

## From the President's Tent...

Greetings Friends and welcome to the May edition of our newsletter. As the night time temps begin to fall into single digits and the clear blue skies and mid 20 degree temps tempt us to dust off the boots and packs, I thought it might be an idea to offer a few tips on how to stay warm whilst camping out on the Larapinta Trail.

- Stay active - before getting into your tent/sleeping bag at night, how about doing a few star jumps to get the blood circulating? Whilst in your bag some sit ups will help to warm you up and maybe tire you out as a bonus!
- Find a protected camp site that is off a valley floor or depression (remember hot air rises)... if you can be in an area that is protected from the wind by shrubs/rocks that would be a bonus. Avoid setting up camp under River Red Gums which have a habit of shedding their limbs - they are not known as 'widow makers' for nothing.
- Fluff up your down sleeping bags to gain maximum loft before you climb in. Don't skimp on buying a great quality bag.
- Keep your nose and mouth outside of your sleeping bag to avoid condensation forming inside the bag. Wearing a beanie to bed is a great idea to stay warm.
- Keeping the vents open on your tent will also help keep condensation to a minimum.
- Use a good quality insulating sleeping mat.
- Stay hydrated during the day and try to eat later at night which will give your body enough fuel to generate heat during the cold night.

Here is one of my favourite one pot trek meals.

**[www.bbcgoodfood.com/recipes/1741/onepan-lamb-and-couscous](http://www.bbcgoodfood.com/recipes/1741/onepan-lamb-and-couscous)**

See you on the trail.

Richard Mayne,  
President, FOLT

Section 4, FOLT walk to Reveal Saddle during April.



## Upcoming Events:

### May:

There are still chances to get involved in the NT Parks and Wildlife Repairs & Maintenance Program (various sections and dates).

### Thurs 14th May:

Product Information Night, safety and pack demonstration at Lone Dingo. 5.30 - 7pm, bookings essential. Soft drinks and nibbles provided.

### Sat 16th May:

Section 1 walk to Geoff Moss Bridge and back (see page 5).

### Sun 24th May:

Todd Mall Markets.

### Sun 14th June:

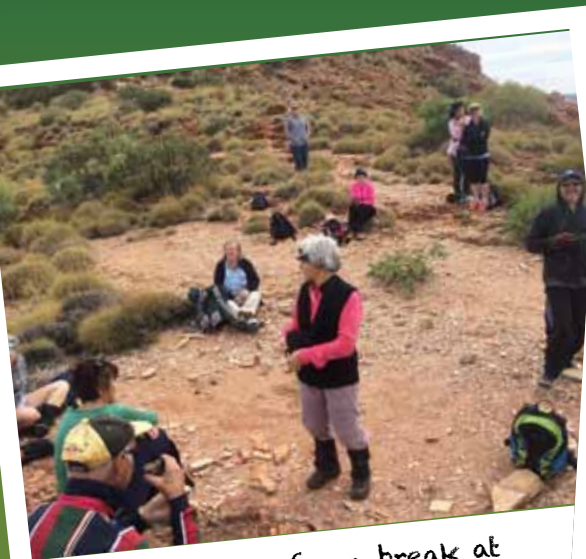
Hat Hill Saddle Walk with PWCNT, Section 1. Meet at the Simpsons Gap carpark at 9am. Finish with lunch.

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



# Reveal Saddle Walk

SECTION 4: Sunday 19th April



Stopping for a break at  
Bridle Path Lookout



One of the views from  
Reveal Saddle



Thank you to the 17 people who  
participated in the walk!







## RAFFIE TICKETS!

1 for \$2 OR 3 for \$5

1st PRIZE: \$100 Lone Dingo gift voucher

2nd PRIZE: \$50 Milner Meat gift voucher

3rd PRIZE: Friends of the LT beanie or t-shirt



To be drawn at the Lone Dingo product information night  
14th of May at 5.30pm



All money raised supports the promotion and protection of the Larapinta Trail. Like our facebook page for events and updates.  
To become a member email: [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au)  
or visit our website: [www.friendsofthelarapintatrail.org.au](http://www.friendsofthelarapintatrail.org.au)



## Don't forget to buy a raffle ticket!

All money raised goes directly back into the Trail and events... there are some great prizes so be in it to win it!

Tickets can be purchased by getting in touch with us by email or at our next event - the Lone Dingo Product Information Night on the 14th May.



Find us on  
**Facebook**

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

## LARAPINTA TRAIL MAP PACKAGES NOW FOR SALE!

Friends of the Larapinta Trail are now stocking LT map packages, produced by the NT Parks and Wildlife Commission.

