

The Larapinta Trail has now got the official stamp of approval!



Spectacular bushwalking destinations are being showcased on a new Australia Post stamp issue.

The four popular walking tracks for hikers featured include: National Pass, New South Wales; Cape to Cape Track, Western Australia; Larapinta Trail, Northern Territory; and Overland Track, Tasmania.

Australia Post Philatelic Manager, Michael Zsolt said Australia was renowned for its picturesque vistas, which many hobbies and pastimes embrace.

Are you keen to summit the highest peak on the Larapinta Trail? The FOLT are organising a trek to Mt Sonder on the 9th of August. This is a 16km return walk to Mt Sonder, the end point of the Trail. Further details to follow, keep an eye out on our Facebook page for updates closer to the date. If you can provide transport or are keen to attend, let us know via email.

Don't forget to visit us at the Todd Mall markets on the last Sunday of each month.

Happy trekking!

Richard Mayne, President FOLT



Heading west along Section 9 -  
photo by Cheryl Baker

## Upcoming Events:

- Sun 12th July:** Working Bee 9am @ Serpentine Gorge.
- Sun 19th July:** Todd Mall Markets.
- 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:** Working Bee. Details to be confirmed.
- 27th-30th August:** Run Larapinta (event run by Rapid Ascent). Visit [www.runlarapinta.com.au](http://www.runlarapinta.com.au) for more details.

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

# SIMPSONS GAP TO HAT HILL SADDLE

## SECTION 1 - SUNDAY 14TH JUNE.



A big thank you to everyone who joined Susie from Parks and Wildlife and Erin from Friends of the Larapinta Trail, for a well attended walk up to Hat Hill Saddle and back along section 1 last month.

Also a big thank you to our new sponsor - Central Fruit and Vegetable Wholesalers who provided fruit for morning tea after the walk. It was very much appreciated!

If you enjoyed this walk and you're looking to take your Larapinta Trail experience to the next level, why not join us in climbing Mount Sonder (Section 12) in August.

## RECIPE:

Just add boiling water for an instant, nutritious meal that's perfect for camping or hiking.

### Ingredients:

- 1/3 cup whole wheat cous cous
- 1 teaspoon chia seeds or ground flaxseed (optional)
- 1/3 cup freeze dried chopped chicken
- 1/3 cup chopped dried apricots
- 1/3 coarsely chopped macadamia nuts
- 1 tablespoon freeze dried spring onions (or 1 teaspoon dried onion flakes)
- 1-1/2 teaspoons powdered chicken flavour base (or boullion granules)
- 1/4 teaspoon dried thyme and garlic powder
- Salt and pepper to taste
- 1-1/2 cups water

### Directions:

**TO ASSEMBLE:** Add all ingredients except the water to a quart freezer Ziploc bag. Seal bag and store until ready to use.

**TO COOK IN BAG:** Bring water to a boil. With opened bag resting on plate or bowl, pour in



boiling water. Seal bag and let soak for 9 minutes, turning bag upside down after 3-4 minutes to redistribute & mix ingredients. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.

**TO COOK IN MUG OR BOWL:** Transfer dry ingredients to a microwave-safe mug or bowl; add water and microwave until water boils. Cover and let rest until ingredients have softened (4-5 minutes). Or, boil the water separately and pour it into the mug or bowl with the instant dry ingredients; stir, cover, and let rest for 9 or 10 minutes.



Volunteering with Parks and Trek Larapinta (above)

## NEW MERCHANDISE! CAN YOU HELP?

*Would you like to contribute to Friends of the Larapinta Trail by sparing some time to assist with organising new merchandise?*

*We require someone with a good eye for detail to source ideas, quotes, ordering and delivery of new FOLT merchandise.*

*All decisions would be made with support from the FOLT committee. Your time would be greatly appreciated and would assist directly with our fundraising efforts.*

*Our next Todd Mall Market display is on the **19th JULY** ... can you spare 2 hours to help us to promote the Trail and upcoming FOLT events? We would love to hear from you!*



Find us on  
**Facebook**

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

## SUPPORT KYLIE TO 'RUN LARAPINTA'!

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 none other than Friends of the Larapinta Trail!

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.mycause.com.au/page/107023/friends-of-the-larapinta-trail](http://www.mycause.com.au/page/107023/friends-of-the-larapinta-trail)**

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

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

# Brits on the Trail (continued): Rachel's Story

... Three years later, in 1996 I was visiting Australia during August, as my eldest son and girlfriend were living and working in Sydney at the time. Although I was based with them, I also wanted to visit friends, and places I had not been to before. Encouraged by John's stories of Alice Springs and the friendly YHA people there, I decided to spend 2 weeks exploring the area. I have many happy memories of that fortnight, not least of the 3 times I walked on parts of the Larapinta Trail.

