



GET ACTIVE · GET INVOLVED · GET OUT THERE!



Section 9 sunrise -
Photo by Cheryl Baker

From the President's Tent...

The warm weather is finally upon us and another hiking season draws to a close. It's been a fantastic year for the Friends. We had two very successful overnight hikes for kids, several working bees, hikes led by members that completed last year's progressive walk and a variety of day walks to suit different levels. On top of all that we had our market stall and a very successful BBQ at Bunnings.

It has been a busy year and I would like to thank all the Committee and members that assisted and took part in these great events.

Remember this is your club so if you have any suggestions of what events you might like to see in 2018 send us an email to info@friendsofthelarapintatrail.org.au

Happy Hiking.

Sue

President - Friends of the Larapinta Trail

Upcoming Events:

SUNDAY 29 OCTOBER - End of Year Catch Up

Meet at Epilogue for an informal catch up at 1pm.

SUNDAY 5 NOVEMBER - Bunnings BBQ Fundraiser!

Support the Friends and their efforts by buying a delicious sausage anytime between 9am and 3pm.

THURSDAY 16 NOVEMBER - Todd Mall Night Markets

5pm to 9pm - Todd Mall Alice Springs.

WEDNESDAY 29 NOVEMBER - General Meeting

6pm @ Club Eastside Boardroom.

FRIDAY 1 DECEMBER - Todd Mall Christmas Markets

5pm to 9pm - Come and buy a copy of our brand new 2018 Calendar for you and your friends/family!

Thank you to each and every person who contributed to a FOLT event in 2017! We are so grateful to the dedicated people who work to promote, conserve and make use of this wonderful Trail of ours.

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

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

Introduction to Overnight Hiking... for kids!

What a great experience! 6 intrepid hikers aged 7 - 9 set off on Section 10 of the Larapinta Trail at the start of August, hiking the 13.4kms between Ormiston Gorge and Glen Helen. For some it was their first overnight hike and each child carried a significant amount of gear for their age, adding to the sense of satisfaction, pride and ownership over their experience. It was amazing to see the comradery and leadership occurring along the way... singing, playing games, encouraging each other, making new discoveries and sharing nature. We are so proud of you kids!



Photos by Rebecca Duncum



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

Last chance to help out in 2017!

- Can you spare some time to help with a 2 hour shift at the upcoming Todd Mall Night Market on the 16 November between 5pm and 9pm?
- How about turning sausages, topping up sauce or greeting people with a friendly smile at the Bunnings Stall on the 5th November?

LARAPINTA TRAIL CALENDAR 2018



A massive thank you to everyone who took the time to send in a photo for the 2018 Larapinta Trail Calendar.

We've had some stunning entries and we are certain that the calendar will be a great reminder to those who have walked it... and a great inspiration for those who haven't.

Winning photos will be announced soon!

Look out for the 2018 calendar at the Alice Springs Town Council Night Market on Thursday 16 November in the Todd Mall.

Why not buy a copy (or three!) for your friends, family, workmates, teachers or significant others this Christmas?

SPONSOR IN THE SPOTLIGHT:



www.larapintatrail.com.au[®]

A good website is worth its weight in gold and with www.larapintatrail.com.au you've hit the jackpot.

If you are planning on walking the Trail next year or anytime in the future, this website should be your first stop. You can find out about all aspects of your walk from planning and safety, detailed section descriptions, campsite information and Trailhead access. You can even buy a map package and get it delivered to your door!

If you are unsure about which sections you'd like to walk, then we'd recommend having a look at their suggested itineraries for day walks, overnight hikes, extended walks and end to end.

If you need help with logistics such as transfers and food drops, they will point you in the right direction.

"A bushwalkers and trekkers guide to the magnificent Larapinta Trail in Central Australia."

Trail Tip #14

Sharing is caring! Walking with a mate? One person carries the stove while the other carries the fuel; one carries the tent, while the other carries the poles; one carries lunches and the other carries dinners... you get the idea!

"Climb mountains not so the world can see you, but so you can see the world."



