

## From the President's Tent...

As the peak season for Larapinta Trail trekking approaches, it is timely to reiterate how important hikers safety is.

In the past week or so there have been three rescues from the trail and this has prompted authorities to warn hikers to be well prepared for challenging conditions. The Australian Maritime Safety Authority (AMSA) which monitors EPIRBs/PLB safety devices, has had to coordinate the rescues after people became injured or suffered dehydration. A spokeswoman for AMSA said, "Having an emergency beacon is essential in remote areas due to distances and lack of mobile reception. AMSA encourages people to carry a GPS 406MHz Personal Locator Beacon in remote areas to ensure an efficient response."

Being fully prepared to tackle the Larapinta involves a lot of physical preparation as well as taking stock of the myriad list of items required to safely make the trek. The Larapinta Trail should not be underestimated it is a remote and very challenging trek which requires careful planning both physically and mentally. Remember the '5 P's of Success' – Proper Preparation Prevents Poor Performance!

All the best,

**Richard Mayne, President FOLT**



Photo by Peter Nowak

Sunrise on Section 9 - photo by Cheryl Baker



## Upcoming Events:

- Sun 14th June:** Hat Hill Saddle Walk. Meet at the Simpsons Gap Carpark at 9am. 4km return, in conjunction with PWCNT.
- Sun 21st June:** Todd Mall Markets.
- Sun 12th July:** Working Bee 9am @ Serpentine Gorge.
- Sun 19th July:** Todd Mall Markets.
- Sun 9th August:** Mt Sonder Summit walk. 15.8km return, departing at 9am from the Redbank Gorge carpark. Leave Alice Springs at 7am or camp out the night before.
- Sun 23rd August:** Working Bee. Details to be confirmed.

More information and a copy of our full events calendar is available on the website.

# TELEGRAPH STATION TO GEOFF MOSS BRIDGE



Mt Gillen from beyond the Telegraph Station

## SECTION 1



Katalina being photobombed by our youngest walker for the day, Elin!



Katalina all rugged up for the morning's walk

Saturday 16th May



Thanks to everyone who came along and enjoyed the walk

10 km return



A big thank you to Erin and her family for leading her first FOLT walk



Doing part of Section 1 is a great introduction to the Lara Trail

## WALKER NOTICE

"I am a retired experienced female hiker from New Zealand (mid sixties) and am interested in joining with other walkers to do sections of the Larapinta Trail from late June through to August. Email me at [pamlova1@xtra.co.nz](mailto:pamlova1@xtra.co.nz) if you are interested!"

Pam is also interested in accommodation and volunteer work and would be grateful for any recommendations or opportunities.

Our next Todd Mall Market display is on the **21st JUNE** ... can you spare 2 hours to help us to promote the Trail and upcoming FOLT events? We would love to hear from you!

### Larapinta Trail Map Package \$38

Available through Friends of the Larapinta Trail - all profits go back into promoting and maintaining the Trail.



Find us on  
**Facebook**

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

## A helping hand from the Stuart Rotary Club!



Earlier in the year, Friends of the Larapinta Trail was approached by the Rotary Club of Stuart with the idea of 'adopting a section' of the Larapinta Trail.

Club members expressed interest in working on Section 1 between Telegraph Station and Simpsons Gap to help with maintenance of infrastructure and to assist with the control of Buffel Grass, particularly at Wallaby Gap.

Their last event in May attracted the help of 15 members and they look forward to more opportunities to help in the future.

They have also been in regular attendance at our Todd Mall Market stall and their assistance and commitment has been very much appreciated.



Would you like to support FOLT by placing an ad in our newsletter?

1/4 page for \$75 or 1/2 page for \$150

# Brits on the Trail - John's Story



Photo (left) Alice Springs Walking Club 1996

As we progressed we marvelled at what to us was an environment totally surreal to anything we had experienced at home; and at the tenacity of those early pioneers who explored and settled these desolate areas.

By lunchtime we had descended to Wallaby Gap where we found shelter, rested for a while and the opportunity to replenish our water supplies. Suitably refreshed we pressed on, by now very conscious of the heat and the hostile environment. We continued at a low level before once more climbing and contouring along higher ground, with by now more frequent rests, until finally descending to Simpsons Gap. The time by now was 15.00 and we two were both jiggered and elated at having achieved our goal; but nothing had prepared us for the sight which greeted us.

Sitting in the shade around a clothed and laden table were six elderly ladies in cool summer dresses and enjoying afternoon tea! The incongruity of the scene was not lost on us and indeed only enhanced by remarks such as, "well, you do look hot". "Have you just come from the car park?" "Would you like a cup of tea?" We answered their questions politely, declining the tea and slaked our thirst with our remaining water whilst awaiting our prearranged transport back to town.

*To be continued with Rachel's story in the next newsletter!*

March 1993 found me on my first ever visit to Alice Springs. In fact my first exploration to Australia. Having just retired I was on a four month trek around a country that had intrigued me for many years but never the opportunity or time to do it justice.

