectivity and low-impact recreation. This would allow people maximum opportunities to get out and play and cater for the needs of a growing population, while still preserving important natural values. It may even help to prise kids away from screens.

There's no catch

But what about wood? What about jobs? Well, the startling fact is, 80% of NSW's

wood is produced from plantations³. In the last decade, plantation wood production has steadily grown while native timber output has crashed. The once-mighty timber company Gunns went bankrupt, and mills have closed all over the state. Between 2009 and 2012⁴ the Forestry Corporation lost \$85 million, paid by NSW taxes. And their workforce has steadily declined to 596⁵ in 2014. In contrast, tourism directly employs 159,000 people across the state and is growing⁶. It's clear that tourism and nature-based activities provide a far better economic return than logging, and provide far more jobs.

We pay huge sums of money for logging, driving our most iconic species to extinction⁷, stimulating forest dieback⁸, creating the only global deforestation front found in a developed nation⁹ and fuelling social conflict⁷. Temperate eucalypt forests are also some of the most carbon dense in the world¹⁰. Logging releases this carbon, which drives climate change which in turn is predicted to increase extreme weather¹¹ in a country of extremes.

We could have it so much better. We could allow these remarkable forests to do what they do best: provide homes for wildlife and services to humans. And we could have economic profit from forests too. Because

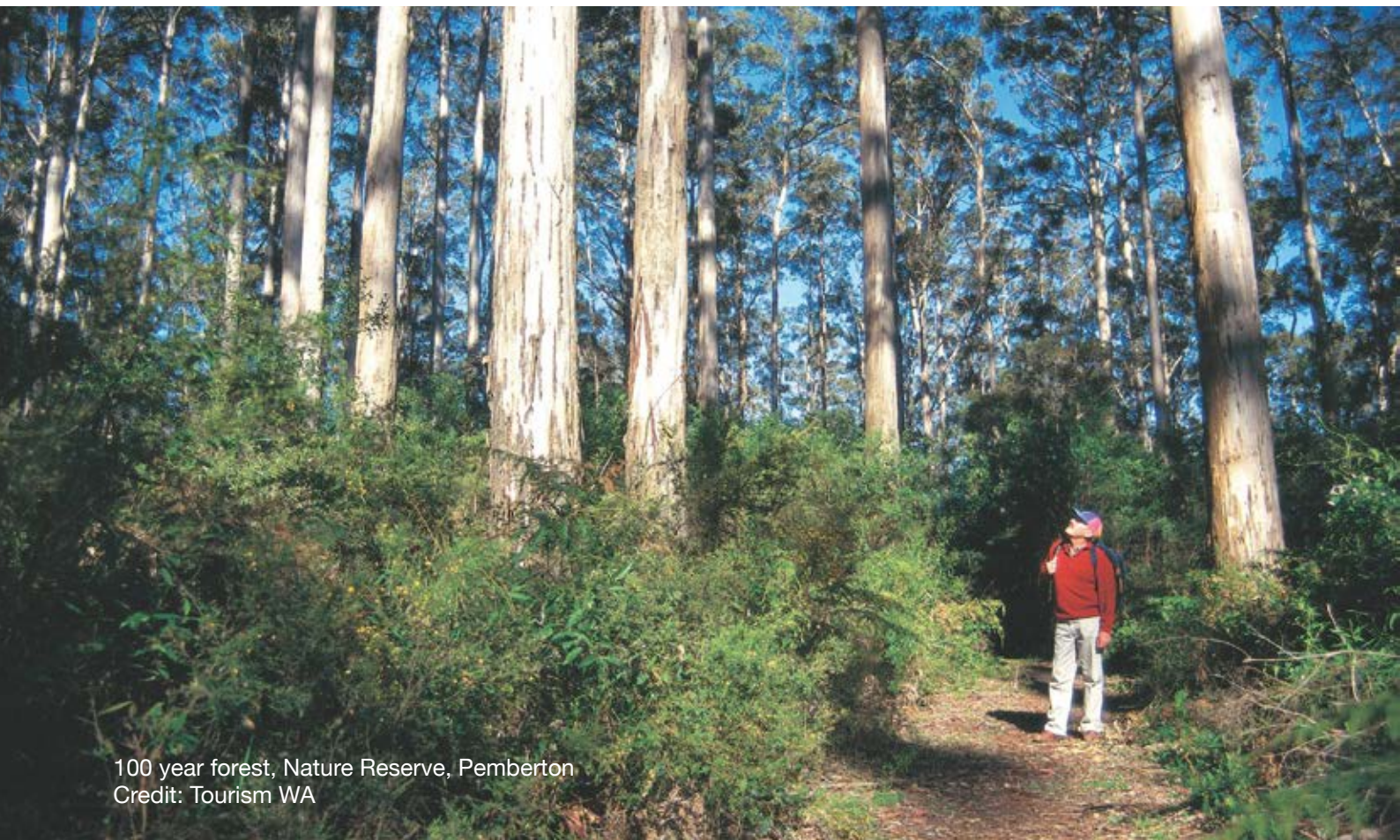
our natural assets are the envy of billions of people worldwide, investing in ecotourism will give NSW a competitive advantage. Grab a map. Have a look. It's almost possible to travel from the Victorian border to Nowra without leaving a state forest! It's not much different between Ballina and Port Macquarie.

