



FRIENDS OF THE
Larapinta Trail

GET ACTIVE · GET INVOLVED · GET OUT THERE!

From the President's Tent...

Well it's the bush walkers favourite time of year again, winter! The weather is great right now for bush walking. If you have been meaning to give it a go or just haven't been out for a while now is the time to put on your walking boots and head to the hills.

Section 10 is the shortest and easiest section of the trail and it can take you from Ormiston Gorge to Glen Helen in time for lunch. Or maybe a day walk of Section 8 with its awe-inspiring view from Counts Point takes your fancy. For those that love an overnight hike what about my personal favourite Section 9 from Serpentine Chalet to Ormiston Gorge.

There is a section to inspire everyone on the Larapinta Trail so if you have not given it a go or been out for a while why not plan a hike this winter. Don't forget to check out our events calendar for upcoming walks or come and speak to us at the markets if you need some help or advice.

Speaking of help we could use the help of our members. Whilst 2018 seems a long way away after the success of last year's calendar we are looking at producing another and would love to include your photos. Do you have a great photo taken on the trail and would like to see it in print? If so see page 3 for more information on how you can help.

Stay safe everyone & don't forget the days might be cooler but you still need to carry sufficient water and never forget to slip slop slap.

Happy hiking everyone.

Susan Chambers,

President - Friends of the Larapinta Trail

Upcoming Events:

AUGUST 5 & 6 - Overnight Kids Hike (ages 7 to 10)

Section 10 - Ormiston Gorge to Glen Helen, 13.4km

SUNDAY AUGUST 20 - Ormiston Pound Walk .

7.5km loop - Grade: Moderate

SUNDAY AUGUST 20 - Todd Mall Markets

9am to 1pm - Todd Mall Alice Springs.

SUNDAY AUGUST 27 - Working Bee

9am to 1pm - Wallaby Gap campsite.

SUNDAY SEPTEMBER 17 - Todd Mall Markets

9am to 1pm - Todd Mall Alice Springs.

SUNDAY SEPTEMBER 17 - 9am to 1pm

End of Season Event! Stay tuned for details.

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

www.friendsofthelarapintatrail.org.au
info@friendsofthelarapintatrail.org.au

PO Box 8729, Alice Springs, NT 0871
ABN: 57 680 204 574

Donations can be made to: Friends of the Larapinta Trail Inc - Bendigo Bank BSB: 633 000 Account: 144757366

Section 3: Jay Creek to Standley Chasm

A big thank you to Andrea and Valerian for volunteering their time to lead a walk on Section 3 on the 16th June. We are so grateful for each and every person that puts their hand up to help make FOLT possible, whether it be to lead a walk, answer questions or sell merchandise at the markets, promote an event or help with fundraising.

We'd love to get more hands on deck... no experience necessarily and any commitment appreciated!

On Section 3 you have the choice of walking up and over the difficult high route, or sticking to the main trail through the valley. Either way this Section provides striking views and lush vegetation.



Find us on
Facebook

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

Final Events for 2017.. don't miss out!

Visit our website to download an updated copy of the coming events calendar.

We'd love to provide more events! If you are able to lead a walk, assist with a working bee or volunteer at our markets stall (and more) please get in touch.



CAN YOU CONTRIBUTE TO THE 2018 LARAPINTA TRAIL CALENDAR?!

Have you been getting out on the Trail this year?

Do you have a spectacular landscape photo that you'd like to share?

After the success of last year's very first Friends of the Larapinta Trail calendar (the initiative of one of our members), we would love to get your valuable contribution. The calendar was a major fundraiser for the Friends with people buying them for themselves and for Christmas gifts.

You don't need to be a professional photographer... the photos just need to be clear and high enough resolution to print. We think the Larapinta Trail is so stunning that it's actually hard not to get a brilliant photo!

So if you'd love to be a part of it, then please email us at info@friendsofthelarapinta.trail.org.au

Look out for the 2018 calendar at the Alice Springs Town Council Christmas Markets in the Todd Mall.

