

From the top of Mt Sonder, photograph by Clare Drabsch

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From the President's Tent...

Welcome to the July edition of the Friends of the Larapinta Trail (FOLT) newsletter. It has been a very busy month on the trail with school holidays and beautiful trekking conditions contributing to record numbers enjoying a Larapinta experience. Talking about records an Alice Springs man managed to break the record for the fastest Larapinta Trail trek, covering the whole 223kms in just 61 hours and 32 minutes!

The FOLT have enjoyed a great response from our market stall in the Todd Mall this month, with lots of new members signing up and raising money from the sale of our T.shirts, beanies and stickers.

The money we raise is used to purchase more equipment and supplies, which we use for our working bees and trail maintenance programs.

Our next walk is on Sunday 3rd of August at Simpsons Gap. Meet at the Simpsons Gap Carpark for a 9am start up to Hat Hill Saddle. The walk is 4km return, finishing with a BBQ at the Gap.

If you missed out on our 'Donate for Dunny Paper' walk (due to extreme cold and rain!) we will be taking donations at this event instead.

Hope to see you there.

Richard Mayne, FOLT President

In a nutshell **Larapinta Kids**

1. **Simpsons Gap to Hat Hill Saddle:** A lovely 'there and back' walk, with an achievable climb to the saddle for morning tea or a BBQ back at the Gap picnic area. For those with a bit more stamina you could also try walking to Wallaby Gap for an overnight hike, or you could borrow a key from the Visitor Information Centre and get someone to pick you up. Join us on the 3rd of August if you'd like to give it a try!
2. **Dolomite Walk:** A great walk for kids who love rocks! Budding geologists will be fascinated by the twisted, varied and sculptured rocks on this walk which starts and finishes at Ellery Creek Big Hole. Nice on a cool or overcast day as it is quite exposed. Make this a family event by staying overnight at the campground.
3. **Ormiston Gorge to Glen Helen:** This walk would make the perfect introduction to overnight hiking. Starting at Ormiston Gorge, you'd get the majority of the walk done on the first day, with an overnight camp either at the Finke River or the designated shelter which has a toilet, sleeping platform and free gas burner. The best thing – the reward of an ice-cream at Glen Helen Resort or the Ormiston Kiosk!
4. **Choose your own adventure!:** The beauty of the Larapinta Trail is the flexibility of the walking options – depending on your child's abilities (or mood on the day!) you could pick almost any point to walk from, choose a nice spot for a break and head back to the car. What a great introduction to bushwalking, right here in their backyard!

Upcoming Events **2014**

DATE	EVENT	DISTANCE	LOCATION
Sunday 3rd August 9am til lunch	Hat Hill Saddle Walk	4km return	Section 1 – meet at the Simpsons Gap picnic area
July / August	Walk the Trail with a Ranger	Various	Contact Phil Cowan on (08) 8956 7799
Sunday 7th September	Ormiston Gorge Working Bee	Details TBA	Contact Phil Cowan on (08) 8956 7799

For more details, including costs for non-members, email us for a copy of the **EVENTS CALENDAR** or download a copy from our website. Hope to see you there!

We hope to have several more events and working bees throughout the year so keep in touch with us on facebook or we can add you to our group mailing list.



Find us on
Facebook

Trail Cuisine **Bush Pizza**

Recipe sourced from Lachlan McMichael

<http://magill.myscoutgroup.org/pages/45->

Ingredients:

- Red Capsicum
- Onion
- Salami
- Mozzarella Cheese (resealable pack)
- Mushroom
- Pineapple Pieces
- Pita Bread – no larger than the diameter of the largest pot in your Trangia
- Butter
- Tomato Paste



Preparation & Cooking Time: 15 minutes

Method:

1. Cook all ingredients just to meld all of the flavours
2. Paste up all pita bread with tomato paste & add ingredients – cheese on top
3. Place simmer cap on and melt butter in frying pan
4. Place pita bread in frying pan and place largest Trangia bowl over it.
5. When cooked through remove and enjoy.

Notes:

Potential fillings are limited only by your imagination!

Why are all the fish dying?

In winter, fish become stressed due to a decrease in water temperature.

As the water gets colder a protozoa (micro-invertebrate) grows on the gills of the fish. As the protozoa increases on the gills the fish die due to lack of oxygen.

This is a natural cycle and returns nutrients to the waterhole. This process affects all fish species.



