

FRIENDS OF THE Larapinta Trail

APRIL / MAY 2018

NEWSLETTER

www.friendsofthelarapintatrail.org.au
info@friendsofthelarapintatrail.org.au



Our great supporters at Lone Dingo will be hosting the Product Info Night

THURSDAY 10 MAY: 5.30PM

PRODUCT INFO NIGHT & AGM

Meet at Lone Dingo for a chance to talk with the experts about gear, packing, safety, trail tips and more.

This will be followed by our AGM. All welcome & nibbles provided.

To RSVP or for further info, email info@friendsofthelarapintatrail.org.au



*Counts Point - Section 8
Photo by Cheryl Baker*

SATURDAY 12 MAY: 6.30AM

KIDS HIKE - COUNTS POINT

A 6km (return) hike up to Counts Point on Section 8, aimed at kids aged 8 to 12 looking for their next bushwalking challenge.

A competent adult must accompany each child.

For further details email kyliemcowan@gmail.com

FROM THE PRESIDENT'S TENT...

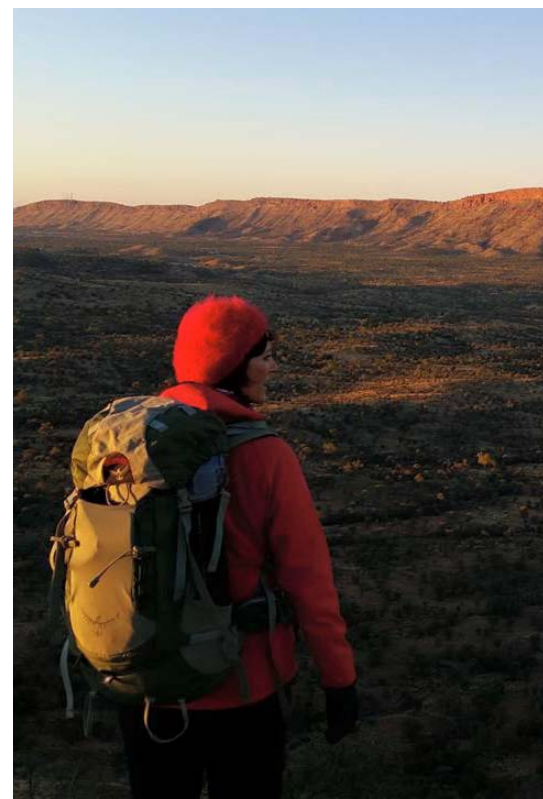
Welcome back everyone, I hope you have all enjoyed your summer break and are ready for another exciting bushwalking season.

We have lots on offer this season so hope you check out our calendar of events and pencil in a few dates. Keep an eye on our Facebook page too for more details as they come up.

You may have noticed that the Dingos are very active at the moment. It is mating season and whilst they generally don't pose any threat to hikers it's always good to know how to behave around them. Check out our Facebook page or Parks website for advice to keep you safe.

Remember too it's still hot out there so don't forget to keep hydrated and we hope to see you all at our upcoming AGM

Happy walking,
Susan Chambers, President - Friends of the Larapinta Trail





Find us on
Facebook

'Like' our page for reminders about upcoming events and other info related to the Larapinta Trail.

JUMP ONLINE TO DOWNLOAD OUR FULL CALENDAR OF COMING EVENTS 2018

www.friendsofthelarapintatrail.org.au
info@friendsofthelarapintatrail.org.au

SUNDAY 20 MAY: TIME TBC

WORKING BEE - SECTION 11

From Rocky Bar Gap to Finke River, we'll be assisting Rangers to check and replace markers and do some pruning. Wear sturdy footwear, bring a day pack, 3L of water, snacks, lunch, hat and sunscreen.