Booking in to the Y.H.A. hostel in Alice initially for three days, I immediately fell hook line and sinker for the town, its people and ambience. My proposed three day visit lasted three weeks!

At that time the Larapinta Trail was in its infancy; only stages 1 and 2 and possibly 8 were open. Being a lifetime hiker and mountain climber at home in the U.K. I couldn't resist the opportunity to explore at least stage 1 to Simpsons Gap.

The Y.H.A. in those days would put on a regular "Pig Out" where people from diverse countries would sit around eating, drinking and yarning. It was here that the topic of the Larapinta came up and a fellow countryman, a Scotsman by name of Ron Gibson, agreed we should give it a go. Suitable arrangements were made and we duly prepared ourselves.

Pre-dawn saw Ron and myself on our way towards the Old Telegraph Station, a cool clear morning, indeed the better part of the day. 'Roos were around in numbers and initially my camera was pressed successfully in to service. Beyond the Telegraph Station we found the trail well graded and we made good progress, passing beneath the Stuart Highway and into a wilderness with nothing between us and our destination but desert, bush, mountains and, as the sun climbed, flies a plenty!

I should add at this point we had taken good advice and were therefore well prepared for the elements; carrying a plentiful supply of water, food, broad hats and fly nets.



Photo (above) John and Ron



Have you got a great image of your Larapinta Trail experience?  
Would you like to do a 'member profile'? Have you got a question about the Trail that we could help with? Or is there something you'd like to sell or buy in our 'notice board' section"  
Share your stories, photos & experiences through the newsletter!

## Hat Hill Saddle Walk

**WHEN:** Sunday 14th June  
**WHERE:** Section 1, Simpsons Gap  
**TIME:** 9am

This walk will be run in conjunction with Parks and Wildlife and is another great introduction to walking in Central Australia.

The walk is 4.2km return, starting at the Simpsons Gap carpark to Hat Hill Saddle and back. Allow approximately 2 hours.

After the walk, stick around for tea, coffee and a chat.

Email [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au) to RSVP or phone Susie on 0401 112 525.

## Serp Gorge Working Bee

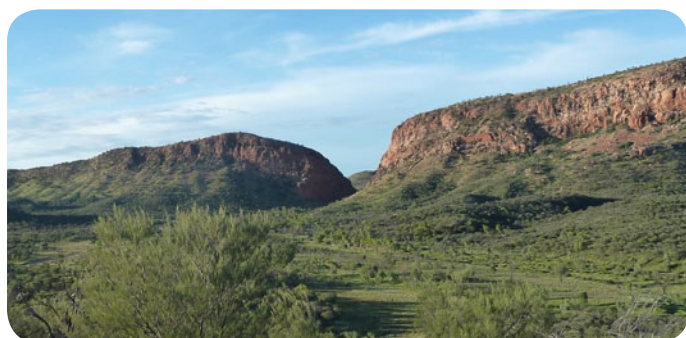
**WHEN:** Sunday 12th July  
**WHERE:** Meet at the Serpentine Gorge Carpark  
**TIME:** 9am til lunch

Working bees are a great way to contribute to the maintenance of the Trail and its facilities.

We'll do some oiling of park furniture, painting, cleaning and weed removal.

Your hard work will be rewarded afterwards with a sausage sizzle.

Email [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au) to RSVP or phone Phil on 8956 7799.



## Trail Tip #3

Photo by Peter Nowak

Pack a chux in your bag (cut in half is enough).

Great for having a wash at the end of a dusty day and if water is scarce you only sacrifice a little water to feel much better.

Then when you find more water, wash it out and it's ready to go again.

Wet ones are good, but 1 x Chux cloth lasts longer and can be reused many times.



## DEHYDRATING YOUR OWN FOOD:

If you would like to eat great food while bushwalking, why not consider dehydrating your own pre-cooked meals. It takes quite a bit of time and preparation but can save you a lot of money (if your other option was to buy store bought dehydrated meals). The effort you put in before your trip will be well worth it once you are enjoying flavour packed, home cooked food out on the Trail.

Here is an excellent link to ideas for cooking, preparing, drying and packing dehydrated meals: <http://dehydrated-food.blogspot.com.au/> It covers a variety of food, meals, sauces, snacks and there are lots of tips too.

Don't forget that we post all of our previous newsletters onto the FOLT website if you would like to refer to previous recipes or good references for bushwalking meal ideas.

After all, having a great meal at the end of a hard days hike makes the experience a much more enjoyable one!

## INFO NIGHT AT LONE DINGO:

Thank you to the 30 or so people that came along to make our first Product Information night at Lone Dingo a great success.

The night started with an informative session by President of the FOLT, Richard, giving lots of tips about what gear to take and how to ensure that your walking experience is a pleasant one! It covered everything from having the right boots, fitting your pack, meal options, safety gear and investing in good quality socks, clothing and sleeping bag!

Simpsons Gap Park Rangers, Kath and Mark, talked about safety on the Trail. They highlighted the importance of having a good emergency plan and communications, being prepared, writing in log books as you go along and checking the website for current conditions.

