

# Issue 1 MAY 2014

Friends of the Larapinta Trail Newsletter



Section 4, photograph by Phil Cowan

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Joint volunteer program with Trek Larapinta a great success.

## From the President's Bunker...

Hello Friends of the Larapinta Trail, welcome to our first newsletter for 2014. I hope you find some interesting information and perhaps some inspiration to get out and experience or re-experience the Larapinta Trail. Many thanks to the hardworking FOLT committee of Kylie, Sue, Phil and Kym who help to keep our fledging group on track and growing.

The following article was published by Australian Geographic magazine a couple of years ago and reminds us of the grandeur and beauty of this world class walking trail.

[www.australiangeographic.com.au/travel/destinations/2010/11/walking-the-larapinta](http://www.australiangeographic.com.au/travel/destinations/2010/11/walking-the-larapinta)

Looking forward to seeing you at our next event.

*Richard Mayne,  
FOLT President*

# In a nutshell **Transport Tips**

1. Get a **friend** to drop you off and pick you up OR get them to drop you off as far west as time allows and then walk back to Alice without a deadline.
2. Arrange transport through a **tour operator**. There are several that specialise in this service and also offer food drop services. A listing of operators can be found on the Parks and Wildlife website – follow the links from [www.nt.gov.au/parks/walks/larpinta](http://www.nt.gov.au/parks/walks/larpinta)
3. Get together with a few friends, split into two groups and each start at opposite ends of the section(s) you are walking. When you cross paths on the Trail, **swap car keys** and drive each other's cars back to town!
4. There are a few **'there and back'** walking options. Park at Redbank Gorge and climb Mt Sonder (the highest point on the Trail) & back. Another good option is to start at Standley Chasm and walk east along Section 3 from Millers Flat to Tangentyere Junction via the high route, then back to Standley Chasm via the low route.
5. For a short option, park your car at Ormiston Gorge, walk Section 10 and get the folks at **Glen Helen Resort** to drop you back to Ormiston. As with all transport options it is a good idea to prearrange before you depart Alice.

## Upcoming Events **2014**

DATE	EVENT	DISTANCE	LOCATION
<b>Sunday 29<sup>th</sup> June</b> 9am til lunch	Standley Chasm Explore	3km	Section 3 – meet at the Standley Chasm carpark
<b>Sunday 13<sup>th</sup> July</b> 9am til lunch	Donate for dunny paper walk	8km return	Arrernte Walk – meet at the Ochre Pits carpark
<b>Sunday 3<sup>rd</sup> August</b> 9am til lunch	Hat Hill Saddle Walk	4km return	Section 1 – meet at the Simpsons Gap picnic area
<b>July / August</b>	Walk the Trail with a Ranger	Varioius	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 throughout the year as well so keep in touch with us on facebook or we can add you to our group mailing list.



Find us on  
**Facebook**

# Trail Cuisine Creamy Tuna Pasta

Member recipe supplied by KYLIE COWAN

## 'WORTH THE WEIGHT'

Some people like to travel as light as possible, but for those who don't mind carrying a bit extra (e.g. long life cream and onion), you'll enjoy this very simple but tasty meal at the end of a long day.

## Ingredients:

Dried pasta  
Small long life cream  
Dehydrated peas  
Small onion, finely diced  
Sachet of plain tuna  
Cut up or grated cheese

## Preparation & Cooking Time:

20 minutes in total

## Type of fuel stove used:

Trangia



## Method:

Fry up the onion in the lid of the Trangia, set aside, then boil the pasta and dehydrated peas in the pot. Once it is cooked, stir through the onion, tuna, long life cream and cheese (whilst still very hot so the cheese melts). Simple!

## Variations:

Sometimes I cook some cut up capicum and cook it at the same time as the onion for a bit of extra flavor. You could also add dehydrated corn.

## Notes:

If you choose to take canned tuna, try to get the sort that doesn't need draining and be sure to have a spare zip-lock bag to put the rubbish in so it doesn't leak or stink out your pack!

## Did you know?

There is a kiosk at Ormiston Gorge!

It will be open from 10am – 4pm 7 days per week during the busy season.

The best news? They do real coffee!

Stop in and say hi to Nick and Bec when you are next on Sections 9 or 10 of the Trail.

They also sell FOLT merchandise.



Section 5, photograph by Phil Cowan

## SEE YOU AT THE MARKETS!

Come and see us at our new stall at the Todd Mall Markets! We'll be there twice a month from May to September. Ask questions, seek advice, buy FOLT merchandise or map packages.

SPONSOR IN THE SPOTLIGHT:

Lone Dingo



Lone Dingo are great supporters of the FOLT and through Larapinta Trail merchandise sales have made donations of over \$1,000!