“ Logging releases this carbon, which drives climate change which in turn is predicted to increase extreme weather...

How can we pay for this?

The reality is we are already paying for forest management via treasury grants to pay for fire management and feral animal control. Weeds are rife and a pain for neighbours. Forestry Corporation's business model doesn't account for these basic management requirements.

One funding model could see initial investment by government to provide infrastructure to support and encourage private tourism investors. A portion of their profits would pay for forest management and tourism infrastructure. New Zealand successfully operates such a model. Another option is user pays, where forest visitors pay a fee which goes towards infrastructure maintenance. One example of this is the successful NSW recreational fishing licence.



100 year forest, Nature Reserve, Pemberton
Credit: Tourism WA

We must act right now

We have the chance of a generation right now. The NSW Regional Forest Agreements expire in 2018. The commonwealth government wants to continue to prop up this ailing industry. Right now they're attempting to make sure our forests can be fed into furnaces to produce power, locking in deforestation and the demise of forest species.

But NSW doesn't have to play ball. We can become a world leader in outdoor adventure, opening up new tourism opportunities for regional areas. Conservationists, horse riders, mountain bikers, walkers, four-wheel drivers and all other outdoor fans need to work together to take this opportunity to end logging and take our forests back. It can be done. A conservative government in New Zealand managed it back in 1989. Together we are a formidable section of the population and together we can make this happen. Leisure, not logging, is the future.



Oisín Sweeney is the Science Officer for the National Parks Association of NSW, a not-for-profit environmental NGO with 20,000 members and supporters in remote, rural and urban Australia.

His background is a mix of academic, on-ground and advocacy. He has published several scientific journal articles and a book chapter in "Bird Habitats in Ireland".

Oisín has a particular passions for native forests, spiny crayfish and rewilding. He lives on the NSW south coast which he views as close to paradise.

You can follow Oisín on Twitter @sweeney_astray.

The article was first published in [Wild](#) on 18 June 2015.

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Explainer: Wilderness, and Why It Matters

Nicole Rogers and Brendan Mackey

In January 2015 the Tasmanian government released a draft of the [revised management plan](#) for the Tasmanian Wilderness World Heritage Area, which proposes rezoning certain areas from “wilderness zones” to “remote recreation zones”.



A typical Tasmanian creek scene
by Tasadam

The changes would enable greater private tourism investment in the World Heritage Area and allow for logging of speciality timbers.

At the centre of the [debate](#) is how we define wilderness – and what people can use it for.

For wildlife or people?

“Wilderness quality” is a measure of the extent to which a landscape (or seascape) is remote from, and undisturbed by, modern technological society. High wilderness quality means a landscape is relative remote from settlement and infrastructure and largely ecologically intact. Wilderness areas are those that meet particular thresholds for these criteria.

“The word’s largest wilderness areas include ... Australian tropical savannas, ...Australian deserts...”

The word’s largest wilderness areas include Amazonia, the Congo forests, the Northern Australian tropical savannas, the Llanos wetlands of Venezuela, the Patagonian Steppe, Australian deserts and the Arctic Tundra.