Thank you in anticipation!.... and if you don't have photos to contribute, be sure to support the Friends by buying a copy or two of the calendar.

SPONSOR IN THE SPOTLIGHT:

We are so grateful to World Expeditions as one of our ongoing Corporate Sponsors, yet again contributing to the Friends in 2017.

They've been guiding small groups on the Trail since 1982 - check out their award winning exclusive campsites complete with 3 course meals!

www.australianwalkingholidays.com



RUN LARAPINTA & VOLUNTEERING WITH FOLT:

Click here to visit <http://rapidascent.com.au/runlarapinta/news-item?e=45&id=10954> and hear what FOLT member Kylie Cowan had to say in an interview about the benefits of volunteering, and her participation in Run Larapinta.

This year Rapid Ascent are donating \$80 per day for each volunteer that helps out during Run Larapinta, a four day, multi-stage race from the 11th - 14th August.





QUOTES FROM THE KIDS:

"We learnt about the really cool cocoon things in the tree and then we saw heaps of them on the way. We learnt a lot about nature."

"I saw a kangaroo, birds and lots of golden orbs. I really like having the chance to have a good look at nature. Some people don't get to do that."



"If someone wanted to do the Larapinta Trail, I would tell them that there's a few tough parts, but you can do it, and you should do it because it's really amazing."

"Some parts were hard, like going up the hills, but going down the hills was easy because your body kind of floats."



"We got to have treats like a lolly pop and some nuts. We also had sandwiches and fruit to give our bodies enough energy to keep walking."

"My favourite part of the walk was Scorpion Pool. That's the thing I love most about bushwalking, you get to see things that people who stay in their car cannot."

KIDS DAY WALK: SIMPSONS TO WALLABY GAP

On the 20th May a group of 7 kids and 5 parents set off to do a 10.3km walk with an optional overnight camp at Wallaby Gap. There was lots of chatting, games, singing, stories, riddles and observations about rocks, plants and wildlife. The kids had a ball and it was a great test run for our upcoming overnight hike on Section 10. They were determined, interested, encouraging and excited. Well done!... and a very special thank you to the dedicated parents who made it possible.



"It was a really good experience and I would do it again. I'm also planning to walk the whole Larapinta Trail one day."

"When I finished I felt proud. Really, really proud."

"I felt super proud of myself because it was the longest walk I've ever done."

"It was really cool and interesting, and you should do it before you change your mind!"

Trail Tip #13

"If you want to do it there are a few tricky parts but a few easy parts too. You need to look out for snakes and stick together with the people in your group.

If you get to a junction you need to wait for your group so you don't get lost. And you will have fun if you go bushwalking."

Penny (age 7) from the Kids Hike on Section 1 in May



Section 8 - Photo by Andrea Celofiga

The next TODD MALL MARKET stall is on the 20th August
Can you spare some time to help with a 2 hour shift? Your help greatly appreciated!

Overnight Kids Hike!

WHEN: 5 & 6 August

WHERE: Section 10

Ormiston Gorge to Glen Helen

TIME: Depart town at 7.30am

Our first overnight hike aimed at 7 to 10 year olds that are ready to take their bushwalking to the next level. We'll camp at the Finke River shelter and kids will learn about the fun, challenges and safety considerations that come with hiking.

All children must be accompanied by a competent adult supervisor. Bookings essential - only two spaces left! Your own gear is required.

Please phone Kylie on 0418 477 450 or email info@friendsofthelarapintatrail.org.au

Ormiston Pound Walk

WHEN: Sunday 20th August

WHERE: Ormiston Gorge

136km west of Alice Springs

TIME: Depart town at 9am

Arguably one of the best day walks in Australia, the moderately graded Ormiston Pound Walk may not be officially part of the Larapinta Trail, but it is a side trip not to be missed! The walk is 7.5km and takes approx. 3 to 4 hours + travel time.

Be sure to wear good hiking shoes/boots as the terrain can be loose underfoot. If you are able to carpool then please let us know in your RSVP.

