



## From the President's Tent...

Hello friends and welcome to our first newsletter for 2015. With the Larapinta Trail trekking season almost upon us, I thought it timely to share some ideas for safe and responsible walking practices.

- Plan and prepare your trip.
- Tell someone of your plans/route/timing (and notify them of your safe return).
- Be aware of weather conditions.
- Pack appropriate clothing/footwear for extreme conditions – remember there is no such thing as bad weather just inappropriate clothing!
- Make sure your boots/shoes are worn in but not worn out.
- Take waterproof matches and spare cold food/supplies.
- Take extra water carrying options.
- Take a first aid kit.
- Carry an emergency beacon.
- Know your limits.
- Always walk on the marked trail.
- Dispose of waste properly – pack it in, pack it out.
- Leave what you find.
- No campfires on the Larapinta Trail.
- Respect wildlife, observe from a distance and do not feed them.

This year the Friends of the Larapinta Trail are hosting a great range of events and working bees including a stand in the Todd Mall markets on the last Sunday of every month.

For all the details check out our website

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

Or our facebook page

<https://www.facebook.com/pages/Friends-of-the-Larapinta-Trail/194480840628606>

We look forward to seeing you. All the best

Richard Mayne,  
President, FOLT

Ormiston Gorge in flood - January 2015

Photo by Kylie Cowan



## Upcoming Events:

- April/May:** NT Parks and Wildlife Repairs & Maintenance Program (various sections and dates).
- Sat 11th April:** Open Day and Market Stall at the Alice Springs Telegraph Station. 2pm to 5pm. Free entry, part of Heritage Week.
- Sun 19th April:** Walk to Reveal Saddle (Section 4). Meet at the Trailhead just before Standley Chasm at 8.30am.
- Sun 26th April:** Todd Mall Market Stall.
- Thurs 14th May:** Product Information Night, safety and pack demonstration at Lone Dingo. 5.30pm bookings required. Drinks and nibbles provided.

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

# First working bee for 2015!

LT Campground, Simpsons Gap - Sunday 8th March



Rangers Mark, Kaitlyn and Susie were there to help on the day.



A big thanks to the 6 FOLT volunteers who contributed their time on the day.



Tent pads had sand replaced.



Buffel was hand pulled from around the toilets.



Removed lots of Buffel Grass.



A before photo - the tent pads were tidied up ready for 2015 walkers.



After a lots of hard work there was a well deserved morning tea.

## Getting ready for the walking season:

While you are itching to get going on your first walk and keeping an eye out for a cool break in the weather, here's a checklist of jobs to make sure you are ready to go!

1. If you have new boots, start wearing them in now!
2. Check your first aid kit - do you need to replace anything or add to it? Don't forget to check used by dates.
3. Do you have credit on your satellite phone? Do you need to invest in a PLB or look into where you can hire one?
4. Check your pack, mattress and sleeping bag... make sure there are no holes.
5. How will you carry water? This is the most important factor on any LT walk.
6. Look for hiking buddies - start planting the seed and looking at maps.

Climbing Mt Giles - Photo by Trek Larapinta



## LARAPINTA TRAIL IN THE NEWS

Last September the Trail had a lot of media attention when high profile couple, surfer Layne Beachley and INXS musician Kirk Pengilly along with NSW Premier Mike Baird and other community leaders walked some of the Larapinta Trail. 'Project Uplift' aimed to provide mentoring support to 8 previously homeless teenagers.

Visit: <http://salvos.org.au/oasis/lift-off-for-project-uplift/> for more details.

## JANUARY FLOODS

You may have been lucky enough to visit the West MacDonnell Ranges soon after the January floods for a swim, kayak or hike. There were waterfalls galore during the days of rain and all the creeks and rivers were flowing. While most of the water rapidly evaporated, walkers this winter will enjoy the flush out of the more sheltered gorges and chasms in the Ranges.

## RAFFLE!

We will be holding a raffle over the coming weeks to raise money for working bees, gear and events. Visit us at the Todd Mall Markets to buy a ticket, which will be drawn at the Lone Dingo product info night.

1st PRIZE \$100 LONE DINGO VOUCHER, 2nd PRIZE \$50 MILNER MEAT VOUCHER  
3rd PRIZE a FRIENDS OF THE LARAPINTA TRAIL T-SHIRT or BEANIE

WHAT DO YOU THINK OF THE CURRENT LOGO? JOIN THE DISCUSSION & CONTRIBUTE YOUR IDEAS ON FACEBOOK.



