

# Bushwalk Australia



Best of Tasmania

Volume No 14, December 2015



Bushwalk Australia Magazine  
An electronic magazine for  
<http://bushwalk.com>  
Volume 14, December 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



Lake St Clair  
and the Traveller  
Range from Mt  
Olympus  
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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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# Letter from the Editor

Hi

I hope this edition finds you well.

The Bushwalking Australia state by state series has been very enjoyable and I've been looking forward to this Tasmanian edition for some time. I've really enjoyed all my Tassie walking - ohh for a few more lifetimes of walking. The stunning vistas, lakes, vegetation, open alpine areas, sheer cliffs and the sense of remoteness all make this an amazing place to walk. At the same time the parks staff are friendly, helpful and dedicated to helping all park visitors. Where there are tracks they are well built and signposted in a sensitive way. For the more experienced, large areas of the state have no formal tracks, providing vast landscapes to explore.

Tasmania is a unique place, with many very sensitive ecosystems. When visiting please remember to act out the Leave No Trace principles. Most walking areas are fuel stove only areas, so campfires are not allowed, for very good reasons. Oh - and pack a good raincoat.

I hope you enjoy this edition: at 100 pages it's our biggest.

Happy 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](http://Bushwalk.com). I operate [Bushwalk.com](http://Bushwalk.com) and [Wildwalks.com](http://Wildwalks.com) and have written several walking guide books, published by Woodslane, I have also written for Great Walks. I contract part time to National Parks Association NSW on an ongoing basis to coordinate their activities program. I have had a partnership with NPWS NSW and have hosted advertising for *Wild* magazine. I have also partnered with a large number of other organisations in environmental campaigns and have a regular bushwalking segment on ABC regional radio. There is some commercial advertising through the magazine. I have probably forgotten something - if you are worried about transparency please either write to me or raise the issue on [Bushwalk.com](http://Bushwalk.com).



# Bushwalk Australia

I hope you enjoy this edition's Best walks of Tasmania article. In the next edition we'll be focusing on Victoria. We need your votes to create the Best of Victoria article, so please assist us and complete the survey by clicking on the image on the right.

### Bushwalk Australia Best Walks in VIC

Over the next few pages I will ask you to list your favorite day and overnight (multiday) walks in VIC. If you only want to list one walk that is okay but you can include up to 6 (3 day walks and 3 multiday)  
Let's start with the state you live in now.

**\* Required**

Choose your state \*

NSW, VIC, TAS...

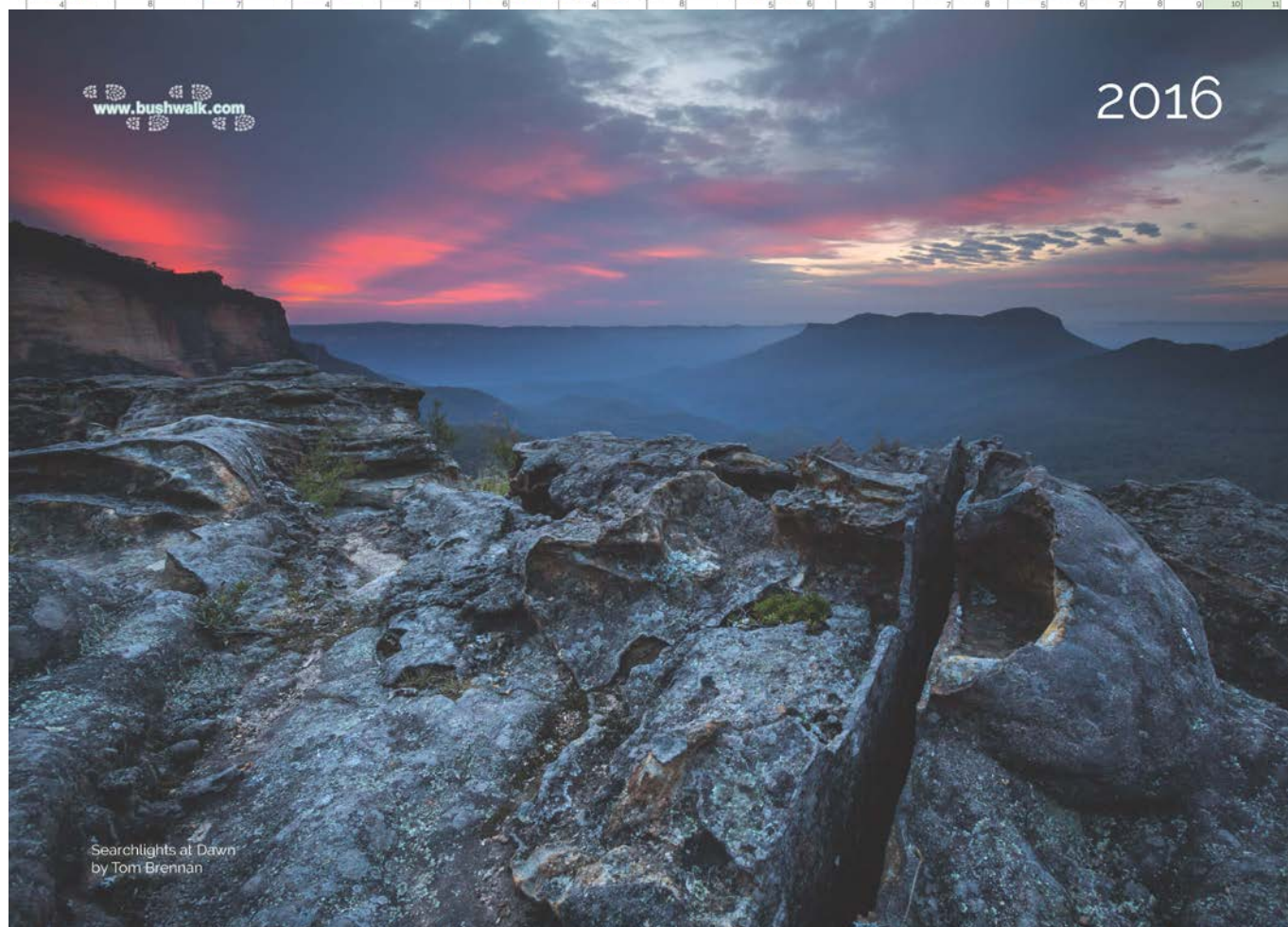
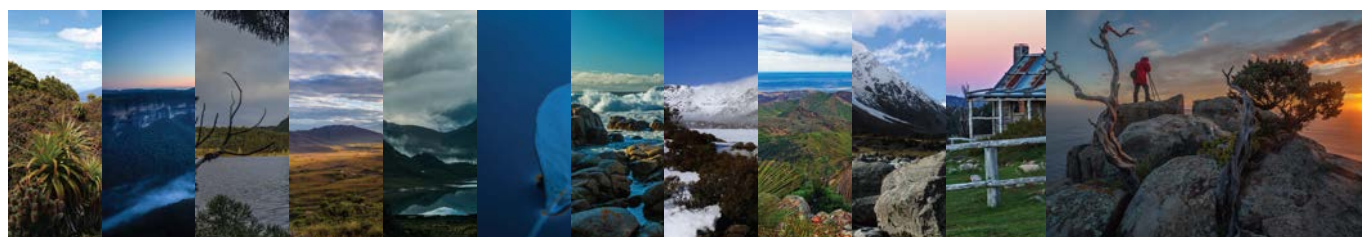
☐ New South Wales

☐ Victoria



## Bushwalk Australia Calendar 2016

Our Bushwalk Australia 2016 calendar is at the printers now. Sorry to those who missed out last year, this year I have ordered a few more. The calendar looks gorgeous, the images are selected from the winning entries from our monthly photo competitions. A great Christmas gift, so feel free to order a few. Only \$12.50, order now [here](#) or view the PDF [here](#).





# Best Walks of Tasmania

Matt McClelland aka Wildwalks



Tasmania has a special place in the heart of every Australian bushwalker. If you have not walked there yet, you must. If you have walked there, you are most likely planning another trip back, with a better raincoat.

Sunset on Precipitous Bluff  
Koolix



My first walking trip to Tasmania was as a 16-year-old Venturer (Senior Scout). I led a small group of five friends for 10 days on the Overland Track. I was horribly under-prepared for the trip - I even forgot to pack a billy. Regardless of my poor preparation we had the most amazing trip, and it really hooked me into a lifetime love of walking. I've been back and done versions of the track in different seasons; winter is my favorite time.

My most recent Tassie walking trip was just a few days wandering into Lake Meston and the Walls of Jerusalem. This was a stunning walk just as the fagus was turning golden and the snow was falling. Scott was going to teach me to fly fish, we saw no fish, not one - but we had an amazing time exploring the lakes and the peaks. I need about 10 life times to get through all the walking I would love to.

Now, let's get one thing straight, the title of this article boldly claims that I will share with you a list of the best walks in Tasmania. I know there will be some debate. How about we just agree to call it "a bunch of bloody good walks in Tasmania". This list of walks was created by you, our readers through the voting system ([vote](#) now for next edition, Best of Victoria). People cast over 200 votes for different walks. Many of you made comments like "How can you make me choose just a few favorite walks". Most of the walks suggested made it in, a few were cut out because they pass through very sensitive areas and we thought it unwise to promote them. Many of these listed walks are in sensitive areas, so we all always need to make sure we [Leave No Trace](#).

Tasmania is the smallest and only island state in Australia. It has a significant area dedicated to national parks and other protected areas. You will also find vast wilderness areas - often contiguous - that are largely protected. All walks have stunning views, either from summits, open plains or at beautiful beaches and lakes. This island state is one of the most mountainous islands in the world. People come to Tassie to see and experience nature. There is a risk that places like this can be loved to death. Some seek to "develop" places, in the hope of making it even better, but in doing so destroy the very

reason they loved it in the first place. Equally, as places become more popular, a lack of infrastructure and a lack of "Leave No Trace" principles can lead to great damage. It is a tough game keeping these places pristine for our children's grandchildren, but a challenge we must take on and win.

### Some easier walks

Tassie is dotted with many easier and shorter walks. Even the cities have walks that are worthy of a wander. My kids enjoyed Cataract Gorge at Launceston and Mt Wellington in Hobart is an amazing place for the variety of terrain, vegetation and weather. Freycinet and Maria Island are very popular with families, couples and, well, most people. The Mt Field plateau, Cape Hauy/Raoul, The Walls of Jerusalem, Mt Murchison, Mt Anne area, Bay of Fires are all worth seeing. It's encouraging that park management have created good access and comfortable trail heads, giving many people a taste of what these wild places are like. My hope is that, those who start with the shorter walks will enjoy them and continue to develop a lifelong love of walking and caring for these places.

### Harder walks

The western, central and south parts of Tasmania abound with major destinations that experienced bushwalkers dream of - Western Arthurs, Federation, Port Davey and South Coast Tracks, the Walls of Jerusalem, the Central Plateau and Tarkine are but a few among many. There are areas that you can walk that are not documented or promoted to help limit numbers and avoided the creation of tracks in very fragile ecosystems.

There are several very well maintained multi-day walks on offer. The most renowned is The Overland Track in the Cradle Mountain-Lake St Clair National Park. The 65-83 kilometre track goes from the north to south and can be done in 5-6 days. I reckon 5-10 days is better, as it gives you time to explore the side trips to Cradle Mountain, Mount Ossa (highest peak in Tasmania), Barn Bluff, the waterfalls and many more great places. My favorite side trip is into the Pine Valley, where you can make your way up to The Acropolis and The Labyrinth.





Looking south from Mt Scorpio  
NNW



The latest edition to the overnight walks is the [Three Capes Track](#) near Port Arthur. This is brand new four day, 46 kilometre walk follows a rugged coastline. At just shy of \$500 an adult, my jaw dropped, but that is for three night's comfortable accommodation, a boat trip to the start, a bus trip back to Port Arthur and maps. Way more expensive than most bushwalks, but this is not just another bushwalk. I reckon it will be popular and a great way for many people, particularly those who don't like the idea of a tent or heavy pack to try overnight walking.

### Want to know more?

#### Websites

[Bushwalk.com](#) is obviously a great place to share and discover information. Other websites where you can find more information on walks include

[tastrails.com/](#)

[parks.tas.gov.au/](#)

Online Topo Map

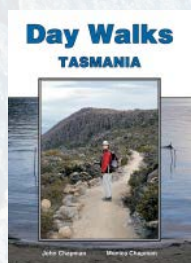
#### App



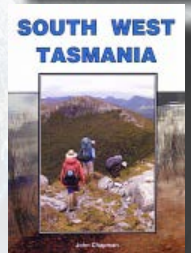
The [60 Great Short Walks App](#) shows you how to get a good taste of Tasmania's wild places.

#### Books

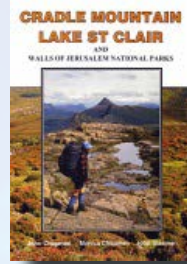
John Chapman and his classic books:



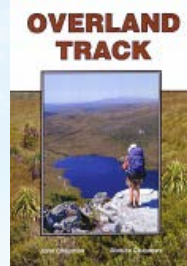
[Day Walks Tasmania](#)



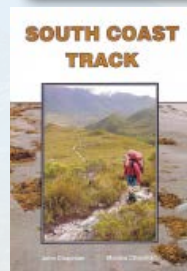
[South West Tasmania](#)



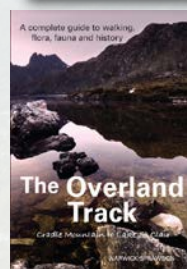
[Cradle Mountain & Walls of Jerusalem National Parks](#)



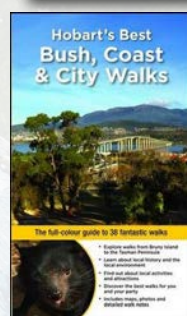
[Overland Track](#)



[South Coast Track](#)



[The Overland Track](#)



[Hobart's Best Bush, Coast & City Walks](#)

Happy Walking



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



# Tasmania

## Mt Murchison (West Coast Range)

2.5 km return, 5 hours, [Abels Vol 2](#); [ajwatton.customer.netspace.net.au](http://ajwatton.customer.netspace.net.au)

Initially the track climbs steeply through knurled rainforest, then takes you through a range of different alpine vegetation zones to an amazing glacial landscape of sharp mountains and lakes that resembles the Western Arthurs Range but on a day trip. Did I mention it is the highest peak in western Tasmania and so has far-reaching views of the west coast in one direction and the Cradle Mountain-Lake St Clair National Park close at hand in another?

This is an imposing mountain when viewed from the Murchison Highway after having driven through Tullah. Pencil pines towards the summit are a nice reminder of being in Tasmania. Views over the towns of Tullah and Roseberry put life into perspective.



Its ruggedness gives a taste of unique Tasmanian landscape, without having to spend days in mud in the south-west. Steep drop-offs and sloping rock require care, but no special skills.

The full traverse (car shuffle needed) produces a great longish day walk but just out & back to the summit is one of the best five hours walk around.

A relatively short steep ascent has you in a fantastic bowl of an amphitheatre with scattered alpine lakes/tarns. The easiest way to get an idea of what the Western Arthurs are like.



# Tasmania

## Mt Anne (Southwest NP)

22 km return, 10 hours, [South West Tasmania by Chapman](#)

Challenging day walk, spectacular scenery.

Sense of isolation. Tricky summit climb. Tough due to amount of elevation gain.

Effort and time required, scenery, level of technical difficulty.

Great views from the Mt Eliza plateau and a rewarding climb to the summit for the brave.



## Mt Wedge (Southwest NP)

7 km return, 5 hours, [50 Family Walks in and around Hobart - Hardy & Elson](#)

Mt Wedge stands out as an accessible alpine summit that offers a reasonable challenge in that it's a fairly strenuous but mostly protected and safe climb with simple navigation. It's a relatively short walk of about 7 kilometres return and doable as a day trip from Hobart. The ascent through the forest is pretty and there is a short but steep scramble into the alpine zone before finally ascending to the summit. On a clear day the views over the southwest region are spectacular (acknowledging the unfortunate drowning of the area prominent from many viewpoints in the area). Apart from meeting a single descending party I had the mountain to myself.

360 degree views of the Southwest World Heritage Area including Lake Pedder and Lake Strathgordon.





# Tasmania

## Hartz Peak (Hartz Mountains NP)

7.4 return, 3 to 5 hours, [parks.tas.gov.au](http://parks.tas.gov.au)

Close to Hobart. Alpine area, awesome views.

Anyone can get up Hartz and the views are extensive across the SW including the iconic Federation Peak. It is the closest part of the World Heritage area to Hobart.

You can be walking at altitude in 1 hour 20 minutes. Lovely alpine tarns and plenty of time to visit the Devils Backbone or Snowy along the ridgeline.

The variety of flora in such a small space is wonderful.

Feels quite remote, mountain scenery and views further south if you have decent weather. If you go at the right time (Dec - Jan I think) you should see a decent display of waratah flowering.

Stunning views toward Federation peak (which is a couple of valleys across) and the south west.

Not difficult, and has constantly changing features along the way. You are not just waiting to get there, the whole walk is a feast for your eyes!





# Tasmania

## Mt Field West (Mount Field NP)

18 km return, 8 hours, [hikinginsetasmania.blogspot.si](http://hikinginsetasmania.blogspot.si); [120 Walks in Tasmania](#) by Tyrone Thomas; [South West Tasmania](#) by Chapman

Climb Mt Field West with a visit to an alpine shelf walk with lakes, mountains and some beech trees. Good track, brilliant environment, magnificent views. Absolute fairytale land in April, with the nothofagus turning bright orange, the snow over everything and the tarns sparkling like multi-coloured jewels in the sunshine. A long day walk but well worth the effort. The side trip along the Tarn Shelf Track is gold and worth while, there are plenty of places to explore. Just under an hour's drive from Hobart starting from Mt Mawson ski field.



The edge, Tarn Shelf  
Gayet



# Tasmania

## Wineglass Bay (Freycinet NP)

5 km return, 3 hours, [parks.tas.gov.au](http://parks.tas.gov.au)

Iconic Tasmanian day walk.

Coastal walk with interesting rock formations and being able to have a swim. Beautiful rock slab coastline interspersed with the whitest beaches imaginable and stunning azure waters, all overlooked by towering granite peaks. By walking the circuit you get to experience beaches on both sides of the peninsula, relative solitude on the coastal track and stunning views of Wineglass Bay from the Saddle Lookout (which can be a sociable time and seeing so many folk of different ways of life getting into the great outdoors can add to the experience).