Globally, there are 24 large intact landscapes of at least 10,000 square kilometres (1,000,000 hectares). Wilderness as a scientific concept was developed for land areas, but is also increasingly being applied to the sea.

Legal definitions of wilderness usually include these remote and intact criteria – but the goals range from human-centred to protecting the intrinsic value of wilderness. Intrinsic value recognises that things have value regardless of their worth or utility to human beings, and is recognised in the [Convention on Biological Diversity](#) to which Australia is a signatory.

In the NSW Wilderness Act 1987, for instance, one of the three objects of the Act is cast in terms of benefits to the human community: “to promote the education of the public in the appreciation, protection and management of wilderness”. The Act also states that wilderness shall be managed so as “to permit opportunities for solitude and

appropriate self-reliant recreation.” Examples of formally declared wilderness areas in New South Wales are the Lost World Wilderness Area and [Wollemi National Park](#).

Intrinsic value is evident in the the South Australia [Wilderness Protection Act](#) 1992 which sets out to, among other things, preserve wildlife and ecosystems, and protect the land and its ecosystems from the effects of modern technology – and restoring land to its condition prior to European settlement.

South Australia wilderness areas include the [Yellabinna Wilderness Protected Area](#).

Indigenous custodians

Our understanding of wilderness and its usefulness has changed over the last century as science has revealed its significance for biodiversity conservation and ecosystem services. We have also accepted the ecological and legal realities of Indigenous land stewardship.

The world’s rapidly shrinking areas of high wilderness quality, including formally declared wilderness areas, are largely the customary land of Indigenous peoples, whether or not this is legally recognised.

Significant bio-cultural values, such as Indigenous peoples’ knowledge of biodiversity (recognised in Australia’s federal [Environmental Protection and Biodiversity Conservation Act](#)), are dependent on these traditional relationships between people and country.

In many cases around the world, wilderness areas only remain intact because they are under Indigenous stewardship. In Australia, these facts were regrettably ignored in the past and were the source of much loss and harm to Traditional Owners when protected areas were declared without their consent.

Lessons have been learnt, some progress is being made, and the essential role of local and Indigenous communities in the conservation of wilderness areas is now being recognised and reflected in Australian national and state conservation and heritage policy and law.

For example, in 2003 the Northern Territory government agreed to joint management with the Traditional Owners of the Territory's national parks.

What is wilderness good for?

By definition, wilderness areas exclude modern industrial land uses and intrusive infrastructure.

Commercial logging and mining are typically not compatible because they have negative environmental impacts on wilderness quality, reducing an area's remoteness and ecological intactness.

Nature and culture-based tourism and education can be broadly compatible with wilderness. This, however, depends on what type of supporting infrastructure they need which can range from simple walking trails through to the Skyrail Rainforest Cableway in the Wet Tropics of Queensland's World Heritage Area.

Encouraging more people to visit a wilderness area – even for the best of reasons

– can ultimately detract from its wilderness quality as this can lead to, among other things, increased demand for roads, accommodation and other facilities.

Consequently there is some tension between the competing management objectives of presentation and protection and conservation of World Heritage areas, as required under Article five of the Convention for the Protection of the World Cultural and Natural Heritage, when such areas have high wilderness quality.

Why do we need wilderness?

Wilderness areas support important biological, cultural, scientific and recreational values.

Biologically, wilderness areas provide refuge for species and ecosystems from many threatening processes including habitat degradation and the spread of disease and

weeds. Large, intact landscapes provide the best chance for species and ecosystems to persist in the face of rapid climate change.

Ideally, protected areas should be large enough to absorb the impacts of large scale disturbances, including fire and the changes to fire regimes resulting from global warming.

Large, intact areas have greater resilience to external stressors, provide more options for species in space and time, sustain critical ecological processes such as long-distance biological movement, and maximise the adaptive capacity of species.

Wilderness areas are also important for climate change mitigation as, for example, protecting the dense carbon stored in primary forest ecosystems avoids significant carbon dioxide emissions.