Find us on  
**Facebook**

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

## MOUNT SONDER END-TO-ENDING

*We've come from way below Mount Sonder  
Where it's sighting was once in the brooding yonder*

*Across the Finke River, creeks and marshes that slowly disgorge  
Into the Simpson Desert at Glen Helen Gorge*

*Where Larapinta Trailers strain and toil  
Among the bluffs, razor backs, and desert soil*

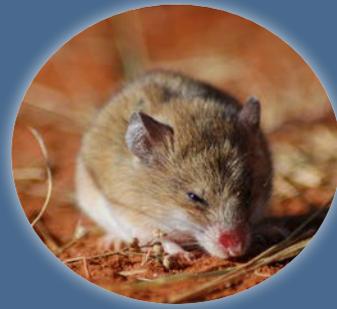
*Where the brilliant galaxies and stars at night  
Give way to a radiant dawn and early morning light*

*Where the views from atop Sonder are a visual feast  
From east to west and west to east*

*Often as far as the eyes can see  
From the Chewings Range to the Heavitree*

*Peter Harley  
Mount Sonder  
Larapinta Trail  
3 July 2014*

*Photos by Phil Cowan*



Sandy Inland  
Mouse



Ptilotus



Echidna



Woolly Cloak Fern

### Heritage Week Open Day

**WHEN: Saturday 11th April**  
**WHERE: Telegraph Station**  
**WHAT TIME? 2 - 5pm**

Come along to the Alice Springs Telegraph Station and enjoy a meander around the historic precinct, displays and food stalls.

Entry is free and we'll have a market stall selling Larapinta Trail merchandise, handing out our events calendar and signing up new members. We'll also be taking donations that will go towards events and Trail maintenance so bring your loose change!



### Product Information Night

**WHEN: Thursday 14th May**  
**WHERE: Lone Dingo, Todd Mall**  
**WHAT TIME? 5.30pm**

- Demonstrations on how to effectively pack your backpack ready for an overnight hike.
- Check out the latest gear, fuel stove options and receive a 10% discount for being a FOLT member.
- Listen to some important safety tips from a NT Parks and Wildlife Ranger.
- Meet other members and have a casual chat over drinks and nibbles.

Bookings essential for catering purposes - email [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au)



# Trail Tip #1

If you have a multi-day hike and want to carry a block of cheese, wrap it in a handkerchief then put it in a plastic bag.

The handkerchief soaks up all the oil (fat) and stops it turning into a mushy blob.



Section 6 - Photo by Susan Chambers

## GETTING INVOLVED... WE'D LOVE TO HEAR FROM YOU!

There are a number of ways to get involved with Friends of the Larapinta Trail this year. If you have any relevant skills or areas of interest it would be great to hear from you, or you might like to assist in one of the following areas:

**Todd Mall Markets** - we require volunteers once a month for 2 hour blocks. You'll be teamed up with another volunteer. We have a sheet of FAQ's that people might ask, but really it's as simple as promoting FOLT, the Trail and pointing people in the right direction for what they need to know.

**Donation Tins** - are you creative and hands on? Would you be interested in making some donation tins that we could display at the markets and other locations?

**Walk Leaders** - if you plan to join one of the organised walks for the year, please consider putting your hand up as a 'walk leader'. This simply means making sure all walkers are accounted for, carrying a first aid kit, counting how many people you had and being there on time to meet and greet people.

## RECIPE IDEAS:

Outdoor stores have numerous options for fuel stove cooking, the latest and very versatile option being a 'Jetboil' which can boil water in 30 seconds. It comes in a couple of different sizes and has various add-ons such as a coffee press, frypan and pot.

Jetboils are available from Lone Dingo in the Todd Mall and the Jetboil website has some great (and quite gourmet) recipes for the adventurous hiker to try out.

Visit: [www.jetboil.com/Trail-Side/Recipes/Try-Our-Recipes/](http://www.jetboil.com/Trail-Side/Recipes/Try-Our-Recipes/) for recipe ideas.

## TWO INGREDIENT DESSERT:

If you don't mind carrying a bit of extra weight, pack a small UHT pack of ready made custard in your pack... heat it up and add some chocolate ripple biscuits. Serve straight away... they melt and taste a little like pudding. Very sweet and very yum!



# Meet the FOLT committee '15



Richard Mayne is one of the owner/operators of Trek Larapinta and is also the President of FOLT. Richard is a 'make it happen' sort of guy and has been responsible for a lot of great initiatives over the last two years.