The Packages contain full colour Section Maps for all 12 Sections of the Trail, printed on water and tear proof paper and packages in a clear plastic sleeve.

The maps also contain full Trail notes with careful section descriptions and relevant information about the flora, fauna, geology, cultural and historical importance of each area travelled through.

Apart from making such a great investment for your upcoming walk, buying the Package through FOLT ensures that 100% of the profits from your purchase go back into promoting and maintaining the Larapinta Trail!

The packages are available for \$38. They can be purchased at our monthly Todd Mall market stall (cash only) or by getting in touch with us via email (payment by direct deposit).



Other Friends of the Larapinta Trail merchandise includes beanies, t-shirts, cloth badges and stickers.

We are planning a new suite of merchandise to be released in the coming month, so stay tuned!



# New art for Larapinta Trail Shelters.

Hikers along the Larapinta Trail this year will be interested and inspired by new artworks gracing the cupboards in the Trail Shelters at Simpsons Gap, Jay Creek, Serpentine Gorge and Finke 2 Mile. These artworks were painted by Traditional Owners for these sites during 2014. The artists were commissioned by Parks and Wildlife Commission to brighten up the shelters and inform visitors of the some of the cultural significance of these areas. Most of the artists chose to paint stories relating to place, bush foods or how people use country. There are two art works at each of the four shelters.

These ladies (and Dale who is a Park Ranger) are also involved in Joint Management of this Park. They are responsible for talking about different areas of Tjoritja and speak up about Visitor Management, Country Planning for fire, ferals and weeds and are part of a larger Joint Management Committee that meet with Parks to collectively decide priorities, plans and projects for Tjoritja.

Traditional Owners for Tjoritja / West MacDonnell National Park show off their artwork, designed specifically for the Larapinta Trail shelters.



Above: Artwork launch at Simpsons Gap.

Below: Interpretive panels explain each piece of art.

## *Weapons of Central Australia and native wild flowers of Simpsons Gap, by Dale Campbell*

Colourful dots represent purple bush tomatoes and white, pink and yellow daisies.

Green River Red gums flank the blue waterhole and waters of Simpsons Gap, flowing by the golden sands of Roe Creek, all sitting within the powerful black hills of the Gap. Traditional weapons are laid over the landscape.

D. Campbell © 2014







Kylie, Sue and Erin had a great day manning the FOLT display at the Alice Springs Telegraph Station open day as part of the Heritage Week festival. Thanks to everyone for coming by to chat and a big welcome to all of our new members!

We will also have a display at the Todd Mall Markets once a month. The dates are: 24th May, 21st June, 19th July, 30th August, 27th September and 25th October. There will be merchandise for sale and people available to answer questions. Can you spare two hours on one of these dates? We are always looking for volunteers and would love to hear from you!

## Product Information Night

**WHEN:** Thursday 14th May  
**WHERE:** Lone Dingo, Todd Mall  
**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 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)



## Section 1 'mini-walk'

**WHEN:** Saturday 16th May  
**WHERE:** Meet at the Telegraph Station Kiosk  
**TIME:** 9am

Join Erin and Nigel for an informal walk along Section 1, from the Telegraph Station to Geoff Moss Bridge and back. This will be a perfect walk for beginners and people looking to experience some of the Larapinta Trail without going too far out of town.

The return walk will be 9.8km and will take approximately 3 hours. For those wanting to do a smaller walk, there is the option of being picked up on the Stuart Highway at Geoff Moss Bridge (at your own arrangement).

Please wear suitable footwear, hat and sunscreen. Bring your own water and snacks. After the walk there will be the option of enjoying a well earned coffee at the Telegraph Station Kiosk!

Email [info@friendsofthelarapintatrail.org.au](mailto:info@friendsofthelarapintatrail.org.au) to RSVP or phone Erin on 0400 912 061.



## Trail Tip #2

Photo by Peter Nowak

Trouble with blisters? Try using a plastic bag (or part of) down the back of your boot as an alternative to bandaids. Your shoe will rub on the plastic rather than on your tender skin. Not ideal, but effective nonetheless!



## EASY, LIGHTWEIGHT FOOD IDEAS:

For some valuable ideas about lightweight hiking food checkout the blog '**Lotsafreshair**'.

It has some great ideas for not only what to eat, but also provides you with a menu, shopping list and suggestions for pre-trip preparation at home.

The blog is also really visual and therefore provides some great inspiration for your food planning - there is even a short video on 'basic food for hiking'.