Call Phil on 0408 488 149 or email phil.cowan@nt.gov.au



Looking west on Section 11
Photo by Cheryl Baker

26 - 27 MAY: SECTION 1

OVERNIGHT HIKE - 24 KMS

New to overnight hiking? This one's for you! There will be a prep night on Thurs 24th to ensure you have all the gear you need (and don't need!) and where you can ask questions and find out some handy hints.

Telegraph Station to Simpsons Gap

Please call Sue on 0418 129 080 to RSVP and get more details.



Section 1 - Euro Ridge
Photo by Cheryl Baker

scroggin

noun AUSTRALIAN/NZ

'a mixture of dried fruit, nuts, and other food eaten as a snack by hikers.'



WHAT'S IN YOUR SCROGGIN BAG?

Jelly beans	ALMONDS	Sunflower seeds
Choc Buds	Dried pineapple	M&M's
Dried Apricots	PRETZELS	Banana chips
Mixed Nuts	Nutrigrain	
SULTANAS	Snakes	PISTACIOS

SHARE YOUR IDEAS ON OUR FACEBOOK PAGE!

ERNIE RICHARDS

1939 - 2018



The Friends of the Larapinta Trail would like to pay tribute to a man who for many was the face of bushwalking in Central Australia for over thirty years.

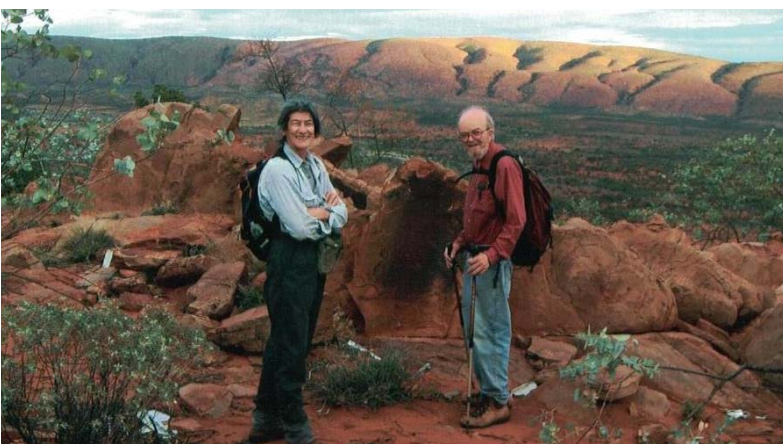
Sadly Ernie passed away in February after a brief illness but he will always be remembered as a generous and passionate supporter of both the Centralian Bushwalker Club and Friends of the Larapinta Trail.

Ernie provided transport local knowledge additional equipment and many a meal to countless bushwalkers from all over the world. When the Larapinta Trail was in its infancy there was not the trail support available that there is now so many people relied on Ernie for their transportation to and from the many sections of the trail. Walkers would arrive in town and seek out his words of wisdom and very often would be taken in treated to a meal and his generous outback hospitality.

Ernie's generosity did not stop with local bushwalkers he was a passionate member of Rotary and also contributed to many local families and organisations in Nepal, a country he visited often to hike himself and escort others.

We are sad to say farewell to a man who dedicated his time to helping and assisting others develop a love and passion for hiking in Central Australia as deep as his own.

For more information and stories about Ernie please follow the link to the Centralian Bushwalking Club's website. <https://centralaustralianbushwalkers.com/>





Parks AND Wildlife Commission NT update:



Hi there everyone and welcome to the start of the walking season. It's still reasonably warm at the moment but the Trail is starting to get busy nonetheless.

We have some exciting projects about to get underway including the construction of a new shelter at the Serpentine Chalet camp site. We also have new artwork from the park's traditional owners ready to be printed and installed in the recently completed shelters at Hugh Gorge and Section 4/5 junction.

Section 9 will be getting some important track work done this year, and rangers have already begun their annual repair and maintenance patrols.

We look forward to working with the Friends again this year, and I want to take this opportunity to thank all those who volunteered their time last season. The working bees in particular have been a big help and it's great to see the sense of pride people take in their work. The rangers certainly have appreciated the help!