Sunrise at Wineglass Bay  
Iain Dtiler



# Tasmania

## Mt Amos (Freycinet NP)

4 km return, 3 hours, [tastrails.com](http://tastrails.com)

Lovely views, nice track over granite rock, avoids the big crowds of the Hazards and Wineglass Bay Track.

Constant views as you climb over Coles Bay and then the reward of Wineglass Bay on the other side. Just non-stop views that stretch so far.



Mt Freycinet view  
Dan Broun



# Tasmania

## Cape Raoul (Tasman NP)

14 km return, 5 hours, [tastrails.com](http://tastrails.com); [Day Walks Tasmania by Chapman](#)

The 200 metre high sea cliffs at the destination are spectacular. You walk through mixed vegetation from rainforest to heath. Breathtaking coastal views including down to the iconic surfing mecca of Shipstern Bluff. The ridgeline at the end of the steps 230 metres down to the sea. A short detour to the east allows a view down onto a seal haul out area on the cape. This is a great walk in winter as the clouds rarely obscure the view and the seas are big.





## Tasmania

### Walls of Jerusalem (Walls of Jerusalem NP)

17 km return, 7 hours to Damascus Gate, [parks.tas.gov.au](http://parks.tas.gov.au)



A big day for the fit with great high scenery from King Davids Peak and Solomons Throne. The climb up Solomons Throne was steep but well worth while. While possible to do as day trip, The Walls is best done as a two or three day trip to take in all the peaks. Camp at Wild Dog Creek or Dixons Kingdom.



## Tasmania

### Cradle Mountain (Cradle Mountain-Lake St Clair NP)

12.8 km return, 6 to 8 hours, [parks.tas.gov.au](http://parks.tas.gov.au); [Day Walks Tasmania](#) by Chapman

A longer and more challenging walk but the points of scenic beauty are many, from Marions Lookout to the Twisted Lakes, button grass, changing and challenging weather, colours, and the view from the top is one of the must see places in Tassie that you can get to in a day.

Fantastic scenery, goes right up onto the Cradle plateau and then to the summit. Long and rewarding day walk, amazing views in good weather.

I tried but just couldn't leave this out, and it could just as easily be number one as could other variations in the Cradle Mountain day walk area. This really stands out as an icon, symbolic of Tasmanian bushwalking. Travelling down to Dove Lake on the shuttle bus for the first time the mountain is breathtaking as it appears to rear up above you and the surrounding landscape. You start the walk with that classic view from the lake and it just gets better (and steeper) from there. The ascent from near Kitchen Hut is a challenge for the uninitiated and the final summit climb is not for the faint hearted. But if the weather is kind the views are absolutely worth it. The walk has sufficient challenge to feel like you've achieved something.

Absolutely wonderful in winter.





## Tasmania

### Mt Pillinger (Cradle Mountain-Lake St Clair NP)

9 km return, 3 hours,

[Cradle Mountain-Lake St Clair & Walls of Jerusalem National Parks by Chapman](#)



Easy access from Arm River track to Pelion Hut and expansive views of the SW over Lees Paddocks are the reward.

A solid day walk to this dramatic peak gives access to front row seats to the spectacular mountains in the middle of the Overland Track - Mt Ossa, Pelion East and West, Ducane Range etc.

### Marions Lookout (Cradle Mountain-Lake St Clair NP)

4 km return from Dove Lake carpark or 7 km return from Ronny Creek carpark, 3 hours, [bushwalktasmania.com](http://bushwalktasmania.com)



Spectacular scenery in all weathers. Deciduous beech in Autumn, snow in winter, wild flowers in spring, great views any time.

Steep uphill section to a great viewpoint over Cradle Mountain and Dove Lake.



# Tasmania

## Overland Track (Cradle Mountain-Lake St Clair NP)

65-83 km one way (depends where you start and end), 5-10 days (depends on how much time you spend on side trips), [Overland Track by Chapman](#) and [The Overland Track guide by Frank and Sue Wall](#) and [Warwick Sprawson's The Overland Track](#)

One of the world's best bushwalks. Scenery changes every day. Fantastic facilities, organised from hut to hut, and easy access by public bus. Just awesome!

Brilliant walk in winter, when the plateaus are covered in snow and there are very few people.

The OLT has a remote feel due to the constant spatial vistas. Whether using a tent or the convenience of the huts it remains a must do on my list. Overnighting at Pine Valley was a feature for me along with a side trip to the Labyrinth. A final highlight was finishing the whole track by walking the length of Lake St Clair, spending a night at the tiny Echo Point Hut with the dramatic Mt Ida as a backdrop.

Amazing! I'm looking forward to the day I can take my teenage daughter on this one.

Get there by ferry or air. Self or professionally guided. Inexpensive if out of season. Great start. Varied vegetation and landscape. Gondwanaland Antarctic Beech trees (golden leaves about Anzac day).

Never Never valley is beautiful. Nice scenic walk in Walls. No hard technical bits, just a good chance to relax and enjoy the views when it is not too crowded.

It passes through amazing landscapes with every day offering a varied landscape. Mountains, lakes, rivers, forests, meadows, waterfalls. It has everything.

The OLT is popular and must be booked early.



# Tasmania

## Mt Ossa (Cradle Mountain-Lake St Clair NP)

25.5 km return, 2 days,

**Cradle Mountain-Lake St Clair & Walls of Jerusalem National Parks by Chapman**

Easy access to great peaks in close proximity. Go in to Pelion Hut via Arm River Track. Use Pelion as a base then climb Mt Oakleigh, Mt Ossa, Pelion East and Pelion West.

Effort required, scenery, climbing the state's highest mountain.

## Lees Paddocks (Cradle Mountain-Lake St Clair NP)

31 km circuit, 3 days, **bushwalk.com** and **Champan's books**

It is an easy walk to either Lees Hut or a little further on to Reg Wadley. Where there are plenty of lovely camping spots or you can stay in one of the huts (if you contact the owners for permission). The paddocks have a lot of history which combined with the old huts gives this area a wonderful nostalgic feel, particularly if the owners have their cattle on the property. A little bit like the Victorian high country (while not actually looking anything like it). Can be linked up with other "tracks" for longer walks.

You can camp via the river, or at a Lees hut, summer evenings you can't beat it.



## Tasmania

### Du Cane Range Traverse (Cradle Mountain-Lake St Clair NP)

41 km circuit, 4 days,

**Cradle Mountain-Lake St Clair & Walls of Jerusalem National Parks by Chapman**

Another spectacular walk with views of most of the mountains of the Reserve. A moderate off-track experience linked by on-track sections at either end of the walk, this walk is challenging and full of opportunities to explore and wander as the weather and energy allows. A myriad of lakes and mountains around The Labyrinth provide unparalleled scenery and side trip variations from the gentle Walled Mt to the sawtooth peaks of Mt Geryon and Mt Hyperion (confidence with heights and exposure essential). Lake Hyperion is gorgeous to camp at and explore.

Geryon and the Ducane range covered in spring snow  
ILUVSWTAS



# Tasmania

## Pine Valley (Cradle Mountain-Lake St Clair NP)

15 km return, 8 hours, **120 Walks in Tasmania** by Tyrone Thomas and  
**Cradle Mountain-Lake St Clair & Walls of Jerusalem National Parks** by Chapman

Pine Valley is my most favourite place in the whole world. It can be done in a day (with the Lake St Clair Ferry), but that would be doing it an injustice. Narcissus Hut is easily accessible by ferry or a pleasant walk around the lake, and you are then a few hours away from Pine Valley, which makes a good base. Acropolis is a fun, satisfying summit with stellar views. The Labyrinth is a fascinating area with its myriad tarns and lakes, interesting vegetation and magical views of surrounding peaks.





# Tasmania

## Mt Anne Circuit (Southwest NP)

4 days circuit, [South West Tasmania by Chapman](#)

The best of South West Tasmania condensed into three brilliant days. Spectacular alpine scenery and opportunity to explore some interesting features for those in the know.

Very beautiful, on a good day from Mt Eliza you can see the whole of the SW. Don't be fooled by the apparent short distance, it's tough and worth taking more than four days.

A spectacular 3 night 4 day walk with options galore. You need good weather the day you climb Mt Anne so if your day 1 is poor start via Mt Sarah Jane, side-trip to Lots Wife, over Lot & tackle Anne on day 3 or 4. The Notch is slightly more awkward from the Mt Lot side but that adds to the challenge.



# Tasmania

## South Coast Track (Southwest NP)

85 km one way, 7 days, [tastrails.com](http://tastrails.com); [South West Tasmania by Chapman](#)

Coastal scenery with the chance of seeing whales and dolphins as well as traversing alpine ranges and forests.

**Peter Dombrovskis** said you don't go out there to get away from it all, you go out there to get back to it all. The south coast is so wild, when you're walking along a beach by yourself, with the ocean crashing beside you and the salty wind skimming over the waves, you're like, hell yeah I'm in the wilderness.

I did it alone and it's a great walk because of the varied terrain. Ranges and rivers, mud and beaches. Walked it in late March and met no-one which gave me four days of isolated bliss.

Isolation and the need to be completely self-sufficient. Diversity of Eco-systems from beach to mountain peaks above the tree line. Freezing fresh water shower/waterfall at Granite Bay. Wow!



# Tasmania

## Federation Peak via Eastern Arthurs (Southwest National Park)



3 days return, [Hobart Walking Club](#), [Champan's books](#)

Spectacular views, challenge and achievement.

Federation Peak from the Four Peaks in the Eastern Arthurs  
ILUVSWTAS



# Tasmania

## Western Arthurs Traverse

72 km one way, 9 days, [South West Tasmania by Chapman](#); [Bushwalk.com](#)

The most amazing alpine scenery of Precipitous Peaks towering over Hanging Lakes that sparkle like jewels on a sunny day. Challenging walking, stunning campsite locations, great mountain climbing options on every day. Heaven on a stick.

Australia's best walk. Pretty tough at times but the scenery is unmatched anywhere.

Challenging, worth taking plenty of time to enjoy the side trips and to stop for a day in places if you want to or if the weather is bad. We took 10 days and loved the beauty, serenity, grandeur, the challenge of the walk (we are both nearly 60). Every day is different. Experience in steep rocky terrain, and thorough preparation with lightweight gear, a four season tent, warm sleeping bag, waterproof gear, PLB, maps and good rope is absolutely essential. The first time we visited we didn't take the rope we needed and headed back from Pegasus, determined to do it again, and we did. The weather cannot be underestimated and you will get torrential rain, wind, gales, possibly hail and snow. We had all of these in summer.

The Mighty Western Arthurs  
Dan Br  un



# Tasmania

## Southern Ranges Traverse

33 km return, 6 days, [gang-gang.net](http://gang-gang.net)

Extended trip - many nights.

Great variety of mountains and coastal walking, including perhaps the most picturesque mountain in Tasmania, Precipitous Bluff. Reaching the campsite of Precipitous Bluff - amazing.

Real hard "track" walk - with some technical bits and unblemished wilderness and volatile weather. Real sense of isolation and escape with some navex (in fog) to boot. Nice camping.

It has a bit of everything - high range traverse and then out via the South Coast track so you get a coastal walking as well.

Pure wilderness: rugged, remote, high mountains, amazing geology and vegetation, PB, New River Lagoon, South Coast Track.

Late afternoon on Moonlight Ridge, Southern Ranges  
Stuart Bowling



# Tasmania

## Mt Jerusalem (Walls of Jerusalem NP)

30 km one way, 2 days, [parks.tas.gov.au/](http://parks.tas.gov.au/);

**Cradle Mountain-Lake St Clair & Walls of Jerusalem National Parks by Chapman**

Walk from the car park near Lake Rowallan up through the forest and in to the open alpine area then to Herods Gate. Continue onto Mt Jerusalem via the hut and campsite at Dixons Kingdom. Optional side trips to Solomons Throne and The Temple.

Away from the crowds of Cradle Mountain, fantastic scenery in all directions, beautiful campsites.

Great off season walk .

Just lovely scenery and fairly easy to do. Favourite part is the walk between Dixons Kingdom and Wild Dog Campsite. Campsite and tracks are really superb as well.

Truly spectacular alpine scenery including lovely stands of old pencil pines and the ability to do a variety of different walks. Because it's all reasonably high you have amazing views to other mountain ranges (weather permitting). Fairly easy to link with the Overland Track with several off-track options.

## Mt Rogoona (Walls of Jerusalem NP)

9.5 km return, 2 days,

**Cradle Mountain-Lake St Clair & Walls of Jerusalem National Parks by Chapman**

Pleasant climb through eucalyptus forest to more open areas passing Lake Bill and on to the camp at beautiful Lake Myrtle. Rogoona towers behind the campsite and is easily climbed in a three hour return trip. Great views from the summit.

Camping by the lake, then summiting to get stunning views of all the main peaks along the Overland Track. It can be done as a day walk though.



# Tasmania

## Frenchmans Cap (Franklin-Gordon Wild Rivers NP)

46 km return, 4 days, [parks.tas.gov.au/](http://parks.tas.gov.au/);  
Frenchmans Cap map and notes 1:50,000



Fantastic scenery, great outlook on the way up. Beautiful lakes, and the view from the summit is absolutely stunning.  
The huts are great and the climb to Baron Pass is rewarded with great views.  
Adventurous feeling but with track upgrades highly accessible walking.

Frenchmans from the Irenabyss Track  
NNW



# Tasmania

## Lake Rhona (Franklin-Gordon Wild Rivers NP)

28 km return, 2 days, [tastrails.com](http://tastrails.com) and [South West Tasmania by Chapman](#)

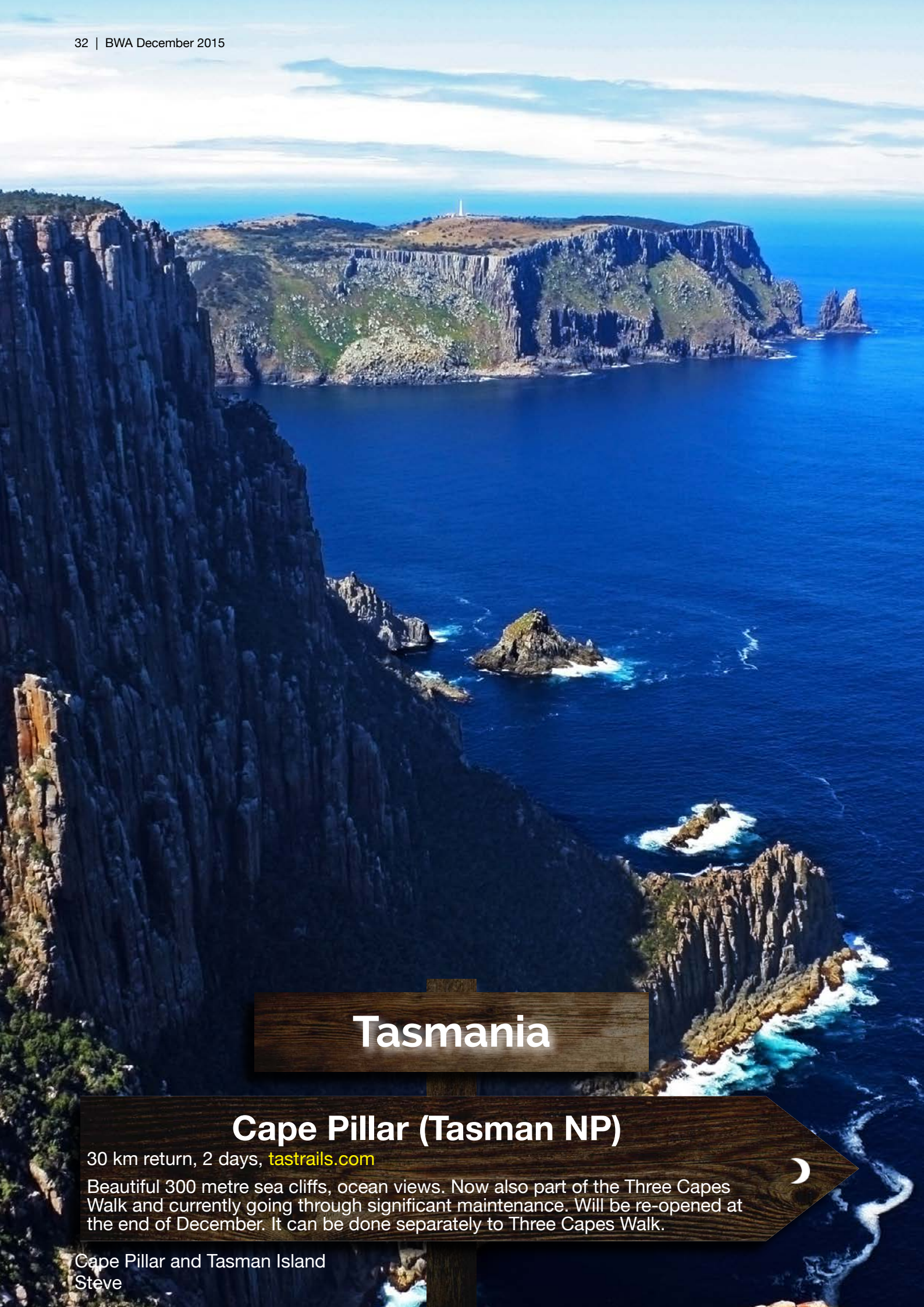
Spectacular photogenic lake with quartzite beach.

Magnificent views along the Dennisons. Not as crowded as the more popular Overland Track or Walls of Jerusalem.

You can camp on a pink quartz beach 70 kilometres from the sea. An easy ascent to Reeds Peak 400 metres above your campsite and on to Bonds Craig and then a steep descent to your campsite.







## Tasmania

### Cape Pillar (Tasman NP)

30 km return, 2 days, [tastrails.com](http://tastrails.com)

Beautiful 300 metre sea cliffs, ocean views. Now also part of the Three Capes Walk and currently going through significant maintenance. Will be re-opened at the end of December. It can be done separately to Three Capes Walk.

Cape Pillar and Tasman Island  
Steve



# Tasmania

## Freycinet Peninsula Circuit (Freycinet National Park)

31 km circuit, 3 days, [parks.tas.gov.au](http://parks.tas.gov.au)

It's a coastal national park walk with easy tracks and lovely campsites overlooking sheltered beaches like Wineglass Bay, Harzards Beach and Cooks Beach. Unusually, in the height of the season you would only find a few other tents along the beach from you. It's uncrowded wilderness with pristine clear water in which you can swim naked.

It's can be a 2 or 3 day walk with choices of entirely coastal tracks or over Mt Freycinet and Graham for some stunning views and even a patch of rain forest.

## Wineglass Bay (Freycinet National Park)

12 km return, 2 days, [discovertasmania.com.au](http://discovertasmania.com.au)

Crystal blue water and dazzling white sand.

