

From the President's Tent

As spring approaches we start to find sections of the Larapinta Trail becoming a colourful kaleidoscope of wildflowers.

Central Australia is home to an outstanding 40 rare and relict species of unique plants and wildflowers. The West MacDonnell Ranges in particular are a haven for rare and threatened plants.

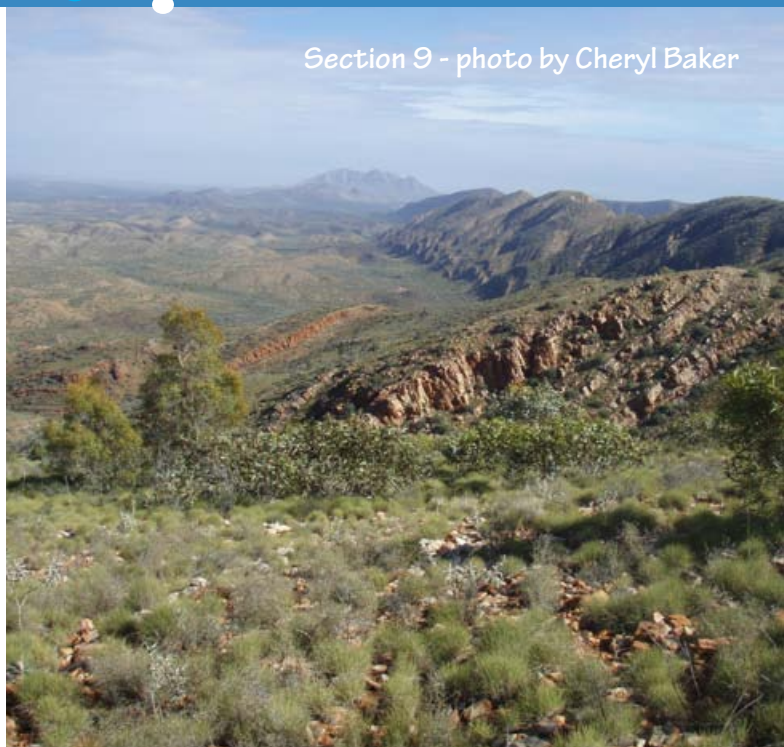
Some of the rarer species include the MacDonnell Ranges Cycad, the Maiden Hair Fern, Skeleton Fork Fern, the Mountain Hakea and the Glory of the Centre Wedding Bush.

Also on show this year is plenty of Mulla Mulla, Pussetails, Native Daisies, Wattles and lots of lovely Grevillea. I hope you have the opportunity to enjoy a walk amongst the beautiful plants and flowers of the Larapinta Trail this spring!

Richard Mayne, President FOLT



Section 9 - photo by Cheryl Baker



Upcoming Events:

- Sun 9th August:** Mt Sonder Summit walk. 15.8km return, departing at 9am from the Redbank Gorge carpark. Leave Alice Springs at 7am or camp out the night before.
- Sun 23rd August:** 9am Working Bee at Serpentine Gorge. Meet at the carpark.
- Wed 26th August:** General Meeting - all welcome! 7pm at the Club Eastside boardroom
- Sun 30th August:** Todd Mall Markets (9am - 1pm)
- 27th-30th August:** Run Larapinta (event run by Rapid Ascent). Visit www.runlarapinta.com.au for more details.

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

PWCNT & FOLT HAT HILL SADDLE WALK



CAR POOLING:

Would you be in a position to give someone a lift out to the Mount Sonder walk or the upcoming working bee at Serpentine Gorge?

OR, are you after a lift yourself?

Get in touch with us via email or write a post on our facebook page and we will do our best to hook you up with a with another member to get you to the event.



Boots galore! Glen Helen Homestead



Find us on
Facebook

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

NEW EMERGENCY COMMS FOR FOLT

The Friends now have our very own Personal Locator Beacon, or PLB, purchased at Lone Dingo in Alice Springs.

A PLB provides a very reliable emergency back up while out on the trail, as when activated it will send a GPS signal to the Australian Maritime Safety Authority (AMSA) in Canberra via satellite. AMSA operate a Rescue Command Centre and are able to alert the relevant local authorities of a PLB activation, and they also have access to the contact details associated with the PLB's registration.

There have been several PLB activations on the Trail this year, and the response from emergency services and the Parks & Wildlife Commission has seen successful extractions from the Trail back to Alice Springs in all cases.

Hopefully we will never have to use our PLB, but we see this as an important step in ensuring your safety is put first at all our events.

If you would like to learn more about PLB's please drop in and see Simon and the team at Lone Dingo for expert advice.



Kylie's 'Run Larapinta' fundraiser for the Friends.

