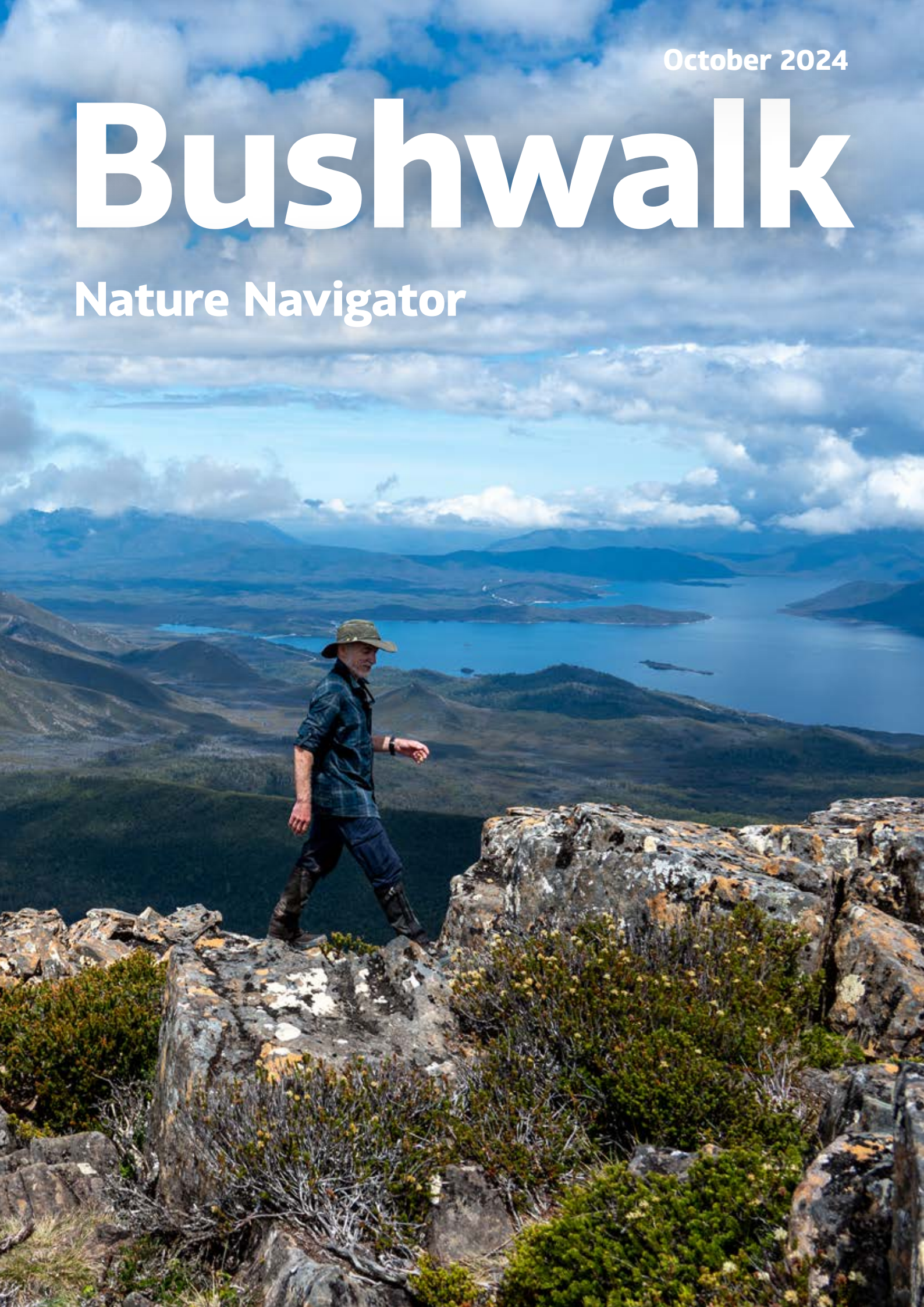


October 2024

# Bushwalk

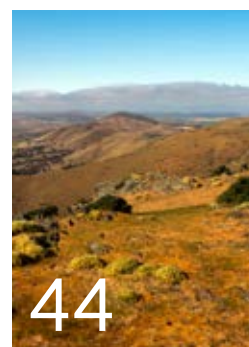
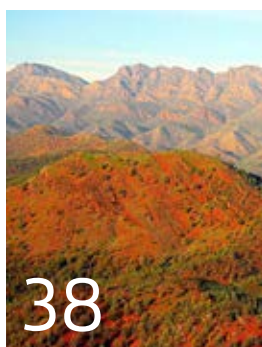
Nature Navigator





# Contents

- 4     **Mt Anne Circuit**  
Surprises, revelations and inspirations
- 18    **Richmond to Clarence Coast Walk**  
Gentle erratic meanders along beaches
- 32    **The Great River Walk**  
Following Hawkesbury River
- 38    **Bunyeroo Lookout**  
A walk in Flinders Ranges
- 44    **Photo Gallery**  
Amazing landscapes
- 54    **Navigation on track**  
Infernal devices
- 62    **Walking is Great**  
for Lower Back Pain
- 66    **Myth Busters**  
Sonya explains some myths about food



**Always Was  
Always Will Be  
Aboriginal Land**

We acknowledge the Traditional Custodians and Owners of this vast land on which we live and explore. We pay our respects to their Elders, past and present and thank them for their stewardship of this great south land.

# Editor's Letter



Hi all,

I hope this copy of Bushwalk Magazine finds you well.

This edition takes us through a wide range of Australia's most remarkable landscapes. Craig shares his breathtaking adventure on the Mt Anne Circuit in Tasmania, packed with surprises and moments of pure wilderness. Greg continues guiding us down the NSW coast from Richmond to Clarence, offering gentle meanders (and saunters) along the beach with reflections and scenic surprises. We also follow Roger on his journey of stitching together the Great River Walk, tracing the majestic Hawkesbury River to the ocean.

Ian takes to South Australia to walk up to Bunyeroo Lookout in the Flinders Ranges. Terry is back, giving us a deep dive into GPS and digital map systems. Athalie and Jen help us understand why walking can be great for back pain, and how to get back into walking after a break. Sonya is back, busting nutrition and other bushwalking myths to help you enjoy your next adventure more. Ohh - and don't miss the photo gallery for some truly stunning images of nature.

We hope you find inspiration in these stories for your next adventure. As always, if you have a tale to tell, don't hesitate to reach out to Eva with your articles and ideas.

Happy walking and reading!

Matt :)

Matt McClelland (aka Wildwalks)

matt@bushwalk.com

Cover image  
Inspecting the big  
boulder ramparts  
of Mt Sarah Jane, a  
must-do side trip on  
the Mt Anne Circuit  
Craig N Pearce



Bushwalk Magazine  
Edition 67  
October 2024  
An electronic magazine for [bushwalk.com](http://bushwalk.com)



Editor  
Matt McClelland  
matt@bushwalk.com



Design manager  
Eva Gomiscek  
eva@wildwalks.com

Please send any articles, suggestions  
or advertising enquires to Eva.  
We would love you to be part of the  
magazine and we are here to help.

## Declaration

The opinions stated in articles are those of the authors and not of those involved in the production of this edition. If you are worried about transparency or any editorial aspect please either write to me or raise the issue on [Bushwalk.com](http://Bushwalk.com). The bushwalking community is a small world and paths often cross. To improve transparency I thought it would be helpful to list my main associations within the outdoor community.

I operate [Bushwalk.com](http://Bushwalk.com), [Wildwalks.com](http://Wildwalks.com) and [Overlandtrack.com](http://Overlandtrack.com), a number of other smaller websites (and related apps) and have written several walking guide books, published by Woodslane. I contract to National Parks Association NSW and I am a member of the Walking Volunteers. I have had contracts with state and local government departments regarding bushwalking and related matters. I have also partnered with a large number of other organisations in environmental campaigns. Any commercial advertising or sponsorship will be clear in the magazine.

## Warning

Like all outdoor pursuits, the activities described in this publication may be dangerous. Undertaking them may result in loss, serious injury or death. The information in this publication is without any warranty on accuracy or completeness. There may be significant omissions and errors. People who are interested in walking in the areas concerned should make their own enquiries, and not rely fully on the information in this publication.

The publisher, editor, authors or any other entity or person will not be held responsible for any loss, injury, claim or liability of any kind resulting from people using information in this publication.

Please consider joining a walking club or undertaking formal training in other ways to ensure you are well prepared for any activities you are planning. Please report any errors or omissions to the editor or in the forum at [Bushwalk magazine](http://Bushwalk magazine).

# Mt Anne Circuit

Text and photos  
**Craig N Pearce**

---

The mysteries of a walk in the wild are legion. They are one of their most compelling qualities. What don't I know I will discover? What misjudgements will force me to pivot? How much risk is involved in each known or potentially unknown mystery?



Shelf Camp waking up





At Condominium Creek with Mt Eliza beckoning

**I**nterrogating and imagining a walk's known knowns, known unknowns and unknown unknowns is a necessary preparatory exercise in rigour and imagination before any multi-day wilderness adventure.

And then it becomes real. What we came for, every adventure's – aspirational – Holy Trinity: surprises, revelations and inspirations (not asking for much, I know, but why go at all if not in anticipation of finding food for the heart?).