Safe walking.

Phil Cowan - Senior District Ranger, West.

Todd Mall Market DATES (VOLUNTEERS NEEDED!)

- 13 May
- 17 June
- 8 July
- 12 August
- 16 September

BUNNINGS BBQ

- Saturday 2 June (8 - 4pm)
- Saturday 10 November (8 - 4pm)

Can you help with a 2 hour shift?

NIGHT MARKET - Thurs 18 October

CHRISTMAS MARKET - Fri 7 December

TELEGRAPH STATION MARKET - Sunday 20th May (9.30am - 1pm)

Trail Tip #15

A roll of duct tape will prove its worth in time of a quick repair. Wrap the tape around a trekking pole, or a container if space is a real concern. Duct tap will fix a torn tent, a ripped backpack, hold a flapping boot sole at bay, extend a cracked water bottle's life and even help prevent blisters.



WANT TO GIVE A LITTLE BACK?
Donations can be made to:
Friends of the Larapinta Trail
Inc - Bendigo Bank BSB: 633 000
Account: 144757366



GEAR REVIEW: REI Co-op FLEXITE CHAIR

I don't think twice about taking this out for a short trail break. My REI Co-op Flexlite Chair is worthy of carrying in my backpack when hiking!

It offers a deep comfortable seat, is lightweight and perfect for camping and backpacking adventures. I don't think twice about taking this out for even a short trail break.

I find it to be an invaluable aid to not only a relieving sense of comfort after a hard day on trail, but also enabling a more comfortable position from which to cook. The fabric/mesh body is both durable and functional. Also helpful is a storage bag with a wide enough diameter to make for easy access in or out.

My chair will also be a welcome addition to my car for all those bbq's, kids sport, concerts, etc. where I want quick setup and supreme comfort.

For a comparable chair that you can buy in Australia check out the Hellinox Chair One RRP \$124.

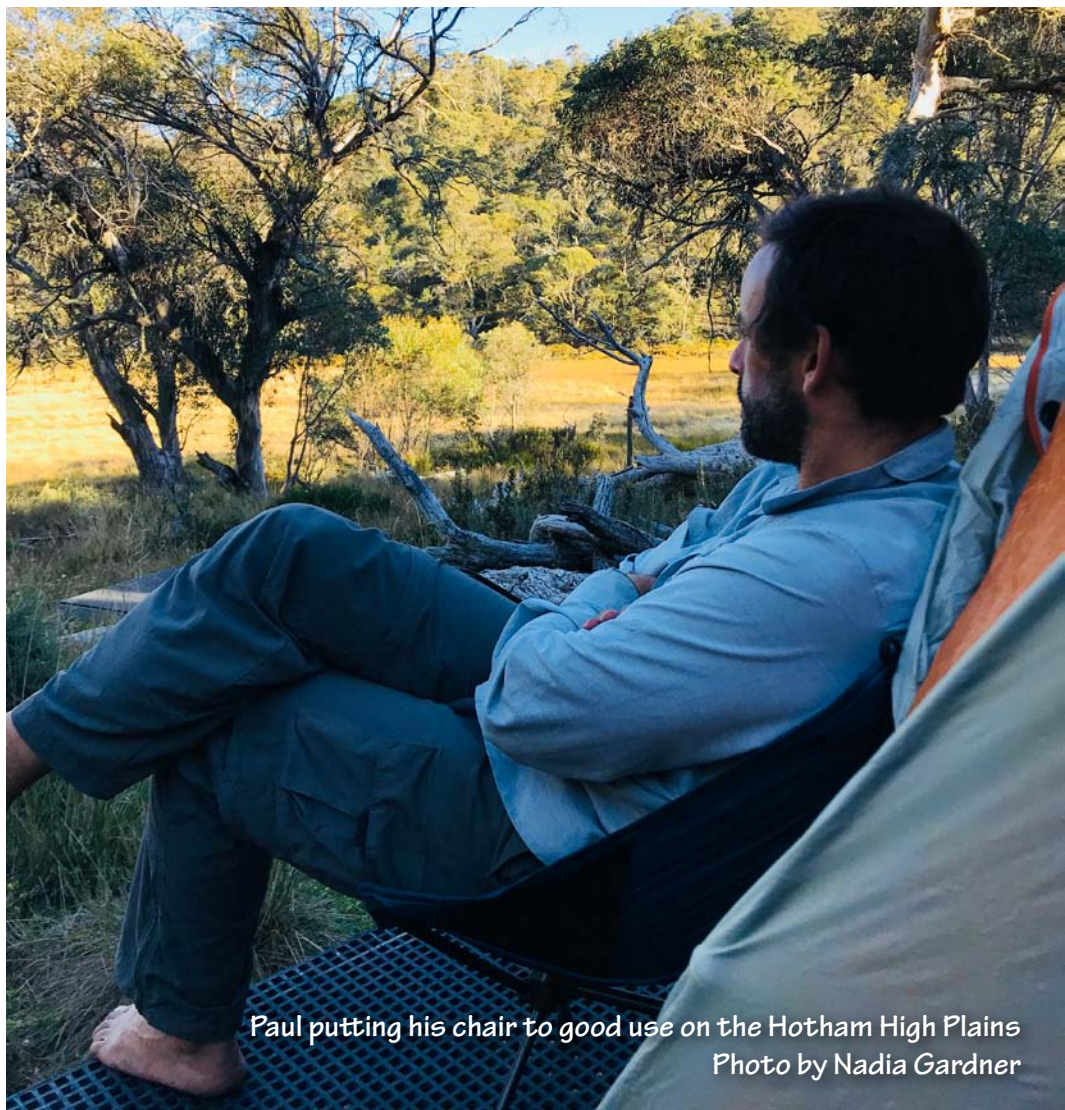
www.hellinox.com.au/lightweight-camping-chairs/chair-one