GEAR REVIEW:

Osprey - Raven 6

Recently I invested in an Osprey hydration pack with a 3 litre water bladder and 6 litre storage. I'd tried running with my Camelbak which had no storage... it was ok, but had no chest or waist straps and no storage space meaning I jammed roller bandages, bandaids etc in the same compartment as the bladder. I also tried running with a regular backpack with a bladder pocket but found that it bounced around too much while running.

Off I trotted to our great supporters, Lone Dingo to investigate my options. I needed something with a decent sized bladder plus front compartments for energy gels that could be accessed while running. Space for first aid supplies and other gear was also essential.

I was so wrapped with it on my first run that I had to write its praises! It has the perfect amount of storage and a rigid back on the bladder that balances the weight really well. It has the sensation of being very stable regardless of being full or not.

My absolute FAVOURITE feature was the magnet that keeps the hose against your chest

rather than bouncing around all over the place or having to hold onto it.

Incidentally, it would also be excellent for mountain biking!

*Written by
Kylie Cowan.*



Kylie doing a 13.5km training run on Section 10 (photo taken on the Hilltop Lookout).

Our Secretary and newsletter editor Kylie Cowan will be participating in 'Run Larapinta', a multi-stage Trail Run event from the 27th to 30th August.

Kylie will be doing stages 1 and 3 to raise money for Friends of the Larapinta Trail. Being her first official trail run, Kylie's goal is to simply cross the finish line - run, walk or crawl!

Stage 1 is an 11km twilight run and starts in Alice Springs winding around and coming in from the back of the Telegraph Station.

Stage 3 is a 22km run beginning at Glen Helen and takes in Section 10, the Ormiston Pound walk and finishes with a final climb up to the Ghost Gum lookout before crossing the finish line at the Ormiston Gorge carpark.

All money raised will go directly to Friends of the Larapinta Trail and your support would be great!

Simply click on the link below to donate:

www.mycase.com.au/page/107023/friends-of-the-larapinta-trail

\$375 RAISED SO FAR!

Do you have a Larapinta Trail experience that you'd like to share?
Email us with your newsletter contribution - info@friendsofthelarapintatrail.org.au



*Our next Todd Mall Market display is on the **30th August** ... can you spare 2 hours to help us to promote the Trail and upcoming FOLT events?
We would love to hear from you!*

Section 12 - Mt Sonder

WHEN: Sunday 9th August

WHERE: Meet at the information shelter, Redbank Gorge carpark

TIME: 9am

Section 12 is the last (or first!) section of the Larapinta Trail and is a 'there and back' walk. It is the 4th highest mountain in the NT and is a brilliant walk with breathtaking views.

The return walk is 15.8 km and will take us around 6 hours.

You can make a weekend of it by camping at Redbank Gorge the night before or drive to Redbank Gorge that morning (we recommend allowing 2 hours for the drive, departing Alice at 7am).

This walk is graded 'Hard' and it is essential you come with a hat, sunnies, several litres of water, snacks and sturdy, worn in hiking boots.

Email info@friendsofthelarapintatrail.org.au to RSVP or phone Kylie on 8954 8181.

Serpentine Gorge Working Bee

WHEN: Sunday 23rd August

WHERE: Meet at the Serpentine Gorge carpark

TIME: 9am til lunch

Working bees are a great way to contribute to the maintenance of the Trail and its facilities.

We'll do some oiling of park furniture, painting, cleaning and weed removal.

Stay around afterwards for a cuppa, chat and some morning tea.

Email info@friendsofthelarapintatrail.org.au to RSVP or phone Phil on 8956 7799.



RECIPE - TIRAMISU:

If you haven't checked out the '**Lotsafreshair**' blog, you are missing out! Brilliant recipes, space saving and packing ideas, gear reviews and more... Not to mention this life changing (or at least very delicious) Tiramisu recipe!

Ingredients

- Savoiardi Biscuits (aka Italian Ladyfingers) 1 per person
- 1 Coffee bag
- 1 packet Tiramisu mix (available at Coles)
- 125ml UHT milk carton
- Full cream milk powder

Optional

- Liqueur: e.g. Tia Maria, Kahlua, Frangelico
- For decoration: Lindt Raspberry chocolate, 1 square per person
- Chocolate covered freeze dried blueberries or raspberries
- Paper cup cake/muffin pans