Parks and Wildlife Commission NT update:

Hi Friends,

We recently asked for walkers to complete an online survey of their Larapinta Trail experiences and had a great response rate, with well over 100 people responding at short notice. I thought it would be interesting to share some of the results.

The biggest management issue that came through for us to consider is the amount of toilet waste on the Trail. Many people complained about the poor toileting practices at campsites that don't have a toilet, which is disappointing. We will look at ways to further educate walkers about this issue next season. For those that love statistics, 67% of walkers were female, and 97% of walkers were from Australia. All the sections were walked about the same amount, and around 60% of walkers made use of food drops along the way.

We will look to conduct the survey again next year as it provides us with lots of great information to help manage the trail. I'd encourage you all to participate if you can.

Finally, I'll leave you with my favourite response to what a walker enjoyed most about the Trail.

"I really enjoyed the remoteness, the challenge, the scenery and the colours of the red centre. And that feeling you get when you've been on the trail for a week and nothing else in life matters except the walk".

I couldn't agree more.

Phil Cowan - Senior District Ranger, West.

Photo by Phil Cowan

Bunnings BBQ!

Thank you to each and every person who volunteered their time or bought a sausage at our first ever Bunnings BBQ fundraiser!

The hard working volunteers raised \$760 on what was a very hot September day.

Our next Bunnings fundraiser is on the 5th Nov.



AUGUST 27

Wallaby Gap Working Bee:

Is there anything our tireless volunteers won't tackle?! This time it was installing recycled plastic bollards at Wallaby Gap which was no easy task.

As always we are so grateful for the delicious fresh fruit donation from Central Fruit & Veg!



PRODUCT REVIEW:

EXPED SYNMAT UL7

When asked to name my favourite piece of camping gear I did not hesitate. After many sleepless nights on inadequate self-inflating mattresses it was love at first sleep when I discovered the Exped Synmat UL 7 inflatable mattress.

I could rave on about this little beauty for hours (and probably have, sorry about that if your one of them.) With a thickness of 7cm, rated to -4c yet weighing in at 450 grams and folding up to the size of a drink bottle this mat is perfect for multi-day hikes.

Like all inflatable mattresses you need to look after them. Central Australia's sharp rocks and prickles can easily damage the light weight material so I always recommend using a ground sheet or mat cover. If you are a little heavy handed with your equipment it might not be for you but if you look after your gear then you will get many years of blissful nights sleep with this mat. I have had mine now for 5 years and whilst it comes with its own puncture repair kit I have not actually needed to use it yet!

Oh and unlike some lightweight inflatable mats it doesn't crackle and rustle like you're sleeping on layers of bubble wrap which your fellow campers will thank you for.

This product review was written by Susan Chambers.





Thank you to Scott and Kathy McConnell for travelling out to Ormiston Gorge as last minute volunteers for the August 2017 Run Larapinta stage race.

Scott, Kathy and Kylie spent the day setting up the finish line, cutting up fruit, checking off people as they came through the water point and helping runners refill water bladders and hydration drinks.

As a result of their effort, Rapid Ascent donated \$150 to Friends of the Larapinta Trail.

Scott McConnell, Rapid Ascent Race Director John Jacoby and Kylie Cowan at the Ormiston Gorge finish line.

Photo: Scott McConnell.

2017 Volunteers of the Year!



Clare Drabsch

Clare has been helping the Friends as a committee member and all round go-getter for the last two walking seasons. She has an amazing can-do attitude and has taken on the lead role as our market coordinator, as well as assistance and advice in all areas of the committee. Clare also brings her extensive guiding experience to the Friends, leading walks and providing some much needed professionalism to the team! Thanks for all of your volunteer efforts and hard work Clare, we reckon you are pretty great!



Pete Nowak

Pete has been a huge supporter of the Friends from the start, participating in almost all of our working bees and coming to various activities.

Through his employer - Central Fruit and Vegetables – we have received donations of wonderful fresh produce at our activities. Pete is an enthusiastic and passionate person and he always manages to bring along his 'rent a crowd' of other great friends to make light work of our projects. Pete doesn't seek any attention but we think he's a great bloke and a wonderful supporter of the Friends. Thanks Pete for all your hard work!

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