“

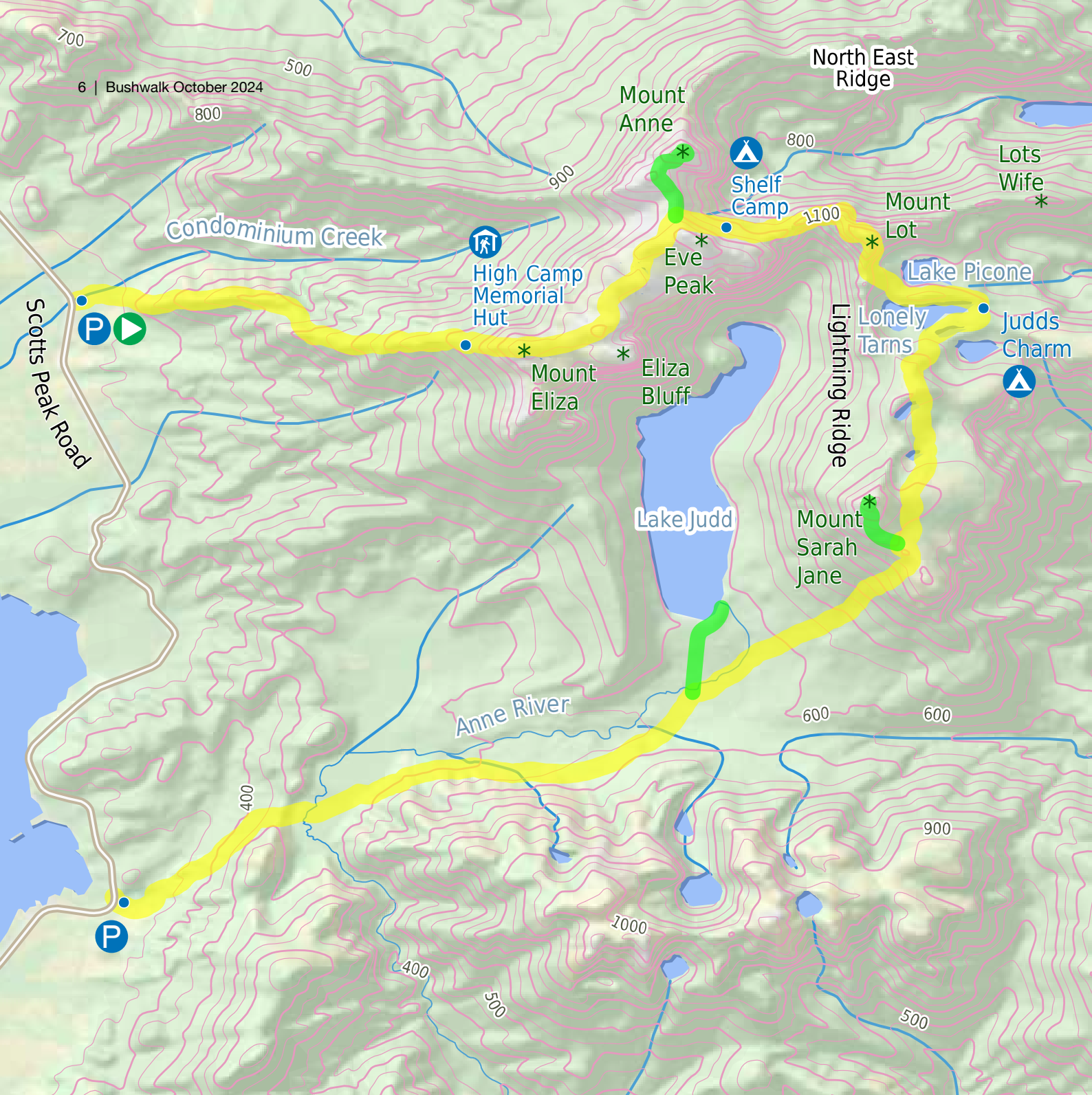
What we came for, every adventure's – aspirational – Holy Trinity: surprises, revelations and inspirations ...

Unlike many walks, it was a known known, that of The Notch, which was the Mt Anne Circuit's clear crux, by far its most difficult moment. It is brief, it is airy, it is confronting.

While the chasm's northern side is a straightforward down-slide/up-scramble (depending on your direction), its southern side can surely only be described as a 'climb'.

With a 20kg pack (I blame the camera gear), the necessary leap (of faith and fact) over a gap, then a vertical make-like-a-gorilla heave-ho up a slab of rock, this moment was firmly in the realm of adrenalin tsunamis. It demanded a laser-like focus on getting a series of small things right – e.g. no extraneous bits on the pack to get snagged, knowing where the hand and foot holds needed to be. And, most of all, being mentally in the zone and physically 100% activated to get the moves right. There was no fall-back option. Or, rather, the fall-back was all too clear: a 10-metre rock bottom plummet which, it was acutely obvious, would not end well.

“Well done,” said a young observer, an experienced climber I was to later learn, who was watching my progress. “Well done; not dead,” was what I think he meant.



## Mount Anne Circuit



Road, four-wheel drive track, walking track (treed)



Main track, side trip, alternative route



Cliff, major contour line, minor contour line (50 metre interval)



Lake, river, waterfall or creek



Start of the walk



Accommodation



Campsite





Looking back on Lake (or Fake as some like to call it!) Pedder as I'm climbing up to Mt Anne



My electrified body was glad to have a normal (comparatively speaking) track to follow for a while, with the journey's most extreme mountain goating done, dusted and emphatically trauma-categorised. Lightning Ridge's ragged dinosaur spine, however, down which I was soon to scramble after climbing Mt Lot, ensured my inner goat stayed fit and employed.

The Notch, Lightning Ridge, Mt Anne's slabbed ramparts, assorted boulder field precarious 'negotiations' – there is being alive, and then there is being sensationally alive. On the circuit, these were those moments. And they were revelations indeed.

### **Wilderness 'feel'**

In the whole known/unknown etc space, Mt Anne is an interesting case study. The confronting Notch is more difficult to traverse than anything on the Western Arthurs, yet it's just one brief point, whereas the Arthurs' challenge is sustained over a much longer

duration (time and distance). There are tough points elsewhere on this circuit, but if you approached it from either end, up to The Notch and back, the track itself is doable by most with a reasonable amount of bushwalking experience (being prepared for and able to cope with the vagaries of SW Tassie weather is another thing entirely. It must be a serious consideration in anyone's risk analysis).

As for The Notch itself, in my case – solo, pack on the heavier side and not being the tallest of adventurers – having a rope to drag my pack up rather than using it as a danger-enhancer would, in hindsight, have been prudent. But I survived even if, on this walk, there are plenty of others who haven't. So, all good. Right?

About half of the core 22km (without side-trips) walk is on constructed, trip hazard-free tracks, including steps and boardwalk. Most of the rest is on easily identifiable rough track,



The pillar of Lots Wife from near Mt Eliza





Shelf Camp with Mt Lot looming behind

or cairned (generally reliable) rock traverses, which includes the side-trips I did to Mt Anne and Mt Sarah Jane (add another 3km). So not difficult to navigate. There are toilets at the two main camping locations of Tarn Shelf and Lonely Tarns, and camping platforms at the latter. Distance-wise, not time-wise, the track is never too far from a good quality gravel road.

Like the Arthurs (just down the road, BTW), we're in the South West National Park, UNESCO World Heritage-listed wilderness. Tassie adventure mecca. Correction, just one of Tasmania's adventure meccas. But Mt Anne, wilderness? Well, yes and no.

Because either end of the circuit (Red Tape Creek or Condominium Creek) is easily accessible, there are more walkers on this track than I am used to – this includes the pestilence of trail runners (they carry almost nothing and, if injured, would require the

nursing of a better prepared walker until help arrives). The presence of people doesn't make it any more or less of a wilderness, of course, but it does impact on the wilderness 'feel'.

And maybe the wilderness experience comes down to one thing, exactly that, 'wilderness feel'. Which is going to be different for every person, influenced by their experience in the outdoors and tolerance for its challenges. And, really, who cares, from a walkers' point of view, whether it's formally defined as wilderness or not? I don't. But I do care about the area being looked after environmentally. Which currently is not occurring to a satisfactory degree.

Tasmania Parks & Wildlife Service Parks (Parks) has a 'booking system' for the walk which is not enforced. In reality, it's an 'honour' system which is often not honoured. The Tarn Shelf and Lake Judd campsites are over-loved and under-resourced from an



environmental protection perspective. There are some clear, logical fixes for Parks to do better. But its political distractions, including money-making imperatives like the proposed Tyndall Range multi-day walk, means only time will tell whether they are executed.

My version of the circuit took three and a bit days. The slow pace of the first two days is because the terrain demands careful interrogation and addressing, and there is plenty to enjoy looking at, so why rush? First day from Condominium Creek, past High Camp, to Shelf Camp, with a Mt Anne side-trip. Day two to Lonely Tarns. Day three to an improvised campsite by Anne River's suspension bridge, with side-trips to Mt Sarah Jane and Lake Judd. Then a short exit on day four to Red Tape Creek.

I was hoping to do the Lots Wife side-trip on day two, but the time factor and drizzly weather disinclined me to do so. After having done the walk, my advice is to do two nights at Lonely Tarns, adding on Lots Wife as a single day side-trip (off-track, scrubby; taped and cairned pads; about four hours return). This would be a relaxed and rewarding day.

While the waterside views adjacent to the campsite by Lake Judd are stunning, the actual campsite is overrated as it's tree-surrounded. I was intending to camp there, but it was overflowing with day trippers and circuit walkers (spurned by my unexpected talisman, dammit, which felt a bit like betrayal by mystery, an unknown unknown pile-on). There are plans to introduce platforms and a toilet, though that won't solve the capacity



Mt Anne doing its wreathing and writhing in cloud thing





Stillness at Judds Charm campsite

issue, unless bush is flattened. Another option near here is to explore up Schnells Ridge and improvise a campsite. But you'd best carry water in.

“

When it comes to mysteries, Mt Anne's circuit has its fair share.

