

## From the President's Tent...

As the weather starts to heat up in September the 2016 Larapinta Trail season begins to slow down and it is perhaps timely to remind trekkers to take care out on the trail.

Increased temperatures require some extra planning for your Larapinta Trail experience.

As always it is important to let someone know your trekking plans, including a trip itinerary and some emergency contacts for them, if they haven't heard from you at an agreed time.

Pack and plan for increased temperatures on the trail, be aware that there is minimal shade available on many sections of the trail and the rocks will radiate heat - increasing temperatures further.

Carry extra water (allow a minimum 4 - 6 litres per day per person) and be sure to wear a broad rim hat and apply sunscreen. Wearing long sleeved, collared shirts and even long trousers will help with sun protection.

Start your days early and aim to finish before the heat of the day.

Work out an itinerary that takes in swimming options at Ellery Creek Big Hole and/or the Finke River or perhaps a dip and a cold drink at Glen Helen Homestead Lodge.

I would like to take this opportunity to thank all of our committee members, our valued supporters, corporate sponsors and volunteers for their contributions this year.

The Friends are hosting a gathering on Sunday 2nd of October at the Alice Springs Golf Club (12pm for lunch) after which we will be holding our Annual General Meeting (1pm), we would love to see you there!

Richard Mayne, President FOLT



Mountain Hakea on Section 8  
Photo by Valerian Celofiga

## Upcoming Events:

- Sat 27 & 28 July:** Section 11, Progressive Walk Glen Helen to Redbank Gorge (26km - 2 days).
- Sun 28th August:** FOLT Market Stall @ the Todd Mall Markets 9am - 1pm.
- Sun 11th Sept:** Section 12, Progressive Walk Redbank Gorge to Mt Sonder and back (15.8km - 1 day).
- Sun 18th Sept:** Working Bee @ Wallaby Gap off Larapinta Drive, 9am - 1pm.
- Sun 25th Sept:** FOLT Market Stall @ the Todd Mall Markets 9am - 1pm.
- Sun 2nd Oct:** End of season lunch and AGM @ the Alice Springs Golf Club: lunch at 12pm / meeting 1pm.

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

The Geelong Bushwalking Club has generously donated \$190 to Friends of the Larapinta Trail! A wonderful surprise that will be put to great use. More details to follow.



## SECTION 11 WILDFLOWERS



## RECIPE: PIZZA IN A POT (SUITABLE FOR A JETBOIL)

### Ingredients:

- 2/3 cup of couscous
- 1 Tbsp sun-dried tomatoes
- 1 Tbsp diced dried bell peppers
- 1 Tsp dried oregano
- 1 Tsp dried basil
- 1/4 Tsp dried garlic powder
- 1 Tbsp olive oil
- 4 oz shelf stable pre-sliced pepperoni slices
- 2 oz mozzarella cheese (see notes)

### Notes:

You can use whatever substitute you like for the 'shelf stable pepperoni'. Most salami will keep well for a few days, particularly in cooler weather.

For the mozzarella, you can use string cheese or the cheese off the shelf. It will get soft, but is edible.

### Directions:

- Add 1 cup of water to your jetboil and bring to the boil.
- Turn off the stove and add in the dry ingredients, oil and pepperoni. Stir well, put the lid on tightly and let it sit for 10 minutes.
- Add the cheese, fold in and let it sit for a minute.

*This recipe can be found on the Jetboil website and is from [www.trailcooking.com](http://www.trailcooking.com)*

