



Issue 2 JUNE 2014

Friends of the Larapinta Trail Newsletter



Section 2, photograph by Sue Chambers

IN THIS ISSUE:

- **UPCOMING EVENTS**
Get your walking boots on! Great short walks coming up at Standley Chasm and the Ochre Pits.
- **FEATURE RECIPE**
Curry in a hurry!
- **BEST VIEWS ON THE TRAIL**
Some suggestions... or get in touch with us to voice your own 'best view' opinion!
- **MEMBER PROFILE**
Get to know your fellow walkers and what makes them love the 'Lara Trail'.
- **PARKS UPDATE**
An update on the 'Fuel Stove Only' policy and what it means for walkers.

From the President's Tent... Richard Mayne

What a beautiful time to be out walking on the Larapinta Trail, with lower day time temperatures, blue skies and no flies it really is superb trekking conditions. As the night time temps drop to zero and below, there is the temptation to get a fire going out on the Trail to keep warm. Be warned though, the Larapinta Trail is a **FUEL STOVES ONLY** walking trail.

The NT Parks & Wildlife Commission recently reminded us about this and rangers are being much more proactive about monitoring and issuing fines for illegal fires on the Trail this year.

But why not have a fire on the trail? Well there are numerous reasons, for a start campfires leave ugly scars along the Trail. They are damaging to the environment - wood is scarce on the Trail and is relied upon by native animals. There is also the risk that a fire can get out of control and become a major fire event, putting lives in danger.

Free gas cookers are provided at Simpsons Gap, Jay Creek, Ellery Creek, Ormiston Gorge, Finke River and Redbank Gorge for cooking.

Thank you for being a Friend of the Larapinta Trail!

In a nutshell **Best Views**

1. **Mt Sonder – Section 12:** The start/finish point of the Trail provides views to some of the highest peaks of Central Australia - Mt Zeil, Mt Razorback and Mt Giles. On clear days you can also see the impact crater of Tnorala (Gosse Bluff). Known as Rwytyepme to Western Arrernte people, Mt Sonder is a highlight and iconic scene on the Trail.
2. **Counts Point – Section 8:** There is no better place to photograph the undulating, rugged terrain and gentle colours of the West Macs. Arguably one of the best elevated vistas along the entire Larapinta Trail.
3. **Brinkley Bluff – Section 4:** No matter which direction you walk, you certainly have to earn the reward of the brilliant views at the top of this steep climb. Many people choose to camp at the top... but be warned, it can be a windy campsite!
4. **Euro Ridge - Section 1:** Looking back towards Alice gives you an appreciation of the grandeur of the MacDonnell Ranges and a healthy respect for how tiny we are in this vast desert landscape.
5. **Tangentyere Ridge – Section 3:** Rough underfoot, steep slopes, unconstructed trail and not as well marked... but well worth the effort! Also known as the high route, this part of the Trail is an alternative to the main track between Tangentyere Junction and Millers Flat.

Upcoming Events **2014**

DATE	EVENT	DISTANCE	LOCATION
Sunday 29th June 9am til lunch	Standley Chasm Explore	3km	Section 3 – meet at the Standley Chasm carpark
Sunday 13th July 9am til lunch	Donate for dunny paper walk	8km return	Arrernte Walk – meet at the Ochre Pits carpark
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 **Thai Curry**

Member recipe sourced from 1st Magill Scout Group

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

Ingredients:

- 1 sachet thai curry paste
- 1 sachet of dried coconut milk or small can
- ½ cup rice per person
- Vegetable mix (can be anything you like e.g. capsicum, zucchini, broccoli, snow peas, dried peas/corn/carrot)
- 1 film canister of soy sauce



Preparation & Cooking Time: 15 minutes for rice + 10 mins for curry and veg

Method:

Step 1 - Bring water to the boil and cook rice using absorption method as per packet instructions (usually a ratio of 1 cup water per ½ cup rice).

Step 2 - Whilst the rice is sitting, make up coconut powder in your cup by using small quantity of water and mixing to form a lump free paste. Add more water gradually until creamy consistency is achieved. Add some of your curry paste to this mixture. You can always add more but you cannot remove it once it is in your mixture.

Step 3 - Stir fry the veggies in the small bowl until bright coloured then add coconut paste and heat through, stirring all the time. Add soy sauce to taste and serve with rice.

Notes:

If you are using dehydrated veggies, rehydrate before stir-frying. Keep an eye on the rice so it doesn't stick to the bottom of the saucepan (saving you from a messy clean up after dinner).

Beware of 4-legged thieves!

It's always great to see a Dingo in the wild, but not so great if it ends up stealing your food or your shoes!

Most hikers are responsible enough to know better than to feed Dingoes, but keep in mind that they are curious animals.

There have recently been several cases around Ormiston of Dingoes getting into food supplies and taking off with shoes and small bags left lying around camp.

Section 3, photograph by Sue Chambers



SEE YOU AT THE MARKETS!

Come and see us at our new stall at the Todd Mall Markets! We'll be there on the 22nd June and the 6th, 13th & 20th July.

Ask questions, seek advice, buy FOLT merchandise or map packages.

P.S - We'd love some extra volunteers!

SPONSORS IN THE SPOTLIGHT:

Alice Wanderer

Thanks to Craig at Alice Wanderer we now have a home for all of our market supplies! This is hugely appreciated and makes it a lot easier for our dedicated vollies.