### Cloud-orama

When it comes to mysteries, Mt Anne's circuit has its fair share. On my exploration, even some of the known knowns ended up having unknown constituents. This is normal as all walk observations, which lead to their stories, are made through the lens of the actual describer, each with their own idiosyncratic filter (this isn't airbrushed corporate or political communication, thank God). In addition to that, if my own experience is anything to go by, there are always moments – big or little – that each person accumulates on their journey utterly unique to them, non-replicable, because of the baggage we bring; and the t(r)ips, tricks and interactions with other humans we collect on the way.

Same same. But different.

One of the greatest of nature/adventure writers, Barry Lopez, has spoken of the value of stories, how they “preserve...possibilities”, offering “patterns of sound and association, of event and image.” Stories of nature and people prompt us to “reimagine our lives.” In this, we find humanity, which at its best is rich with empathy, selflessness and respect. For all forms of life, not only for other humans.

Mt Anne's mysteries – and the way I interpreted them through my own experience – repeatedly presented themselves to me through portals, as if I had unconsciously drifted through time and landed in a different location and era – Gondwana-time vegetation; Pleistocene ice age glaciations; Jurassic geology; most vibrant of all, what this environment triggered in my fevered imagination.

It was a set of interconnected short stories, each distinct in their own way with their own mini narrative, but with a commonality of mood and, even, characters (which in this context includes non-human organisms like birds, mammals and trees, and inanimate entities like rocks and tarns).

The main mysteries of my Mt Anne experience only became mysteries once, ironically, they surprised me. The unknown unknowns actualised.

The first mystery discovered came immediately following my escape from the solid step-characterised climb to the hut at High Camp. Brobdingnagian mushroom rocks sprouted out of the hill - Henry Moore-like sculptures crowding this gallery of stone. Hard core rock was one of this walk's defining characteristics. However, it was rock's opposite - cloud - which dominated my circuit experience. And was mystery writ large. Mt Anne itself was almost constantly wreathed in it - sometimes still, seemingly solid - but most often ceaselessly dynamic, a peak set in a swirl of glaucous air.

Shelf Camp proved to be the ideal viewing platform to experience cloud-orama. It would be comprehensively speck-tack-u-lar

no matter what the conditions, I'd guess. But in my case, whether it was at dusk with the magician's cape swirling hide and reveal over Mt Anne; dawn's cloud inversion below the campers' eyrie and the way it Christo-wrapped the ridge's rock peaks; or - at any time - blasts of fog sweeping across the open rock and its sky-scraping wall backdrop of fluted dolerite columns, there was no time-standing-still mood here. It was truly hectic. Whenever I turned my neck or raised my eyes there was either a new frame for my surroundings, or a different artist had taken the same elements and reconfigured them.

The artists known as nature and time had been at work on the preceding Mt Eliza, too. Its open, alpine expanse - where you really begin to get a sense of this ancient ice-carved landscape - was ornamented with tarns and vivid green cushion plants. The mottled rock and flurry of tiny wildflowers were further features in the artists' palette.



The 'easy' section between Tarn Shelf and The Notch





View from Mt Lot with Lonely Tarns on the left and Lake Judd on the right

Another mystery, for me, on day one, was determining the final section of the route up Mt Anne. I just couldn't figure it out, despite trying different instructions and routes. Solid handhold-scarce walls or highly exposed scrambles too vertical for my blood confounded me. Other walkers I encountered on the walk didn't appear to have the same issue, so it was clearly navigational incompetence on my part. Still, I wasn't far from the peak, and I enjoyed the rock hopping diversion off the main track and the views I did secure.

As much as the Mts of Anne, Lot and Sarah Jane – as peaks tend to do – fixate the mind, the anticipation and probably the photos, it was the ever-present Lake Judd that became a talisman of the walk for me. The walk does encircle three quarters of it, so perhaps not a surprise in that sense, but it still seemed a little bit miraculous to keep finding gorgeous cameo views of it from a myriad of locations – among them Mt Eliza, the boulder-grasping traverse to The Notch (where I was glad

to have good tackle in gardening gloves for digital and, hence, stability-enhancing security), Mt Lot and Mt Sara Jane.

“

... it was the ever-present Lake Judd that became a talisman of the walk for me.

Big boulders' brethren – smaller and less trustworthy scree – made their first significant impression down the ruined knuckles of Lightning Ridge. It was a 'be alert but not alarmed' descent (as long as you paid attention...). I sidled in staccato lunges, parry and pause, waiting for the rocking horse ride beneath me to subside, ligaments necessarily fluid. The occasional rock stillness surprised me so much so that I almost felt betrayed when it occurred. Then the unexpected pandani glade (remnant temperate rainforest?) off the ridge to the plain by Lake Piccone.

The forest track was comprised predominantly of slippery tree roots, another challenge to the objective of staying upright, but at least the roots and mud were a softer backside landing (frequently tested) than sharp rock (also, regrettably, tested).

Before late afternoon drizzle shut up scenery's shop, stretching out physically and mentally by Judds Charm, at Lonely Tarns, provided one of the walk's key dreamy not dreaming moments – where my mind fell into stream of consciousness, an organic and intuitive recalibration, multiple subjects actual and fantastical collapsing into each other with a complete lack of discipline. Freedom. It's my wilderness mental mode, a state I wander into eyes wide open and an amorphous aspiration for these experiences. The lake reflected

“

This state of mind is accelerated by being solo, as is the connection I feel with nature, which the presence of other people mitigates.

much of the Mts Anne and Eliza range just traversed. The watery foreground was utterly still. I was reminded of Ali Smith's observation that "...an apparent absence of sound (becomes) a new sound palette in itself." The range, as usual, oscillated from stasis to its opposite, courtesy of its garlanding cloud's restlessness.

This sense of mental drift I feel on the trail is, for me, standard. While my mind is restless with its gymnastics, at the same time it is imagining, refreshing. This state of mind is accelerated by being solo, as is the connection I feel with nature, which the presence of other people mitigates. Our species' social character is helpful for survival, but not for reaping the rejuvenating rewards of solitude.

In the warmer months, people are unavoidable on this walk. Of those I observed, I was impressed by how one family banded together to help its least agile member get through The Notch unscarred and, it appeared, inspired! And also by one walker who recognised, on her way to Shelf Camp, that the demands of



Near Judds Charm with the Mt Anne 'range' behind





On Mt Sarah Jane, looking towards Lake Pedder

The Notch were likely to be a bridge too far for her capability, and returned the way she came. This humility exhibited strength, not weakness.

“

Yeah, sure, it's the journey not the destination and all that fine talk, but that's until you see the views from Mt Sarah Jane itself.

Day three out of Lonely Tarns began optimistically enough, with clear skies, open landscapes and a wending moderately uphill walk, through patterns of tarns and their sibling bogs. As the eastern base of Sarah Jane came into view, however, the

peak vanished as cloud, in a typically droll SW Tassie turn of events, consumed the landscape.

On the way, I fell in with a walker I'd met the evening before, Ben, and we kept each other company for the rest of the trip. Sarah Jane was an objective for both of us, and we debated the pros and cons of the climb, thinking what's the point if you can't see anything from the top. We threw the dice, though, meandered up its scree and boulder shoulder (health warning: the steady as a rock phrase is NA in SJ's case), and were grateful we did. Yeah, sure, it's the journey not the destination and all that fine talk, but that's until you see the views from Mt Sarah Jane itself. In this instance, it's all about the destination, trust me. A 360-degree panorama featuring Lake Judd to the west, Mts Lot and Anne to the north, and the temptations of Schnells



Ridge to the south, with its sibling spurs and their collection of hidden tarns (and was that, hello, the Arthur Range in the distance, sticking up its needy peak ‘hands’, clamouring for attention?).

Then came the descent – slow going due to the knee-daggering gristly cartilaginous grind it induced – off the range through thick melaleuca scrub to Lake Judd’s button grass plain. The track was a steep, rugged scar, technically challenging, full physical activation and mental attentiveness required. At its base was the joy of a mud wade, until a boardwalk materialised (not very wilderness and all, but you can see its environment degradation-mitigating point).

### **The heart sings**

From a multi-day walking perspective, Mt Anne is a mini marvel. Not long, but packed with diversity, drama and challenge (and, yes, surprises, inspirations and revelations – it did indeed make the heart sing). Its brevity, however, is not a synonym for ‘easy’. The exposure it contains and the region’s irascible, reliably unreliable, weather means it must

be taken seriously. Plan Bs if the proverbial occurs should be in the walker’s back pocket.

By including Lots Wife and Schnells Ridge into the route, I anticipate I’d get closer to achieving the separation – from civilisation – that each of my adventures is a search for. Mentally, at least, that would also help me get closer to the ambition of Patrick White’s Voss, who sought to “discard the inessential”. Having said that, I don’t possess Mr Voss-like hardness, so my own inessential has limits – I ain’t doing SW Tassie, even in summer, without the waterproofing of tent, jacket and pants, or the down cocoons of sleeping bag and jacket. I’m all for a lack of metaphysical insulation, but not the physical, sorreee...

Mt Anne was not my first rodeo in SW Tassie. To quote Mr Voss again, it appears, “I am compelled into this country.” As I think all of us who dive into the wilderness are. And as much as the views and beauty of the walk were expected, and not a mystery in themselves, to experience them is another thing entirely, and my expectations did not lessen their impact.



Anne River’s suspension bridge





Lake Judd, an unexpected, non-peak celebrity feature of the Mt Anne Circuit

It did the opposite, in fact, as others' storytelling – word, voice, visuals – are, as fascinating as they can be, almost immaterial compared to being in the moment. The chill, brusque air; wind's force; cloud as edifice or gauze; the physical realities of multi-day walking; those views unfurling, whether with irrepressible dynamism or in utter pellucid stillness – comprised a revelation gifted by nature (or wilderness, if you're happier calling it that...).