Lone Dingo were great hosts and were very generous with giving out stubby holders, discount vouchers, the major raffle prize and an invitation to come and see them for all your Larapinta Trail needs.



# Parks and Wildlife Commission NT update

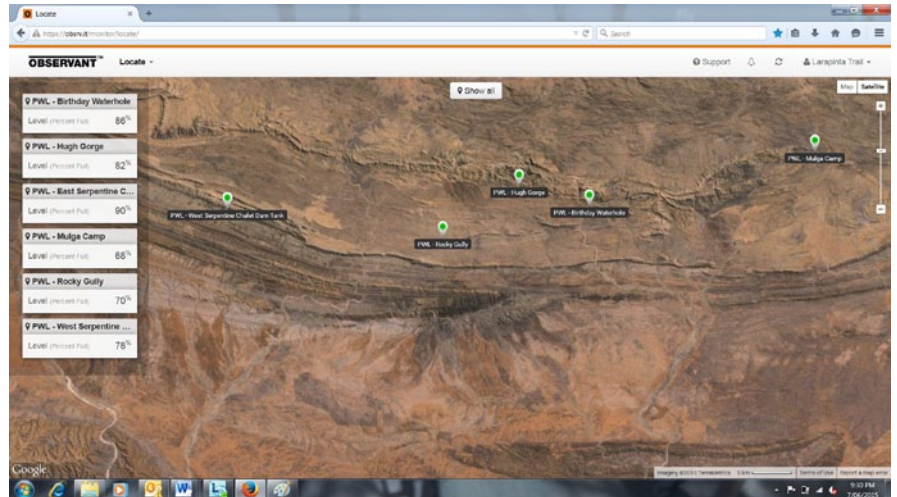
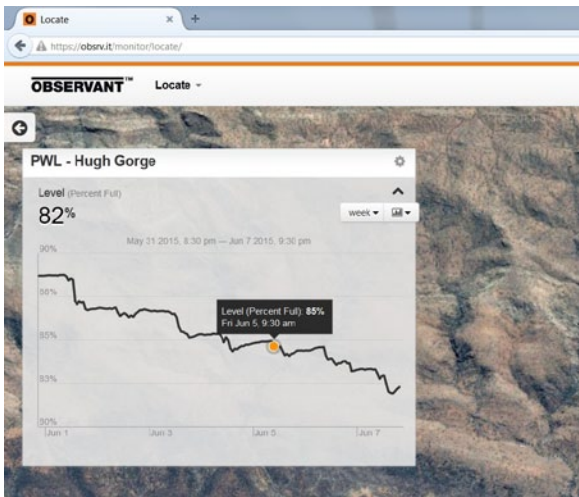
By Phil Cowan, Senior District Ranger - West

Hi Friends,

This month I thought I'd show you some of the exciting technology recently installed on our water tanks. We are now able to remotely monitor water levels at many of our more difficult to get to tanks, which will help us pick up major leaks before they become a safety issue. We are able to view the levels on a website, providing us with real-time data to within a millimetre of accuracy. While this isn't a substitute for staff to get out in the field, it will certainly help us make sure the water levels are maintained throughout the year.

You can see how precise the technology is in the image that shows the levels in the Hugh gorge tank over a 1 week period. The slight rises are due to the contraction of the tank as the temperature changes.

On another note, we have had several PLBs (or personal locator beacons) activated on the trail and in other parts of the park recently. It's a timely reminder to make sure when walking you carry a sat phone or a PLB with you as mobile coverage is non-existent on the majority of the trail.



## A walk in the Park...

Join Parks & Wildlife for an introduction to some great Central Australian walks. Contact [susie.pendle@nt.gov.au](mailto:susie.pendle@nt.gov.au) to book.

### Hat Hill Saddle:

Simpsons Gap, Sunday 14th June

### Woodland Trail:

Simpsons Gap, Sunday 12th July

### Panorama Walk:

Trephina Gorge Nature Park, Sunday 16th August



From Simpsons Gap, photo by Phil Cowan

# DONATIONS WELCOME!

For every \$10 donation we'll send you a 'FRIENDS OF THE LARAPINTA TRAIL' sticker

Direct Deposits can be made to:

Friends of the Larapinta Trail Inc - Bendigo Bank  
BSB: 633 000 Account: 144757366



# CAN YOU HELP?

Support FRIENDS OF THE LARAPINTA TRAIL by: coming on a walk, assisting at a working bee, helping us with fundraising ideas, making a donation box that we can use at the markets, donating prizes, advertising in our newsletter, sending in recipes, photos or articles, becoming a friend on facebook, inviting your friends to become friends, helping us to improve our website OR contribute your own skills!

## A BIG thank you to our sponsors!



ORMISTON GORGE  
KIOSK & CAMPGROUND



## Congratulations to our raffle winners!

1st PRIZE and winner of the \$100 Lone Dingo voucher was Bid Rose.

2nd PRIZE and winner of the \$50 Milner Meat voucher was Sally Bryan.

3rd PRIZE and winner of a FOLT Beanie was Katalina Mindszenty.