Fantastic little camping area at the end away from the crowds. The serenity and beauty of the beach, swimming, the colours of sunrise and sunset, and the possibility to stretch your self and go up Mount Freycinet as a day trip.



# Letter from the Minister

Hon Matthew Groom MP  
Minister for Environment, Parks and Heritage



The Tasmanian government has a goal to transform Tasmania into the environmental tourism capital of the world to create jobs for Tasmanians and help reach a target of 1.5 million visitors a year by 2020.

Walking along the Cape Hauy section with Fortescue Bay in the background



We want to give more Tasmanians and visitors the opportunity to experience our unique, world-class wilderness areas and other reserves. With 40% of Tasmania in 19 national parks and more than 800 reserves, this is an enormous resource for our community. This 40% includes the Tasmanian Wilderness World Heritage Area (TWWHA) of 1.55 million hectares, or about 23% of Tasmania, protects internationally significant natural and cultural heritage, supports science and learning, and provides space for communities, healthy recreation, and wellbeing.

Tasmania has a worldwide reputation for amazing bushwalking opportunities, built largely on the success of the Overland Track, one of the world's great wilderness walks. Not everyone in the community has the physical ability to undertake a walk of this difficulty and duration, so it's important that we cater for all abilities. Our [60 Great Short Walks program](#) does exactly that, offering 60 different walks of varying grades and distances, in a range of beautiful environments.

Providing these opportunities for people to connect with the outdoors is increasingly important in modern society. There are many

documented benefits to health from being active and switching off from the devices that increasingly dominate our lives. As well as bushwalks, our parks and reserves provide opportunities for simple, "quality time" activities such as picnics, camping, fishing and walking the dog, with family and friends.

Tasmania's tourism industry is going through an exciting time, with increased visitation to the State and growing recognition nationally and internationally of the quality of our tourism experiences.

This government is committed to exploring the opportunities that our natural areas offer, and last year began an Expression of Interest process for sensitive and appropriate tourism offerings in our national parks and the World Heritage Area.

The response has been very encouraging, with 25 new high-quality project proposals proceeding through the process. The projects are spread throughout all regions of Tasmania and include a range of offerings such as multi-day guided lodge-based walking experiences, a tree-top adventure course, an overnight wilderness river cruise, mountain bike adventure precincts and accommodation offerings and a floating eco-



Hiker at a hut (artists impression)



resort in the far south. These proposals are great examples of the opportunities we have for new tourism experiences and what we can achieve through leveraging our natural assets. By expanding the range and quality of nature-based tourism experiences in Tasmania, we will capitalise on Tasmania's growing international reputation as a must-do and must-see adventure and nature tourism destination.

The EOI process represents an opportunity to attract up to \$70 million worth of investment and the creation of up to 300 jobs. The net economic return to the State is estimated at nearly \$30 million per annum.

While considering these proposals, the Government remains absolutely committed to the proper protection of natural and cultural heritage within our parks and reserves.

We are currently in the process of updating the plan of management for the TWWHA. This process has involved extensive

consultation with stakeholders and the broader community. I take this opportunity to assure readers that the Tasmanian government is listening and considering very carefully all views and opinions on this important process.

I'm aware of the strong desire that many people have in the bushwalking community to ensure that the wilderness values of the TWWHA are protected and maintained. I share this view. In finalising the new management plan we need to ensure the proper protection of the TWWHA's natural and cultural heritage values and its wilderness character while at the same time being open to opportunities for sensitive and appropriate tourism experiences. I am absolutely committed to the proper protection of the outstanding universal value of the TWWHA consistent with our international legal and moral obligations to protect, celebrate and share this globally significant area.



The viewing deck at Munro cabins, with Cape Hauy in its sights



The ability of bushwalkers to enjoy the variety of experiences currently available in the TWWHA, will remain but will be enhanced by a greater diversity of experiences for all those who wish to experience the TWWHA on foot.

One very exciting bushwalking project is coming to fruition in Tasmania before the end of the year. The Three Capes Track will open to the first walkers on 23 December 2015. This project is already creating a great buzz in the travel and bushwalking industry. Named among the world's hottest new experiences by the travel bible Lonely Planet, the Three Capes Track will soon be offering visitors access to the spectacular south-east coastal scenery.

The 46 kilometre journey of four days and three nights is a fantastic new tourism product for Tasmania. The Parks and Wildlife Service has partnered with award-winning tourism operators Port Arthur Historic Site and Pennicott Wilderness Journeys to deliver a seamless experience that includes a taste of Tasmania's fascinating historic heritage, a scenic boat journey that delivers walkers to the start of the track, and a walk along the edge of Australia's highest sea cliffs. The artfully constructed track will suit a wide range of ages and abilities, with accommodation in eco-friendly cabins. We can't wait to show off this stunning new experience to Australia and the rest of the world.

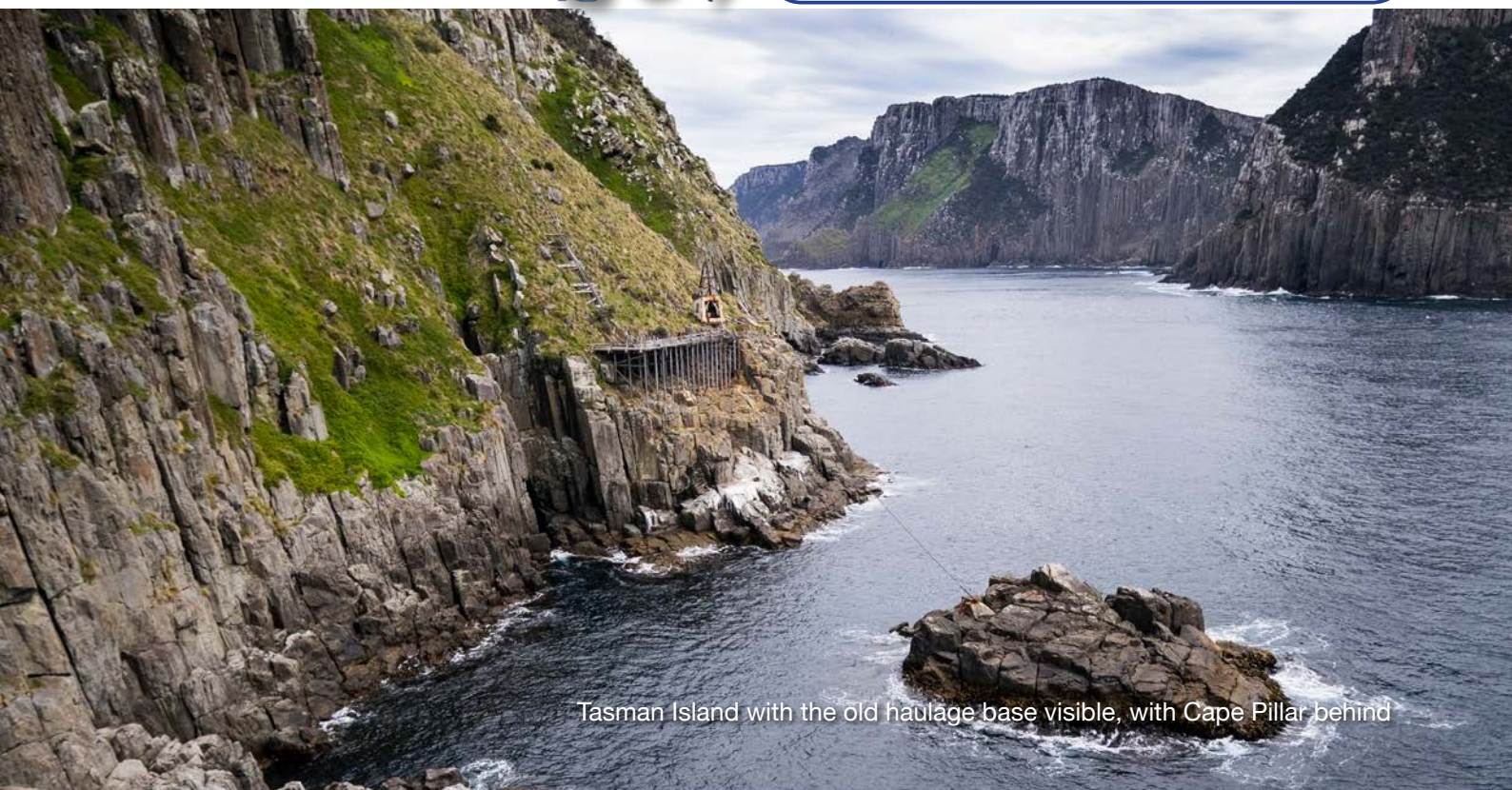


#### **Hon Matthew Groom MP**

Matthew is a seventh generation Tasmanian who lives in Hobart with his wife Ruth and their three young children. He graduated in Arts/Law with a major in political science, and is a Master of Laws.

He has over 15 years international business experience with a specific expertise in renewable energy. Matthew was a senior executive with renewable energy company Roaring 40s and was a lawyer in Melbourne and London. From 2004 he worked at Hydro Tasmania.

Matthew was elected to the Tasmanian Parliament in 2010. He's the Minister for State Growth, Minister for Energy and Minister for Environment, Parks and Heritage.



Tasman Island with the old haulage base visible, with Cape Pillar behind



# North West Walking Club

## Glen Boyle

The North West Walking Club was formed in April 1960 with an initial membership of 20, currently over 170. In addition to bushwalking, the club organises activities featuring other outdoor pursuits, with all activities are detailed in the club magazine and Walks Program. The club aims to follow the principle of Minimal Impact Bushwalking.



Throughout its history the club has maintained a personal, friendly and social atmosphere through varied and regular social functions.

Although the club's day walks are based in the north-western third of the state, multi-day walks are carried out throughout the state because most of the state is accessible within a five hour drive of the north-west coast.

### **Penguin to Cradle, a walk with variety**

Tasmania has arguably become the greatest bushwalking destination of Australia with most walkers who want an extended walk heading for the Overland Track in Cradle Mountain-Lake St Clair National Park.

For those seeking a quieter time and a more challenging bushwalk with different but still beautiful Tasmanian scenery, the North West Walking Club has developed the [Penguin Cradle Trail](#). The complete walk is 80 kilometres and it is recommended that a party allow five to seven days for the trip. Crossroads provide access at a few points enabling the Trail to be done as overnight or four long day walks and allowing shorter

sections to be explored. The Trail starts two kilometres south of the town of Penguin on the north coast and takes you through rural areas and much seemingly untouched open woodland and rainforest. Combine these with rugged mountain ranges, a canyon with a wild river running through it, some idyllic lakes and vistas of snow-capped peaks. Add waterfalls, ancient conifers, wildflowers and clean water with your lungs ventilated by the purest air in Australia, and you have a bushwalk featuring some of the best experiences available in Tasmania. Quiet campsites ensure that "million miles from care" feeling.

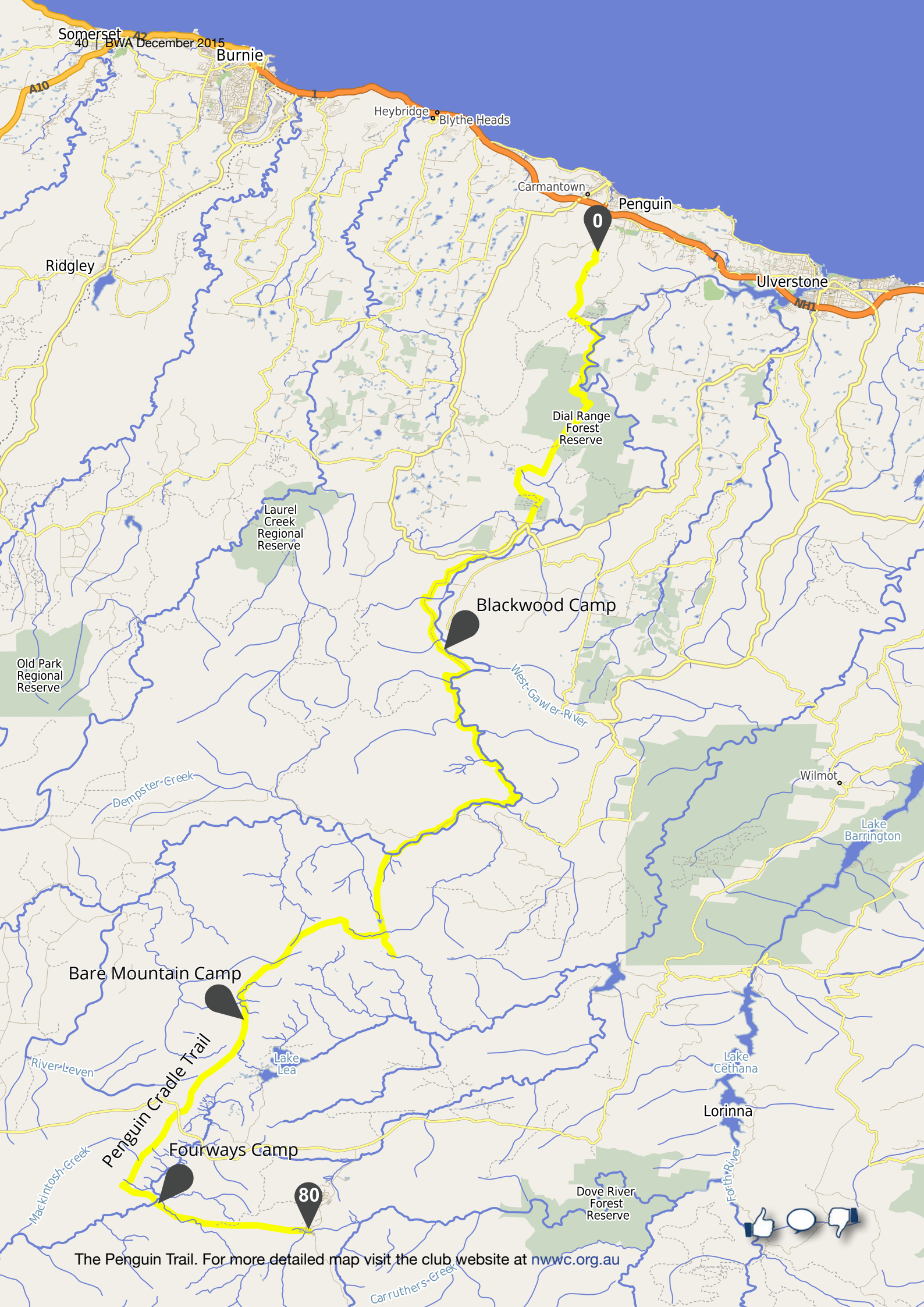
The PCT is suitable for walkers experienced in navigation and some off track walking as sections are subject to tree falls, over-grown vegetation and rain may cause land slippage. Extra time should be allowed to negotiate these possible obstructions. Maps and descriptions of the Trail are available via the club website.

For further information visit the club website at [nwwc.org.au](http://nwwc.org.au). The club meets on the first and third Monday of each month at the Ulverstone High School at 7.30 PM.



Milligans Peak and Mt King William 1 from Pitts Peak (west of the southern end of Lake St Clair)  
Greig Clarke





The Penguin Trail. For more detailed map visit the club website at [nwwc.org.au](http://nwwc.org.au)



# In The News

## New hiking tour booking site makes it easier to see Australia on foot

Neil Fahey, creator of the award-winning Australian hiking blog, [Bushwalking Blog](#), has this week released a brand new booking service aimed at adventurers and hikers all over the world - [AussieHikingTours.com](#).

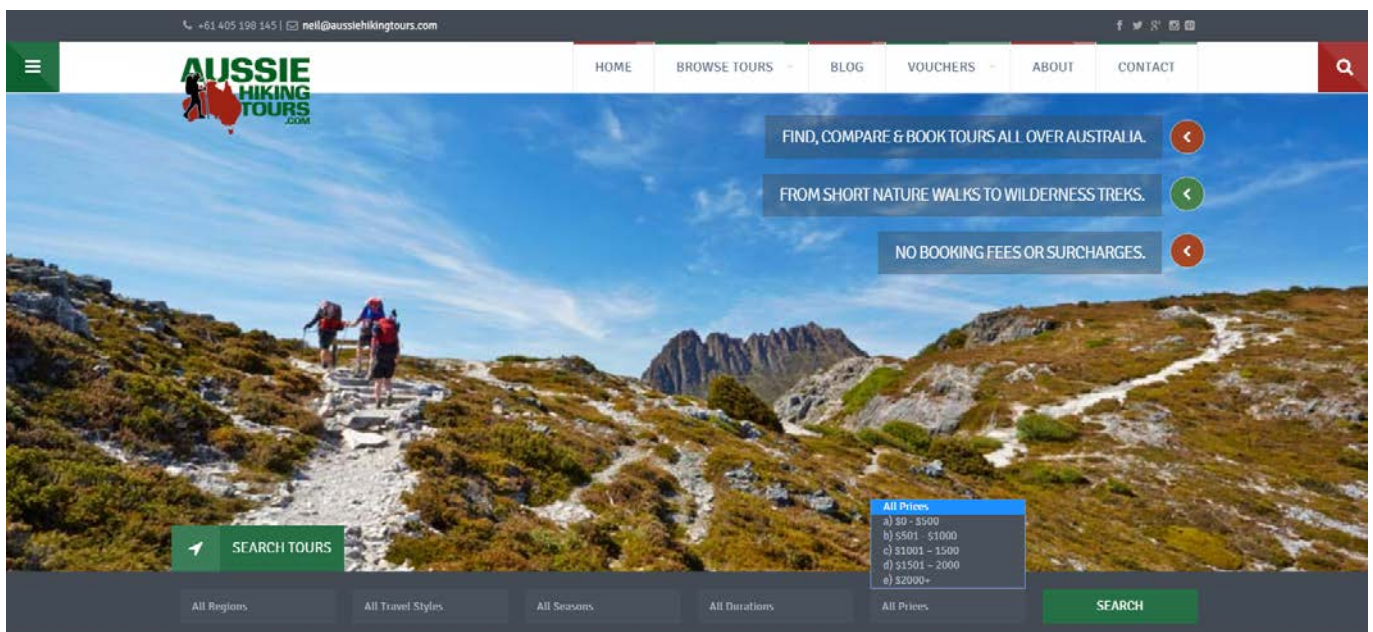
AussieHikingTours.com is the first travel bookings website to focus exclusively on guided and assisted hiking tours, be they short nature walks, overnight adventures or multi-day treks into the wilderness.

“Visitors who want to hike all or part of the famous Overland Track, for example, were previously faced with a bit of a task when trying to find the right tour,” Fahey says. “I’m hoping to make that easier.”