### Ends

Craig means crag-dweller. Tarn Shelf beware, he could consider you home. Mt Anne? You're probably safe, as he can't find you anyway.



Tasmanian waratah



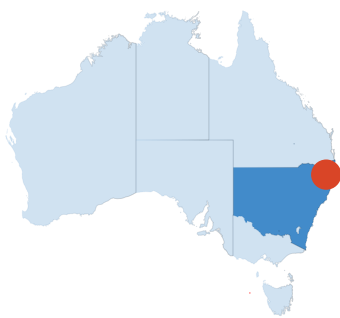
# Richmond to Clarence Coast Walk

Text and photos  
**Greg Keaney**

*The cure for anything is salt water - sweat, tears or the sea.*

*Isak Dinesen*

Greg is walking from 'Dreamtime to Eden' along the NSW coast. Recent articles in Bushwalk magazine have detailed the first and third sections of his walk (see [June 24](#) and [August 24](#) editions).



NSW  
Goodjinburra, Bogangar, Bundjalung,  
Arakwal, Nyangbul Country



Day 2: Back to the beach





Day 4: The journey continues

In this article Greg recounts the second section of the walk. This stage is from Ballina on the Richmond River, to Yamba at the mouth of the Clarence and then on to Angourie.

### Introduction

#### Total walk 6 days - 107kms

I love wandering along our magnificent coast. Despite the title of this magazine, my days on this coast walk are not so much hiking or bushwalking as they are gentle erratic meanders along beaches, up and down headlands, over dunes, and along the shore, with plenty of stops for coffee and snacks and swims and sighs and reflections and an occasional nap in the sun.

I've spent some time on the walk reflecting on the best way to describe these erratic movements. During the planning for this section I came across a social media post discussing John Muir, the Scottish-American naturalist, author, and environmental philosopher who also commented about this. I've adapted John's thoughts below...

*Hiking - I don't like either the word or the thing. People ought to saunter not hike! Do you know the origin of that word 'saunter?' It's a beautiful word. Away back in the Middle Ages people used to go on pilgrimages to the Holy Land, and when people in the villages through which they passed asked where they were going, they would reply, 'A la sainte terre,' 'To the Holy Land.' And so they became known as sainte-terre-ers or saunterers. Now [this coast is] our Holy Land, and we ought to saunter along them reverently...*

Anyway, having a background in linguistics, I checked the actual etymology of 'saunter,' and it is, perhaps, even more apt than John Muir's folk one above. Saunter, in the sense of *to stroll* dates from the 1660s and is likely from an earlier term meaning *to muse*, and possibly related to Middle French *s'aventurer* - *to take risks*.

So, with a mix of musing, strolling, meandering and risk-taking, combined with a little of the feeling of a reverential pilgrim, the second chunk of my coastal journey began - a loving saunter from the Richmond River to the mighty Clarence River and a little beyond.



## Day 1: Ballina to Wardell 23km, 5 hours

I started this phase where I left off last time - at Ballina on the Richmond River. I landed at Ballina airport around midday and then snared the sole waiting taxi to speed me to the car ferry across the Richmond at Burns Point in West Ballina.

I've always loved car ferries – a love instilled in me from a young age by my dad, an adventurous soul who particularly enjoyed the Hawkesbury River and Wisemans Ferry with its array of punts. I had some pleasant reminiscences of my 'old man' and his quirky likes and venturesome spirit as we punted across the river.

Once on the south side of the Richmond, it was a pleasant 6km stroll along the south bank taking me down to South Ballina Beach through the nature reserve. Once on the beach a mighty strip of sand greeted me – a 31 kilometre stretch from the south wall of the Richmond to the mouth of the Evans River. While there are seven beaches along the strip, it is effectively one long arc of perfect northern



Day 1: Burns Point Car Ferry



Day 1: Beswicks Beach



Day 1: Home sweet home







rivers sand all the way to Evans Head – two full days of walking away. Indeed, this beach claims to be the second longest on the NSW coast (after Stockton, near Newcastle).

So, I enjoyed a pleasant afternoon saunter from South Ballina to Beswicks Beach then onto Robins and Patchs Beach. At Patchs I headed inland to the pretty little riverside town of Wardell. Wardell suffered massive damage in the 2022 floods and, to my dismay, even the gorgeous riverside pub remains closed. I contented myself with a fabulous steak pie from the famous Wardell pie shop and then made my way to my abode for the night - a little cabin in a caravan park a few kms from Wardell; a wonderfully peaceful spot to lay my weary head.

### **Day 2: Wardell to Evans Head 31km, 7 hours**

Wardell to Evans Head was the plan for the second day of the walk. At 31km it was a little above my preferred quota, but, with my usual early start and relatively easy walking along the way, the day did not prove to be a difficult one at all.



Day 2: Rock fingers, Broadwater Beach

I started with a 7km walk back to the beach. It was very pleasant strolling along the Richmond flood plain and through farmland in the early morning, although I was more than happy to arrive back at my spiritual home on the sand.

Broadwater Beach, in the eponymous National Park, covered about 10km of the shoreline north of Evans Head and looked magnificent in the morning light. Its lookout was splendidly located, perched among beautiful sand dunes. With views up and down the coast, whales



Day 2: Wardell sunrise, Richmond River



Day 2: Broadwater Dunes

offshore, dolphins frolicking in the waves and plenty of eagles and shorebirds to admire, it was another little slice of paradise. And to top it all off I loved the nearby 'love shack' and the embedded black rocks pointing menacingly out to sea.

It was perfect weather today, so I enjoyed a few dips with the dolphins. I have to stress though that these long, isolated beaches, with their strong rips and cross currents even on the calmest of days, demand respect. If I have a swim I always stay inside the inner bars and remain in waist deep water despite the temptation to join the dolphins as they body surf the rolling swells on the outer bars.

As a reminder of the above need for care, when I arrived at the (patrolled) Evans Head Main Beach, rescue boats and a chopper

were out in force for a missing swimmer... so don't do as I do (which is probably sound life advice in general)!

In Evans Head I met up with my brother, Graham, who was joining the latter part of the trip to provide support crew services in between rounds of swimming and golf! Always a pleasure to have some company after a few days of solo sauntering.

“

I have to stress though that these long, isolated beaches, with their strong rips and cross currents even on the calmest of days, demand respect.



**Day 3: Evans Head to Goanna Headland and 'Bombing Range' Beach**  
**14km, 4 hours**

Day 3 was a saunter and then a meander (from the Greek *Maindros* the former name of a winding river which is now called the Menderes). It provided a dramatic change in scenery after the long flat sweeping beaches of the previous two days.

South of Evans Head is a fantastic array of rocky headlands and perfect little coves. Lots of kangaroos and sea eagles around (as well as a brown snake - the land snake with the world's second most deadly toxin - who thankfully didn't seem interested in a harmless saunterer). Once again plenty of whales and dolphins offshore and, despite the short distance today, it was one of the finest stretches of walking so far on my trip. There was just enough trackwork to help traverse the tricky bits, but otherwise landscape and walking paths felt completely unspoilt.

I crossed the Evans River at the Elm St Bridge (only a few hundred metres inland from the break walls at the mouth of the river) and walked to the southern breakwater. I strode up to Razorback Lookout and enjoyed viewing Ballina and the Richmond from where I had

come two days walk earlier. From Razorback I walked to Half-Tide Beach which is lined with pandanus palms. I continued on the rock shelf past a few other small patches of sand and then followed the track to Connor Hurley Point. There are several jagged inlets and fingers of rock in this area which make for dramatic views of the incoming waves crashing against the rocks.

Next was the delightfully named Joggly Point – my internet searches haven't been able to find the origin of the name but for some reason it perfectly suits the place. Red Hill Beach, Chinamans Beach and New Zealand Beach came next and then the perfectly-named and sensationally unspoilt Goanna Headland – if you squint you really can see a great rocky goanna peering out to sea. Far more poetic than its other name - 'Tick Fence Headland' - although I was intrigued to find out more about the 100-year history of the NSW cattle tick program!

Ten-mile beach stretched southwards from Goanna Headland. I was prepared for the fact that the north end of this strip of sand is one of the very few restricted bits of sand on our coast. There is an RAAF air base in



Day 3: Evans Head sunrise





Day 3: Evans River from Evans Head

Evans Head and stern signage announced the restricted air force bombing range on the beach south of Goanna Head - who knew?

As I approached the restricted area, it felt a little like an episode of those old road runner and coyote cartoons with the warning signs getting ever sterner the closer I got to the beach. For Coast Quest purity's sake, I took a chance on the laser hazards and live bombs not being absolutely everywhere and did scramble down onto the sand, where I could just make out Jerusalem Creek and Black Rock about 10km away.

I decided to let discretion be the better part of valour and retraced my steps back to Evans Head. My brother Graham and I then had an afternoon drive along the Evans and Richmond Rivers to Casino, reminiscing on holidays long past and the 'exciting' time as kids when we crashed into a cow on a family holiday which led to a forced stay in that town.



