



Section 2 - Photo by Susan Chambers



Section 5 - Photo by Kylie Cowan

SAT 23 & SUN 24 JUNE

SECTION 2 - OVERNIGHT HIKE

A 26km walk from Simpsons Gap to Jay Creek. The second in a series of three walks aimed at those who would like to progress from day walks to overnight walks.

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

SUNDAY 15 JULY: 6.15AM

SECTION 5 - DAY WALK

A 13km walk from Birthday Waterhole to Hugh Gorge.

What a beauty! Join us for this spectacular section of the trail.

A challenging full day trek, hard yakka but totally worth it. RSVP to Katie on 0410 722 523.

FROM THE PRESIDENT'S TENT...

The cool weather is finally with us and it is time to dust off those hiking boots and hit the trail.

We have some great walks over the winter period so make sure you check out our walk schedule. Don't worry though if walking is not your thing if you just enjoy a drive the Friends can always use a hand with transport to and from trailheads.

With winter in full force it led some of us to start the age old discussion around what you cannot live without on your hikes. Check out our article on page 6 to see what some of the items might be.

I must admit whilst the mornings are freezing it is my favourite time of the year and I'm very excited to be able to get out and enjoy the beautiful great outdoors we are lucky to have on our doorstep.

I hope to see you out on the trail this season.

Happy hiking - Sue (President, Friends of the Larapinta Trail)



Section 8

Photo by Andrea Celofiga



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

21 & 22 July: 7AM

SECTION 9 - OVERNIGHT HIKE

Serpentine Chalet Dam to Ormiston Gorge. 30km of varied and challenging terrain over 2 days. We will camp on the Ridge Top overlooking Ormiston Pound with superb views of Mt Giles.

Please call Clare on 0418 440 769 to RSVP and get more details.



Sunrise on Section 9
Photo by Andrea Celofiga

SUNDAY 29 July - 7AM

SECTION 1 - KIDS DAY HIKE

This 14km day walk is aimed at kids between 8 - 12 years old.

We'll be walking the eastern half of Section 1, from Wallaby Gap to the Telegraph Station. A competent adult must accompany each child.

For more details and to RSVP please contact Kylie at kyliemcowan@gmail.com



Section 1 - Euro Ridge
Photo by Cheryl Baker

HAVE YOU BEEN TO THE TOWN LIBRARY LATELY?

Did you know that you can borrow great magazines like Wild, Outdoor and Great Walks from the Town Library?

A fantastic resource for hiking holiday inspiration, gear, recipes and more.

MORE TO THE TRAIL THAN MEETS THE EYE

There is more to a bushwalk than a start and end point... yet many of us walk past Central Australia's unique flora, none-the-wiser of what we are looking at.

Karlee Foster from the Alice Springs Branch of the Australian Plant Society has published a ripper article in their June/July newsletter. It's a close up look at the unique, beautiful and well adapted plants of Section 8 of the Larapinta Trail which she recently completed.

If you'd like to experience the Trail in a way that leaves you (no pun intended) with more than a few spectacular pictures, think about joining the plant society. They have loads of great events, a wealth of knowledge and some passionate plant enthusiasts. Email them at apsalicesprings@yahoo.com.au visit their Facebook page or say hi at their upcoming Alice Springs Show stand on the 6 & 7 July.

Kid's Hike to Counts Point

12TH MAY



Great job to the 6 kids and their parents who joined us for a 6km hike up to one of the best views on the entire Trail - Counts Point on Section 8.

This year's kids walks are aimed at kids between 7 and 12, ready to take their hiking and outdoor adventures to the next level, to challenge themselves and to take pride and stewardship of the natural assets in their 'backyard'.





Web with a view!
Photo: Kylie Cowan

Parks AND Wildlife Commission NT update:



We are now entering our busiest time on the Trail, with lots of people out and about enjoying the cooler weather.

One of the biggest pressures we manage is the demand for water along the entire length of the Trail. Rangers work hard to make sure the levels are kept up but sometimes we are facing an uphill battle due to inappropriate water use by hikers and other campers. We often see hikers using the drinking water to wash dishes, wash clothes and even wash themselves!

Whilst this is a completely understandable temptation for those on day 10 of a two week journey, there are some easy ways to minimise the amount of water you need to use. Wet wipes are great for maintaining good hygiene, and you can even drink the water you use to clean out your dishes, rather than tip it out onto the dirt. Please also remember to make sure when you turn off a tap that it's not dripping to avoid further needless waste.

Thanks for doing your bit to conserve our precious drinking water!

Safe walking.

Phil Cowan - Senior District Ranger, West.

Todd Mall Market DATES (VOLUNTEERS NEEDED!)

- 8 July
- 12 August
- 16 September

NIGHT MARKET - Thurs 18 October

CHRISTMAS MARKET - Fri 7 December

**THANK YOU TO OUR BUNNINGS VOLUNTEERS!
WE RAISED \$800!**

NEXT BUNNINGS BBQ

- Saturday 10 November (8 - 4pm) - *Can you help with a 2 hour shift?*

Trail Tip #16

Water on the trail is precious. In fact Rangers top it up weekly to cope with the walker demand and necessity.

Using alternative handwashing techniques such as baby/antibacterial wipes, or hand sanitising gel could save hundreds of litres of drinking water that hikers on the Larapinta Trail depend upon.



WANT TO GIVE A LITTLE BACK?