**IF YOU HAVE A RECIPE  
SUITABLE FOR BUSHWALKING,  
WHY NOT SHARE IT WITH THE  
FRIENDS!**



## PROGRESSIVE WALK: SECTION 7

9TH JULY – ELLERY CK TO SERPENTINE GORGE  
PHOTOS & ARTICLE BY ANDREA CELOFIGA

This section is rated as 'Hard' but it's nowhere near the difficulty of Sections 4 and 5. There are some sections that are quite rocky but mostly its a meandering trail, over hills and up and down dale, and designed to capture the amazing geological features of the area. We were treated to flowering natives, stunning vistas, and a myriad of rock formations and natural sculptures. It's worth having some time up your sleeve on this section to admire what nature has created. We had lunch at Trig Point, spread out on the rocks, and had many passers by. Traffic on the trail was definitely increasing with the cooler conditions in Central Australia. In the mid afternoon, we wandered into Serpentine Gorge. This was Stefanie from Belgium's last section of the trail before continuing on her travels of Australia, and at the end of the walk, she treated us all to Belgium waffles with berries and whipped cream in the carpark. Our face stuffing episode was interrupted by a fellow traveller asking if anyone had some bug spray that he could buy. His small group were having problems with mosquitoes at night and feeling very uncomfortable as nightfall wasn't many hours away. An almost empty can of 'Bushmans' was all we could offer, but it did serve as a reminder to carry some sort of bug repellent when hiking the trail, even in the winter months. My best tip for this section – go with a mate who knows about geology and can explain some of what has caused the rock formations, it would be fascinating.



## SPONSOR IN THE SPOTLIGHT:

**BBS**



**BRIAN BLAKEMAN  
SURVEYS**

A very warm welcome to our newest Corporate Sponsor, Brian Blakeman Surveys! We thank you for your generous support.

To find out more about what they offer give them a call on (08) 8952 6402.



The guys from the Outback 4WD Club have once again assisted us with transporting walkers and vehicles to make our 2016 Progressive

Walk possible. With the help of Steve and Steve we have been able to drop walkers off at the start of each Section and thanks to their generous support, there has been a vehicle waiting at the end, ready to take weary walkers back to town (and a much needed shower). Thank you guys, you are amazing!



Find us on  
**Facebook**

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



**PART 5. (VISIT OUR WEBSITE FOR PARTS 1 – 4 IN PREVIOUS NEWSLETTERS)**

# EARLY DAYS OF THE LARAPINTA TRAIL

*By Alan Ginns, former Planner with the Conservation Commission NT*

With construction taking place mainly in the cooler months we had to do most of the track routing and flagging work in the hotter parts of the year. That was a lot of fun! I recall one summer trip with a full flagging crew in the Serpentine Chalet area when it was stinking hot (40 degrees plus) and we nearly all perished. It was not pleasant huddled under small mallees trying desperately to get some midday shade with no wind in the middle of a baking limestone flat. One of the accompanying Transport and Works people had to be taken back to the vehicles and driven back to town. On another occasion my brother and I were refining a route on top of the range near Serpentine Gorge in January, with big summer thunderstorms rolling around. The view was fabulous but the lightning was a bit of a worry, as we were carrying a lot of metal gear and were very high. We dumped our packs well away from us and lay under some small Eucalypts as it rained pitchforks, and the lightning blew the tops off nearby peaks – very spectacular!

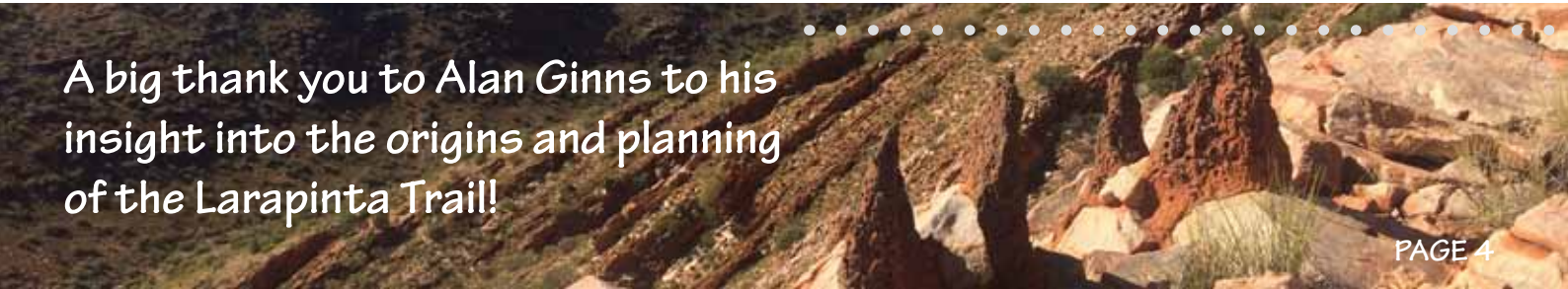
After an “approved” and flagged route was determined it was usually “chained” to give a distance baseline for locating track treatments, signposting, and interpretation points (for cross-referencing to the Trail Brochures). Track treatments/improvements – such as rock bars, steps, drainage crossings, etc – were usually identified on-ground and plotted on the route chainage plans by myself in the early days and later increasingly by others such as Peter Hay and Elizabeth Dudley (another great CCNT landscape architect), Rangers, and even Phil Asmussen. Then we built it – easier said than done!