Day 3: Red Hill Beach



Day 3: Goanna Headland



## Richmond to Clarence Coast Walk, part 2



0 5 10km



Road, four-wheel drive track, walking track (treed)



Main track, side trip, alternative route



Cliff, major contour line, minor contour line (20 metre interval)



Lake, river, waterfall or creek



Start of the walk



Parking



Ferry

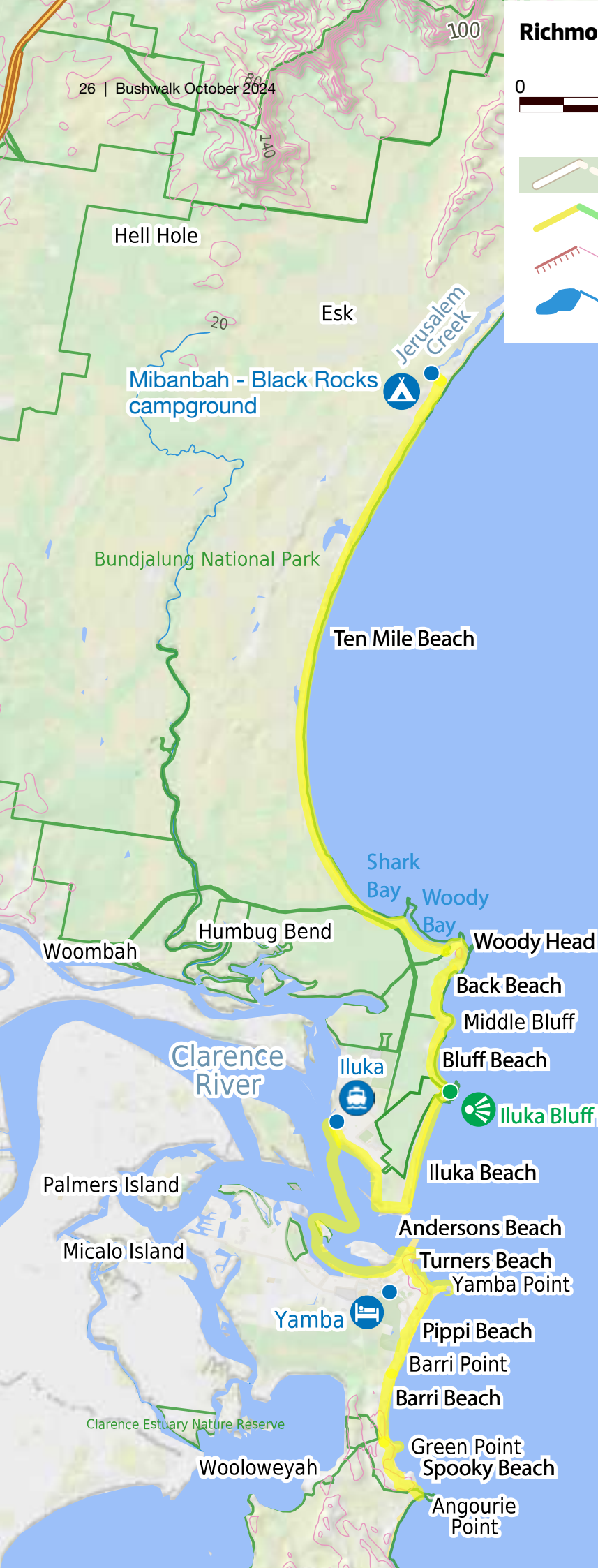


Accommodation



Lookout

This map is ©Bushwalk.com and is created using data ©OpenStreetMap contributors



### Day 4: Esk to Iluka and Yamba 28km, 8 hours

Day 4 commenced from the Mibanbah - Black Rocks campground in Bundjalung National Park. Appreciated my brother getting up well and truly before the sparrows stir to drive me there. If you were doing the coast hike solo, the walk through the national park would still make for a pleasant journey as most of the trip is 'inside' the bushland but a lift back to the beach was much appreciated. Black Rocks campground is stunning and there are lots of fine paddling possibilities on nearby Jerusalem Creek.

From Black Rock it was 20km or so to Woody Head and then a few more to Iluka to take a ferry across the Clarence River to Yamba and Palmer Island for the night. It was a misty morning so Woody Head could not be seen when I started out. It had that lovely mysterious feeling of wandering into the fog and the great unknown – not quite Ludwig Leichhardt wandering off into the vast reaches of the Great Sandy Desert, but an uplifting and yet eerie feeling all the same.

After a few hours of walking, I reached Shark Bay and its delightfully sheltered beach – a perfect spot for a swim. Then it was around Woody Bay - which absolutely deserves its



Day 4: Mibanbah - Black Rocks sunrise



Day 4: A fine spot for a rest



Day 4: Looking south from Woody Head to Iluka



Day 4: Endless beauty



name. I don't think I have ever seen so many trees, branches, sticks and rotting timber on any beach ever, before or since. I suppose that most of the logs are trapped on the sand in the sheltered bay, but it is a sight to behold. Walking along Woody Bay feels like traversing those TV ninja courses – there is so much wood that it is hard to find the sand to walk on. For me it became a game that was sort of the opposite of 'the floor is lava' – a perfect challenge on a beautifully sunny day!

Woody Head has a campground on the actual headland, and it would be an incredible place to pitch a tent if you love a campsite with a view. I rounded Woody Head to Back Beach and then around Middle Bluff and Bluff Beach before enjoying a long rest and lunch at Iluka Bluff lookout.

There's a world heritage listed stretch of rainforest at Iluka which made a pleasant change from the open beaches. It was a bit of a diversion, so I then had to double back to Iluka Beach and Anderson's Beach and then... drumroll... the mighty Clarence River. It was a few more clicks to Iluka Wharf where I was rewarded with a wonderful ferry across to Yamba. The ferry travelled a fair way downriver and was almost as good as a pleasure cruise. Highly recommended. What a superb way to end a fabulous day!

### Day 5: Yamba to Angourie 11km, 4 hours

It was the final day of chunk 2 today – a kind of postscript after arriving at the Clarence the previous day. I walked from Yamba to Angourie and the start of the Yuraygir coast walk, which would be the starting point for the next 'chunk' of my journey.

Angourie is one of the absolute highlights of the NSW coast. As well as some amazing beaches and headlands, there are also a series of natural rock pools and one of NSW's best surf breaks. In addition, there are beautiful views to the northern approach to Yuraygir - the longest stretch of fully national park protected coastline in NSW.

I journeyed along Turners Beach next to the Clarence breakwater and then across Woolli Park to Yamba Beach which is backed by the fading glory of the Pacific Hotel. Past the magnificent Yamba Ocean Pool to Convent Beach and then around South Head and Yamba Point to McKittricks and Pippi Beaches.

“

Angourie is one of the absolute highlights of the NSW coast.



Day 4: The Clarence River Ferry pulling into Iluka



Day 5: Yamba sunrise

Barri Point led on to Barri Beach and then sheltered Green Point Beach in the lee of Green Point. Next was Spooky Beach (so named because in the 60s it was so isolated that it was 'spooky' to surf there).

With plenty of time on my hands, I explored Angourie Blue Pool and Angourie Green Pool, two natural spring water swimming holes and finally Angourie Point Beach and magnificent Angourie Point. I looked longingly at the entrance to the Yuraygir walk and the long stretch of sand wending southwards – but that would be for next time!

I was a little sad to be winding up for the time being but excited to plan the next phase through Yuraygir. I had already started reading up on Yuraygir and that mighty stretch of national park protected coastline. I couldn't wait to return for the third chunk of the quest.

### Conclusion

More than 40 years ago (in 1982 to be exact) I hitchhiked around the Egyptian part of the Sahara Desert. I was overwhelmed by the kindness of strangers there and remember one old 'haji' explaining to me, in halting English, that in Islamic tradition (as in many others) one feels blessed to assist wayfarers and pilgrims. The thought has stayed with me

ever since, and I've always tried to reciprocate the kindness of those desert dwellers in Mut, Abu Minqar, Faraffra and Bawiti. And although I am now far, far away in time, distance and culture, I remain impressed by how fantastically hospitable most folk are to 'saunterers'. Every interaction I enjoyed on this part of the journey, from the Ballina taxi driver, to the Burns Point ferry master, to the top bloke in Patches beach sharing a few cold beers and a chat to speed me along my way, to the Aussie/Filipina couple fishing near the Richmond Bridge in Wardell at sunset sharing their life tales with me, to the Sandalwood van park manager, to the farming couple enjoying their breakfast and inviting me to shorten my walk to the beach by going through their land, to the many and various 'strangers' I chatted with along the way, all have been great reminders that the world is full of kind, gentle, friendly, amazing people - whatever the doom-mongers would have us believe!

“

... many and various 'strangers' I chatted with along the way, all have been great reminders that the world is full of kind, gentle, friendly, amazing people ...



In the end we are all just simply wayfarers still journeying or wanderers at rest – and the more we all remind ourselves of that the better off we all are...

In Bahasa, the national language of Indonesia, Malaysia, Singapore and Brunei there is a

lovely way to say 'farewell.' Instead of just goodbye as in English there is *selamat jalan* - 'safe travels' to the wayfarer and *selamat tinggal* - 'safe remaining' to the wanderer at rest... Nice...!

*Selamat jalan* or *selamat tinggal* for now...



Day 5: Spooky's



Greg grew up in Sydney but lived for many years in SE Asia. He has now returned home to Sydney and loves exploring Australia's magnificent bushwalks, parks, coasts, and waterways. When he's not bushwalking or mountain bike-riding, he works in education for Deloitte Australia and Ecctis UK.

More detailed information on each day of his walk, pics and future posts are all available on Facebook - either on his [personal page](#) or in the FB groups [Hiking in Australia and New Zealand](#), [Take a hike NSW](#) and [Hiking and exploring NSW](#).

---

# In the News

## Six Foot Track news - Bowtells Swing Bridge is now open

The bridge has been closed since March 2023, as the structure needed a major upgrade. In September 2024 the new bridge was [completed and officially opened](#) and the new structure now carries five people at a time.

## The world's longest circular hiking trail

Portugal is planning on opening a [3,000km long circular walk](#) that is to become the [world's longest circular trail](#). It will connect over a 100 attractions throughout the country. The first part is to be opened this year.

## Hiking the Heysen Trail helped a grieving mom to heal

Vicki Shaw lost her 22-year-old daughter and the solitude on Heysen Trail helped her deal with [emotions and heal](#).