Dingo cleaning up the dead fish at Ormiston Gorge.



SEE YOU AT THE MARKETS!

We'll be at Todd Mall Markets on the 17th & 31st of August. Thank you to everyone that has volunteered or come to visit the stall.

A club without volunteers is no club at all!

If you would like to help out we'd love to hear from you 😊

SPONSOR IN THE SPOTLIGHT:

Standley Chasm

A huge thank you for the generous support of Standley Chasm.



Standley Chasm is located in a private flora and fauna reserve owned by the Iwupataka Land Trust and is operated by Aboriginal family members that are direct descendants from Aboriginal people that have lived in this area for thousands of years. They operate the café as a training facility for their children.

Whether you require a full meal or an ice-cream our friendly local staff will give you great service and a welcome to their country. Pleasant picnic areas, barbecues and other facilities are also provided. Group Bookings for BBQs and luncheons are welcome all year round.

<http://standleychasm.com.au/>

Ph: (08) 8956 7440



'Donate for Dunny Paper Walk' – Ochre Pits to Inarlanga Pass.

Well done to the 4 dedicated members who braved the 7 degree morning and walked to Inarlanga Pass in the rain! 17 people were expected, but it was no surprise that staying at home in bed was a more comfortable option. Despite this, \$45 has been raised and we hope to raise more at the Hat Hill Saddle event on the 3rd of August.

PWCNT update

Water tank levels

Hello to all the friends of the Larapinta Trail.

Things have been pretty flat out at the moment with a huge amount of water carting by the rangers to ensure the water tanks levels don't dip too low.

There are over a dozen water tanks scattered throughout the trail so it is quite a bit of effort to maintain them. If anyone does come across a tank that is low, please let the rangers know as soon as you can. It's more than likely we know about it and a top up won't be far away, however sometimes taps leak or are left slightly on so the water can run out very quickly. We even had a tap freeze and crack one winter some years ago that resulted in the draining of the entire tank!

Rangers are continuing their patrols during the walking season and it has been encouraging to see that the compliance of the fuel stoves only policy is very high, with few fires being discovered. Happy walking.



Email: info@friendsofthelarapintatrail.org.au

Standley Chasm Walk – 29th June

Written by Amanda Markham

This walk is one of the hidden delights of the Larapinta Trail: a short (1.5km) hike which loops around behind the famous Chasm* into country where you just can't put your camera down for a moment. (*Pronounced *KAS-um*, not 'chas-um' as in 'chair'). It was so cold, we didn't think many folks would make the 50km drive out from Alice Springs. However, a very keen group of 20 people turned up!

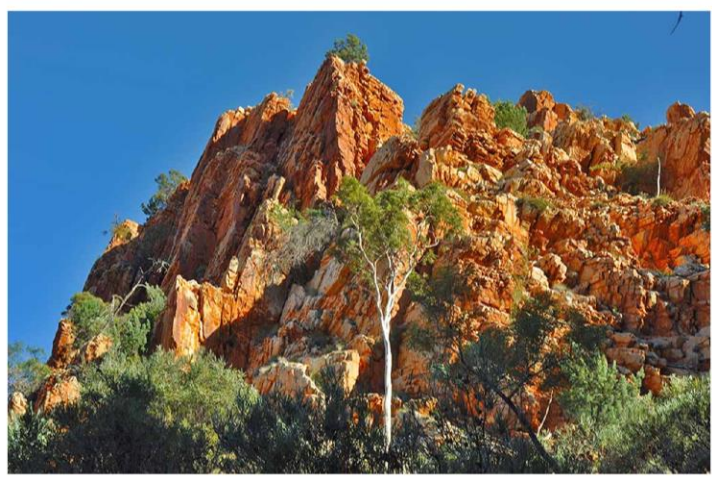
We started off following the track that leads to Standley Chasm itself. The first part of this trail skirts a lush creek line where there's nearly always water. About 5 minutes later, we came to the Larapinta Trail Section 3 marker and turned off the Standley Chasm track. From here, we climbed up through a steep, short gully, surrounded by MacDonnell Range cycads, striking white quartz veins, and rare winter wildflowers blooming after autumn rains.



Reaching the top of the first saddle, we were able to look down into the back of the Chasm from above. This view is truly jawdropping. The contrast of shadows and light, the sun on the bone-white trunks of Ghost Gums ... the jutting veins of quartz. It's hard to know where to point your camera.