For the western sections the NT Transport and Works department became more involved in

organising construction contracts for the Trail – the project had grown up and become official! So these sections were built by contractors, and in some places from memory by Australian Conservation Volunteers work crews. Third-year students from the Parks and Wildlife course at Salisbury College of Advanced Education (now the University of SA) also helped refine parts of the route on sections 8 and 9. They gladly worked sun up to sun down with Will McGregor, who was one of the best Rangers ever to work on the Larapinta Trail and had a real affinity and great enthusiasm for the project.

Some early routing work on sections 10 and 11 followed, but my involvement with the Trail’s development began to taper off after this time as I moved across to co-ordinate the PWCNT’s planning for the Desert Wildlife Park and Botanic Gardens – later to become the Alice Springs Desert Park – again working closely with Peter Hay and others. But I always kept a close eye on the Lara Trail project, and dipped in and out when asked, until I finally left the PWCNT and Alice Springs for Sydney in early 1996. The Trail had its own “life” by then, with healthy walker numbers and real interest starting to be shown by the commercial, adventure/experience, tourism sector. The project was in more than capable hands, and went from strength to strength as further sections were completed – even section 6 across the Alice Valley – until at last all 12 sections were open giving the ultimate 220 kilometres (plus) of continuous Trail.

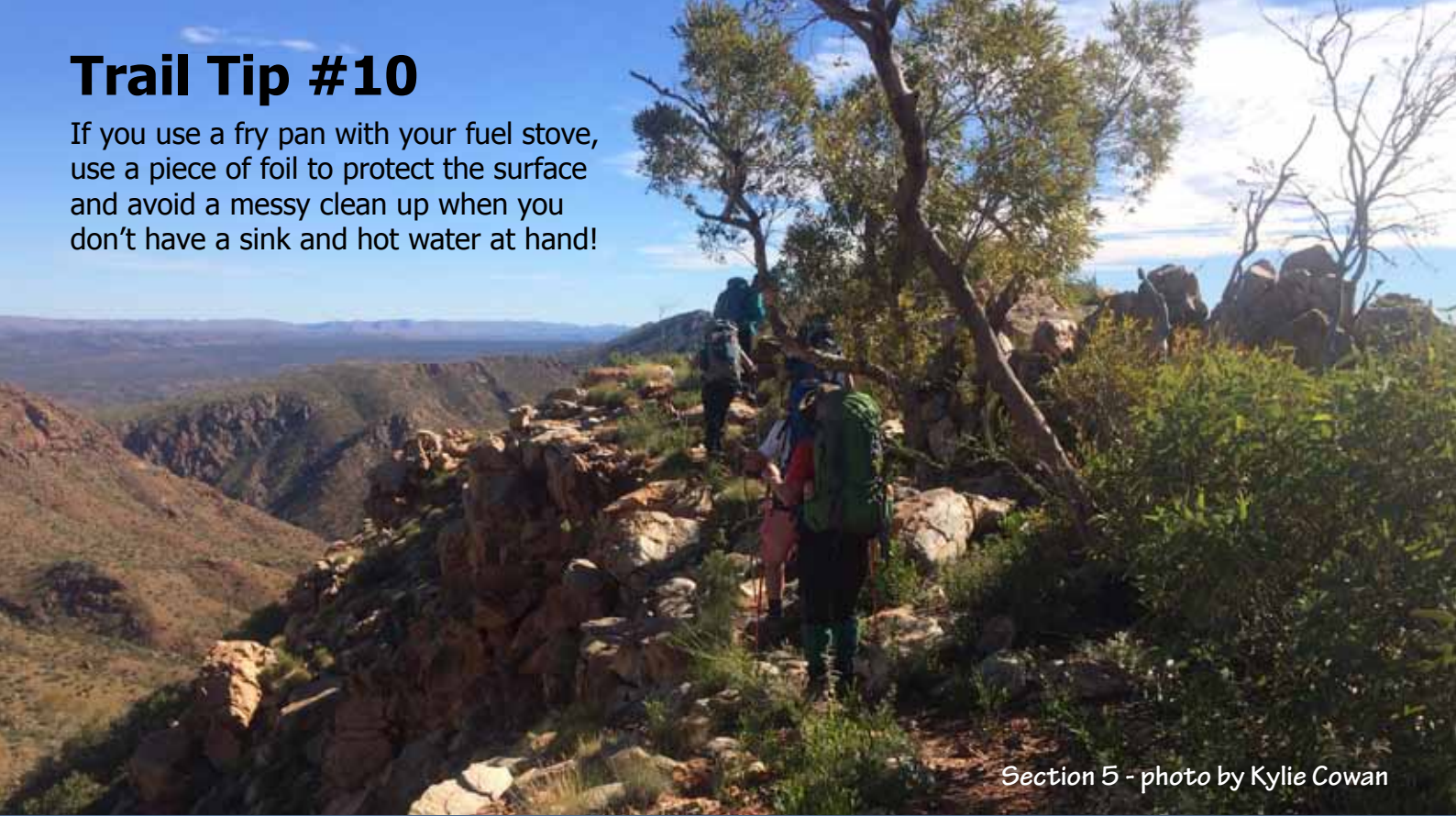
And for all the hard work and effort of many many people – then and now – I think it’s turned out not bad, not bad at all!