The mobile-accessible website allows travellers to search tours by location, length of walk, difficulty rating or price, and is highly functional and easy to use.

It currently aggregates more than 50 different walking tours, from a range of different tour operators. Booking online through the site is quick, easy and secure, and costs the same as booking through the tour provider directly. Online, email and phone support are available 24 hours a day to assist with choosing the right walking tour for you and your companions. Booking walking tours online was previously laborious and difficult, with no way to directly compare the advantages and options offered by different operators. AussieHikingTours.com addresses this problem directly, with easy to navigate comparisons provided of all the tours available. Already the most comprehensive online booking system for guided walking tours, new tours are being added on a regular basis.

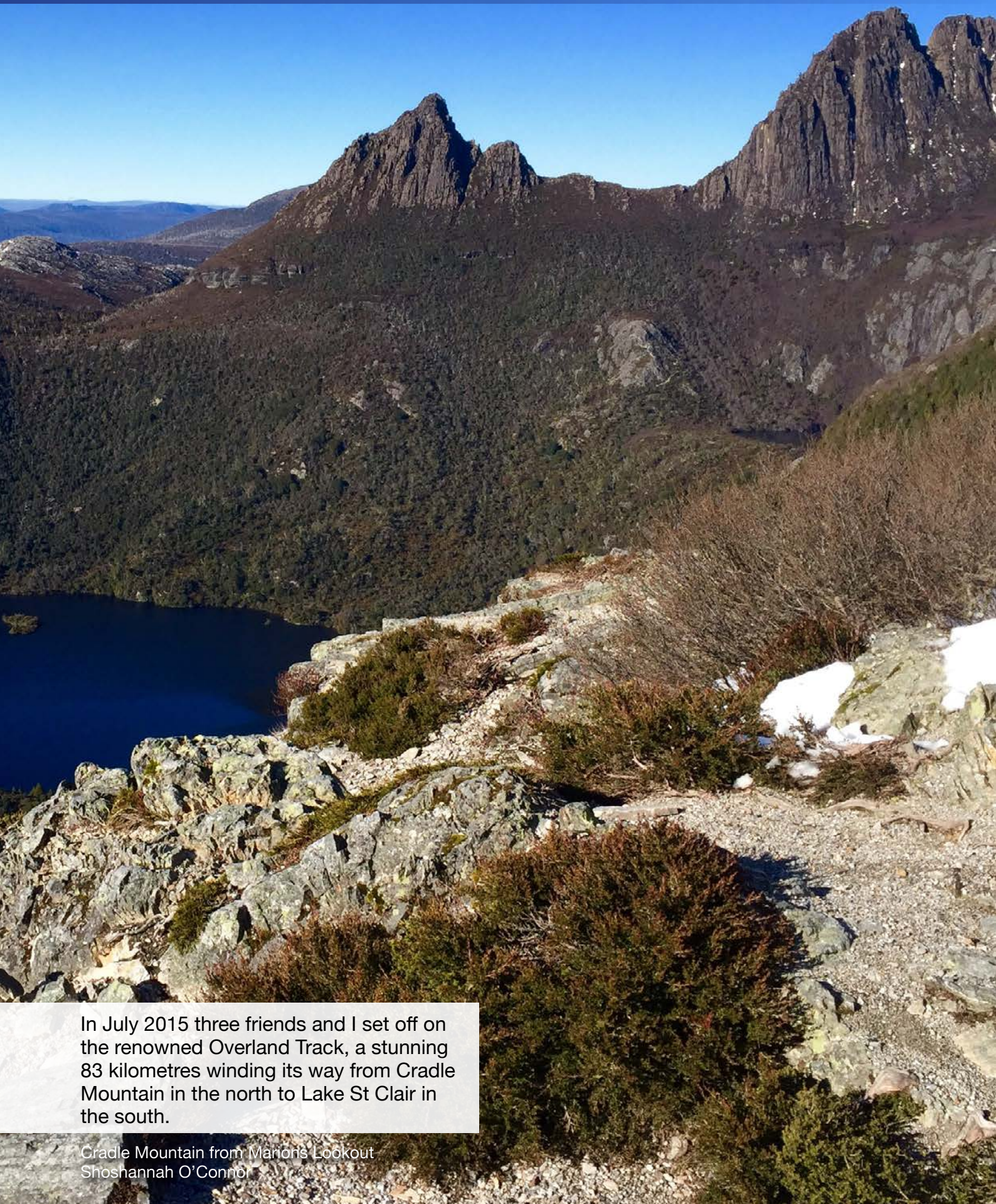
Contact the site’s founder, Neil Fahey, on 0405 198 145 or at [neil\\_fahey@hotmail.com](mailto:neil_fahey@hotmail.com) for more information, or check out [AussieHikingTours.com](#). You can also find them on [Facebook](#), [Twitter](#) or [Instagram](#).





# Overland Track - Winter

Shoshannah O'Connor



In July 2015 three friends and I set off on the renowned Overland Track, a stunning 83 kilometres winding its way from Cradle Mountain in the north to Lake St Clair in the south.

Cradle Mountain from Marion's Lookout  
Shoshannah O'Connor



“You know it will be cold” we heard all too often. The looks of shocks and voices of concern were a constant in the months building up to our walk. Sure, the idea of heading to a Tassie winter where the weather is notoriously unstable doesn’t appeal to everyone – but it really appealed to us.

After spending the night at Waldheim

Cabins (\$100 for a four bed cabin), we set off early the next morning to what can only be described as a perfect day. We had hit the weather jackpot. The slow and steady climb up Marions Lookout onto the Cradle Mountain Plateau went by without a hitch as we revelled in our beautiful surroundings. Pockets of snow were scattered around the plateau but we didn’t encounter any on the actual track (thankfully).

Due to the extra weight and after reviewing the weather beforehand we opted to not carry snow shoes. The snow was patchy, we were set to have at least a couple of days of good weather and luckily for us our sturdy boots did the job fine.

“ You know it will be cold

By lunch we had reached Kitchen Hut and were ready to whip out the snack packs. The banana chips were a real hit. Our minds drifted to how cold and unpleasant it would be seeking refuge in the hut. But it’s nice to know it’s there.

It would have been ludicrous not to attempt Cradle Mountain summit; after all we had planned this trip knowing that there was a high chance

the weather would be unfavourable for the majority of the time. Luckily for us the day was still perfect. While the summit track is not that long, maybe only 1.5-2 kilometres, it’s quite steep and rocky terrain, and on this day, snowy. There are a couple of false summits, and some deep pockets of snow and ice. It was a lot of fun making our way to the top and we were rewarded with remarkable views of the surroundings peaks and valleys. But if the weather isn’t on your side it’s probably wise to give this one a miss.

“ It was a lot of fun making our way to the top ...



Climbing down Cradle Mountain  
Shoshannah O'Connor



We left the Cradle turnoff to go to Waterfall Valley Hut at about 4 pm. As we began the remainder of the day's walk the sun was setting, highlighting Cradle Mountain and Barn Bluff in all their glory. We couldn't stop to enjoy the sunset though as we realised we still had a while to go and it was getting dark quick. An icy, pitch black, descent down to a very crowded Waterfall Valley Hut took us a couple of hours. The hut was packed full of walkers, and in hindsight, camping would have been a much more peaceful option. But alas, it was definitely cosy, and after a big first day, sleep was welcome.

“... our map reading skills got a little ambitious ...

The rest of the track continued to be as exceptional as the first day. Compared to the first day, the trip to Lake Windemere is relatively easy, and we made the quick trip out to Lake Will. We don't often see frozen lakes so we spent a good while on this beach breaking through the ice, with the picturesque Barn Bluff in the background.

Lou, Pat and Sheamus bravely went for a swim in Lake Windemere (also capped in ice), which was highly entertaining and the source of many laughs – and shrinkages.

Day three saw us walk from Windemere to New Pelion Hut and will forever be known as the muddy day. Spirits were high to begin with and after quickly reaching Pine Forest Moor and some beautifully enchanting forests we were making good time. But our map reading skills got a little ambitious, in fact we thought we were a lot closer to New Pelion Hut than we actually were. It was a hard slog through some deep mud down to Frogs Flats with the weather closing in and the temperature dropping, hovering around 0°C all day. Thankfully, snacks were plentiful and the sugar hit provided the energy to power us through the final stretch up to New Pelion Hut. We had a great afternoon at the hut sitting back and enjoying the views of Mt Oakleigh and Barn Bluff.

“By day four we were essentially seasoned hikers ...

After three days we were getting increasingly efficient at packing up in the morning. On the first morning we left well after 9am. By day four we were essentially seasoned hikers, packing away sleeping bags, cooking gear and clothes into our packs like tetris masters. All before 7.30! The fourth day was a short one, making it to Kia Ora Hut just after lunch. The weather was closing in and we even got a bit of snow as we headed up Mt Doris.



The spectacular views from Cradle Mountain. From left Patrick Cooley, Shoshannah O'Connor, Sheamus O'Connor and Louise Purcell. Shoshannah O'Connor



Unfortunately we couldn't give Mt Ossa a crack.

Day five was to be a big day. We planned on stopping at Bert Nichols Hut (Windy Ridge) for a quick lunch and continue on before heading north-west off the main track about halfway along between Bert Nichols and Narcissus to Pine Valley Hut. There are some beautiful side trips to be seen on this day, and they are worth the short detours.

A nice hot lunch of mi goreng (the lunch of champions) at Bert Nichols lifted our spirits for the final push to Pine Valley of about 10 kilometres. By this late stage the rain had started to bucket down and we made pretty decent time through the moss covered forests. Pine Valley Hut was like something out of a murder film. At Pine Valley there were three solo walkers. They were quite odd characters and if we hadn't been a group of four we probably would have felt a bit uncomfortable. In all honesty though, the hut is well worth the detour. It has a coal heater and is nestled into a forest on the edge of The Acropolis. The views were spectacular and are worth the 10 kilometres round trip.

“... the rain had started to bucket down ...”

had heard that you haven't truly walked the Overland Track unless you walk around the lake. The day was another long one, filled with some beautiful views of the lake. The sight of Echo Point was a welcome relief though. A tiny four person hut, right on the edge of the lake, with a jetty. There was only one option. We had to get the coal fireplace burning as hot as possible and go for a swim.

We woke early on the last morning and there were mixed feelings about setting off for the final time. We were eager to get to the real food awaiting us at the Lake St Clair Lodge, but also a bit sad for the beauty and simplicity of walking the Overland Track was coming to an end. The weather held and the final 10.5 kilometres was a peaceful walk through boggy rainforest that opens up into much drier woodlands. It's a beautiful walk and we even came across a flock of yellow-tailed black cockatoos screeching in the treetops.

The Overland Track offers some of Australia's best scenery. It's a remote wilderness and thankfully looked after incredibly well by the Parks and Wildlife Service. Don't let winter put you off either – we had fantastic weather most of the time, give or take a bit of rain.



Last morning at Echo Point Hut

The next day we ventured off early aiming to reach Echo Point Hut. We had already planned to walk around Lake St Clair as we

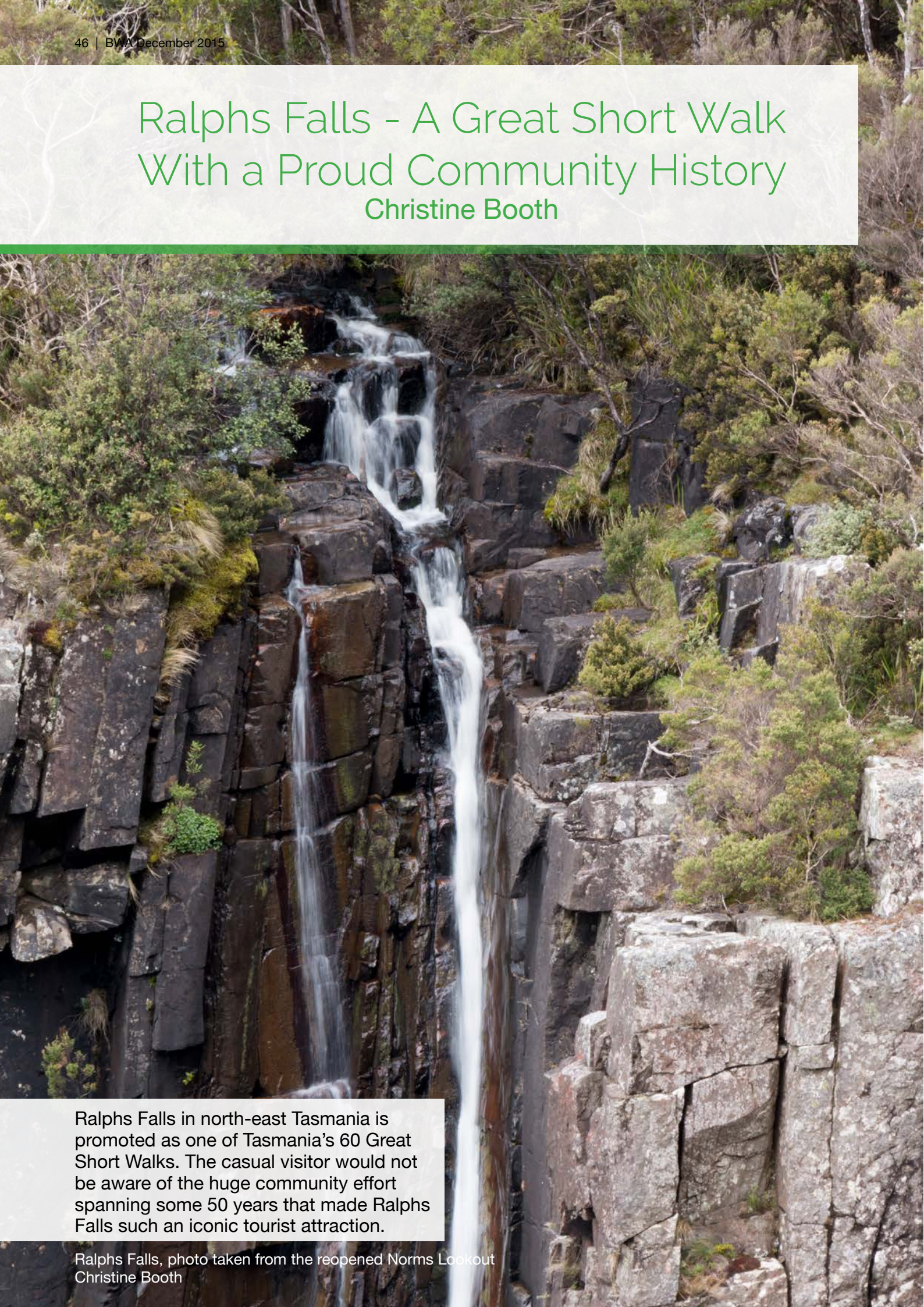


Shoshannah is a Brisbane geologist and part-time masters geology student. Growing up in a family that appreciated the outdoors and camping has spurred her on to pursue it as an adult. Nothing beats the serenity of the wilderness and she has recently started a blog to document her hiking adventures. Have a read here [maketrails.wordpress.com](http://maketrails.wordpress.com)



# Ralphs Falls - A Great Short Walk With a Proud Community History

Christine Booth



Ralphs Falls in north-east Tasmania is promoted as one of Tasmania's 60 Great Short Walks. The casual visitor would not be aware of the huge community effort spanning some 50 years that made Ralphs Falls such an iconic tourist attraction.

Ralphs Falls, photo taken from the reopened Norms Lookout  
Christine Booth



The start of the walk to Ralphs Falls is a 30 minute drive from the Tasman Highway on the Link Road between the small towns of Ringarooma and Pyengana. The walk is 20 minute return or 50 minute circuit via Cashes Gorge loop. The four kilometre easy circuit passes through lush myrtle rain forest, tea tree and button-grass plains and features one of Australia's tallest single-drop waterfall. Ralphs Falls plummets down 100 metres of vertical dolerite fault to the valley floor. There are clear views out through Cashes Gorge to the productive New River Valley and the show of spring or summer wild flowers makes this a truly great short walk. Facilities include picnic tables, a stone shelter and composting toilet.



The Norms Lookout was reopened in late 2015 “Ralphs” was a local timber mill, so perhaps it was the owner who first described the falls. In 1916 the local paper recounts a day excursion made by a party of nine on horse-back to visit Mount Victoria for the enjoyment of the views. During the early 1920s the paper also records the Pyengana residents’ desire for a link road to access commercial markets at Ringarooma. A Federal Government unemployment project to construct the link road commenced in 1925 but halted in 1927 without completing the road. (Modern signage commemorates the hand-built dry stone wall.) In 1951 a petition by the Portland and Ringarooma Councils to the State Minister for Works and Land to build the link road failed. The proponents pointed out that the road would “be a valuable tourist asset, being a scenic road with new access to the magnificent



Ralphs Falls walk entrance

The old timber-getters and miners had known about the falls since the early 1900s.



Ralphs Falls button grass plains  
Christine Booth



St. Columba Falls - near Pyengana - and substantially shortening the distance between Launceston and St. Helens.”

In 1979 the Ringarooma Progress Development League became determined to complete the link road and to construct a walking track to Ralphs Falls. Norm Brown



Picnic spot at Ralphs Falls

spear-headed the campaign. Despite local bureaucratic opposition, in 1983 the Mt Victoria Reserve was gazetted. Over the next 20 years many local farming and business families chipped in to work on the road and walking track. Trees had to be removed, landslips and large holes repaired on the original abandoned road. A local resident remembers this being rather scary, a narrow track with precipitous drops. A local mining contractor donated his time and heavy machinery on the proviso that the community supplied the diesel. A new road was pushed across the mountain to meet up with the rough track coming up from Pyengana. Other volunteers then worked on constructing a walking track out to Ralphs Falls and a stone shelter. It was hard going as all the cement, sand and stone had to be carried along the track using wheelbarrows and buckets. Volunteers included whole families - in some cases three generations of the same family - and one Victorian family of three generations.

In Norm’s words the group, “fought petty-minded professional bureaucratic obstructionists” to eventually achieve the State Government support needed to complete the project. The State Government provided grant funding and encouraged Forestry Tasmania (FT) to approve the project, which included Norms Lookout. FT provided picnic tables, a composting toilet and ongoing maintenance.

The track, which includes Norms Lookout over the spectacular falls, was officially opened by the Deputy Premier John Beswick in 1989. The Parks and Wildlife Service now maintains this asset. Wild storms in 2013 destroyed the track to the falls and destabilised the lookout. New track work has been completed and the Norms Lookout was reopened in late 2015.