The human population, now at six billion, is projected to rise this century to over nine billion, and with it ongoing industrialisation to meet growing demand for food, water, fibre, energy and habitation. Given this reality, we can be sure that large, intact landscapes and seascapes of high wilderness quality will become an increasingly scarce asset.

Whether we conceive of wilderness protection in terms of its intrinsic value or, within the framework of inter-generational equity, in terms of its value for future generations, there is a strong imperative for today's generation to protect wilderness areas from incompatible activities.

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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 29 January 2015.



Wilderness areas support important biological, cultural, scientific and recreational values.

Upcoming Events

Trek & Travel Adventure Showcase 2015 8 August 2015



Trek & Travel are holding the event at their Kent Street, Sydney store, entitled “The journey starts here...”. The key draws of the event will be a range of exciting speakers showcasing the most exciting adventures around; Australia’s most successful mountaineer Andrew Lock as MC; huge prize draws totalling over \$10,000 worth of awesome gear; an Aarn pack-fitting clinic; a 10% storewide discount on (almost) all gear for anyone who turns up on the day; a food truck outside etc. Event information is on their Facebook page [here](#) and in their events calendar [here](#).

The Great North Walk 100s 12 and 13 September 2015

The Great North Walk 100s (GNW100s), organized by the Terrigal Trotters running club for the first time in 2005, are two simultaneous trail races, a 100 Mile and a 100 Kilometre, along The Great North Walk south from Teralba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong in the scenic Yarramalong Valley and the 100 Mile at Patonga on spectacular Broken Bay. Although the route is primarily on foot tracks and fire-trails, it does include some minor back roads. There is more than 6,200 metres (20,000 feet) of ascent (and descent) in the 100 Mile and 3,800 metres (12,500 feet) of ascent in the 100 Kilometre. Read more here [GNW100s.htm](#)

Evolution in the Outdoors - ORIC Outdoor Recreation Industry Conference

28 - 30 August 2015

The Outdoor Recreation Industry Council of NSW (ORIC) will be hosting an Annual Outdoor Industry Conference for the outdoor recreation community. It is a vital event for industry professionals, educationalists and organisations, attracting unprecedented attendances. To see the program follow this link [oric.org.au](#)



Something to Start Your Day

Sonya Muhlsimmer

Breakfast is the most important meal times, and it should not be skipped. I hear some asking why, or saying that you don't have time for breakfast. Some may even say that you never eat breakfast. Well, I will tell you why you need to eat breakfast. Overnight when you sleep, you consume energy coming from the body's stored reserves, known as glycogen. What is that you may ask? Glycogen is stored glucose, the body's energy source. The energy you store in your body after you eat something. As your body uses the stored glycogen, there is not much left in the body for your day's adventure. So it needs to be replenished. Eating breakfast breaks the fast the body goes through and restores this energy that you have lost during the night when you sleep. Breakfast increases the metabolic rate, and literally gets you going.

Walking from Kiandra to Thredbo, 14 days and around 150 kilometres. Now I have eaten breakfast, off to explore. Where are those glacial lakes, I know they are around here somewhere.



Trail Oats

A cooked breakfast is great in cooler times; it really warms the body and soul. But what is quick, easy to prepare, tastes good and replaces that glycogen that was lost overnight? There are numerous choices, but here is a simple meal idea for you. Rolled oats are very healthy for you and this breakfast idea has a good nutritional value to kick-start your day. The recipe only takes five minutes to cook, so why wouldn't you have breakfast when it is this simple and tasty?

At home

Label bags and place all ingredients into the allocated bags. Copy or print out Method at camp and keep together with the bags.

Method at camp

In a pot add the contents of Bag 1 (oat mix) then add 1½ cups of water and stir through.

Bring the pot to the boil, add Bag 2 (fruit mix) and then simmer for 3 to 5 minutes until it starts to thicken. Serve and enjoy.