## Company proposing helicopter tourism at Lake Malbena now placed into liquidation

The company that started the Lake Malbena tourism process in 2015 has now been [placed into liquidation](#). The lease they have on Halls Island is due for renewal on 1 October 2024.



New Bowtells Swing Bridge

---

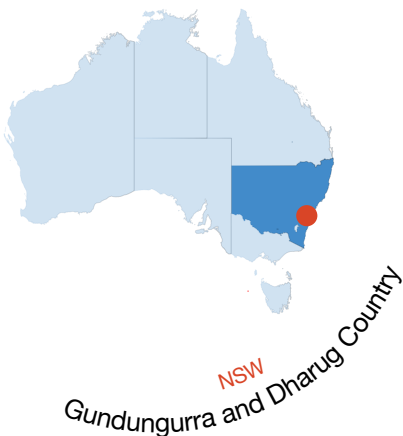


# The Great River Walk

Text and photos  
**Roger Treagus**

---

Long distance walking tracks around Sydney include the Great North Walk to Newcastle and the recently opened Great West Walk towards the Blue Mountains. Another obvious route is the Great River Walk following the course of Sydney's major river, the Hawkesbury from source to mouth, a distance of 475km.



Rocky Ponds - looking upstream from final waterfall



Crossing the Blue Mountains ridges

It is an obvious addition to the long distance track network near Sydney. It traverses two World Heritage areas, cuts through a 40km-long gorge and then follows the longest and most scenic estuary on the Australian East Coast. The entire route passes nine national parks.

The route starts near Crookwell at the source of the Wollondilly, the river system's longest tributary. The river initially flows across the Southern Tablelands, through Goulburn and then starts cutting into the plateau at Canyonleigh where the spectacular gorge begins.

The Wollondilly then reaches Lake Burragorang, a major source of Sydney's drinking water and an area off limits to walkers. The Great River Walk diverts around the catchment area by following the ridges of the World Heritage Blue Mountains National Park through the old ghost town of Yerranderie and then north to the Coxs River, a climb onto the Blue Mountains plateau and

Katoomba. Skirting the cliff tops facing the world-famous views of the Three Sisters and the Jamison Valley, the route follows trails through an area called the Blue Labyrinth and back to the river now named the Nepean close to the City of Penrith.

“

It is an obvious addition to the long distance track network near Sydney.

Following the river downstream, the route passes the historic Ebenezer Church, the Tizzana Winery near Sackville and the ferry at Lower Portland. The route then heads along Bicentenary Road to Wisemans Ferry, then follows the World Heritage convict-built Old Great North Road through Dharug National Park, with Simpsons Track, the first road to the Central Coast, bringing the route to Mangrove Creek and back to the Hawkesbury







Lower Hawkesbury panorama

River near Spencer. The terrain gets rougher as the coast is approached, with trackless sections to cross in Popran National Park. Using local ferry connections, Brooklyn is passed and then tracks in Brisbane Waters National Parks lead to Patonga and the ferry to Palm Beach. A final push then takes the route up the hill on Barrenjoey Headland to the lighthouse at the very mouth of Broken Bay.

“

This walk presents a great challenge and traverses a very diverse range of country.

This walk presents a great challenge and traverses a very diverse range of country. First proposed in 1999, a team of bushwalkers

from the Sydney Bush Walkers club set out to walk the entire distance, to prove it was a viable walking route. Starting from the source of the Wollondilly, the walk took over 4 years to complete as each stage was attempted as a separate walk for a weekend each month or so. Most stages were walked but two stages were kayaked, and one stage began by flying into a remote airport in a chartered aircraft.

The main feature of this long distance track is of course the river itself. It has amazing geography. It almost surrounds Sydney, with sources on some tributaries only 3km from the coast but blocked from flowing directly to the sea by coastal mountains. Most rivers will come off high ground to a coastal plain and flow directly into the sea. Not the Hawkesbury. It starts on a high tableland and flows onto a coastal plain but then heads back into the mountains. It does this not just once, not just twice but three times.



As the river surrounds Sydney, a city of 5 million people, you would expect many crossings of the river for Sydney to gain road and rail access to the outside world. But to the north, where lies the Central Coast, Newcastle, Queensland and the tropics, in 120km of river there is just one road crossing (with two bridges) and one rail crossing. To make up for the lack of bridges there are in fact 4 car ferries.

The Great River Walk provides access to some of the oldest European farming ground in Australia, around Richmond and also along the Macdonald River and Mangrove Creek.

The Aboriginal nations whose land the river flows through include the Gandangara people in the south and the Dharug people in the north. They call the river the Deerubbin. Their cultural legacy is rich with rock art and engravings etched into the Hawkesbury sandstone adorning hundreds of sites across this land.

### Lower Portland to Oystershell Bridge

The complete walk is still to be established but the first big stage is planned to open later this year. It is a 47km section along the river's estuary. It was the easiest section to open first as it traversed only public land, i.e., three local government jurisdictions plus a national park and used existing fire trails and tracks. It can be walked in 2 to 3 days either way with camping and accommodation facilities plus a township and a number of toilet and water points.

Each end of the stage is accessible by private vehicle but Wisemans Ferry can be accessed by public transport, with 3 buses a day from Richmond, which is on the train line from Sydney.

At the time of opening a website and app will be available to guide navigation and provide more information about the country, the history and facilities en route.



Wisemans Ferry punt landing

---

# Published

## **Australia's 50 Best Multi-day Walks** **Wendy Bruere et al**

The author gathered a team of experienced Australian writer-hikers to pick the very best multi-day walks and present them with detailed descriptions, essential planning information, illuminating maps and fantastic photographs.

Paperback, 300 pages

AU\$40

If you preorder the book before 21 October, [this link](#) will give you a 15% discount (after adding it to the cart).



## **Best Day Hikes Australia** **Josh West et al**

Escape the hustle of big cities and choose your next adventure from the 60 best day walks that this book showcases.

Paperback, 240 pages

AU\$25



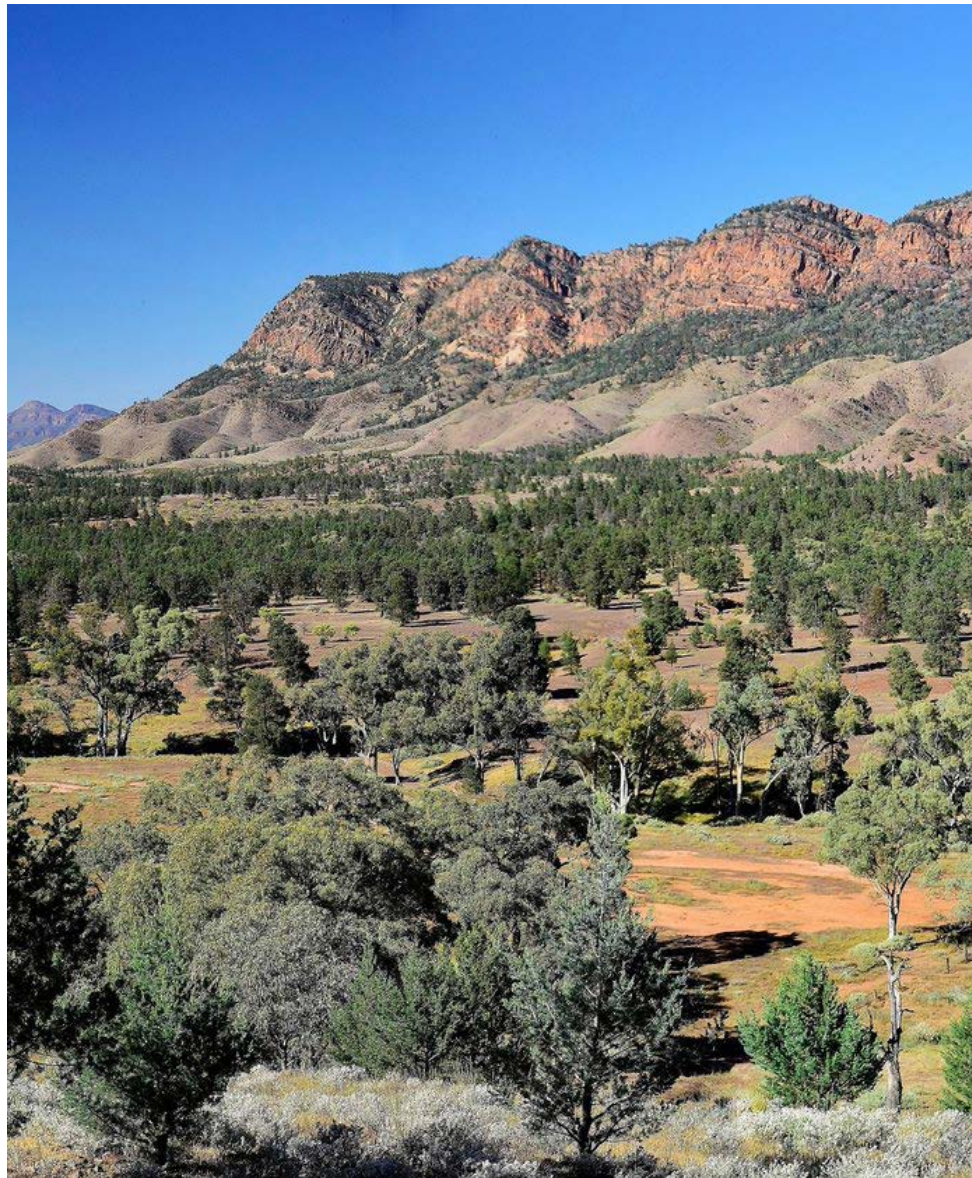
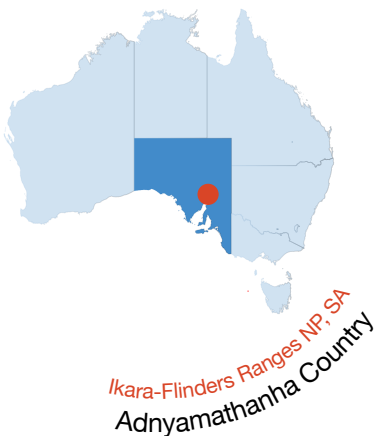


# Bunyeroo Lookout

Text and photos  
**Ian Smith**

---

I'm writing this from memory,  
yet parts of it are so clear.  
I can remember tracking  
along the road and stopping,  
over a decade ago.