Method

- Put the coffee bag in a full cup of warm water and brew.
- Lay the biscuits in a takeaway (or ice-cream) container.
- Drizzle the coffee over the biscuits to soak them through. If using liqueur, reduce the amount of the coffee by 1/4 to 1/2 and top up with liqueur – drizzle over. Set biscuits aside for 30 mins.
- In a medium sized billy (1-2 litres), mix up the tiramisu powder to the instructions on the packet, including adding the milk and/or milk powder to the required amounts.
- Whip up a frenzy in the billy with a fork if you don't have a mini-camp whisk.
- When well whipped through, put the lid on the billy and leave to cool.
- When ready to serve, place 1/2 a soaked biscuit in the bottom of each cup cake pan, then a spoonful of tiramisu mix, then the other 1/2 biscuit, before finishing with a spoon of tiramisu on top.
- Decorate (optional) with freeze dried blueberries or raspberries and a square of Lindt.
- Indulge!

www.lotsafreshair.com



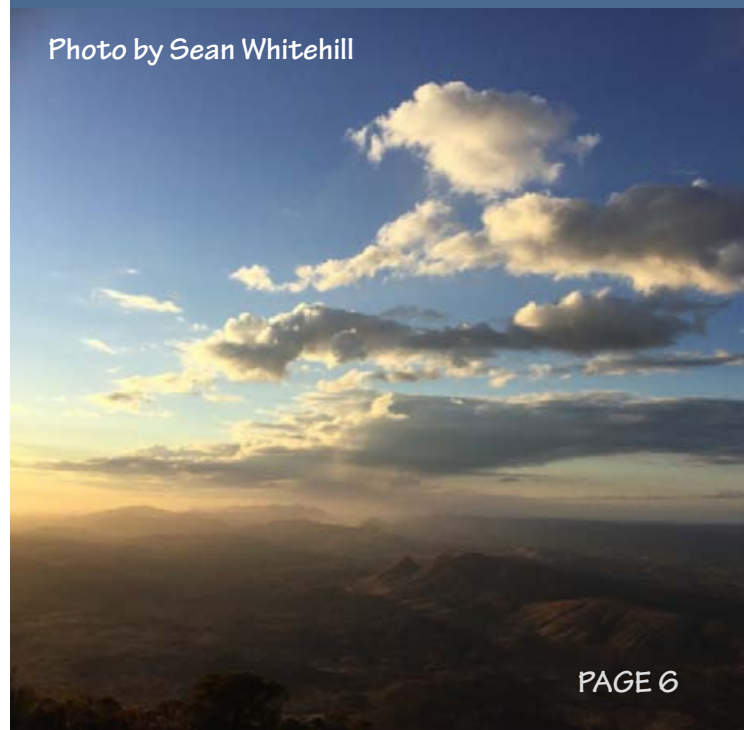
(Above): The finished product! Serves 6

Stuart Rotary Club - a friend of the Larapinta Trail!

Once again, the Stuart Rotary Club have been hard at work with a working bee at Wallaby Gap, concentrating on Buffel Grass removal.

Their help at the FOLT Todd Mall Market stall has been invaluable and we are very grateful for their dedication and help.

Photo by Sean Whitehill





Parks and Wildlife Commission NT update

By Phil Cowan, Senior District Ranger - West

Hi there Friends,

This month I'd like to talk about being water wise on the Trail.

This time of year is the busiest time on the Trail, and our water tanks are experiencing heavy use. We often see walkers using this precious drinking water for purposes other than drinking, namely washing clothes and dishes. While we appreciate that after 4 or 5 days out on the Trail your socks can stand up by themselves, we would like to stress that the water in those tanks is intended as drinking water only.

There are many opportunities to use a small amount of surface water for rinsing out your clothes away from the source (please no detergents), or to wash dishes (again, no detergents and do your cleaning well away from the water's edge).

I'm sure I'm preaching to the converted, so if you see any other trail users out there using excessive water, please give them a gentle reminder that our drinking water is precious!



Spencers Burrowing Frog, photo by Phil Cowan



A walk in the Park...

LAST EVENT!

Join Parks & Wildlife for an introduction to some great Central Australian walks.

Contact susie.pendle@nt.gov.au to book.

Panorama Walk:

Trephina Gorge Nature Park,
Sunday 16th August

Looking east from Mt Sonder lookout, photo by Kylie Cowan

DONATIONS WELCOME!

For every \$10 donation we'll send you a 'FRIENDS OF THE LARAPINTA TRAIL' sticker

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!



Would you like to
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newsletter?

1/4 page for \$ 75 or
1/2 page for \$ 140



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Trail Tip #5

Don't put all your eggs in one basket! If you only have one container (for example a 6lt bladder) for your water, what will you do if you get a leak? You don't want to risk losing your only means of water storage. Be sure to have a couple of different ways to carry water e.g. a bladder + a couple of 2lt bottles and a drink bottle (or whatever works best for you).