*A big thank you to Alan Ginns to his insight into the origins and planning of the Larapinta Trail!*

# Trail Tip #10

If you use a fry pan with your fuel stove, use a piece of foil to protect the surface and avoid a messy clean up when you don't have a sink and hot water at hand!



Section 5 - photo by Kylie Cowan

**NEXT TODD MALL MARKET: 25th SEPTEMBER, 9am - 1pm... Volunteers Required!**

## Working Bee

**WHEN: Sunday 18th September**

**WHERE: Wallaby Gap**

**TIME: 9am - 1pm**

Last working bee for the year!

Meet at the gate to Wallaby Gap (halfway between town and Simpsons Gap along Larapinta Drive) at 9am. Access is by 4WD only so we will carpool down to the campsite.

We'll bust some Buffel and do some campsite cleaning and maintenance. The dedicated members of the Rotary Club of Stuart will be putting on a BBQ lunch for all volunteers.

Email [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au) to RSVP or phone Phil on 0408 488 149.

## End of Season Lunch + AGM

**WHEN: Sunday 2nd October**

**WHERE: Alice Springs Golf Club**

**TIME: 12pm lunch / 1pm meeting**

Come along and celebrate the end of the season with Friends of the Larapinta Trail.

A great chance to catch up in a social setting and reflect on the amazing walks, successes and experiences we've had this season.

If you've contributed in ANY way to the Friends or simply want to know more, then please come along.... no pressure, ALL WELCOME!! We'd love to see you there.

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



# PROGRESSIVE WALK: SECTION 8

24TH JULY – SERP GORGE TO SERP CHALET DAM

ARTICLE BY ANDREA CELOFIGA

We had a cool, slightly cloudy day, which was nice as the trail heading west quickly throws up a steep ascent, accompanied by the stunning mountain views we always enjoy.

A bit over half way up the main ascent, we took a short break and to look at where we had come from. Continuing on and upwards, the ascent gives way to a kinder incline that meanders along the top, edging towards the Counts Point Junction. The Junction itself has some large trees and serves as a pack rest if desired, whilst the Counts Point trail is undertaken. Being a day walk for us, we headed up to Counts Point to have our lunch. It's here that Mt Sonder comes into view along with Tnorala, the meteorite crater also known as Gosse Bluff. The views also extend out to the Chewings Ranges to the North and the Heavitree range to the South.

With almost two thirds of the trail done, and Mt Sonder the finishing point now staring at us, we spoke of the coming hikes and the notion that all too soon, the Progressive Walk would soon be over. We encountered a lot of traffic on this section, particularly large groups from interstate schools heading West to East, and whilst it may be easier logistics to walk the trail that way, we often find the best views are looking West, as was the case on Section 6.

Leaving Counts Point, it is a short slightly downhill walk back to the Junction. We then peeled off to the South and down the side of the Range. Towards the lower slopes, the trail starts to meander again through many different types of terrain, including native type forest and sparse rocky moonscapes. The hiking is much easier down here and after a while we suddenly appeared into the trailhead.