This product review was written by Nadia Gardner.

Send yours to info@friendsofthelarapintatrail.org.au

"When you have worn out your shoes, the strength of the sole leather has passed into the fibre of your body. I measure your health by the number of shoes and hats and clothes you have worn out. He is the richest man who pays the largest debt to his shoemaker."

*Ralph Waldo Emerson,
1851*



Paul putting his chair to good use on the Hotham High Plains
Photo by Nadia Gardner



MindChAMP

'Pushing the boundaries of what can be done in a wheelchair.'

Last August, 60 year old Dr William Tan (Paralympian, multiple gold medallist, multi-world record holder in Marathons) embarked on a 5 day, 65km Larapinta Trail challenge.

An amazing feat on its own, Dr Tan also raised \$7,222 for Indigenous education and research into Indigenous community health issues. What an inspiration!



Blog Spot!

If you are thinking about walking the Larapinta Trail, especially end to end, then this blog is for you! Loads of advice and tips, including a section on 'things the Guide Books don't tell you about the Larapinta Trail'.

<https://australianhiker.com.au/trails/larapinta-trail/>

Also has great articles about gear and hiking tips.

You can never be too prepared when it comes to blister prevention. A tiny hot spot can turn into a **BIG** problem. Click on the following link for blister tips and more.

www.kathmandu.com.au/be-inspired/tips-and-how-tos/

Scroll through for a range of other topics too.



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LOCALS GO FOR FASTEST KNOWN TIME

The Larapinta Trail attracts many hikers each year who will travel along it in a myriad of ways, minimal, fully supported, east to west and west to east, over 15 days or over 10 days for the super keen.

In 2015 Alice Springs local Chris Macaskill Hants set a new supported fastest known time end to end record of 61 hours and 32 minutes. For a track so remote, so challenging underfoot and so long this was truly remarkable and the record Chris set still stands today. While some hear about such a record and simply admire from a distance, for two Alice Springs locals, Rohan Rowling and Simon Duke, Chris's record has inspired them to have a red hot go at setting a new unsupported end to end Larapinta Trail record on the last weekend of April 2018. Rohan and Simon have both done various long distance events in the past however this will be at a completely new level for them as they attempt to complete the full 231kms of trail comprising all 12 sections in less than 61 hours including sleep.