Alice Wanderer offer transport and food drops to Lara Trail Walkers.

www.alicewanderer.com.au

Ph: (08) 8952 2111



Taps, Tubs & Tiles

A big thank you to the team at Taps, Tubs and Tiles for donating a specialised tube to store our banner for events and the markets!

ttt@tapstubsiles.com.au

Ph: (08) 8952 6488



PWCNT update

A reminder about the 'Fuel Stove Only' policy

It's great to see that the Friends have been working hard on the trail doing working bees as well as promoting the trail through the market stall. The group is quickly becoming a great help to the Commission, and it's encouraging to see lots of enthusiastic volunteers out on the trail. Over the next 3 months Parks & Wildlife Rangers will be conducting regular patrols of the trail for several reasons. Firstly we would like to increase our presence on the trail so we can provide information and advice to walkers, as well as receive feedback on any immediate issues with the trail. We are also going to ask walkers to complete a short survey that will provide us with some important information to better inform future management direction. Lastly we will be walking the trail to improve the compliance of the fuel stoves only policy. Camp fires are not permitted on the trail, unless at the few shared vehicle based camp sites. Parks also provides free gas bbq's at a number of locations along the entire length of the trail. Excessive camp fires result in ugly fire scars and lead to the loss of essential habitat for native fauna. Failure to comply with the fuel stove only policy may result in an on the spot infringement notice of \$432. We are working with local tour operators, Tourism Central Australia, and the Friends to promote this message throughout the season.



Wallaby Gap Working Bee



On Sunday the 1st of June a passionate band of 15 volunteers assembled at Wallaby Gap to get their hands dirty painting and oiling, brush-cutting and pruning, and doing some toilet repairs at the campsite. We had a fun morning and everyone was super keen to get busy straight away. Ranger Kath did a fantastic job allocating jobs for us all as well as supplying most of the equipment. We painted and oiled the big shelter and seats, as well as the tables and some signs.

The toilet block proved more difficult than anticipated, with all our efforts to replace some rotten timbers in vein. Toilet block 1, Friends 0, but we will get the better of it next time! The path to Wallaby Gap itself was pruned and brush cut and to cap off all our efforts we finished with a cuppa and some morning tea. It was a great morning of work and it was lovely to get to know some new faces. Look forward to seeing you all at the next one!

Did you know that the Parks and Wildlife website has a [‘current conditions and updates page?’](#) You’ll find information such as controlled burn notifications, the location of independent walking groups of over 8 people, infrastructure developments and other useful tips.



Counts Point, photograph by Lynette Graham

Member Profile: PHIL COWAN

Which sections have you walked?

In full 1 to 8 & 12, and parts of 9 to 11

What are your favourite sections? 3, 4 and 5

What are your favourite locations on the Trail?

Hard to beat places like Spencer Gorge and Hugh Gorge. Jay Creek Fish Hole is also a beautiful place

Are there any side walks that you'd recommend?

You can't go past the Ormiston Pound Walk, although there is still enough water in the Gorge at the moment so you need to wade through the freezing water to complete the full loop

You've been involved as a member of the FOLT committee since its inception... what do you think is the best thing about being part of the FOLT?

Seeing people on the trail at our recent working bees has been a real buzz. The whole point of it to me is to be able to provide an opportunity for people passionate about the trail to put something back into it, and that's what the friends should be all about. The friends can achieve anything if we have people who are keen and able to help. I'd love to see the friends winning grants and investing in infrastructure on the trail for example.

What would you like to see FOLT become in the future?

Continuing to be a relevant group that does make a difference to the future sustainability of the trail. We also want to be a fun and welcoming group that people want to be a part of.

What do you like best about bushwalking?

The sore feet and uncomfortable sleep! No, I really enjoy walking with good company and getting away from all the distractions that consume you at home like the TV and internet. Sleeping under the stars, particularly in Central Australia is an awesome thing to do.

What is the one luxury item you pack for a bushwalk?

Lollies and my jet boil (I know that's 2 things!). Nothing like enjoying a coffee after making camp at the end of the day. I usually freeze some 'real' milk as well so that's probably a luxury item.

Memorable moments?

I was fortunate enough to walk section 3 after the rain around 2010 and to be able to drink from running streams and listen to the bubbling water was something I'll never forget, absolutely amazing.

What should people look out for on the Trail at the moment?

I've noticed the Ptilotus flowers have come out recently, and they are pretty spectacular when you see a lot of them in all their varying colours.



Phil on Section 8 at Counts Point

WE WOULD LOVE YOUR INPUT!

Do you have any stories, recipes, wildlife sightings, trail observations, photos or anything else you'd like to share?

Email us or write us a facebook message and we'll include them in the July newsletter 😊

Membership is free!

Mt Sonder, photograph by Lynette Graham

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



QUIZ Q:

Which Section is this?

Email the correct answer to info@friendsofthelalapintatrail.org.au & you'll go into the draw to win a FOLT sticker and a nice warm beanie! **Prize valued at \$37.50**

QUIZ Q, May Newsletter: Which is the shortest section of the Larapinta Trail?
ANSWER: Section 10 (9.1km – Ormiston Gorge to Finke River)
CONGRATULATIONS TO: Deanne Fenton, the winner of a FOLT sticker and beanie!

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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