



# FRIENDS OF THE Larapinta Trail

**GET ACTIVE · GET INVOLVED · GET OUT THERE!**

Section 10 - Hilltop Lookout  
Photo by Cheryl Baker

## *From the Friends...*

April and May has been a busy 2 months for the Friends. We've had our season launch, run several walks and completed 2 working bees already. We have also held our Product Information Night and have continued to run our stall at the Todd Mall markets. A big thanks to all those that have either attended or helped out at our events. We couldn't run the Friends without your help and enthusiasm.

We also continue to enjoy the support of a host of great sponsors and supporters, all of which are listed on the last page. Please feel free to reward their support by choosing their products if you can!

The Trail is now entering its peak period of use, so we urge all walkers to look out for one another, and be mindful of the tread light philosophy of trail walking. Please take out all your rubbish, don't light any campfires, and use the toilets provided on the trail where you can!

*Phil Cowan,*

*Vice President - Friends of the Larapinta Trail*

## *Upcoming Events:*

### **SUNDAY JUNE 18 - Serpentine Gorge. 9am to 1pm**

Working Bee to clear vegetation, general cleaning around the campsite shelter & installing tent pads.

### **SUNDAY JUNE 25 & JULY 23 - 9am to 1pm**

Todd Mall Market Stall, Alice Springs.

### **SUNDAY JULY 16 - Jay Creek to Standley Chasm. All day**

Section 3 - 13.6km (Grade 4: Moderate to Difficult)

### **SATURDAY JULY 22 - Mt Sonder return. All day**

Section 12 - 15.8km (Grade 4: Moderate to Difficult)

### **SATURDAY JULY 29 - Reveal Saddle return. 9am to 1pm**

Section 4 (6km return) Grade 4: Moderate to Difficult with spectacular views! Optional Working Bee along the way to repaint timber signs.

### **SUNDAY JULY 30 - 9am to 1pm**

Working Bee - Location TBA.

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

[www.friendsofthelarapintatrail.org.au](http://www.friendsofthelarapintatrail.org.au)  
[info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au)

PO Box 8729, Alice Springs, NT 0871  
ABN: 57 680 204 574

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

# Season Launch - 1st April, Simpsons Gap

We had a positive start to the year with a welcome to new and interested members finding out what Friends of the Larapinta Trail are all about. We launched our coming events calendar, then had a tour of the Lara Trail campground facilities, a BBQ, raffle launch and a talk by our special guest speaker, Bob Kessing who wrote the first Trail notes and pamphlets. Thank you to everyone who came out to say hi, ask questions and find out more.



TOP LEFT:  
A great turnout  
of around 30  
people.

TOP RIGHT:  
Emil doing a  
brilliant job on  
BBQ duty

LEFT:  
Happy raffle  
winners.

RIGHT:  
Our guest  
speaker Bob  
Kessing



## What's on? Coming Events 2017



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

Visit our website to download an updated copy of the coming events calendar. **PLEASE NOTE:** The **JUNE 18 Reveal Saddle walk** has been postponed to **SATURDAY JULY 29.**

We'd love to provide more events! If you are able to lead a walk, assist with a working bee or volunteer at our markets stall (and more) please get in touch.



## TREK LARAPINTA & PWCNT VOLUNTEER PROJECT

14 volunteers helped out with the maintenance of the Larapinta Trail from the 10 -13 of April in collaboration with Trek Larapinta.

Trek Larapinta and the volunteers were camped in the beautiful setting of Ormiston Creek where they slept and were fed in preparation for the walking and trail maintenance.

Throughout the four days we were split into two groups each day which was good because we could give the volunteers the option of what type of work they would be doing and the terrain in which they would be faced, it was also a good way for the volunteers to work closely with the rangers for guidance with maintenance.

The work consisted of mostly pruning using secateurs, loppers and hand shears, removal of spinifex using rake hoes and replacing any degraded trail markers.

It was tough going in certain parts of the trail with heavy vegetation due to the recent down pours in central Australia, but everyone kept going without any complaints even though there was blisters, the odd slip, spinifex splinters and general sore bodies.

I feel like everyone involved had an enjoyable week as the response was all positive and some people even mentioned they might return next year to do it all again, there were a few guys that are on their third Larapinta volunteer week.

Overall I feel that it's great for PWC staff to be able to guide and work with keen and willing volunteers who are clearly passionate about the Larapinta Trail and the environment in general, these types of projects help people get to know the environment more intimately as well as having an enjoyable and memorable experience at the same time.

*Joshua Vartto, Park Ranger - Ormiston Gorge*

## SPONSOR IN THE SPOTLIGHT:

Contact the team at Glen Helen Homestead Lodge for all your needs at the western end of the Larapinta Trail.