We chose to go and have a look at the Serpentine Chalet dam wall before heading out to the carpark. The dam wall was built in attempt to secure permanent water to the 'bush camp' lodge created by Alice local Len Tuit in conjunction with Ansett airlines. The tourist Lodge closed in the 1950s when water just couldn't be guaranteed. On the drive out from the carpark to the road, there are still some remnants of the buildings, mostly the concrete slabs. From the trailhead it was a kilometre out to the carpark and we celebrated Megan's birthday before heading home.



# A Trail Luxury!

## PRINCIPAL PRODUCTS DONATE \$1,000 WORTH OF TOILET PAPER!

A huge thank you to Steve and his team at Principal Products for their incredibly generous donation... approxiametly 200 rolls of jumbo toilet paper! This is their second contribution of this kind and we appreciate every sheet!

# Principal Products



Mark collecting the toilet paper on behalf of FOLT



## Parks and Wildlife Commission NT update:

Those of you who have been walking the Larapinta Trail this year may have come across our most recent upgrades and repairs on Sections 3 and 4.

We were fortunate enough to have again engaged the services of Snapper John Tracks, who did another fantastic job, focusing on the climb to Brinkleys Bluff from the western side on section 4, and the eastern ascent to the Section 3 high route.

I'm sure that everyone would agree that the work has resulted in a huge improvement to the Trail at these locations. We have further work planned again this financial year, so stay tuned for further details.....

*Phil Cowan - Senior District Ranger, West.*



## SPONSOR IN THE SPOTLIGHT:

We are so excited to welcome Australian Walking Holidays to our growing list of Corporate Sponsors!

Since 1982 they have been guiding small groups of travellers on the Larapinta Trail in Australia's red centre.

Walkers can stay at their award winning exclusive campsites on their 3 and 6 day guided walks, or join on the 9 and 14 day guided trips and experience wilderness camping in its finest form.

Independent walkers can also book on the self guided 3, 6, 9 and 12 day walks along the Larapinta Trail for a truly flexible trip, with transfers, food drops and nitty-gritty logistics already organised for you.

To find out more visit their website [www.australianwalkingholidays.com.au](http://www.australianwalkingholidays.com.au) or give them a call on 1300 767 381.



Would you like to support FOLT by placing an ad in our newsletter?

1/4 page for \$ 75 or 1/2 page for \$ 150

# STANDLEY CHASM TO REVEAL SADDLE

## RETURN



The Friends of the Larapinta Trail (FOLT) hosted a hike to Reveal Saddle (Section 4 of the trail) on Sunday the 17th of July, led by Richard Mayne. We were blessed with clear blue skies and temperatures in the high teens, which made for magnificent walking conditions for the 12 friends who joined us.

Our group encountered a few other independent walkers, enjoyed spotting some beautiful birds and generally just loved being out walking on one of the most spectacular sections of the Larapinta Trail. Following a delightful descent from the saddle we were treated to complimentary tea and scones from the crew at Standley Chasm, a big thank you to the manager Ray Prunty, who is a wonderful supporter of the friends.



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**17th July**  
**12 kilometres**  
**Section 4**





# PROGRESSIVE WALK 2016

## SECTION 9 (6<sup>TH</sup> AUG)



"... It was mid afternoon, and the campsite is very exposed. Ahead, was a narrow rocky dry water course that leads past the waterfall (dry) and along the base of the mountain before the track suddenly turns right and a serious ascent confronts you, especially after already hiking 14kms. The reward is to camp on top of the ridge and enjoy the incredible sunset and sunrise views from up there..."



"... We headed off west, down off the ridge, noting that along the way, every twist and turn of the trail seems to naturally frame Mt Sonder, like a deliberate photo shoot had been planned..."



## SECTION 10 (21<sup>ST</sup> AUG)



"... The heavens opened up, settled the dust and washed the earth clean. 10 minutes later, the sun was out again. Just Mother Nature flexing her drama muscles and re-iterating how quickly the weather can change, even out here.

I find each time we drive back to Alice Springs, I can't believe how far we have walked. Each return journey brings a sense of accomplishment and a renewed determination to complete the entire trail."



THIS IS JUST A SNIPPET!... To read the full report of each Section of the 2016 Progressive Walk, visit our website. Thank you Andrea for allowing us to share in your experiences!

# WE HAVE NEW MERCHANDISE!

Support the Friends and get your new gear today.

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**\$18**



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**\$6**



## A BIG thank you to our sponsors!

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