The blog specialises in hiking and bushwalking tips so is well worth a visit, particularly for beginners.



24 hr ration pack photo from the '**lotsafreshair**' blog.

## LARAPINTA TRAIL IN THE NEWS:

Have you seen the March/April edition of Australian Geographic's OUTDOOR magazine? It features a 12 page article on the Trail, outlining an end to end adventure undertaken by some relatively inexperienced walkers; and a 3 day guided and more luxurious taste of the Trail.

Possibly the quote from the article that most end-to-enders would identify with is:

**"The Larapinta Trail is where all of Australia's pointiest rocks go to practice being more pointy!"**

The same issue also features an article highlighting the Top 10 day walks in Australia and New Zealand, in which the Ormiston Pound walk features as number 1!

Visit **[www.agoutdoor.com](http://www.agoutdoor.com)** for more information.



# NEW LOGO AS VOTED BY YOU!



A big thank you to everyone who voted for their favourite 'Friends of the Larapinta Trail' logo concept at our Todd Mall Market display!

The logo chosen was a standout winner, with our previous logo being the second choice.

Members chose out of 16 options and voted on a logo that would stand out, be easy to read and easily able to transfer to merchandise and embroidery.

There are several different versions of the logo that can be applied to different media as black or white, colour (see right) or reversed colour with a block background (also shown on the right).

Look out for new t-shirts and other FOLT products coming soon!



Advertisement



**Four day, four stage race along the most spectacular sections of the Larapinta Trail.**

The Malbunka: 20km - 45km stages

The Namatjira: 10km - 30km stages

Runners and/or volunteers welcome





# 'Voluntourism' on the Trail



Several of the volunteers with Ranger Hollie.



Clearing the Trail



Taking it easy back at the Trek Larapinta base camp.

From the 13th to 17th April Parks and Wildlife NT and local tour company Trek Larapinta worked together to deliver the annual maintenance program at the western end of the trail. Trek Larapinta organised and looked after a group of 8 volunteers who expressed great satisfaction at contributing to the trail and enjoyed their experience despite the hot conditions.

After a hot walk on Section 8 on the Monday, plans were amended to cater for volunteer and staff wellbeing over the next few days. The volunteers and rangers spent 2-3 hours pruning before returning to their starting point.

Sections 8, 10 and 12 were completed in their entirety, whilst sections 7 and 11 had parts of the trail pruned and further work on these sections will be addressed during the walking season.

As rangers are preparing visitor sites for the pending tourist season, time is at a premium and therefore volunteers are an essential part of achieving the required need for trail maintenance.

Trail maintenance allows for safer passage for those attempting the trail, as trail markers are replaced, vegetation cleared, erosion amended, and some spinifex cleared.

Paul Gardner, PWCNT

**A HUGE thank you to Trek Larapinta who contributed \$1200 to the Friends of the Larapinta Trail, enabling us to pay for our essential Public Liability Insurance. Thank you!**

## WALKER NOTICE

"I am a retired experienced female hiker from New Zealand (mid sixties) and am interested in joining with other walkers to do sections of the Larapinta Trail from late June through to August. Email me at [pamlova1@xtra.co.nz](mailto:pamlova1@xtra.co.nz) if you are interested!"

Pam is also interested in accommodation and volunteer work and would be grateful for any recommendations or opportunities.

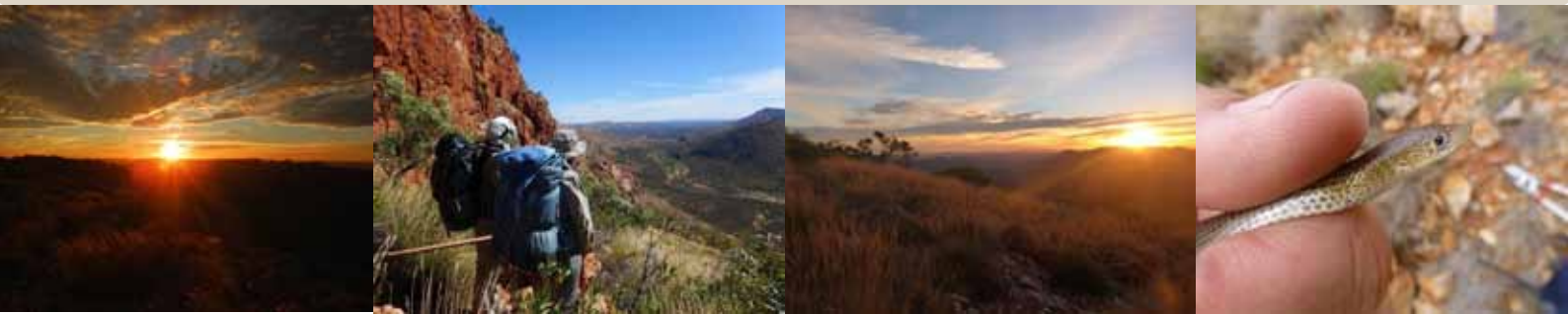
"The love of wilderness is more than a hunger for what is always beyond reach: it is also an expression of the loyalty to the earth, the earth which bore us and sustains us, the only paradise we shall ever know, the only paradise we ever need, if only we had the eyes to see."