Dr Christine Booth is a recently retired university biochemistry lecturer and is co-owner of Tin Dragon Trail Cottages in north-east Tasmania. She and partner Graham Cashion along with their son, James, are documenting and promoting the many interesting family-friendly short walks in north-east Tasmania. You can view their walks notes on [Christine’s Blog](#) and their [website](#).





# In The News



Candlestick, Cape Huay, The Tasman Peninsula, Tasmania, Australia. The Lanterns and the Hippolyte Rocks are visible behind.  
JJ Harrison

## The new Three Capes Track is open for bookings

You can book the multi-day Three Capes Track experience in Tasmania's far south-east via the new website [threecapestrack.com.au](http://threecapestrack.com.au)

The track is 46 kilometres long and is covered over four days and three nights. It was designed for a wide range of ages and abilities. It's width allows for two walkers to walk side by side. The track starts by checking in at the Port Arthur Historic Site. A Pennicott Wilderness Journeys cruise then delivers walkers to the start of the track at Denmans Cove. Evenings are spent in warm and comfortable environmentally-sensitive cabins at Surveyors, Munro and Retakunna. For more information and to book your adventure, visit [www.threecapestrack.com.au](http://www.threecapestrack.com.au)



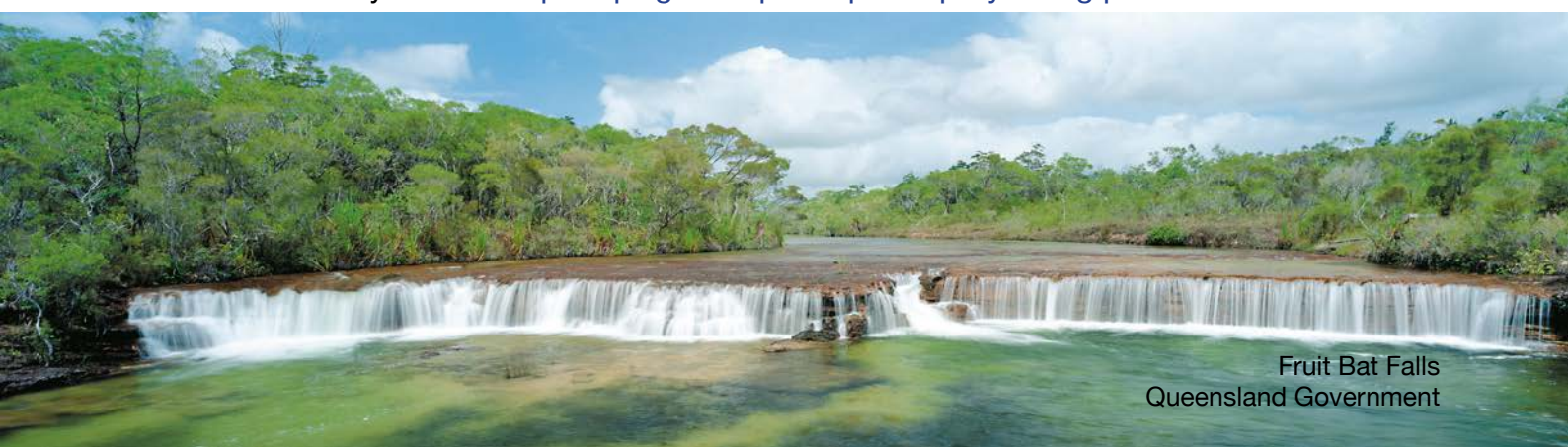
## Cape travellers flock to Fruit Bat Falls

A popular picnicking and swimming stop on the way to the tip of Cape York Peninsula, recently upgraded by the Queensland Parks and Wildlife Service (QPWS) to cope with increasing numbers of visitors, has had its busiest season yet.

The day-use area of Fruit Bat Falls, in Heathlands Regional Park about 140km south of the Cape, has a new carpark, toilets, picnic shelters, signage, boardwalk and viewing platform, after a three-year project costing \$738,000.

QPWS Regional Director Northern James Newman said a swim at Fruit Bat Falls was part of the adventure in getting to Cape York, and the upgrade was to cater for the boom in visitors. "With the improved condition of the Peninsula Development Road over the past few years we have seen a large increase in traffic to this iconic site during the peak season from April to October. QPWS had to replace the previous parking area and toilets that were designed for much lower numbers. This is one of the few places on the Cape that's safe for swimming. After a hot, dusty journey, just about everyone loves to stop here and take the 500 metre walk to a refreshing dip in sparkling waters under the wide cascades. QPWS manages this section of the park in collaboration with the Atambaya traditional owners. The upgrade was done in consultation with Atambaya and tour operators. If you're planning your dream trip to the Cape next year, keep in mind there is no camping at Fruit Bat Falls, but the very spacious Eliot Falls camping area is just up the road," Mr Newman said.

More information about the reserve and nearby sites is at [npsr.qld.gov.au/parks/jardine-river/about.html](http://npsr.qld.gov.au/parks/jardine-river/about.html), or check out QPWS's new Cape York Peninsula Journey Guide at [npsr.qld.gov.au/parks/pdf/cape-york-vg.pdf](http://npsr.qld.gov.au/parks/pdf/cape-york-vg.pdf)



Fruit Bat Falls  
Queensland Government



# South Coast Track Adventure

## Melinda Ham



Watching my every foothold, I place my hiking boot gingerly in the gnarled grasp of a root. I'm keen not to twist an ankle with a 17 kilogram pack on my back on the treacherously slippery track, in sheeting rain, as I make the slow 900 metre descent down the Ironbound Range.

Melinda and Jasmine on New River Lagoon  
Mike Hall



It's day three of our eight day family hike on the 85 kilometre South Coast Track (SCT) in Tasmania's south-west. As it turns out, this is the most challenging day of them all, with the coldest and wettest weather.

The SCT is a continuous path through the Southwest National Park from Melaleuca to Cockle Creek, 148 kilometres by road south of Hobart. The track was first marked by explorers William Tyler and William Harper in 1906 and cut in 1915, and traverses one of the world's largest and last remaining temperate wilderness areas.

Our journey takes us through button grass plains dotted with meadows of wildflowers, where we see boronia, tea-tree and purple fairies' aprons, across wave-pummelled beaches, forests of centuries-old Huon pine, stringy bark and other eucalypts and crosses two mountain ranges.

As we descend from the Ironbounds, through breaks in the racing storm clouds we catch glimpses of the ocean below; we imagining one montage of rocks and trees is a majestic lion stretched out, admiring the views.

Three days ago we left Hobart behind and boarded a 10-seater Britten-Norman Islander prop plane which took us on a

45 minutes flight to the beginning of the track at Melaleuca. The other ways to get to Melaleuca are by boat or the Port Davey Track.

Brushing shoulders with the mountains, the plane headed over patch-worked farmlands to the little gravel landing strip. Charles Denison "Deny" King AM, a tin miner and ornithologist, built the strip. For half a century Deny lived at Melaleuca, first with his father Charlie, then with his wife and daughters and finally for 24 years on his own.

Deny King is remembered for saving the environment of the critically-endangered Orange-bellied Parrot and allowing easier access for bushwalkers and people seeking solitude. Just before we get on the track, we duck into a hide erected in his memory and are fortunate to see two of these birds, of which only 40 remain in the wild.

This adventure is our annual luxury family holiday; luxury because the privacy, the solitude, the wilderness and togetherness are all such rare commodities in our frantically busy urban lives.

We left all phones and devices in Hobart (except for one camera and a Personal Locator Beacon that we hope we never



Harry with the view of the Ironbound Range in the background  
Melinda Ham



have to use) and we immerse ourselves in the wilderness and a solid week of being together with no distractions.

And we also revel in our self-sufficiency. Everything we need, we carry on our backs: clothes, sleeping bags, tents, stove, food and water. Every item is meticulously weighed and reconsidered several times by the whole family before we go, so that we take the bare minimum whilst also considering safety.

On day four we set off later than the two other groups of hikers, and so after some fairly muddy sections, have the whole four kilometre long Prion Beach to ourselves; to skinny dip in the icy waves and walk along the seemingly endless beach.

We see a washed-up squid with its tentacles trailing behind. Further on a bloated bulging-eyed puffer fish with its sharp barbs smiles up at us, then later my daughter Jasmine finds just the bottom half of a Fairy penguin, reminders that we are sharing this wilderness with other creatures.

Prion Beach also has a huge overhang with a carbon-charred roof and a midden of discarded shells, more evidence that we are not the first travellers here and others have visited for more than 40,000 years.

At the end of the beach, we have the boat crossing across New River Lagoon, where first my son Harry rows Jasmine and I and our gear across and then goes back for my husband Mike as the wind tries to blow them

off course. One boat is left at each side. At the next campsite beneath the trees a curious tubby pademelon and her little joey pay us a visit.

On day five we spend much of our time in a stringy bark and peppermint forest, marvelling at the age and beauty of the towering trees above us and imagine what living for two hundred years must be like, hoping some of their wisdom and longevity will brush off on us. Some trees have fallen like gargantuan dinosaur carcasses across our path and we clamber over them to continue on our way.

How any individual, company, state government or federal government could even consider killing these majestic kings of the forest that have taken two centuries to reach their lofty heights leaves us all completely speechless.

We climb the cliff from Surprise Bay up to the best campsite of the track, with sweeping views that gives us an instant recap of our journey, mountain ranges, towering forests, undulating coves and beaches. The bruised sunset sky convinces us to spend a rest day here.

For most of our trip we've tramped alone as a family and here again, we initially have the site to ourselves. But in the afternoon of the next day Lars, a lone Swiss-German teenager appears. He pulls out half a wheel of Camembert, fresh cucumber and



Surprise Beach sunset  
Harry Hall



tomatoes, which he enjoys while the rest of us visibly salivate as we eat our reconstituted freeze dry dinners.

Then Rodney, a 65-year-old indigenous man who's done the track nearly a dozen times before appears with two young companions. We all swapped tales; although much of Rodney's toasty-dry Aussie humour gets lost in translation and goes right over Lars' head.

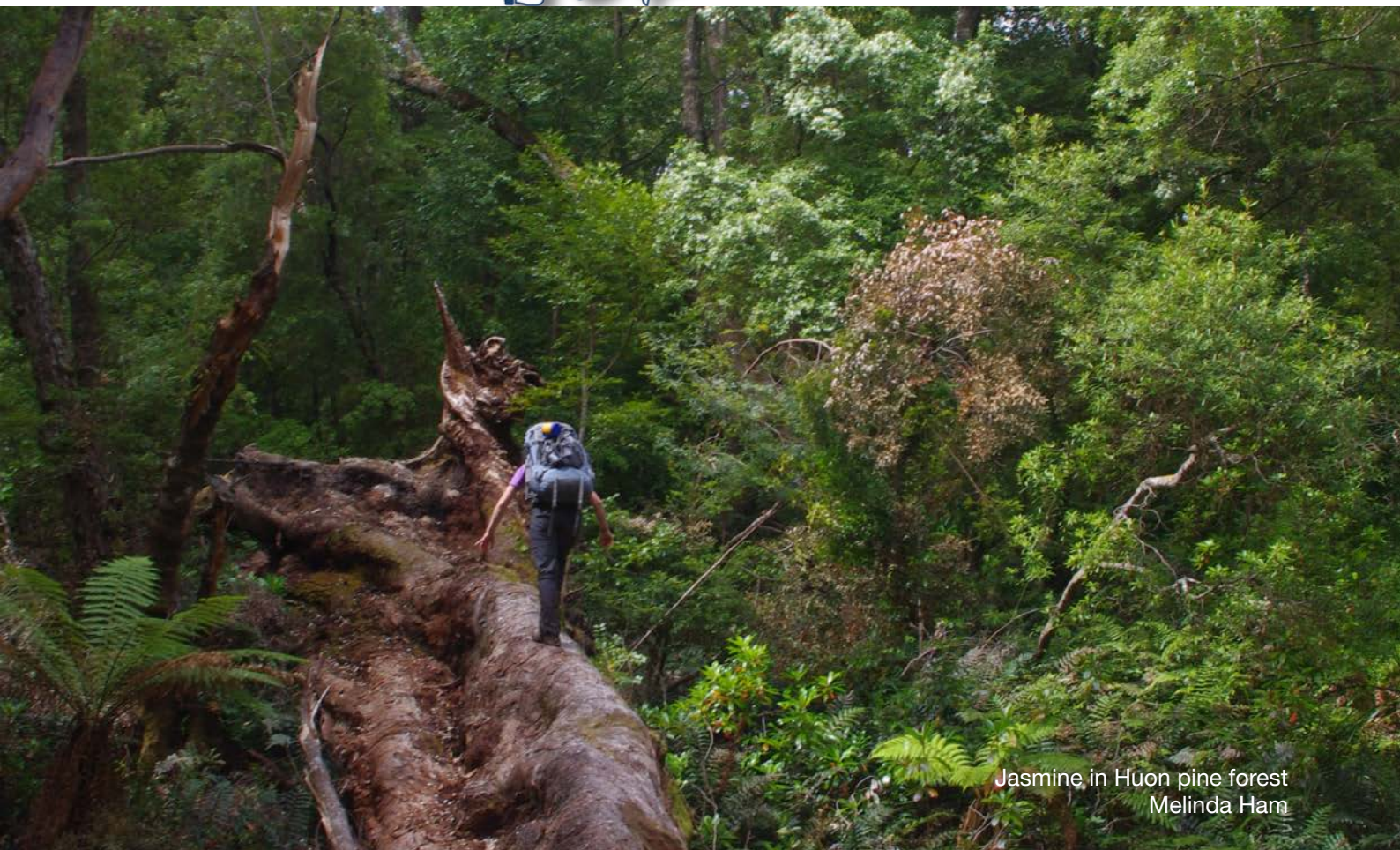
On day seven we head out along Granite Beach, where the ocean continuously rolling in and out, has rounded the boulders and makes a soothing, percussive clacking sound. In the notorious Roaring Forties latitudes 100 kilometre an hour winds are not uncommon.

After a strenuous climb up the South Cape Range, we camp and swim in the tannin-stained waters of the creek; Harry and I have a pact to swim everyday on the track.

It's the final day, so we bid the ocean farewell and head inland to a busy holiday weekend. Encountering a few day-trippers on the track, by the time we reach Cockle Creek campsite we are overrun with cars and campervans for the first time in a week. Back to reality, but our hearts and minds still consumed with our luxurious holiday.



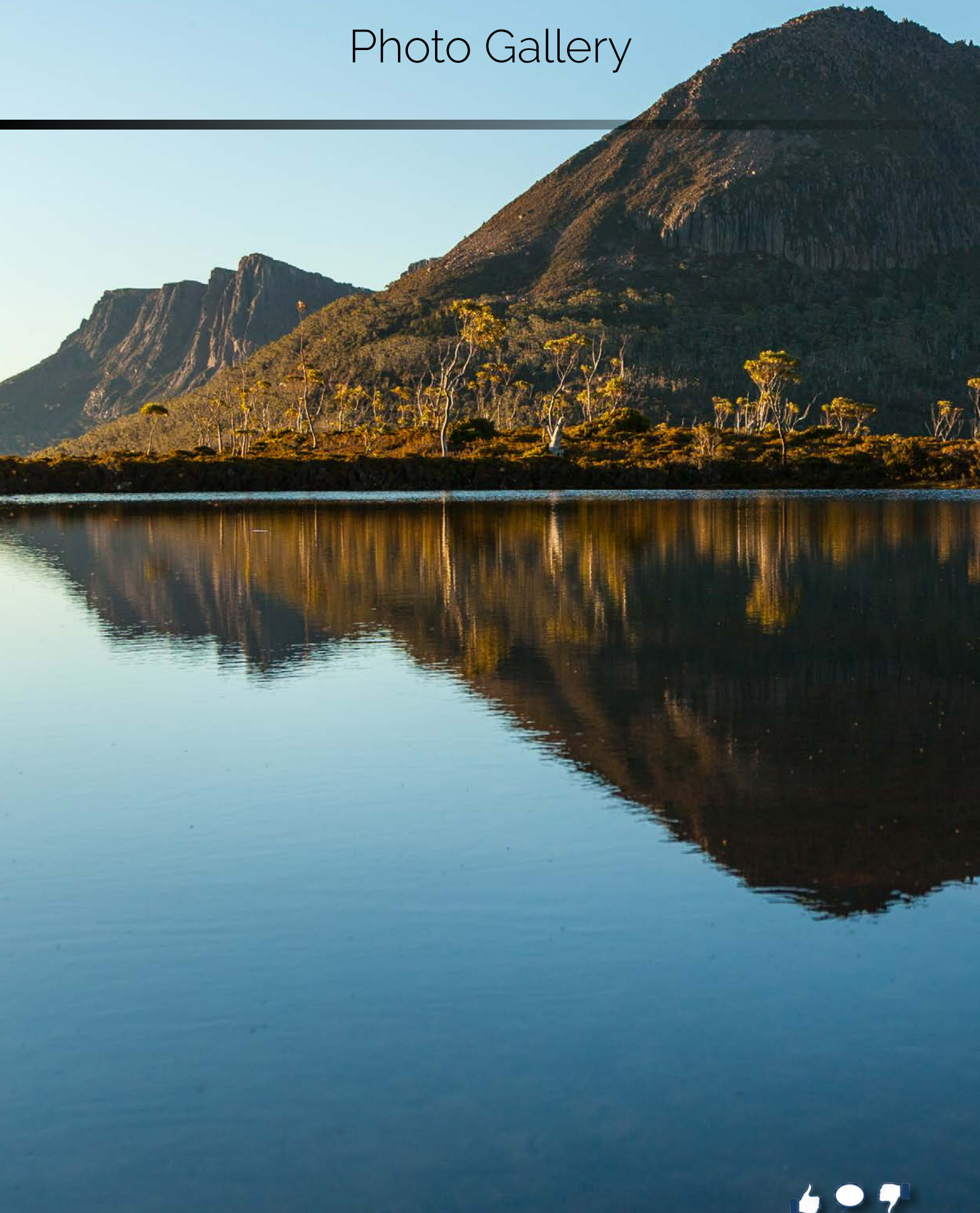
Melinda, her patient husband, teenage son and teenage daughter are passionate multi-day hikers. Originally from Canada, Melinda used to revel in summer canoeing. After moving to Australia 20 years ago she fell in love with the unique Australian bush. Her family have hiked around Mt Kosciuszko, completed the Overland Track, walked the Wilderness Coast in southern Victoria, the Yuraygir Coastal Walk in northern NSW and "done the Dusky" in New Zealand's Fiordland. Melinda lives on Scotland Island in Sydney and enjoys day hikes in Ku-ring-gai National Park, especially in wildflower season. She is a professional journalist and editor. See [melindaham.com.au](http://melindaham.com.au)