They offer food drops, transfers, camping, accommodation, meals, cold drinks and great views. What a great reward at the end of an epic bushwalk!



For more information or to make a booking phone Glen Helen Homestead Lodge on (08) 8956 7489 or visit their website at [www.glenhelen.com.au](http://www.glenhelen.com.au)

## MOUSE MUCHIES:

There have been reports of occasional mouse sightings on the Trail. Remember to adequately secure your food, particularly at the designated food drops.

## GRANT WINNERS:

We have applied for and won our first ever grant through the NTG Community Benefit Fund worth \$2,315! With the money we have purchased four hand held UHF radios to use on our walks and working bees, and a satellite phone with 6 months of call credit.

Thank you to Katalina, Sue and Jill who worked so hard to see it to fruition.

## \$1,200 DONATION!

A MASSIVE thank you to Trek Larapinta who donated a whopping \$1200 to Friends of the Larapinta Trail which covered our entire Public Liability Insurance!



# HEAD SOX & GREETING CARDS FOR SALE.

Did you know that we now have Larapinta Trail Head Sox (pictured in the photo below), designed with all of the points of interest across the 231km Trail. A great present (or gift for yourself) and so many ways to wear them.

New to our collection of fundraising items are stunning cards, painted by local artist Pauline Clack and depicting scenes throughout the West Macs. Another great gift idea... or why not buy them and send your friends inspiration for coming to Alice Springs to do some of the Trail with you!

We also sell the latest edition Larapinta Trail Package produced by the Parks and Wildlife Commission NT and printed on virtually rip-proof, water-proof paper.

Our t-shirts are a great memento and we also have hats, beanies and key-rings proudly displaying the Friends logo.



**Thank you to everyone who came along to hear about the latest gear, safety and hiking tips.**

A special thank you to Tony Jennison for being the Friends spokesperson for the night, Holger Strie from Trek Larapinta for some great information, Phil Cowan on behalf of Parks and Wildlife NT for valuable safety advice, and of course Simon and the crew at Lone Dingo for hosting the event and sharing their gear expertise with us.

Kylie & Clare volunteering at the Telegraph Station open day and heritage market - part of Heritage Week 2017.



We had a great kid focussed walk on 20th May for 7-10yr olds (our first ever)... Photos & article to come in our next newsletter!

# Trail Tip #12

Section 11 - Photo by Cheryl Baker

A small lightweight tarp can be a handy addition to your bushwalking gear.

Use it as a groundsheet under your tent or sleeping mat, to shelter from inclement weather, spread your gear out on it when packing or use it to sit on at lunchtime stops.



The next TODD MALL MARKET stall is on the 25th June

We urgently need some volunteers for a 2 hour shift. Your help greatly appreciated!

## Section 3

**WHEN: Sunday 16th July**

**WHERE: Jay Creek to Standley Chasm**

**TIME: Depart town at 6am**

This is a fantastic 13.6km walk with lots of harder hilly sections, so we recommend that only walkers with a good level of fitness and some prior hiking experience participate. The walk will go via the alternative high route which is difficult but has absolutely spectacular views.

Good boots, food and lots of water are essential!

If you or someone you know can assist with carpooling, please mention it in your RSVP.

RSVP via email to

**info@friendsofthelarapintatrail.org.au**

## Reveal Saddle (DATE CHANGE)

**WHEN: Saturday 29th July**

**WHERE: From Standley Chasm (return)**

**TIME: 9am - 1pm (approx.)**

This brilliant half day walk on Section 4 is moderately difficult, with great views at the turnaround. Vehicle access to the start point is 2WD accessible.

You'll have the option to get involved in some trail maintenance to repaint some of the timber signs along the way.

Be sure to wear good hiking shoes/boots as the terrain includes loose river rocks and gravel.

Please RSVP via email to

**info@friendsofthelarapintatrail.org.au**



# A different way of volunteering: Larapinta Trail Logistics.

*Written by Andrea Celofiga*

One of the difficulties of hiking the Larapinta Trail, even in sections, is arranging reliable transport to enable people to be dropped off at one point and picked up at the other end. This is probably one of the primary reasons why many locals do not hike the trail more often, and our event calendar is a bit light on for actual hikes this year. [Ed. note: if you would like to lead one, please get in touch!]

As Friends, we all love being out on the trail but unless someone organises the transport, and the hike, most of us just don't do it. Having just organised what should be the easiest/closest section for people to make their own arrangements, highlighted that transport is critical to getting people out there, and back again.