My first visit was with the walking group led by Ernie, with Marco being the person I contacted for a lift to Ormiston Gorge. Section 9 was not completed at the time, but that didn't deter the group! I was struck by the differences in walking in the MacDonnells compared with Snowdonia. No-one was carrying waterproofs or a survival blanket, and possibly not a map either, (because there wasn't one available??) as deep cloud was the least likely thing to happen, and it was possible to see for miles. I was struck by the colours and shapes of the rock, and of course the spinifex grass.



*Members of the Alice Springs Walking Club 1996*

While at the YHA I joined up with another walker, and we walked to the Telegraph Station and on along the trail to the 7km marker and back.

I so enjoyed it that I decided to repeat the walk some days later, alone. I walked as far as just past the 9km marker that time. I can still remember the feeling of freedom, walking completely undisturbed by any distractions apart from what I could see and hear. On the way back, feeling very tired and ready for a shower and sleep, I was so thrilled to see a Splendid Fairy Wren, such a beautiful bird, that accompanied me near the end of the trail. A wallaby was at the Telegraph Station to greet me on my return.

Since then, I have returned with John to the Trail on each visit to Alice. We send our best wishes to all Friends of the Larapinta Trail. We hope to see you next time we are in Alice.

*John and Rachel, Mt Sonder in the background.*



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



Western end of Section 3, near Standley Chasm  
Photo by Nannette Helder

If you have questions, comments or feedback about bushwalking, visit the [Bushwalks Australia forum](http://www.friendsofthelarapintatrail.org.au). You can find the link on our website - visit [www.friendsofthelarapintatrail.org.au](http://www.friendsofthelarapintatrail.org.au)

## Serp Gorge Working Bee

**WHEN:** Sunday 12th July

**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.

Your hard work will be rewarded afterwards with a sausage sizzle.

Email [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au) to RSVP or phone Phil on 8956 7799.



## 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](mailto:info@friendsofthelarapintatrail.org.au) to RSVP or phone Kylie on 8954 8181.

# LIGHTS, CAMERA, ACTION!



Sadly a strong wind gust through Standley Chasm brought the drone footage to an unexpected halt but it certainly created a buzz amongst the visitors.

The 'stars' then showcased the new shelter and tent pads at Simpsons Gap and a group of walkers kindly supplied the props.

They were very happy when their tent was erected for them so some action shots could be done.

The final footage will be online at Tourism NT's website [travelnt.com](http://travelnt.com) in a few months.

Walking trails are one experience among others that Tourism NT is focussing on to drive visitation and the Larapinta Trail is the signature walking experience in the NT.

Sue Chambers, Cheryl Baker and Damian Vanderwolf from Friends of the Larapinta Trail were lucky to help out this week with a photo shoot on the trail.

Tourism NT and Boab Design were filming aerial footage still shots and video of the Larapinta Trail to update stocks of imagery which are used to promote walking trails in the NT.

Keen to use real walkers they enlisted the help of the 'Friends' who braved an early start to capture those sunrise moments that make the trail so memorable.

The walking 'talent' was guided by Ashton from World Expeditions and we put our best foot forward to capture some iconic moments on the trail.

Sunrise on the ridge above Wallaby Gap is always sure to impress.

The regular photo shoot was made even more interesting with the use of a drone to take some epic aerial shots.





# Parks and Wildlife Commission NT update

By Phil Cowan, Senior District Ranger - West

Hi all,

In this edition I wanted to highlight some of the great work recently completed on section 12 of the Trail by a team from Tasmania who have worked closely with Parks for a long time.

Many of you may have seen them out and about and had a chat with John, or Snapper as he's better known, and his crew while they were working in June and July, and if you did, I'm sure you would agree that they are some of the most specialised and highly skilled people around! No machines are used, just a lot of hard work and manual labour, but the results are amazing.

They spent about a month repairing steps, fixing erosion issues, and improving the alignment to ensure the long term integrity of the Trail surface. The quality of their work is easily seen throughout the Trail, most notably on sections 1, 2 and 11, where they have worked in recent years. If you look closely enough you can see that despite several large rainfall events those sections that they have repaired are holding up wonderfully with no ill effects. The step work is particularly impressive and who that has seen it doesn't love the little dry stone 'bridge' on section 2?

Happy walking!



Some examples of the terrific work done by the Tassie crew on Section 12.

## A walk in the Park...

**ONLY 2 EVENTS LEFT!**

**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.**

### **Woodland Trail:**

Simpsons Gap, Sunday 12th July

### **Panorama Walk:**

Trephina Gorge Nature Park,  
Sunday 16th August

# 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!



**GIVE HAPPY  
LIVE HAPPY**



trek larapinta

ORMISTON GORGE  
KIOSK & CAMPGROUND



## Our new sponsor:

Thank you to the team at Central Fruit and Vegetable Wholesalers who have kindly offered support to our future events and fundraisers! They also supplied morning tea at our last walk.



## Trail Tip #4

Find it hard to sleep without a pillow, but can't afford the extra room for a travel or blow up pillow?

Try filling your sleeping bag cover with clothing - it makes a surprisingly comfortable pillow, without taking up precious space or adding to your weight concerns.