Jasmine in Huon pine forest  
Melinda Ham



# Photo Gallery





# BWA Photo Competition





## Other States December 2014

### WINNER



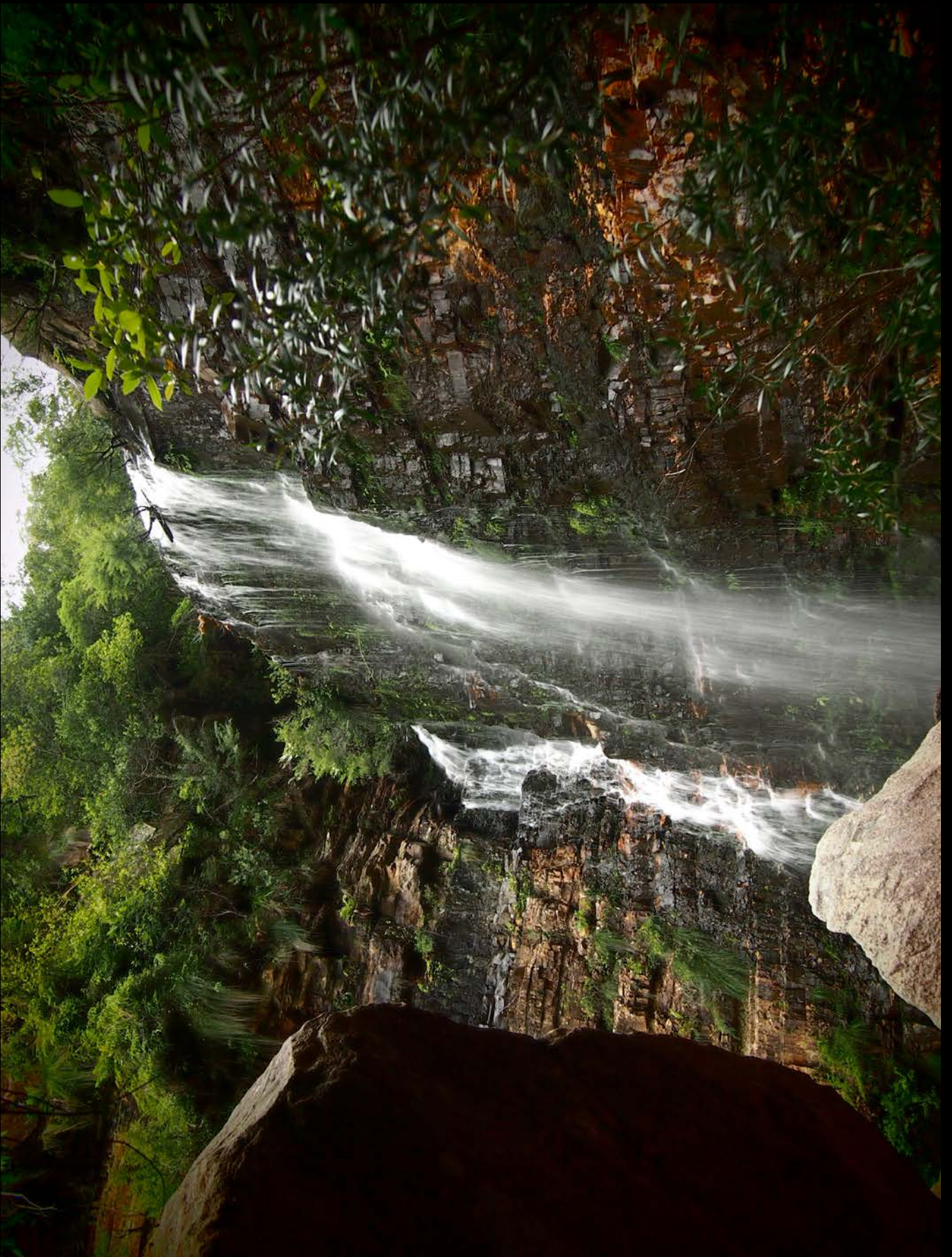
Beauchamp Falls  
John Walker

I shot this image on a favourite circuit walk which returns via the Rodriguez Pass in the upper Blue Mountains. Due to landslips in the valley over the past few years Beauchamp Falls has become a bit more obscure to visit than my earlier recollections of it. You can scramble down a short distance from the track and approach the falls more closely by rock hopping. On this occasion I was impressed by the flow and the afternoon colours, so thought it worth the short deviation to photograph them.



Morialta sunset  
Brian Eglinton







# Tasmania December 2014

## WINNER



Sleeping with Maatsuyker  
Dan Broun



Standing guard  
North-north-west



Federation Peak  
from Geeves Bluff  
James Vincent



Predawn: Mt Manfred  
awaits a new day  
Louise Fairfax



Gentle evening, Mt Anne  
Tortoise

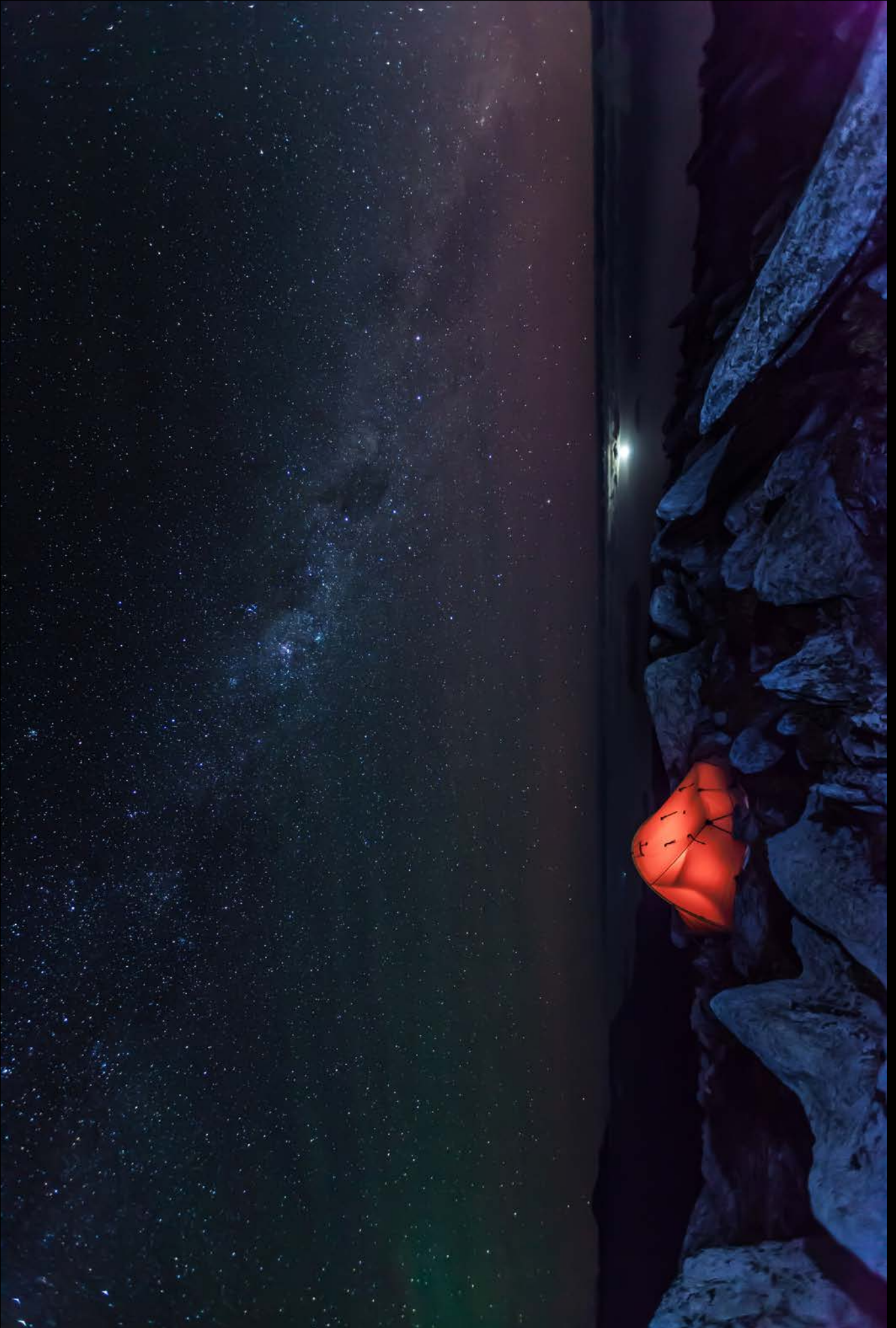


Mt Wright vista  
Tibboh



The Barn in the arvo  
John Walker







# Landscapes December 2014

## WINNER



The Blade  
Dan Broun



Manfred in the evening  
North-north-west



Morning has broken.  
Manfred rises from the mist  
Louise Fairfax



Evening storm,  
SW Tasmania  
Tortoise



New Years Eve, Kangaroo  
Ridge, Kosciuszko NP  
MicheleK



A timeless classic  
John Walker



Summer in the hills  
Brian Eglinton







# Non-landscapes December 2014

WINNER



The photographer  
Dan Broun



Refreshing the mind  
Charles Chadwick



Original breaststroker  
Tortoise



Room with a view  
Brian Eglinton



Moss detail  
in pristine rainforest  
Louise Fairfax



An intimate look at  
Westmoreland Falls  
John Walker







# Other States January 2015

## WINNER



Chalahn Falls  
Cameron Semple

Chalahn Falls at Lamington National Park are sometimes overshadowed by their more well known (and easier to access) neighbour Elabana Falls. In my mind though, they are equally magnificent, and provide many options for photography. On this occasion I was fortunate to arrive during a gap in the constant rain and drizzle and got this shot before it started again. The leeches were ferocious though, and I was flicking them off the tripod and camera in between shots.



Cascades above Box  
Creek Falls  
Tom Brennan



A local gem  
John Walker



Imlay River  
landsmith



Long time fallen,  
Rosewood Creek Walk,  
Dorrigo National Park  
Lorraine Parker

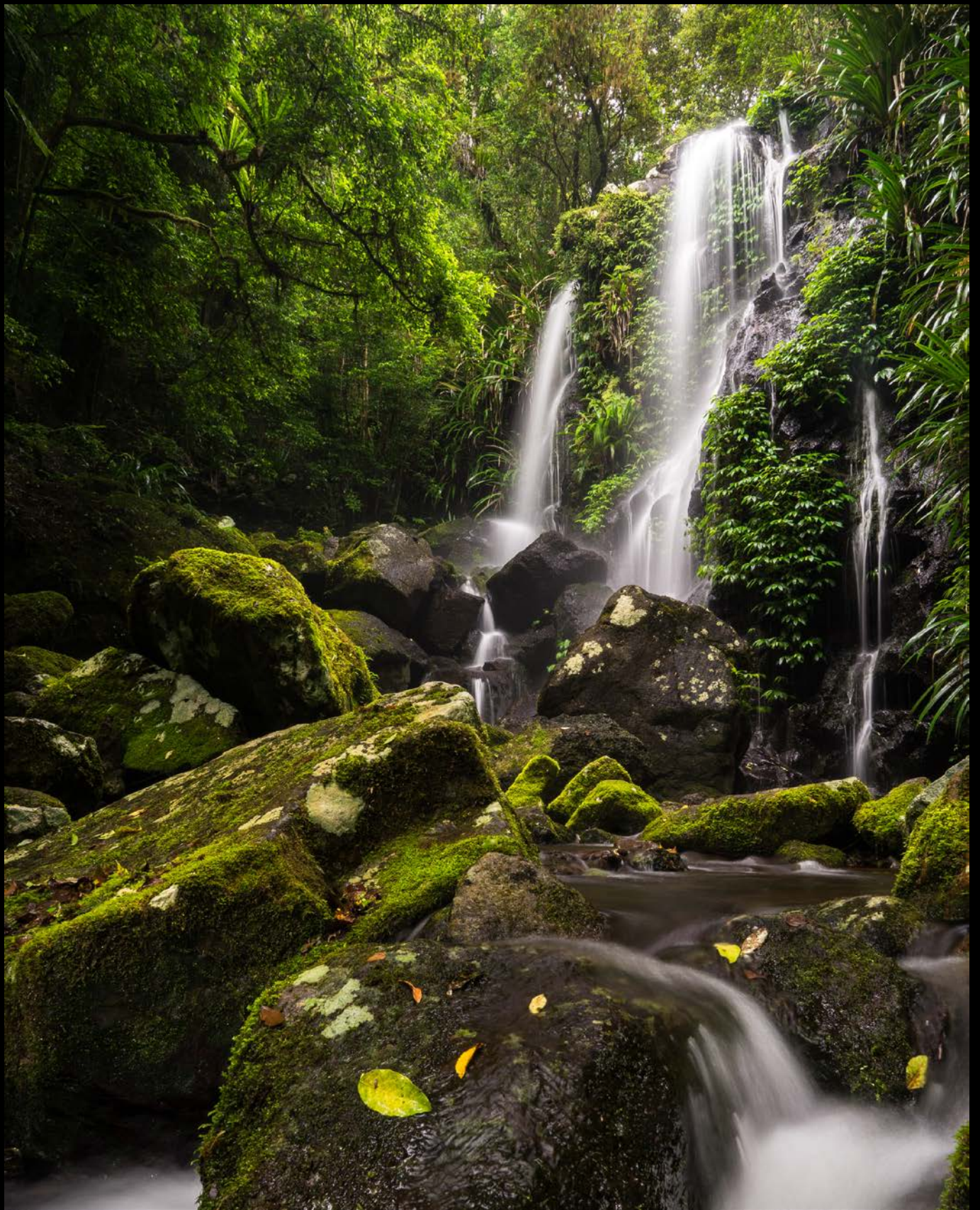


Bird Rock  
Brian Eglinton



That which is called  
firmness in a king is  
called obstinacy in a  
donkey (John Erskine)  
Robert Springer







# Tasmania

## January 2015

### WINNER



Symphony in green,  
Pandani Shelf  
Peter Grant

They say the view is worth the climb, but I'm not sure the heat exhaustion and a nearly broken ankle were supposed to be a part of the deal! I took this photo on our rest day, while I nursed a severely swollen ankle. In hindsight I'm glad this amazing place is hard to reach, as it's as fragile as it is special. There's more of the story starting here [naturescribe.com](http://naturescribe.com)



Rinadena Falls  
Tigercat



The beast appears  
Brian Eglinton



A right royal morning  
North-north-west



A splendid track!  
Ashley Thomson



The Moai  
Cameron Semple



Lost, yesterday, somewhere between  
sunrise and sunset, two golden hours,  
each set with sixty diamond minutes.  
No reward is offered for they are gone  
forever (Horace Mann)  
Robert Springer





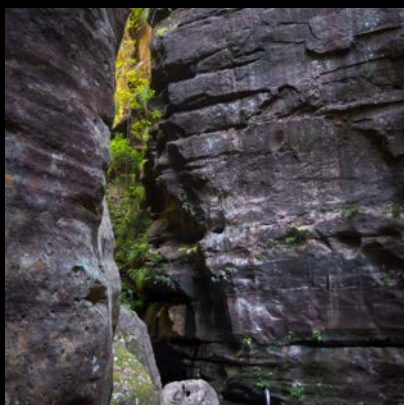


# Landscapes January 2015

## WINNER



Lake Leo  
Brian Eglinton



Sandstone curtains  
Tom Brennan



A serene place  
Ashley Thomson



Mountain pool  
North-north-west



Cradle Mountain sunset  
Cameron Semple



Coming storm, Mt Eliza  
Peter Grant



A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral (Antoine de Saint-Exupery)  
Robert Springer







# Non-landscapes

## January 2015

### WINNER

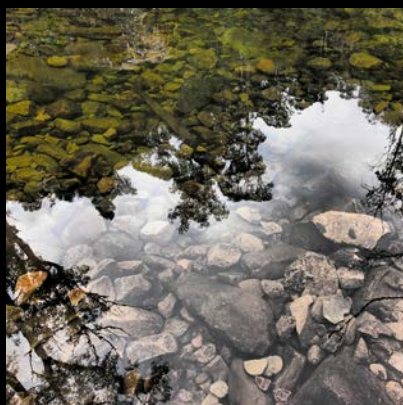


Up close & personal  
North-north-west

A grasshopper with attitude - and a penchant for swimming - who hopped into and paddled across a pool, and then crawled out next to where I was enjoying a sunny snack, and was kind enough to pose while I grovelled around on the wet ground with the camera. Or maybe s/he was just hoping for a bit of chocolate ...



Coming through  
Cameron Semple



Reflecting on Pipers River  
John Walker



A wet January? That's on  
the button (grass)!  
Peter Grant



Hidden fungi, Rosewood  
- Dorrigo National Park  
Lorraine Parker



Dragonfly at Grafton  
landsmith



Rock in pink  
Brian Eglinton







## Gear Freak



My favourite time to go for a walk is early morning or late evening because I burn fast. I love bushwalking in open areas, especially alpine country, but the sun is an issue for me. I do all the “Slip Slop Slap Seek Slide” but I tend to find my face burns far too often.

Matt with SunCap



# CapHat Review

## Matt McClelland

### The Slap

No not that slap, the other one. Slapping on a hat is obviously the key to protecting the face, but I have found hats that provide good sun protection also tend to be extra hot. So I have a cap that I've grown to love, with a clean hanky pinned to the back to protect my neck. This is okay, but not great.

The kind people at [CapHat](#) sent me a free sample of their hat attachment. I was sceptical, but somewhat hopeful. I really want to find a good sun protection solution, but this seemed over the top.

### The CapHat

So what is the CapHat? It's a piece of soft, shaped cloth that you pull over your favourite hat. CapHat provides extra sun protection for the back of your neck and the side of your head, a simple but elegant solution.

### The Verdict?

I've worn it for just over five days of walking and find it to be a very worthy edition to my kit. Here's why.

### Unpacking

The CapHat is posted in a C5 envelope and is vacuum packed with instructions. Easy, effective packaging with little waste. The CapHat can be purchased online for just shy of \$22 (including GST and postage in Australia).



Packed SunCap

### Comfort

This has to be comfortable otherwise you will not wear it, and if you don't wear it then it provides no value at all. I was very surprised at how soft the material was, and how it

stayed soft over the day. I'm a salty sweater (yep, you are learning way too much about me) – but this material did not go crusty as the salt dried. The only downside I found with the CapHat was that it has two pieces of velcro on the sides which rub beside my face a few times a day. Yep, I know I'm being soft here, nothing compared to the scrub around, but hey, let me complain just a little. The velcro is there so you can pull the CapHat closed under your chin in windy weather, and I see the point of it.