Bag 1 (oat mix)

Quick oats	½ cup	55 grams
Brown sugar	2 Tbsp	34 grams
Milk powder	2 Tbsp	20 grams
Ground cinnamon	few pinches	

Bag 2 (fruit mix)

Dried blueberries	1 Tbsp	15 grams
Dried dates	3 each	15 grams
Dried apricot	3 each	15 grams
Almonds	5 each	5 grams

Water - 1½ cups



Trail Muesli

Okay so you don't want to cook, here is another idea so you don't have to cook anything. This idea is super nutritious and so easy to prepare at home and on the track. It's guaranteed to excite the five senses (sight, hearing taste, touch and smell). Go on, have a bowl. Oh, by the way between you and me. This is my Dad's favourite meal, but I have taken his idea and added to it with the freeze dried fruit. It is so good for you, it will really kick-start your day.

At home

Break the freeze dried strawberries in half. 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

Place the contents of the bag in a bowl and slowly add the water, stirring through. Enjoy!



Bag 1

Toasted muesli (any sort with high energy value)	½ cup	50 grams
Corn flakes	¼ cup	10 grams
Freeze dried strawberries	4 each	12 grams
Linseed	1 tsp	4 grams
Milk powder	3 Tbsp	30 grams

Water - 1 cup

Magazines



Wild
148 issue
Wild, Australia's wilderness adventure magazine

"Chasing glaciers" sees our contributors travelling to the end of the earth for a chance to explore the landscapes shaped by ice. Featured journey's include Iceland's Laugavegur Trail and a paddle in the fjords of Greenland. Closer to home, we take a historical view on Tasmania's Euro-style skiing destination, Ben Lomond.



AG Outdoor
May-June issue

Inside this issue, we feature bucket-list treks, such as Mt Kilimanjaro and NZ's Heaphy Track, and a special report on the nearly completed Three Capes Track in Tassie. We also climb to the top of Mont Blanc, explore Canada's amazing Yukon Territory, do a road trip to the NSW Sapphire Coast, and go underground in the Blue Mountains. Also included this issue is an awesome Walking Guide to 23 of New Zealand's best walks..



The Great Walks
June-July issue

NZ walking special

Best winter gear on the market

Bicentennial National Trail

Are you killing your knees?

How to take on ANY multi-dayer!



Distintegrata

Barry and Glenys Earle

Max Ehrmann wrote *Desiderata* in 1927. Barry and Glenys Earle have written a modern interpretation for skiers.

West Summit Trail, Mt Stirling
Taariq Hasaan

Go placidly amid the snow and mist
and remember what peace there may be in a white out.
Consider also sudden deceleration
like pride usually goes before a fall.
As far as possible without surrender
be on good terms with all beginners.

Avoid intimate relationships with inanimate objects
for they too will bring pain.
Speak your truth quietly and clearly
and listen to other instructors,
even the dull and ignorant;
for they too have their skills.

Avoid loud and aggressive gurus
who recommend tight lycra pants
and Salomon bindings
for they are vexatious to the spirit.

Do not compare yourself with others
lest you give up in disgust;
you may become vain and bitter,
for always there are greater and lesser skiers than yourself.
Enjoy your snowplough turns
as well as your Telemarks for each has its place.

Keep interested in cornices and cliffs, however humble;
for they are a real danger
and verily they can be great let downs.
Exercise caution in shops
for they can be full of gadgets.

Be yourself.
Especially do not feign great experience.
Neither be cynical about yourself or your gifts.

Take not kindly the council of the years;
age not gracefully;
surrendering not the things of youth
for all these can be enjoyed in old age.
Nurture strength of spirit as well as your tent to shelter you.
But do not distress yourself with imaginings,
your worst fears will come true by themselves.

You are a child of the slopes,
no less than the trees,
and be it clear to you or not,
no doubt a blizzard is brewing.
Whatever your labours and aspirations
in the muddled confusion of trip organisation
keep peace in your soul.

With all its bruises and broken bones
it is still a natural high.
Be cheerful, strive to be happy and remember,
not to stab your skis in the snow,
for they may delaminate.



Barry and Glenys Earle, with apologies to [Max Ehrmann](#).

Calligraphy by Barry Earle

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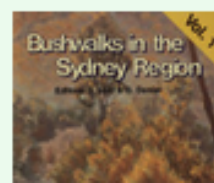
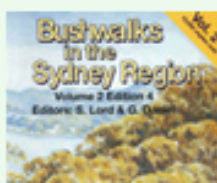


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New Products For November



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