Phil Cowan is our Public Officer. He is the Senior District Ranger for the West Maccs, Owen Springs and Palm Valley. Phil is involved in most of the FOLT working bees and is a great link between the Friends and Parks and Wildlife NT.



Susan Chambers is a well travelled and enthusiastic hiker. Sue has an eye for detail and a valuable business background, bringing ideas, accountability and fun to the FOLT.



Kym Stockman is our Treasurer. Kym is full time plus with her own role in Trek Larapinta, but still manages to keep FOLT on track and in order with finances and book keeping.



Kylie Cowan is the FOLT Secretary. She also does the monthly newsletters which play a big role in communicating with our members.



Katalina is one of our newest members and has agreed to help us apply for community grants so that we can have a greater impact on the protection and promotion of the Trail.



Erin Westerhuis is another of our new committee members and will be helping to coordinate the Todd Mall market volunteers and we are really grateful for her contribution.

*Along with the FOLT members we have so much passion and so many ideas for fundraising & events... the only limitation is people to initiate, plan & deliver! The more help we get, the more we can do for the Trail and the community... can you help?*



Section 10 in flood, January 2015  
Photo by Kylie Cowan



# Parks and Wildlife Commission NT update

Hello to everyone and welcome to the 2015 walking season.

There have been a few things happening in the summer months as we've been gearing up for another big year on the Trail. A new and exciting project is due to start soon that will see the installation of telemetry at some of the more remote water tank locations, allowing rangers to monitor water levels via our UHF radio network. This will help us to quickly respond if an unexpected drop at a water tank occurs, and to make more efficient use of ranger's time.

Parks and the Friends have been working on a memorandum of understanding which will essentially help to formalise the relationship and set out clear roles and responsibilities

of the 2 parties. This will help to ensure the long term future of our partnership, and achieves a key goal of the Parks and Wildlife Strategic Plan, that is to build and strengthen relationships with the community.

The rangers will also be out and about this year, starting with the annual repair and maintenance program in April. If anyone is interested in helping the rangers clear the trail for the walking season, please get in touch with the Friends.

We will also be conducting patrols during the season to help answer any questions, provide advice and to ensure compliance of our by-laws. All the best and happy and safe walking.

*Phil Cowan, Senior District Ranger*

## A walk in the Park...

Join Parks & Wildlife for an introduction to some great Central Australian walks. Contact [susie.pendle@nt.gov.au](mailto:susie.pendle@nt.gov.au) to book. Max 10 people per walk.

**Bradshaw Walk**, Alice Springs Telegraph Station on Sunday 12th April.

**Cassia Hill**, Simpsons Gap on Sunday 17th May.

**Hat Hill Saddle**, Simpsons Gap on Sunday 14th June.

**Woodland Trail**, Simpsons Gap on Sunday 12th July.

**Panorama Walk**, Trepina Gorge Nature Park on Sunday 16th August.



## BE A GREAT FRIEND!

### Help keep Friends of the Larapinta Trail membership free.

Last year Friends of the Larapinta Trail made a decision to waive the membership fee in the hope of attracting more members. We were able to continue to run events thanks to the generosity of our sponsors and increased fundraising.

This year we would like to ask FOLT members to consider making a \$10 donation so that we can continue to provide walks, events and working bees in order to protect and promote our beloved Larapinta Trail. In return we will give you a Friends of the Larapinta Trail sticker (pictured below... get in quick, offer valid until we run out)!

There will also be the opportunity to make a gold coin donation at all walks and events, to cover the costs of tea, coffee and morning tea where provided. Both of these options are entirely voluntary, but very much appreciated!

Thank you for your consideration. Get involved in 2015!

#### Direct Deposits can be made to:

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



## A BIG thank you to our sponsors!

*A special thank you this month goes to:*

**LONE DINGO** - who have donated a brand new first aid kit for all of our guided walks & events.

**TREK LARAPINTA** - who made a sizable donation through their volunteer program and allowed us to pay for our Public Liability Insurance.

**ALICE WANDERER** - who continue to provide us with space, storage and ease of access to all of our Todd Mall Market gear.

**NT PARKS & WILDLIFE** - for their support in all FOLT events and for printing hard copies of the newsletter and coming events calendar to distribute at the monthly markets.

**ORMISTON GORGE KIOSK** - Nick & Bec are offering a free coffee to anyone purchasing a beanie or t-shirt at the Ormiston Gorge Kiosk!



**ORMISTON GORGE KIOSK & CAMPGROUND**