### Sun Protection value

The makers claim a UPF of 45. I can't test this, but my field test did show that the CapHat worked for me. For the last two days I only put sunscreen on my nose. I did not burn, even though the UV index was high; I would normally have burnt without sunscreen. It was nice walking on a hot day without sunscreen on my face. I would still always recommend sunscreen, but it was good to see that the CapHat performs its key role well.

### Heat loss

The material worked well, and did not build up heat like other hats I've tried. As you walk it shakes a bit and moves the air around. After a big climb (from Grose Valley up to Lockleys Pylon in the NSW Blue Mountains) I felt hot. I took the hat off at the top to rest in the shade, but I reckon that this is fine - it's a big hill. I soaked the CapHat in the creek before I started the climb, so the evaporation actually helped cool me as I walked.

### Fitting

The CapHat has a small elastic circle in the middle that fits over the crown of your hat. The short bit goes over the peak of your cap and the long section goes down the back of your head. It's not attached or fixed to your hat. I did find myself refitting the CapHat a few times during the day whilst I walked, usually after taking my hat off for something.



After you have put it on three or four times you can do it without thinking. I did some off track walking with the CapHat and it did get caught on the scrub, so it i's not great for thick scrub walking (but you are probably well shaded anyway). The CapHat does look a little unusual so you stand out a bit more on the track, but I would rather that than have a sunburnt face.

### **Durability**

I've only had it in the field for five days so it is hard to see how it will hold up long term. I suspect it will fluff up little with wear, but should still perform well. It does get dirty easily. I don't recommend wearing it in thick scrub, but in open areas it should hold up well for many years. I've not tested it in the snow, and suspect that it would perform well. I did a test in the freezer at home and it was not damaged. In the snow I'd keep it in my tent overnight to avoid it freezing solid.

### **Other uses**

I like gear to have multiple uses: it helps save weight and improves comfort on the track. The CapHat was a pretty good small towel;

after a swim I would chamois myself off with my hands then finish drying with the CapHat. It did not get me 100% dry, but close enough for the bush. I've also mentioned that wetting the CapHat also helped keep me cool as I walked. I also found myself using it to wipe sweat from my face a few times.

### **Final Verdict**

For around \$20 I reckon this is good value if you are someone who burns easily or who spends long stretches of time in the sun. It is now a regular part of my walking kit.

Buy online at [caphat.com.au/](http://caphat.com.au/)

*Disclaimer:* Matt received a free CapHat for this trial. There is no sponsorship or payment.

“Slip Slop Slap Seek Slide”

For more on sun protection see the [Cancer Council website](#) and this video [youtube.com](https://www.youtube.com/watch?v=...)



Lockleys Pylon in the NSW Blue Mountains  
Matt McClelland



## In The News

### Restoring key protections in Queensland's nature conservation legislation

The Palaszczuk Government took the crucial first step in re-introducing conservation safeguards into legislation covering the state's significant protected areas, including national parks.

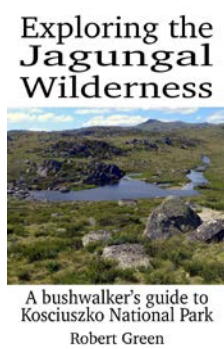
Minister for National Parks Dr Steven Miles introduced the Nature Conservation and Other Legislation Amendment Bill 2015 in Parliament, which reinstates the conservation of nature as the sole object of the Nature Conservation Act, so national park land is treated primarily as land for conservation. Dr Miles said the Bill also provided enhanced protection for nine national parks with special values. "Unique places such as Raine Island (north-north-west of Cairns) where thousands of turtles come to lay their eggs each year would once again be elevated to the highest level of protection." In addition, Dr Miles said rolling term leases for grazing on national parks would be removed under legislative changes. The State Government consulted widely about the proposed changes with conservation groups. "NPAQ strongly supports the return to public consultation with national park management plans," said NPAQ principal advocate, Paul Donatiu.

### Falls Creek to Mt Hotham Alpine Crossing

Parks Victoria and North East Tourism have a proposal for a new walking track in Victoria's alps, between the ski resorts of Falls Creek and Mt Hotham. The proposed alignment includes Tawonga Huts, Blairs Hut, Diamantina Spur, Mt Feathertop and The Razorback. The plan has a new track near Diamantina Spur, and it seems that new hut on Twin Knobs is proposed. A preliminary plan has been prepared and is open to submissions until 11 December 2015. Please click [here](#) for an outline of the plan. You can fill out a survey (link [here](#)) or you can send a response to Cameron Bergmeier at [FHAC@parks.vic.gov.au](mailto:FHAC@parks.vic.gov.au). Posted submissions can be sent to Parks Victoria, 10/535 Bourke Street, Melbourne Vic 3000. Written submissions by email or post carry more weight than the online survey, which is anonymous. There's discussion on the forum at [bushwalk.com](http://bushwalk.com). This discussion is well worth reading.



### Exploring the Jagungal Wilderness book



While the 2003 fires in Kosciuszko National Park, destroyed 23 huts and did enormous environmental damage, there were beneficial effects. By clearing the undergrowth the fire revealed things which had been hidden or forgotten. This book tells of the hut ruins, graves and other features which were found, and also the old dray tracks and bridle trails.

A real revelation was that the bridle trails and dray tracks, used by graziers and miners for over 100 years, were very sensible routes, which are just as useful for bushwalkers today as they were then. Even if the tracks fade away, as many have, we now know where they went, making it a lot easier to traverse the same country.

This book gives precise details of routes and interesting locations. It makes recommendations for short and long walks in the Jagungal Wilderness. Klaus Hueneker, author of "Huts of the High Country" and "Kiandra to Kosciusko" described it as: "The most detailed coverage of track and hut sites in the Jagungal Wilderness ever compiled. Chapter after chapter, map after map, reveal numerous routes and sites between Snowy Plain in the east and the Grey Mare Range to the west, and between Island Bend in the south and Happy Jacks Plain to the north."

The book has been published as an ebook on [Amazon](#) and [iTunes](#). The printed version will be available in December.



# Rescue at Cradle

Graeme Brown, State Emergency Service  
NW Search and Rescue Team Leader



As with most jobs you have easy days and some that are more taxing. Being a builder, 2 October 2012 was one of those a bit more taxing, spending the day up and down a ladder all day before knocking off around 6 pm. It was also a difficult day for some walkers who were starting a guided walk on the Overland Track (OLT) into Waterfall Valley. All but one made it there.

A welcome sight after a long night  
Cynthia Schaap



Around 7.15 pm I received a call asking for the SES NW Search and Rescue (SAR) team to assist the Police SAR with a stretcher carry on the Cradle Plateau. A busy few hours later and a team of eight members arrived at Dove Lake at 10.45 pm to meet the Police team. The low cloud and windy conditions meant the rescue helicopter could not be used.

We set off at 11 pm with enough gear to camp out if necessary but planning to go in and out that night. A team of two police and a paramedic had left about an hour before us, so our job was to get in as quickly as we could, bringing the stretcher and wheel that sits under it, and to assist with the carry out.

The shortest way was straight up Marions Lookout, so with everyone lifting, pushing or towing we got up in good time: a surge of adrenalin made the job that much easier. From Marions we went south past Cradle and towards the junction of the Lake Rodway Track where at about 2 am we met the

paramedic and two police who had gone ahead. They have our patient, a middle aged women from Hobart, wrapped in a sleeping bag and bivvy bag but she's not in a good way after suffering from a heart attack late in the afternoon.

Our options are to go to Waterfall Valley and hope that the chopper can get in the next day, but with the heavy mist and no guarantee of the weather lifting it's decided that we need to head for Dove Lake. We turned north, back on the OLT. The track is narrow - about the width of the stretcher - and with three on a rope at the front to tow the stretcher up the hills, 6-7 around the stretcher, and two on a rope at the back, teamwork is essential to avoid the worst of the obstacles.

It was tough going but we pushed on to Kitchen Hut to get our patient out of the mist and wind that has enveloped the mountain. We arrived around 4 am and our paramedic worked hard to get a drip into the patient to



Descent from Marions Lookout, 6.30 am  
Cynthia Schaap



administer pain relief, with no success. Our patient was very cold and feeling very unwell so heat packs and an extra down jacket were used to warm her up.

Calls were made for the chopper, but with the weather still poor we started walking across the plateau and into the rising sun. Muscles were aching so we regularly swapped from left to right side, back rope to front rope, one set of sore muscles to the next.

Finally we make it back to Marions Lookout, thankfully past the last of the snow but it's time for the steep descent down the chained section towards Crater Lake. In the steeper sections we disconnected the wheel and the team carefully passed the stretcher hand to hand with a belay for safety. On the ridge above Crater Lake another call is made to the chopper. The team waited, blocking the wind to the stretcher, and watched as the helicopter flew up over Lake Lilla and into the wind that's howling over our backs. The chopper came up, wobbled for a few seconds, and dropped down again. Tries again. And again. No third time lucky today.



So off we headed on our final leg. Lots of steps and plenty of scrub on the edge meant difficult conditions for the stretcher but by this time we've had plenty of practice. As we descend to Wombat Pools, all hats and any other loose items that could get drawn up into the helicopter blades were removed and we carried the stretcher the last 50 metres. Around 9.15 am, nearly 11 hours after we arrived at Dove Lake, we handed over the stretcher to the waiting helicopter. We were all completely spent from our marathon effort but it was time for a debrief and more importantly, breakfast at Peppers.

Postscript: the patient made a full recovery and is now a passionate supporter of SES, Police Search and Rescue and the Westpac Rescue Helicopter Service.

The North-West Tasmania SES Search & Rescue Team are currently looking for new members. Training is on the Central Coast on the third Tuesday Night and the following weekend each month starting again next year. For more information, please contact Graeme Brown at [jg.brown@bigpond.com](mailto:jg.brown@bigpond.com) and read here [bushwalk.com](http://bushwalk.com)



All hands on deck  
Cynthia Schaap



# Upcoming Events

## International Day Of People With Disability 2015

To celebrate International Day of People with Disability, Ability Links and the National Parks and Wildlife Service Discovery Program will be holding two “Access-Ability” Guided Walks in Blue Mountains National Park. Come along to enjoy all that nature has to offer on an easy tour that is designed with your needs in mind. Your ranger will share stories of local history and our natural environment and lead you to breathtaking views. If you’ve felt that “bushwalking” might not be for you, come along and let nature change your mind. Everyone is welcome to join the walks. Just let us know if you have particular support needs and we’ll do our best to assist. Both tracks are graded as “wheelchair assisted access”, with an average 1 – 10 gradient.

### Thursday 3 December 2015 - Three Sisters Walk

Meet at Echo Point Visitor Information Centre at 10:45 am for an 11 am – 1 pm activity.

### Friday 11 December 2015 - Fairfax Track Walk Blackheath

Meet at NPWS Heritage Centre (Govetts Leap Road) 10:45 am for 11 am – 1 pm activity.

*Bookings are essential as places are limited.* For further information including what to bring and to book a place contact Helen at Ability Links on 0475 812 351.



Fairfax Heritage Track  
Matt McClelland



# TasTrails.com

Dylan Oswin



With an abundance of spectacular bushwalks in Tasmania, the hardest part of hiking is often choosing the best trail for your weekend adventure. In 2013, TasTrails.com was established to help match hikers' ability and interest with Tasmania's bushwalks.

Shipsterns Bluff Lookout  
Dylan Oswin



Accessibility and ease of understanding are fundamental to how [TasTrails](#) works. All of the 82 walks currently listed can be sorted by walk time required, walk grade, distance and location. We feel it's important to be able to easily sort walks this way to find the best walk. To ensure accuracy and consistency of information, all [TasTrails](#) walks are hiked and photographed by TasTrail staff.

While many of Tasmania's most popular walks are on the website, we aim to showcase other less known but still as incredible tracks. It's been fantastic hearing feedback from people who discover a new favourite they had no idea existed. For example, [Lake Rhona](#) is a fascinating two day hike to a quartz beach surrounded by rugged cliffs. [Marriotts Falls](#) is a beautiful waterfall often shadowed by Russell Falls. Lake Rhona and Marriotts Falls are two

excellent walks which should be on your must-walk list.

Our most popular listed walk is [Shipsterns Bluff](#), a medium grade day walk with breathtaking coastal views (and occasional massive waves) on Tasmania's Tasman Peninsula. Shipsterns Bluff is searched on the website twice as much as the adjacent [Cape Raoul](#) walk, part of the newly created Three Capes Track.

There is plenty more to come from [TasTrails](#) over the next few years. As far as cataloguing all our amazing bushwalks, the site is still in its infancy. With thanks to the beautiful support and encouragement received I will be out there next weekend, and most weekends after that finding more elusive trails to share with you all.



Discover more at [tastrails.com/](http://tastrails.com/)



Lake Rhona  
Dylan Oswin



# Bushwalking Tips

Compiled by Stephen Lake

Much of what we do is common to many people. However, there are small ideas that individually and collectively make a difference. Some of these ideas are set out opposite.





## Technology

My GPS has a barometer, which is incredibly useful when tent-bound in a storm as you know when the weather is getting better.

Icefest

## Tent

Remove the generic zip-pulls from everything and replace them with **reflective line**. It will make the hours of night and even low-light so much easier, and it will be lighter too. Make the pull rings suitably sized for gloved hands.

Owen

The start of the pole sleeves on my tent have reflective tape, and the guys are reflective as well, which I did not realise until I looked at the tent at night. This makes it much easier to find the tent at night and avoid tripping over guys. I still trip over guys.

Stephen

Most of the peg and pole bags that came with my tents are green and are quite easy to lose. To avoid this I've tied a short length of light white cord to each bag.

Stephen

For many years I have not tied a knot in tent guys. Instead I wrap the guy around the peg a few times and then do a figure eight about four times. Not only does the figure eight not move, it's easy to undo. Just pull the peg out and slide the figure eight off the end.

Stephen

My inner and fly are pitched together, with one peg being used for adjacent inner and fly shock cord guys. To save scrabbling for the inner guys I have loops of very light cord holding the inner and fly shock cords. Just pull on the fly shock cords and you have the inner one.

Stephen

Facing your headlight to the fly makes for a nice diffuse light in the tent.

Icefest

I have a small battery lantern clipped to the apex of the tent inner. The light is not that bright but it's a fixed point in the detritus that constitutes the inside of my tent, useful when I lose my head torch. I read about one walker that has small Christmas lights, on a long power cable.

Stephen

## Personal health

I use Teatree Oil on my socks and shoes to keep the leeches away. Much better than salt. I carry it with me in a eye dropper bottle which allows me to dispense it easily and if I get a leech, I put a couple of drops on the leech and the skin area, which makes it let go and kills it. The teatree oil has healing properties which is helpful on the affected area.

Kathy

Wear "knee high" stockings over your socks and tuck your trouser leg into the stockings to prevent leeches getting to your skin. They can't get through the stockings. I leave a pair in my backpack, that way I always have them with me. It may not look the most glamorous but it's very effective.

Kathy

I use a mouse pad to sit on in the bush.

Janice

This is the first of what will hopefully be a regular column. Do you have an unusual idea, a tip for making bushwalking easier? If so, please complete the survey at [bushwalk.com](http://bushwalk.com)

Please advise if you want your name or screen name to be published, or if you wish to remain anonymous. Many thanks.





# Walking With Children

## Part 2

Nik Sands



In [BWA October 2015](#) Nik Sands described what it was like taking his young family bushwalking. In the second and final part of this series Nik continues the journey.

Ruth (4 years old) crossing the Mersey River on her "initiation" walk to Lees Paddocks



From just a few months old, our kids became familiar with sleeping in tents on car camping trips in the bush, at the beach, in isolated locations and in caravan parks. But it wasn't until they were four years old that they combined overnight bushwalking and sleeping in a tent.

Each of them had their own turn the summer after they turned four. I made a big deal of taking

“I made a big deal of taking just one four-year-old with me on a proper overnight...”

just one four-year-old with me on a proper overnight, sleeping-in-a-tent, bushwalk. I guess it was a bit like an initiation, complete with the ritual of buying and bestowing a head torch and whistle for the walk. On each of the two occasions that I did this (for each of our two kids) they were looking forward to the bushwalk eagerly because of their previous trips. They felt that they knew what was involved and so they were not concerned at all. On the other hand, I was quite apprehensive. I knew that with nobody but me there with them, there was much more potential for them to get bored or to lose motivation. This frightened me much more than any other factor.

Again, I chose what could have been done as an easy day walk for an adult, and made

an overnight walk out of it. It had to be long enough so that it felt to the child as though she had been walking most of the day to get there, but I deliberately chose a walk where I knew there were many places along the way that we could stop and camp if it turned out that we'd bitten off more than we could chew. We walked into Lees Paddocks, which is about 2.5 hours each way for an adult. The first of these initiation walks, with my eldest, took about 5.5 hours each way and two years later, with my youngest it took us about 4 hours each way.

It turned out to be great quality one-on-one time with each of my daughters in their turn. I learned quite a lot about my kids on these walks and what makes them tick. You may think that on the slower trip, Sophie must have been dragging her heels, and at first that's how I felt too, and I began to get frustrated and tried every trick in my book to get her to pick up her pace while keeping my cool. It was infuriating at times, just how slow we were going. I found that the only way to get her to walk at a normal four-year-old pace was to hold her hand. So I ended up doing this a lot, which meant that I was either walking off the side of the track, or walking sideways, neither of which made it very easy for me. I thought at first that the reason this helped was that it gave her confidence



Ruth (3 years old) ascending Mt Direction



about walking on the rough ground without worrying about tripping or stumbling. But it wasn't until later that I realised that the main reason she was walking slow was because she was being acutely observant of everything around her. Indeed, once I began to appreciate this, my own experience of the walk was dramatically heightened. As I observed what she observed and engaged in her conversation, I discovered fungi, and insects that I'd never noticed in my previous decades of bushwalking. It was such an eye opener for me!

So while holding my hand, she was able to watch everything around her while she walked, without worrying about watching where she was putting her feet, and trusting me to make sure that she wouldn't fall.

“As I observed what she observed and engaged in her conversation ... It was such an eye opener for me!

Of course, observations aren't the only thing that will slow down a young walker. It's not until you see all the ferns whacking your kid in the face that you realise just how many there are, at exactly the wrong height for them. They are about thigh height for most adults, and you don't even notice that you're scraping through them. And the logs that we don't notice stepping over require children to climb over, and occasionally they may need to be lifted over. As if that wasn't enough reasons

for them to walk slowly, there is also the natural collector side of every child's brain. They want to pick up every leaf, stone, stick and berry and carry it all with them. Of course, you have to let

them do this to some extent, as it's an important part of the experience to them. However, there's got to be a limit to this in order to avoid weighing them down too much, and to avoid spending so much time stopping to pick things up. It's quite a balancing act to get this right.