'What is interesting and worrying for us is that it is very hard to adequately train for the distance. We know that after 30kms things get uncomfortable and that this attempt will force us into pain and discomfort we've never experienced before... we also can't wait to see what is possible and how our mind and bodies will respond to the challenge... we've got one shot to find out!'

Rohan and Simon have been hitting local trails as well as the Larapinta Trail's various sections since December last year, including multiple 3 stage pushes in one go of between 50-60km's. With the prolonged warm weather a number of the larger distances have had to be overnight.

'One of the surprises for us is the character of the trail at night...we've seen more animals about and also loved walking by the moonlight, though we obviously miss out on a few of the views...the Golden Orb spiders are twice as fun at night too!'

Some sections have seen them get off track temporarily as long grass, spaced out markers or fatigue test them out. On the attempt, scheduled to begin on Friday 27 April at 7am from the Redbank Gorge trailhead, Rohan and Simon will carry all of their own food and supplies in packs weighing a bit under 10kgs which will become lighter by the hour throughout their attempt. Their current plan is to get to Hugh Gorge in the first 30 hours and sleep for a few hours in the day time before then getting to at least Standley Chasm over the course of the second night where they will decide whether to briefly nap again or push on, if not already too injured to continue.

'There's plenty of things that could go wrong and see the attempt fail but we're feeling as good as we could about it. We'll have a couple of SPOT devices from the good people at Larapinta Trail Trek Supplies and have got the gear and nutrition to get us through from Lone Dingo, the support of friends and family. While the physical journey of 231kms is going to be a major challenge, it is also an unknown mental and emotional battle of yet to be experienced highs and lows ahead.'

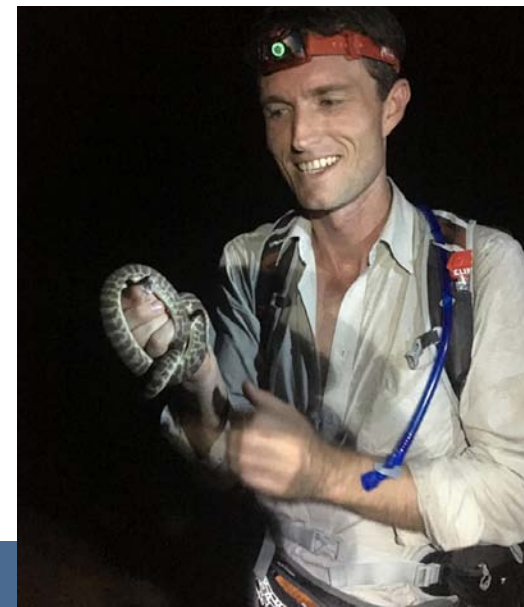
Rohan and Simon have also been raising funds for Beyond Blue. If you'd like to get behind them you can visit <https://give.everydayhero.com/au/larapinta-trail-fastest-known-time-attempt>.



Rohan and Simon with good mate Tim along for a training hike up and down Mt Sonder and then finishing at Ormiston.



Rohan and Simon just before one of their many training runs. This one would be an overnighter from Standley Chasm to the Telegraph Station.



Simon with a Stimsons Python near Rocky Bar Gap about 11pm

Thank you to our sponsors!

GOLD



BBS



SILVER



BRONZE



AN ADDITIONAL THANK YOU TO THE FOLLOWING SUPPORTERS FOR THEIR GENEROSITY, IN-KIND SUPPORT, ASSISTANCE AND CONTRIBUTIONS

A big THANK YOU to Geoffrey Jones who made an incredibly generous \$100 donation after his July 2017 walk.

Principal Products