Aroona - Heysen Range panorama





Bunyerroo Gorge

I pulled up in the motorhome at one of the few designated spots and pulled my camera gear out. I'd espied a red-capped robin, first I'd ever seen, or perhaps that should have been 'noticed', because it would be another couple of years before I got a serious birding lens and some tuition from one of Australia's finest, Alwyn Simple.

It was my second trip to the Flinders Ranges, the first on my own, and I was in an exploring mood. I remember I had come through a cutting and the road curved right immediately after and, like much of Bunyerroo and Brachina Gorges, it seemed to have photographic possibilities, so I'd pulled up at this small parking area. There was even a sign saying 'Bunyerroo Gorge' - I don't recall whether that applied to what I'd just driven through or the whole road itself, but I suspect the former.

No matter, I walked back towards it, side-stepping the puddles, for it was a year of wet, unlike recent times. Then, at some stage I glanced up and could still bring to mind the thought that 'there might be a view from up there, if only I could climb up'. So I eventually returned to where I'd parked and started up a slope, though initially I had to cross an ephemeral stream where eucalypts resided

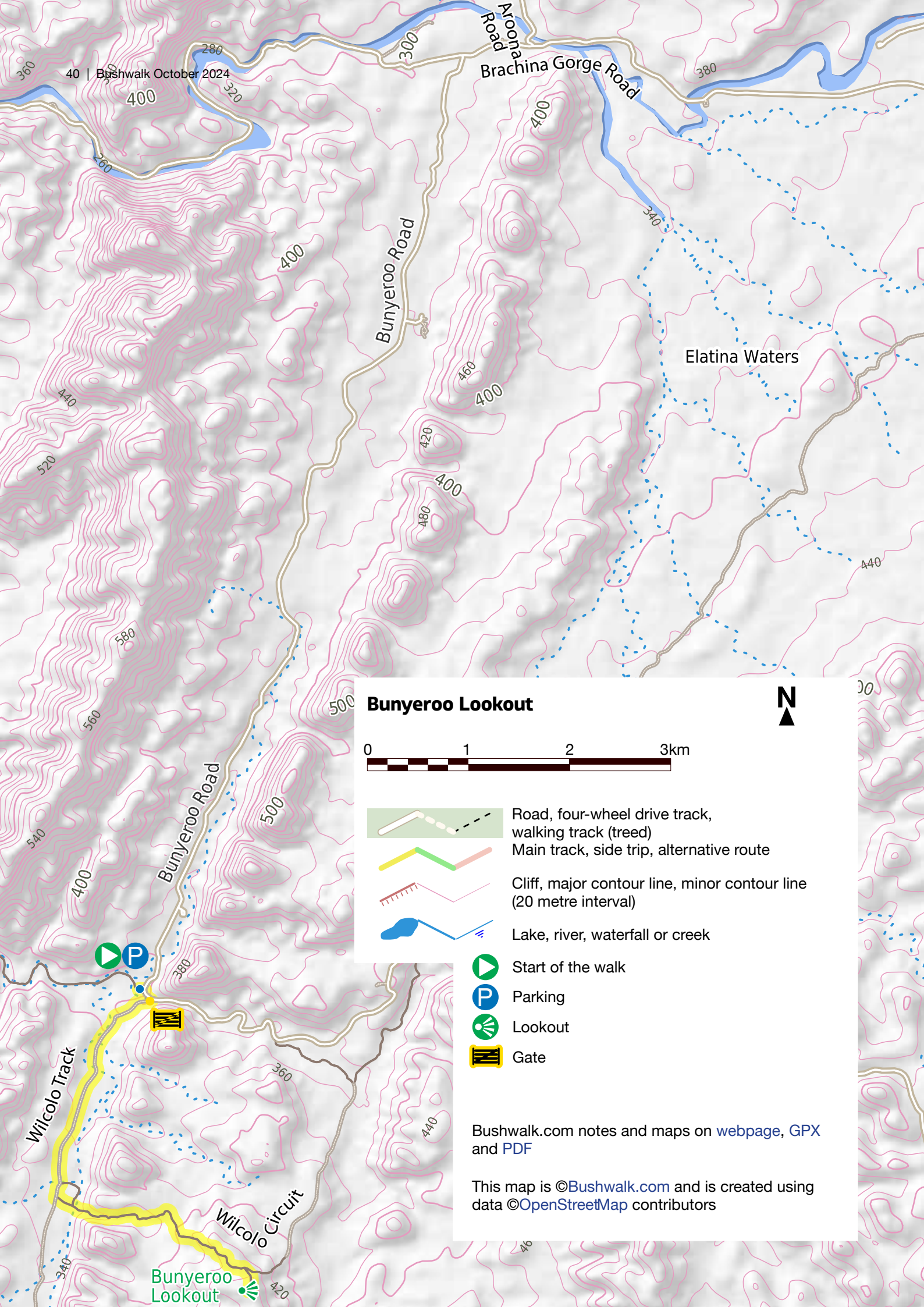


Red-capped robin



Solanum





## Bunyeroo Lookout



Road, four-wheel drive track,  
walking track (treed)  
Main track, side trip, alternative route



Cliff, major contour line, minor contour line  
(20 metre interval)



Lake, river, waterfall or creek



Start of the walk



Parking



Lookout



Gate

Bushwalk.com notes and maps on [webpage](#), [GPX](#)  
and [PDF](#)

This map is ©[Bushwalk.com](#) and is created using  
data ©[OpenStreetMap](#) contributors

Bunyeroo  
Lookout



and plunged their root systems far beneath the surface to maintain a water supply. Their branches of harrowing shapes and chubby bases pockmarked by the occasional lightning strike, now reflected in mirror-like ponds that bespoke of the harsh climate they lived in.

“

Set beneath some wispy cirrus and a still-visible moon, the ancient semi-barren folds are the iconic image of the Flinders, yet here was a different aspect.

It was a strange land; in places they were set in amongst some verdant new grasses yet, where I was heading, the soil was as barren as I'd ever seen. I trudged slowly upwards,

pausing at a tree that hadn't survived, its tortured shape still showing the emotion of its demise, and then noted some skeletal wallaby remains clustered in a small depression.

Then, as I reached the ridge line, Wilpena appeared. Set beneath some wispy cirrus and a still-visible moon, the ancient semi-barren folds are the iconic image of the Flinders, yet here was a different aspect. I was walking a semi-circular route to the top and had to frequently pause to grasp at just how the view was changing. It's only from on high that the area's geology becomes apparent, as I noted on the flight I'd done over the Pound, but here it seemed more up close and personal as I clambered over the last exposed fault line, reached the high point and wondered at the stark contrast of the terrain. Here folds were lathered in green yet, right beside them could be found undulations upon which little could ever grow.



Bunyerroo Gorge





Flinders Ranges

While some will see the work of a higher being, I marvelled at the incredible forces that had caused such uplifting and where I stood amongst the cypress pine the view was unfolding into something I couldn't have imagined. From Wilpena to the ABC Range that trailed all the way to Heysens, the panorama was clearly visible from this privileged point and I felt truly blessed to have located such a vista on such a day. I hope when you travel to the area that you, too, will have moments like this.

“

... the panorama was clearly visible from this privileged point and I felt truly blessed to have located such a vista on such a day.



Brachina Gorge



---

# Upcoming Events

## Walktober

Challenge yourself and walk at least 31 minutes of every day of October.

## Walk for Awareness

**6 October 2024**

Join this one step at a time [event in Brisbane, QLD](#), or [walk 9km anywhere in Australia](#).

## The Bloody Long Walk

**13 October 2024 - Mornington Peninsula, VIC**

**27 October 2024 - Adelaide, SA**

**10 November 2024 - Canberra, ACT**

**17 November 2024 - Sydney East, NSW**

Join in on this [35km scenic walk](#).

## Kokoda Challenge

**12 October - Lake Macquarie, NSW**

Gather your team for this [charity event](#) in Olney State Forest.

## Seven Bridges Walk

**20 October - Sydney, NSW**

Be a part of this [28km event](#) in Sydney Harbour.

## Coastrek

**25 October - Margaret River, WA**

Another great [team event](#) along beautiful coastline.