“Keeping the kids motivated can be a serious challenge if they don't feel like walking any more.

The greatest hindrance for the speed of the young bushwalker (and perhaps for the mature bushwalker also) is energy, both physical and psychological - but they are closely linked. Keeping the kids motivated can be a serious challenge if they don't feel like walking any more. There are two keys here, I found: Food and Distraction.

Firstly, it is critically important to keep feeding kids when they're expending a lot of energy. If they start to run out of energy, they get grumpy and lose all motivation for anything, and if they also lose motivation to eat (which is ironically common when blood-sugars are low) turning this around can be very difficult indeed. Therefore be sure to keep a ready supply of nutritious snacks available. They don't necessarily need to



Heidi, Sophie & Ruth at BP Lodge (Scout Hut) at Cradle Mountain - sticker book activities during rain periods





Ruth loves man ferns - Liffey Falls Track

have a snack every time they stop for a rest, but they should certainly be encouraged to have something to eat frequently - preferably before they show the need for it. If you start to see hints of tiredness or grumpiness, get food into them *immediately* - do not wait for the next great-looking comfortable rest spot. We've found the results of this to be outstanding. Personally, I would avoid using lollies or sugary snacks in order to avoid the resultant wild swings in blood sugars and all the complications that can go with that, but if they really do need an urgent and fast pick-me-up, then they can work wonders.

Distraction is a great tool for helping overcome kids' lack of motivation at times, but it requires a lot of persistent mental energy on the part of the parent. Even when full of food, kids will get tired of walking. Keeping them motivated, while keeping yourself calm, can drive you nuts. On the second of my four-year-old walks, with Ruth, she walked somewhat faster than Sophie had two years earlier because she is more goal oriented and less distracted. However, when she began to get tired of the whole thing it meant that I could start pointing out to her all the interesting things around us and have "natural science" conversations about what we saw, and even blend in some of the faery stories we'd been reading, playing games about being in some magical or mysterious land.

And of course kids love songs. They love silly songs. They love made up songs. They love

songs about themselves and what they are doing. They don't know or care if you sing like cat with its tail being nailed to the floor or if you are an appalling composer and lyricist. Sing with your kids, either songs they already know, or make up some songs. My daughter still remembers and loves the *Pink Mountain Berries* song that I made up with her on her "initiation" walk four years ago. We also made up our own bushwalking version of Flanders and Swan's Hippopotamus Song aka, Mud, Mud, which was well suited to our environment.

“... we really enjoy going bush as a family ...

Taking the kids one at a time on these "initiation" bushwalks was a great experience. They had dedicated Dad-and-daughter time, and felt like they achieved something extraordinary. They had some wonderful experiences and recognised the beauty of creation in everything from mountains to rainforests to insects. And yet the things that kids like most about an experience are as unpredictable as the kids that like the box the Christmas present came



Heidi, Ruth (5 years old) & Sophie (7 years old) - Shadow Lake Circuit



in more than the present itself. For Sophie, the concept of dipping a cup in the river in order to get a drink was so new and fun that she kept on telling me how thirsty she was, and making excuses to get another drink. She'd have a few sips then tip it out, only to go get more a minute later. Ruth spent about half an hour just throwing stones into the river. Those were probably the best parts of their respective initiation walks from their points of view at the time.

Since then, our whole family has done a few more day walks as well as several overnight and multi-day walks, staying in either huts or in tents. It's not something we do frequently, but we really enjoy going bush as a family a couple of times each year.

Last year our family, together with another family, did a three day walk around the Freycinet Peninsula. Our kids, at ages five and seven, walked for 7.5 hours on the first day, and a similar time on the last day. Sure they did get very tired indeed and did complain occasionally, but for the most part they loved it and they have great memories of that holiday. Although to be honest, I think the great motivating factor there was having other kids present as well, so that they all talked, played, and encouraged each other much of the way.

## Tips

**Start by doing only the easiest and shortest walk you can find.** When carrying kids, it will be substantially more difficult than you foresee. If it turns out to be too easy, you can do a harder one next time, and this time you can just get used to how to manage all the additional complications that comes with having kids on a bushwalk.

**The recommended maximum is one baby to be carried between two adults.** If you have two kids that need carrying, wait another year or so; taking older kids is easier if they can walk for themselves.

**Make sure that there are camping options along the way** so that the walk can be easily reduced if necessary. Better to cut the walk short before tempers are frayed and to enjoy the experience overall than to be forced well beyond the point of fun, with bad memories of the whole experience.

**If the weather forecast is bad, don't go.** Bad weather may be acceptable for experienced bushwalkers, but it could turn kids off for life.

**Keep snacks handy and feed the kids frequently.** When kids run out of energy, they go downhill fast, and it can be very difficult to get them going again.



Nik, Heidi, Ruth and Sophie near Lady Lake



**Don't push your kids too hard.** A bad experience could turn them off for life.

**Kids that are old enough to walk are old enough to carry a pack.** It's important that they get used to this idea right from the start. Their packs don't need to have much in them, but they need to know that carrying a pack is a normal part of bushwalking.

**Pack their packs light.** Make the effort to find genuinely small kid's packs (not just adult day packs), and don't fill their packs completely. Overstuffing a pack makes it very uncomfortable to carry, even if it is not too heavy. Overstuffing tiny little kid's packs is very easy to do.

**Help them to choose a very small teddy bear** or similar to accompany them on their walk. For some kids, their little furry companions are very important to them, and will help a lot when it comes to bed time in a strange place.

**Kids are born gear freaks.** Use this as a motivation to help them to look forward to the trip. Buy them one or two small items that are only ever to be used for bushwalking. Our kids both got a new head torch and an emergency whistle each which they love, but they only get to use them for bushwalking or camping. They also take an interest in all the other bushwalking-only gear that we take with us.

**Take (or plan) activities for them to do.** For hut walks, we often pack sticker books and cutting out craft activities. For tents, perhaps just some books to read. Kids are sometimes great at entertaining themselves, but you really want to make absolutely sure that they don't get bored for long. Bored kids can ruin any great holiday - even a bushwalk.

**Do not let the kids out of your sight.** Ever. This can be quite tricky and can drain your mental energy, but it is so easy for things to go wrong with kids, whether it is getting lost or getting hurt, or falling into water.

**All kids have different capabilities.** My daughters' walking abilities are very different from each other, and your kids will be different again.



**Increase the distance and difficulty very gradually.** I've trained my children into capable bushwalkers starting out very gradually and carefully assessing their abilities before extending them.

It's become clear to me that kids learn more easily from incidental experiences than they do from organised lessons, so it's worth making sure that they have great experiences. They also watch and imitate not only the behaviours but the values of their parents (at least until their pre-teens!). Enabling kids to have a wide variety of experiences and to value the things that we value is of great importance to their development. It's tremendously exciting to watch them enjoy the beauty of creation. It's also of enduring value to develop memories and family ties that are based on real solid life experiences. Photos of such occasions will be treasured forever, but it's the moments themselves that are priceless.



Nik has been bushwalking for as long as he can remember, which turns out to be about 40 years. He lives near Launceston in Tasmania and has recently changed career from an IT systems admin to working with Geographic Information Systems. Nik also created Australia's most popular [bushwalking web site](#) and developed an offline mapping and spatial data system for iOS devices. Two of his greatest personal achievements are raising two girls and rafting the Franklin river - he's unsure which of these is more scary or more exhilarating.



## Videos

Tasmania has a new walking track called Three Capes Track. This [video](#) is an introduction to the walk. Let it inspire you...



Biosecurity in the Tasmania Wilderness World Heritage Area (TWWHA). This [video](#) outlines how people who enjoy bushwalking can help to reduce the spread of weeds, pests and pathogens into the TWWHA. Tasmania's World Heritage Area is a place of immense natural beauty and ecological importance.









# Let's stop Tasmania's swift parrots going the way of the dodo

Dejan Stojanovic



You might have seen recently that swift parrots – little green parrots that migrate between mainland south east Australia and Tasmania – are headed for extinction. In modelling published in Biological Conservation, my colleagues and I found that these parrots could be all but gone within 16 years, largely through being eaten by sugar gliders.

Swift Parrot (*Lathamus discolor*), Bruny Island, Tasmania, Australia  
JJ Harrison



Today, we are launching a [crowdfunding campaign](#) to protect swift parrots and two other Tasmanian birds: orange-bellied parrots, and forty-spotted pardalotes. All three of these birds are threatened by sugar gliders. We are trying to develop glider-proof nest boxes, and undertake urgent research to understand how sugar gliders may be affecting these endangered Tasmanian birds. To do this, we've teamed up with Australia's leading political cartoonists to raise money to support our research.

Swift parrots are currently listed as endangered at state, federal and international levels. But our modelling shows that the parrots meet international guidelines for being listed as critically endangered, joining nearly a [hundred other animals](#) facing a similar threat of extinction in Australia.

### Parrot conflict zone

Swift parrots are one of only three migratory parrot species (the orange-bellied parrot, also found in Tasmania, is also critically endangered), and they spend their lives following rich patches of flowering trees across the forests of south east Australia.



Nesting boxes intended for use by orange-bellied parrots in Melaleuca, South West Tasmania  
JJ Harrison

This lifestyle brings them into direct conflict with people, and as a consequence of deforestation, collisions with human made structures, and other changes to their habitat, the species is seriously threatened.

Consequently, swift parrots pose big problems for those trying to save them, and are a regular subject of controversy.

Migratory species such as swift parrots are vulnerable to habitat degradation even in relatively small parts of their range.

“... swift parrots pose big problems for those trying to save them ...”

This is because the entire population of swift parrots converges on small patches of flowering Tasmanian forest where the right trees occur to breed. Bottlenecks like these magnify the effects of habitat loss and other threats like predation.

Swift parrot nesting habitat has been deforested for agriculture, urban development and logging. Birds looking for a place to nest are squeezed into remaining habitat where they are very vulnerable to other threats.

### Sweet possums with a savoury tooth

[Recent research](#) revealed that on the Tasmanian mainland, sugar gliders (a species probably introduced to Tasmania) are [eating swift parrots](#) in extraordinary numbers. Gliders eat eggs, nestlings and adult female swift parrots, as well as several other bird species that are small enough to subdue.

Swift parrots are more likely to be killed by a glider when forest in the surrounding landscape is disturbed. In small patches of nesting habitat where deforestation is severe, gliders can eat up to 100% of swift parrot nests.

These astonishingly high predation rates have worrying implications for the viability of the swift parrot population over the long term. Deforestation in important swift parrot breeding areas is still happening despite the link between forest loss and predation, and is the focus of ongoing dispute.



Given the severe threats faced by swift parrots, we considered it pertinent to reassess whether swift parrots still fit the bill for an endangered classification. To do this, we conducted a population viability analysis for swift parrots using information we gathered from four years of intensive research. Using data on swift parrot movements, predation rates and reproductive success, we modelled how swift parrots might cope with predation by sugar gliders.

“Gliders eat eggs, nestlings and adult female swift parrots ...”

Our [results](#) reveal that swift parrot populations are on track for population collapse within three generations as a result of sugar glider predation.

We show that even breeding on predator free offshore islands is not enough to buffer swift parrot populations, and the species could decline by a catastrophic 94.7%.

### That's the good news

Our models are best-case scenarios: we ignored other factors that kill swift parrots (collisions with windows, habitat loss, food limitation, inbreeding, disease). Based on our data, swift parrots are on an extinction trajectory, and their current listing as endangered does not reflect their true conservation status.

To qualify as critically endangered under internationally accepted guidelines, a species must decline by at least 80% over three generations, which for swift parrots



Sugar glider  
LA Dawson



is 16 years. Our models indicate that the rate of decline of swift parrots exceeds this threshold.

This is very bad news for the conservation of the swift parrot. At present, native forest logging is the principle cause of deforestation in the breeding range of swift parrots. The extent of habitat loss in the swift parrot breeding range is very worrying, and has not abated despite two successive recovery plans highlighting deforestation as a threat.

Sugar gliders can survive in small patches of forest left over after land clearing, and swift parrots are forced into these patches by the lack of alternative habitat.

Given the link between the extent of forest around nests and the likelihood of predation, Tasmanian forest management needs a rethink. Our study shows that business as usual will lead to population collapse of swift parrots.

The evidence is in, and it is time to address the problem.



### **Dejan Stojanovic**

Postdoctoral Fellow,  
Australian National University

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 2 April 2015.

### **See more on the topic here**

Logging and clearing of land for farms has reduced the number of old hollow trees. Sugar gliders introduced from mainland Australia are competing with swift parrots for hollows, and are winning, killing birds and eating eggs. At the present rate of decline swift parrots will be extinct in 16 years. See [abc.net.au](http://abc.net.au)



Lake Pedder from the Western Arthurs  
Nick S



# Something to Start Your Day

Sonya Muhlsimmer



Not that long ago I walked the South Coast Track and the Port Davey Track, 150 kilometres over 14 days. I walked in from Cockle Creek and finished at Scotts Peak Dam. During this time I had all sorts of weather; rain, hail, snow and sunshine. But, WOW what a walk it was. I will never forget the scenery, wilderness experience and oh, the bog, and having wet feet for the whole walk ... I also carried all of my food for 14 days. My pack was unnecessarily heavy starting out. What I should have done is organise a food drop at Melaluca. But lucky for me, my recipes are lightweight to carry.

Multi-day hiking can be tough, taking a lot of stamina and energy. Whilst out on the track, the best thing to do is simply eat well. Eating well refuels your body and aids in recovery, and it is a great mood lifter. A tasty meal can really make a difference to your mood. Also, another thing to remember is to always ensure your meals contain around or over 2000 kJ, it will keep you going the distance.

Western Arthurs Ranges is next, who's coming with me?

At the top of the Ironbound Range, South Coast Track, Tasmania



# Honey Soy Pork Noodles

This dish is a winner every time. It not only tastes so good, it is quick to cook and contains around 3000 kJ per serve. Now, that will keep you going for sure. Crispy pork floss can be found at Asian grocers and is sweet, light and fluffy. It's a bit like fairy floss but it is actually pork. For vegetarians though either replace the pork floss with some mushroom floss, also found in Asian shops, or even TVP mince. Enjoy!

## At home

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

## Method at camp

In a pot add 2½ cups of water and all the contents of Bag 1 (vegetable mix), soak for 10 mins. After soaking, bring to the boil then add the noodles (Bag 2) and cook for a further 5 - 7 mins. Take the pot off the heat, pour into your bowl and drizzle the sauce mix over, mix through and serve.



## Bag 1 (vegetable mix)

Fried shallots	¼ cup	16 grams
Crispy pork floss	2 Tbsp	15 grams
Dried peas and corn	2 Tbsp	15 grams
Real bacon bits	1 Tbsp	11 grams
Dried mushrooms	½ cup	7 grams
Beef stock	½ tsp	3 grams
Dried onion	1/8 tsp	1 gram
Dried garlic	1/8 tsp	1 gram
Dried chives	1 tsp	1 gram
Ground chilli	few pinches	
Salt, pepper	few pinches	

## Bag 2 (noodles mix )

Egg noodles	1½ blocks	85 grams
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## Container sauce mix

Honey	1 Tbsp	30 grams
Sweet soy sauce	1 Tbsp	23 grams
Sesame oil	½ tsp	2 grams

**Water** - 2½ cups

## Vegetarian option - Bag 1

TVP mince	1 ½ Tbsp	15 grams
Vegetable stock	1 tsp	6 grams



# Protein Balls

Protein balls are perfect to eat on the run, especially when you want a quick and sustaining snack. These balls have a good amount of kilojoules, and of course protein, and are so simple to make. Kilojoules provide the energy we need to for any activity we undertake in our daily routine, and protein is an essential nutrient in the diet. It is the building block of body tissue and provides some energy. For a serving of 4 balls, around 60 grams, you'll get about 1160 kJ and 10 grams of protein.

That is a good amount of nutrients in a few balls. Go on; pack some in your rucksack.

## At home

In a food processor add the almond meal, protein powder, brown sugar, cacao nibs, amaranth and cinnamon. Pulse for about 30 seconds. Chop dates and add them to the food processor. Add the vanilla essence to the food processor and pulse for about 30 seconds. Add the glucose syrup and pulse for 20 seconds, add the water and pulse again for about 20 seconds. Scoop out about 1 heaped Tbsp of the mix and work together in your hands to bring the mix together. Roll the balls in coconut then place them in the fridge until set (about 30 mins). Eat as a snack on the run.

If you pack them in a Cryovac bag with the air removed, they could easily last for a few months. That's if you can hold onto them for that long as they are pretty tasty.



Almond meal	1 cup	100 grams
Brown sugar	2 Tbsp	32 grams
Protein isolate	3 Tbsp	30 grams
Cacao nibs	1 Tbsp	12 grams
Ground cinnamon	½ tsp	2 grams
Puffed amaranth	2 tsp	1 grams
Dates	6 each	36 grams
Glucose syrup	2 Tbsp	48 grams
Vanilla essence	2 tsp	10 grams
Water	1 Tbsp	
Fine desiccated coconut	¼ cup	20 grams





# Magazines



## Wild 150 issue

Wild, Australia's wilderness adventure magazine

On the cusp of reaching 35 years since launch, Wild is excited to present our 150th issue in November 2016. Featuring classic bushwalking and mountaineering adventures from the Himalayas to the Australian Alps, there are also a number of retrospective highlights to delight longtime supporters and first-time readers alike.



## AG Outdoor Sept-Oct issue

We are celebrating 20 years as Australia's premier adventure publication and this issue is jam-packed with awesome photography, great stories and expert advice to get you into the outdoors. So we've selected the 20 best one-day adventures, covering everything from day hikes to campsites, to paddling and cycling trips. We explore NZ's beautiful Queen Charlotte Track via kayak, on foot and by bike, and follow three adventurers as they try and run NZ's nine Great Walks in nine days! Also inside you'll find our guide to Australia's best coastal road trip - to Victoria's East Gippsland - and expert advice on how to use a GPS unit for bush navigation.



## The Great Walks Oct-Nov issue

- Alpine hiking special
- Chilkoot Trail, Canada
- Walls of Jerusalem, Tas
- Mount Feathertop, Vic
- Real-life bush rescue stories





# Bushwalk Australia Calendar 2016

Here's the preview of the 2016 calendar. To order the calendar please follow [this link](#) and we will send it to you in two weeks time.