After ten minutes or so here, we continued on. From there, the trail winds down and up again – skirting directly behind the narrow Chasm and more stunning scenery. Finally, we followed the trail down and rejoined a creek line. We soon came to the sign marking Angkale Junction.

After a rest –not that we really needed a rest- and a photo, we all headed back to along the same route – this time with a little more up than down. After the walk, we all headed for the cafe at Standley Chasm. We weren't lucky enough to grab the seats next to the warm open fire, but Ray, the manager of café, made us feel welcome, nonetheless. Not only had he waived the \$10 per person entry fee (Standley Chasm is privately owned, Aboriginal



land), he provided free morning tea for the group as well.

Even better, Aboriginal Traditional Owner, Deanella Mack, came over to greet us, talking to us about the significance of the Chasm to Aboriginal people. The Chasm itself is a Rock Wallaby Dreaming place that's sacred to Arrernte women. Some of the group returned to the Chasm in time for the midday spectacle of the sun lighting the narrow cleft in the ranges; others said farewell and returned to town.

We'd like to say thanks to all those who came along, and HUGE thank you to Ray and Deanella.

WALKING WITH KIDS!

Written by Kylie Cowan

Getting out with my kids in the bush is one of my favourite ways to spend quality time with them. They can run, explore, play, sing, climb, dig and do whatever else their heart desires. I'm more relaxed, less distracted, there's usually not a time frame and I don't have any housework to do! As a result, it's fun for everyone!

My dream is that one day we'll be able to do overnight hikes (or even long day walks) as a family and that it will be a fun, rewarding experience that they take into adulthood. I see bushwalking as a way to help them learn about nature and want to protect it, to make their own fun, to push their physical boundaries and build resilience.

I figure the way to do this is to start small... everyone will have their own ideas for motivation and their own idea on what is an appropriate level of difficulty for their kids (and let's face it – this will change from walk to walk!) Here are some of my experiences:

Start small: The Cassia Hill Walk and walking to Hat Hill Saddle at Simpsons Gap and the Ghost Gum Walk at Ormiston Gorge have been favourites of ours and were a great 'training ground' for bushwalking. Learning about how to recover from falling over, that spinifex is spiky and that you get a break when you get to the top of a hill were all good introductory concepts!

Build up: Recently my 5 year old made it to the top of Mt Gillen and did the Ormiston Pound Walk. I was really proud of her! It's such a hard concept to learn that being tired, puffed and sometimes sore can be a satisfying thing! I recommend 'dangling a carrot'... for a girl that has only ever had paddle pops and icy poles, a 'grown up ice-cream' e.g. Magnum got her over the line!

Don't push it: If it all goes pear shaped, don't worry, find a spot for a break, regroup and either press on or turn around and call it a day. The beauty of the Trail is that you can start from anywhere and turn around at whatever point you like. Creekbeds, hilltops & rocks all make good 'destinations'.

My 5 and 3 year olds on Section 10.



TOP TIPS!

1. Don't rush them.
2. Make it fun.
3. Dangle a carrot!
4. It's not about the destination, but the positive experience.

MUST PACK:

First aid kit (especially bandaids for falls & tweezers for spinifex!), loads of snacks (including a special treat), water, hat & sunnies.

MAKE IT FUN IDEAS:

Let them take photos of the walk (of whatever they like!)
Make a 'treasure hunt sheet' (kind of like bingo) and get them to tick off the things they see (e.g. red flower, sparkly rock, leaf with eggs on it, a bird's nest, butterfly).
Take some sand toys to play with.

Membership is free!

Mt Sonder, photograph by Susan Chambers

10% discount off all merchandise. Free entry to most events
Contribute to the conservation of one of the NT's greatest assets

ONGOING SPONSORS:



QUIZ Q - June Newsletter: Which Section is this?
ANSWER: Section 3, photograph by Susan Chambers.
CONGRATULATIONS TO: Ernie Richards, the winner of a FOLT sticker and beanie!

PHOTO COMPETITION:
Do you have a photo that shows off the scenery, flora or fauna of the Lara Trail?

Email your photo to info@friendsofthelapintatrail.org.au & you'll go into the running to win a FOLT sticker and a nice warm beanie! **Prize valued at \$37.50**

Winning photo will be published in the August newsletter with photo credit.

If you would like to contribute financially to the protection and promotion of the Larapinta Trail, cash donations are gratefully accepted. You can make a direct deposit to the FOLT:

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

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