Please RSVP via email to info@friendsofthelarapintatrail.org.au





Section 1 - Photo by Rebecca Duncum



Parks and Wildlife Commission NT update:

Hi Friends,

We are almost through the busiest time of year on the Trail. Rangers have been working hard the last few months to keep all our water tanks topped up and our campsites clean and tidy to provide you with the best experience possible.

We are looking forward to hosting the Run Larapinta event this month, and it's great to see how much the competitors love the Trail. The run includes sections 1, 2, 3, 10, 11 & 12, as well as the Pound Walk. Good luck to all the participants!

It's also been great to see the Friends encouraging our kids to enjoy the Trail recently, so if you have never considered hiking with your children before, why not give it a go? Countless studies have shown the importance of children spending time outdoors, and our National Parks are a great way for families to experience nature so close to town.

Happy walking,

Phil Cowan

Senior District Ranger, West.



For lovers of all things floral

We are so lucky in Alice Springs to have so many people that are passionate and knowledgeable about the spectacular landscape that we call home. One of the many brilliant volunteer groups we have is the Alice Springs branch of the Australian Plants Society. Members range from expert to enthusiast to novice and all are welcome. They run interesting field trips, gardening workshops and informative talks around the subject of native plants. Members also receive a comprehensive newsletter. Email: apsalicesprings@yahoo.com.au for more



Dark Chocolate Cherry Energy Bites

Makes 15 balls

1 cup raw almonds
2/3 cup pitted dates
1/2 cup dried cherries
3-4 tbsp dark chocolate chips
1/4 cup raw pecans
1 or 2 pinches of salt

In a food processor, blend the almond until finely chopped (but not pulverised). Remove 1/3 cup of the processed almonds and set aside for the final step. Add dates and cherries and process until finely chopped and sticky. A dough ball will start to form.

Add in the chocolate chips and pecans and process until they are chopped. Add salt to taste and pulse the mixture. Finally, pulse in the reserved 1/3 cup almonds. If the dough is too dry to roll into a ball, add water, a teaspoon at a time, until the dough comes together.



This recipe comes from the 2017 February/March edition of the **Great Walks** magazine. Well worth a read!

*"Of all the paths you take
in life, make sure a few of
them are dirt."*

John Muir

PRODUCT REVIEW: JETBOIL



I wasn't much of a camper or hiker growing up (I blame my Mum!) so I had limited experience with portable fuel stoves until I started using them for uni and work. I used to use the trusty Trangia on trips but I was put onto the Jetboil by my brother, who always swore by his to make him a good 'brew' in the Army.

The Jetboil can boil a single cup of water incredibly quickly, and if you buy the small cylinders, they can be stowed in the body of the Jetboil when packing up, keeping everything pretty compact. The newer versions have a heat sensitive outer skin that changes colour to indicate when the water has boiled, but I suspect this is more of a nice gimmick than anything really useful.

You can buy some great attachments as well, including a fry pan stand and coffee plunger, so it's quite versatile (except when you lose the plunger in the sand at Finke 2-mile.....). There is also no need to carry or decant liquid fuels, and it has a push button starter so it's very easy to operate - just screw in the cylinder, turn the gas on and push the start button.

Overall, this is probably my favourite bit of camping kit, so that probably says it all!

Pros:

Superquick, easy to use and compact

Cons:

Gas flow is much slower in cold temperatures

Verdict:

Indispensable

This product review was written by Phil Cowan.

We'd love to hear about your favourite gear!



Standley Chasm to Reveal Saddle & back

On the 29th July, Clare, one of our hard working committee members led a great 12km day walk up to Reveal Saddle and back, which is on Section 4 of the Trail. The day was pretty hot for July, but they were lucky to have a nice breeze along the way. With the warmer weather approaching, 'there and back' walks are a great way to experience the Trail without being exposed in the hottest part of the day.



We couldn't do without our sponsors!

Please support the people who support us



Principal Products