Edward Abbey





# Parks and Wildlife Commission NT update



Throughout the month of April Rangers have been carrying out maintenance work on the Larapinta Trail to make sure it is in good condition for the upcoming walking season. Work included pruning vegetation, replacing damaged directional markers, clearing rock bars to help minimise erosion, removing fire rings and clearing helipads.

Two separate day walks were completed on Section 1 by Rangers from the Alice Springs Telegraph Station and Simpsons Gap. On one of the walks Rangers had the opportunity to spruce up a number of timber signs with a fresh coat of paint which was well overdue!

During a week of unwelcome heat Simpsons Gap Rangers were joined by volunteer Kurt

Tschirner (a former NT Ranger who now works in the Flinders Ranges) on Section 3 for an overnight hike. Conditions were trying but they still managed to get lots of work done and enjoy the beautiful section.

Later in the month overnight hikes on Sections 4 and 5 were completed by Simpsons Gap Rangers with assistance from Ormiston Ranger Hollie. The cooler weather made for perfect walking conditions; however thermals and beanies were definitely required at night! The loppers got a good workout with lots of pruning needed on both sections.

Maintenance work will continue throughout May with Sections 2 and 6 to complete.

*Written by Katherine Hastie - Park Ranger, Simpsons Gap*



## 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.**

- **Cassia Hill:** Simpsons Gap - Sunday 17th May.
- **Hat Hill Saddle:** Simpsons Gap - Sunday 14th June.
- **Woodland Trail:** Simpsons Gap - Sunday 12th July.
- **Panorama Walk:** Trepahina Gorge Nature Park - Sunday 16th August.





## BE A GREAT FRIEND!

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

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. Both of these options are entirely voluntary, but very much appreciated!

Thank you for your support. 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:*

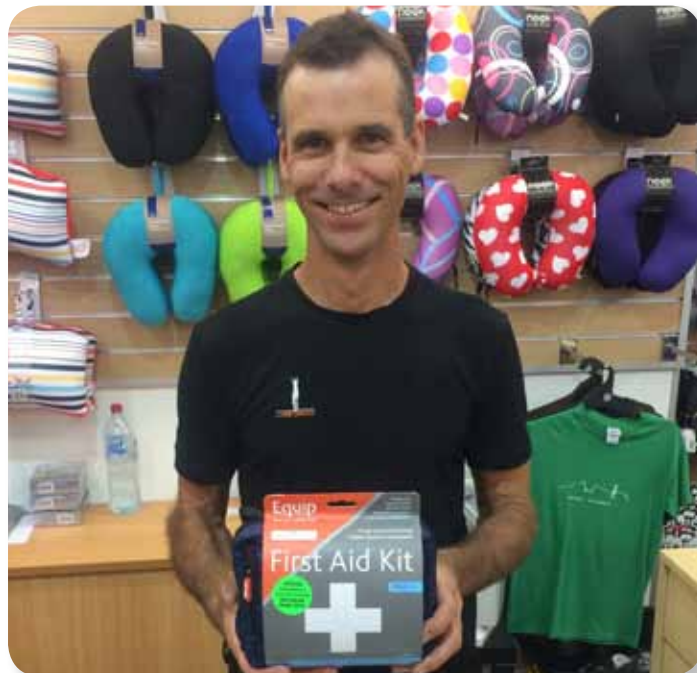
**LONE DINGO** - who have donated a \$100 gift voucher for our current raffle.

**MILNER MEATS** - who have provided us with a \$50 voucher for our current raffle.

**TREK LARAPINTA & NT PARKS and WILDLIFE** - for another successful volunteer program to get the Trail ready for the walking season... with TL contributing \$1200 to FOLT!

**ORMISTON GORGE KIOSK** - for their investment in display racks to assist us with merchandise sales.

Simon from Lone Dingo with our new and very much appreciated First Aid Kit. Thanks Simon!



ORMISTON GORGE  
KIOSK & CAMPGROUND