We all think of volunteering as helping out with the working bees and the markets, maybe supplying the occasional article, photos or tidbit for the newsletter but as Friends of the Trail, we need to expand our horizons. When you see a hike on the event calendar, especially an overnight hike, ask yourself, "can I help?" Can you spare the time to drive a few people from their homes to the Telegraph Station or other departure point one morning, or do a run out to Simpson's Gap or other destination one afternoon? Hey, take a friend, make a picnic of it and offer two spaces to transport hikers home and suddenly you have volunteered and contributed towards the club.

Hike leaders collect and offer fuel money, so you are not completely out of pocket. Fuel money is calculated on the distance and passengers so the further out you travel, the greater the compensation. Fuel money not taken by drivers goes back into the club so you are also fund raising for the club if you choose not to take the fuel money. Naturally the more remote trail heads require a 4WD to get to them, but sometimes the hike ends on a bitumen road so even regular sedans, hatches and SUV's can help out. We will even try to choose your passengers from or near your side of town so that you aren't running all over the place.

Like all aspects of volunteering, it is at your own risk so it is advisable to have vehicle Insurance. Hike leaders will love to know help is available, so keep an eye on the events calendar and contact [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au) a couple of weeks in advance if you can volunteer in this way.



# Parks and Wildlife Commission NT update:

Hi Friends.

Did you know that the Commission has an email address dedicated to answering Larapinta Trail enquiries?

You can submit your questions, comments or feedback to [larapinta.trail@nt.gov.au](mailto:larapinta.trail@nt.gov.au) at any time. There are several parks staff with an expert knowledge of the trail who manage the inbox, so you can be assured you will receive expert and up-to-date advice.

We also provide information on our website [www.nt.gov.au/leisure/recreation/bushwalking-hiking/larapinta-trail](http://www.nt.gov.au/leisure/recreation/bushwalking-hiking/larapinta-trail) including a current conditions page where we provide alerts and other information useful to know before your walk.

We really welcome feedback on the trail, and please get in touch if there are any issues or safety concerns out there. We may not actually know about something until it is kindly pointed out to us.

Happy walking,

*Phil Cowan - Senior District Ranger, West.*



Section 11 flowers  
Photo by Cheryl Baker



# Working Bee - Sign Installation at Geoff Moss Bridge

Thanks to Valerian, Nanette and Phil who installed a new routed timber sign on the 13th May.

## 'Run Larapinta' Fundraising and volunteer opportunity!

This year, Rapid Ascent who organise Run Larapinta have generously offered to donate money to Friends of the Larapinta Trail for every volunteer we can contribute over the 4 days of racing!

**They will donate \$50 for a half day volunteer and \$90 for a full day volunteer!** If you can help out, please email [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au) so we can put you in touch with event organisers.

Alternatively, you might like to run a stage or two of the race? If so, Rapid Ascent are offering Alice Springs locals 15% discounted race entry. Simply tick the locals box when registering and they'll give your 15% cash back at the pre-race check in.

This event is a well organised, fun, social and challenging way to experience the Trail. For more information see the advertisement below.



# RUN LARAPINTA

STAGE RACE

11-14 AUGUST 2017 | ALICE SPRINGS / NT | 4 DAYS / 4 STAGES

RUNNERS AND/OR VOLUNTEERS WELCOME



An extraordinary trail running experience in Australia's Red Centre

Run along sections of the renowned Larapinta Trail and its breathtaking scenery!

2 course length options

**Malbunka** > 20-45km stages incl night race

**Namatjira** > 11-30km stages incl night race

Easy race logistics

Group discounts avail



[runlarapinta.com.au](http://runlarapinta.com.au)



# SECTION 1 - Saturday 6<sup>th</sup> May

## Alice Springs Telegraph Station to Simpsons Gap

Sat May 6th, listed as a Beginner's overnight hike, Andrea and Valerian lead 10 hikers out from the Telegraph Station. Motivation for hiking ranged from never having hiked and camped before through to trialling new gear and building further skills and confidence to venture out more often.

The heat caused some problems in the afternoon but all made camp by 4.30pm at Wallaby Gap for a wonderful night of hiking tales and food discussions followed by a serenading dingo pack just after we all retired to bed. Sunday we headed off to Scorpion Pool for morning tea which suddenly included a sprained ankle for Andrea. First aid administered, some pack weight redistribution and off we headed to Hat Hill Saddle for lunch, albeit a little slower. Everyone arrived safely into Simpsons Gap by 2pm, feeling pretty proud that we all made it. The ankle is healing well and should be good for the Section 3 day hike 16th July.



Photos and article by Andrea Celofiga

# A BIG thank you to our sponsors!

*Please support the people who support us*

**BBS**



BRIAN BLAKEMAN SURVEYS



treklarapinta



By World Expeditions

Principal Products