This contribution has assisted with purchasing tools and holding events.

Simon and his team are a great source of information (as is their website) for locals and visitors alike. Check out their new 'Lone Dingo Travel and Leisure' shop when you are next in the Todd Mall!

They have all the specialised gear you need for any type of hike such as boots, walking poles, maps, dehydrated meals, sleeping bags and backpacks.

[www.lonedingo.com.au](http://www.lonedingo.com.au)

Ph: (08) 8953 3866



*FOLT volunteers after a working bee at the new Simpsons Gap LT shelter*

## PWCNT update

### Volunteer program 2014 – PHIL COWAN

The Friends of the Larapinta Trail has recently partnered with the Parks & Wildlife Commission of the NT to help us complete the annual repair and maintenance program on the Larapinta Trail.

The program called for volunteers to assist the rangers in all aspects of the work, from pruning and erosion control, to replacing track markers and chipping out weeds at campsites. The Friends helped to promote the project, responded to enquiries and supplied equipment to use on the trail.

Trek Larapinta, a local tour operator on the trail, also invested heavily in this year's program (as they have done in previous years) by providing a group of willing clients for a week's work. All up we had about 15 volunteers this year helping us on the full length of the trail, providing many hours of toil and effort.

This help is always greatly appreciated by Parks and we look forward to continuing this partnership with the Friends of the Larapinta Trail next year.

Photos to come in the next newsletter!



Email: [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au)

# Member Profile: **AMANDA MARKHAM**

## FAVOURITE SECTION & WHY?

It's really hard to pick a favourite section, because I've walked some of the most spectacular sections. I'd have to say Section 8 is worth mentioning, simply because of the view - not only are you treated to the breathtaking geological formations of the Alice Valley, you can see most of the highest peaks in the Northern Territory, along with Tnorala. My other favourite Sections are 3 and 4 - both for the physical challenges and the views again. Section 3 is great for people who like their outback rugged; Section 4 for the fabulous climb of Brinkley's Bluff.

## HOW MANY SECTIONS HAVE YOU WALKED?

I've walked 1, 2, 3, 4, 8, 10, 11 and 12 - so that's 8 in total. I did the Sacred Site Clearance on Section 6 back in 2001 with Western Aranda custodians... but it was by vehicle, so I guess that doesn't count.

## MEMORABLE MOMENT:

I think my first overnight hike on the trail with friends back in 2004 was the most memorable - there was the trail camaraderie, lots of wildflowers and as we'd had some winter rain, there were only a few other hikers on the section we did, and we finished about two hours before our lift back to town came to pick us up.

## ANY TIPS?

Don't do long sections of the trail from November through to March. If you get the urge, slap yourself around the head or ask your significant other to tell you the story of Burke and Wills. Be aware that unlike many other hikes, you'll have to carry around 4-6 litres of water for every two days on the trail. On most of the high sections, you'll get Telstra 3G reception - so make sure you've got a Telstra SIM card.

## WHAT'S ONE OTHER LONG DISTANCE WALK YOU WOULD RECOMMEND?

Everest Base Camp trek. It's like being inside a movie set.

## WHAT'S THE ONE THING YOU WOULDN'T WALK THE LARA TRAIL WITHOUT?

Probably some kind of book or ebook reader.

## ONE THING YOU'D LIKE TO SEE CHANGED OR IMPROVED ON THE TRAIL?

Extend the trail to Mt Zeil.



*Amanda on Section 4*

## 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 June newsletter 😊

# Membership is free!

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 is the shortest section of the Larapinta Trail?

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



## \$\$ - MAKING A FINANCIAL CONTRIBUTION:

Two of the goals of the FOLT are to contribute to the promotion and conservation of the Larapinta Trail. There are various costs associated with achieving this, from administration to tools, promotion to feeding hungry volunteers!

If you would like to contribute financially, 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

## Fundraising 2014: DONATE FOR DUNNY PAPER!!

How good is it to rock up to camp and know that your basic needs will be met with ample toilet paper? Whilst it might be a small luxury, it is a big cost. Friends of the Larapinta Trail are making a contribution to the Trail and to its many walkers by providing toilet paper for the peak walking season.

We will have a fundraising event in June or you can make a cash donation at our market stall or by direct deposit. As you know... every bit counts!

Did you know that the **Central Australian Bushwalking Club** have loads of walking opportunities, including some on the Larapinta Trail? Check out their website for a list of their scheduled walks.

<http://centrалаustralianbushwalkers.wordpress.com/>

**EXPLORE . PROTECT . ENJOY . CONSERVE . PROMOTE . EXPERIENCE**