Donations can be made to:
Friends of the Larapinta Trail
Inc - Bendigo Bank BSB: 633 000
Account: 144757366



CHEESE & RELISH DAMPER SCROLLS

These are perfect for a base camp or in a billy on a gas stove (Remember, the Larapinta Trail has a fuel stove only policy - but if you are being met by support crew who bring in their own firewood, this recipe is a winner!)

Combine 2 cups Self Raising Flour, with a good pinch of salt, 1 tsp of sugar, 1/2 cup Tasty Cheese and warm water in a bowl (or billy). Add enough water to make dough quite sticky.

Spread dough to make a even depth rectangle on nearest available, lightly floured flat surface. Smear lavishly with any type of relish, chutney or pesto and top with cheese. Roll up and cut in to inch thick slices.

Place scroll side up in a lightly floured billy or campoven. Sprinkle with more cheese, less is more - you dont want and oily damper. If using gas and a billy keep heat low and make sure to turn them over during cooking time.

If using campoven heap the top with hot coals and have an even spread of good coals underneath. Do not put in the direct fire, unless charred is your thing. When you smell bread, and they are no longer doughy, cool slightly before flipping onto a plate.... and wallah... pull apart damper.

Thanks to Katie Bromley fo her recipe contribution!

Send your best recipe to info@friendsofthelarapintatrail.org.au

"Anything that we consider to be an accomplishment takes effort to achieve.

If it were easy, it would not be nearly as gratifying.

What is hardship at the moment will add to our sense of achievement in the end"

David Miller, 1851



Physical Activity is essential in vulnerable communities where young children often lack the physical, social and emotional skills needed to start their school life.



Make a difference today, sign up for Bluearth's "Hike for Kids Health" Fundraising trek.

www.bluearth.org/hike-4-kids-health-2018



WORKING BEE

Sunday 20 May - Rocky Bar Gap

Our first working bee for the year was held at Rockybar Gap on Section 11. We had a great morning putting in new sand tent pads and undertaking track repairs. This included replacing old track markers and pruning overgrown vegetation.

Thanks to everyone who came along, we had a really fun time.

Thanks also to Central Fruit and Veg for supplying all the yummy fresh fruit.

ASK THE COMMITTEE... WHAT'S THE ITEM YOU CAN'T HIKE WITHOUT?!

Sue: Sunscreen – yep not flash or exciting but definitely could save your life.

Clare: Head torch and lip balm

Phil: Jetboil - or any contraption capable of making coffee!

Tony: Red wine

Megan: Duct tape! I've seen it used to save a few tired boots mid hike, as well as poles, packs, tents & water bladders. I've also heard it can be used to control blisters, but thankfully never had to prove that one!

Emil: Scotch finger biscuits

Katie: Panty liners - great for wounds and making blister "donuts" out of. Also emergency fire starter

SPONSOR IN THE SPOTLIGHT!



Who we are:

Walking Country was established by Wayoutback Desert Safaris in response to the growing demand by travellers for experiential walking based tours of Central Australia as well as the increased awareness of the now famous Larapinta Trail.

With nearly 10 years operating small group 4-wheel drive tours of Central Australia, Advanced EcoTourism status, extensive indigenous content and a great reputation for authentic tours away from the crowds, Walking Country and the Larapinta was the perfect progression for Wayoutback.

It was also important to continue with the same ethos as Wayoutback to help people gain a true understanding of the unique landscape, history and wonders of the West MacDonnell Ranges and Central Australia.

Why travel with us?

Small is beautiful:

Walking Country is a genuine small group tour operator based out of Alice Springs. Our maximum carrying capacity is 16 passengers in our late model air conditioned Mitsubishi Canter 4WD's which are specially modified for "the bush". Our standard 5 Day trek is limited to 14 persons. The End to End trek is limited to 8 persons per guide. Where numbers exceed this, additional guides and support crew will be considered.

The smaller group numbers provide our Guides with more flexibility and versatility not generally available with larger group sizes so they can showcase the many unique features of this beautiful region. It is fair to state that those who travel with Walking Country actually realise the true "Aussie" outback in a friendly and relaxed manner.

Safari Guides:

At Walking Country we pride ourselves on the very high standard of our guides. They all have a sound knowledge of our local area focusing on its history, Aboriginal culture, geology and the natural environment.

Contact:

Email: reservations@walkingcountry.com.au

Phone: 08 9853 7045



SECTION 1 - OVERNIGHT HIKE

26 & 27 MAY

We had some unseasonably warm weather for the Section 1 overnight walk (Telegraph Station to Simpsons Gap).

It did mean that it got a little warm for the hike on the first day but the cloud cover made for a spectacular sunset and sunrise.

It was a great opportunity for people new to town to experience hiking in a much dryer and hotter environment than some were used to. Thankfully our group was well prepared to deal with niggling hot spots and blisters.

Well done everyone and looking forward to walking with you all again on Section 2 on 23 & 24 July (Simpsons Gap to Jay Creek).



Photos: Stefan Bungartz



Kid's Hike TO REVEAL SADDLE

Think the Larapinta Trail is just for hard core hikers? No... with a little support, encouragement, fitness and preparation, anyone can give it a go!

On the 3rd June ten intrepid kids aged four through to nine came along to walk the 11km return hike from Standley Chasm up to Reveal Saddle on Section 4. Graded moderate to difficult, the kids had a long steady climb up to Bridle Path Lookout, before making the final climb to Reveal Saddle.

The views were outstanding, the kid's attitudes and sense of exploration and challenge was inspiring. What a great reason to get out and enjoy the desert environment at the most beautiful time of the year.



Photos: Kylie Cowan



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