## Walk for Change

**12 - 15 November 2024 - Great Ocean Road, VIC**

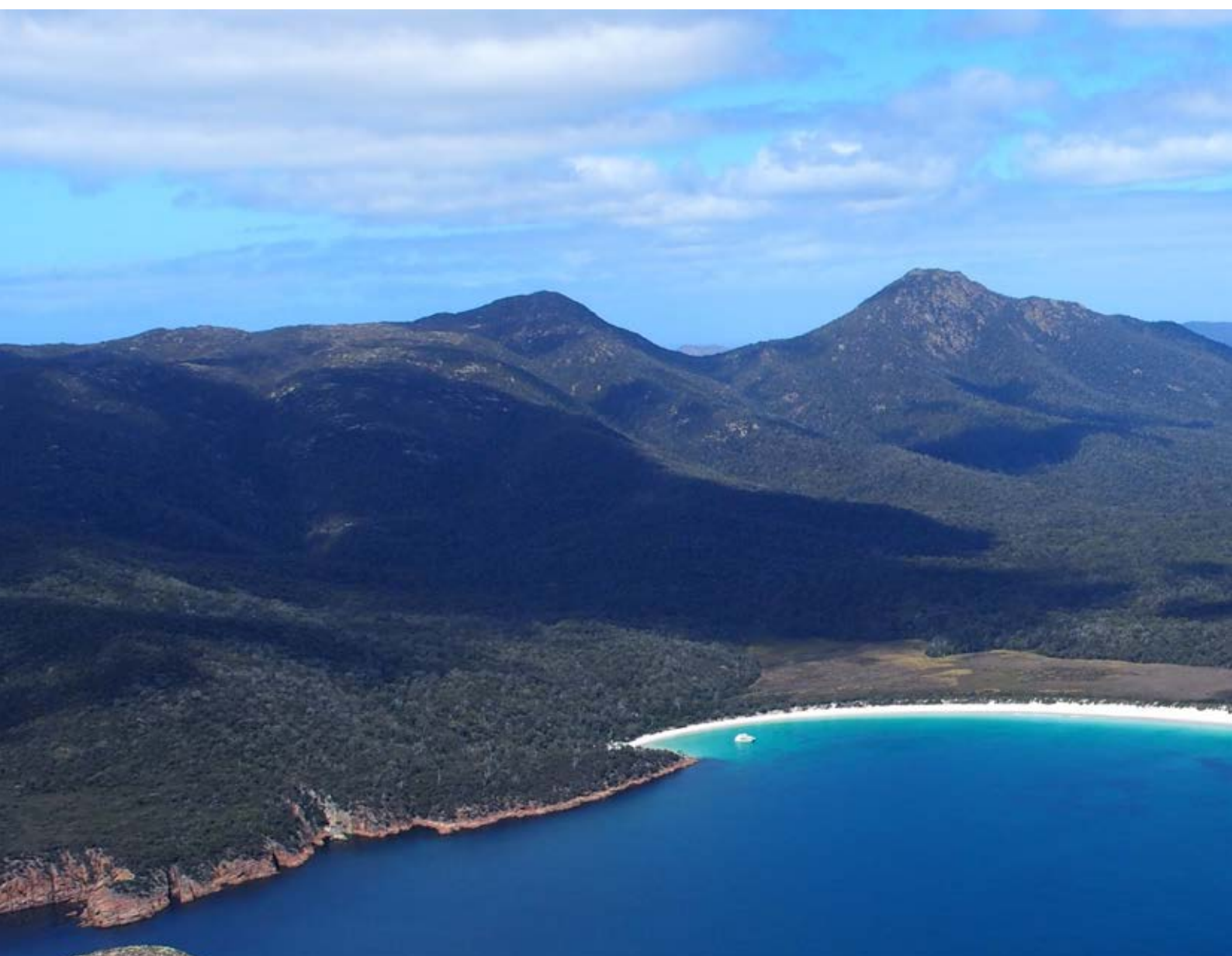
A [4-day event](#) over 40km while raising funds.





# Photo Gallery

Photos  
**Bushwalk.com** photographers



Check this and  
other entries at  
[Bushwalk.com](https://bushwalk.com)  
Photo competitions



Afternoon in blue  
Tigercat



# Landscapes

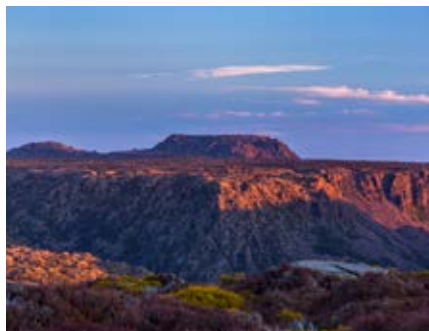
## October 2023

Winner  
Razorback from Bryan  
**Brian Eglinton**

One of the highlights of the Heysen Trail is the climb up the face of Mt Bryan in the mid-north of SA. At over 900m high, it is actually the highest peak in the Mt Lofty Ranges, which start well south near Adelaide. This is the view looking south from the top.



Solitary Grass Tree  
**Tom Brennan**



Evening on Magnet Crag  
**North-north-west**



Nepean Narrows Lookdown  
**Ian Smith**



# Non-landscapes

## October 2023

Winner  
The Sunbather  
North-north-west

I've never understood the paranoia around snakes; they aren't going to eat you so why would they waste their venom on you unless you present a real threat? Especially these sweet little things - White-lipped snake (*Drysdalia coronoides*).



Wattle Bird  
**Brian Eglinton**



Flowering gum cluster  
**Ian Smith**



Ssss  
**Tom Brennan**



# Tasmania

## October 2023

Winner

Time to top up the water bottle

**North-north-west**

If you leave it long enough between visits and follow slightly different lines, old places can become magical new ones. I missed the tiny pools in this little saddle on my first time around Coalmine and Magnet Crag, but it provided a wonderful campsite and a good water supply on the second.



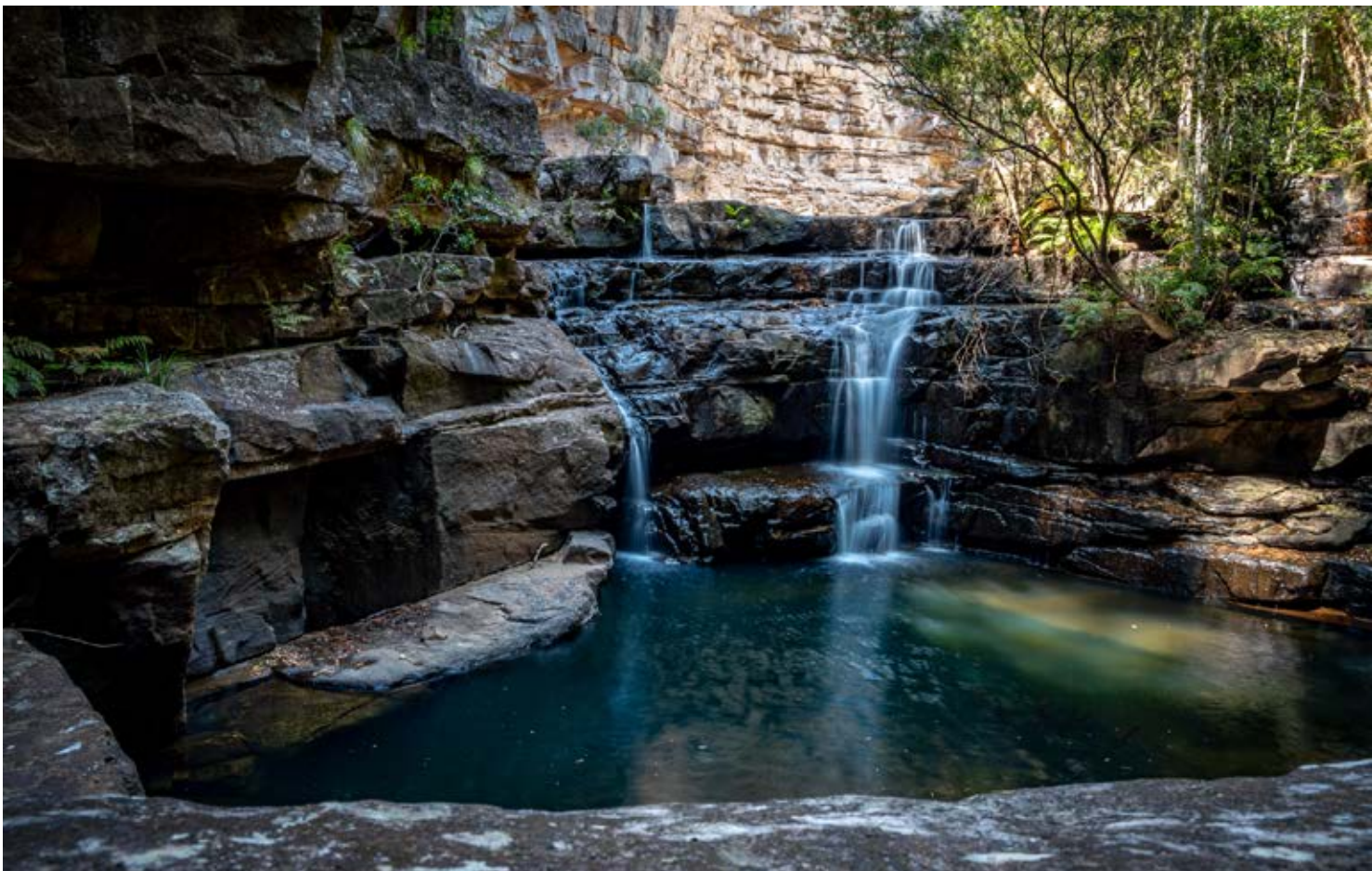


# Other States

## October 2023

Winner  
Lagoon Creek Falls  
**Tom Brennan**

Just above the junction with Wheeny Creek in Wollemi NP lies this picturesque little cascade on Lagoon Creek. Unfortunately, I forgot my tripod, so the camera was being balanced on various items out of my pack for the long exposure.



Redbanks  
**Brian Eglinton**



The Rock Lookout  
Blue Mountains NP  
**Ian Smith**



# Landscapes

## November 2023

Winner

Looking down on Albina Lake from the Main Range Trail in the Kosciuszko National Park

**Joe Janetzki**



Mt Barker  
**Brian Eglinton**



Sleepy Bay  
**North-north-west**



Entering the valley  
**Graham Watkins**



# Non-landscapes

## November 2023

Winner  
 Petrified wood on The Rolling Ground north of Mount Kosciuszko while  
 hiking the AAWT  
**Joe Janetzki**



Chasm Falls  
**Teak**



Baby duck, doo doo doo  
**North-north-west**



Noisy Miner  
**Brian Eglinton**

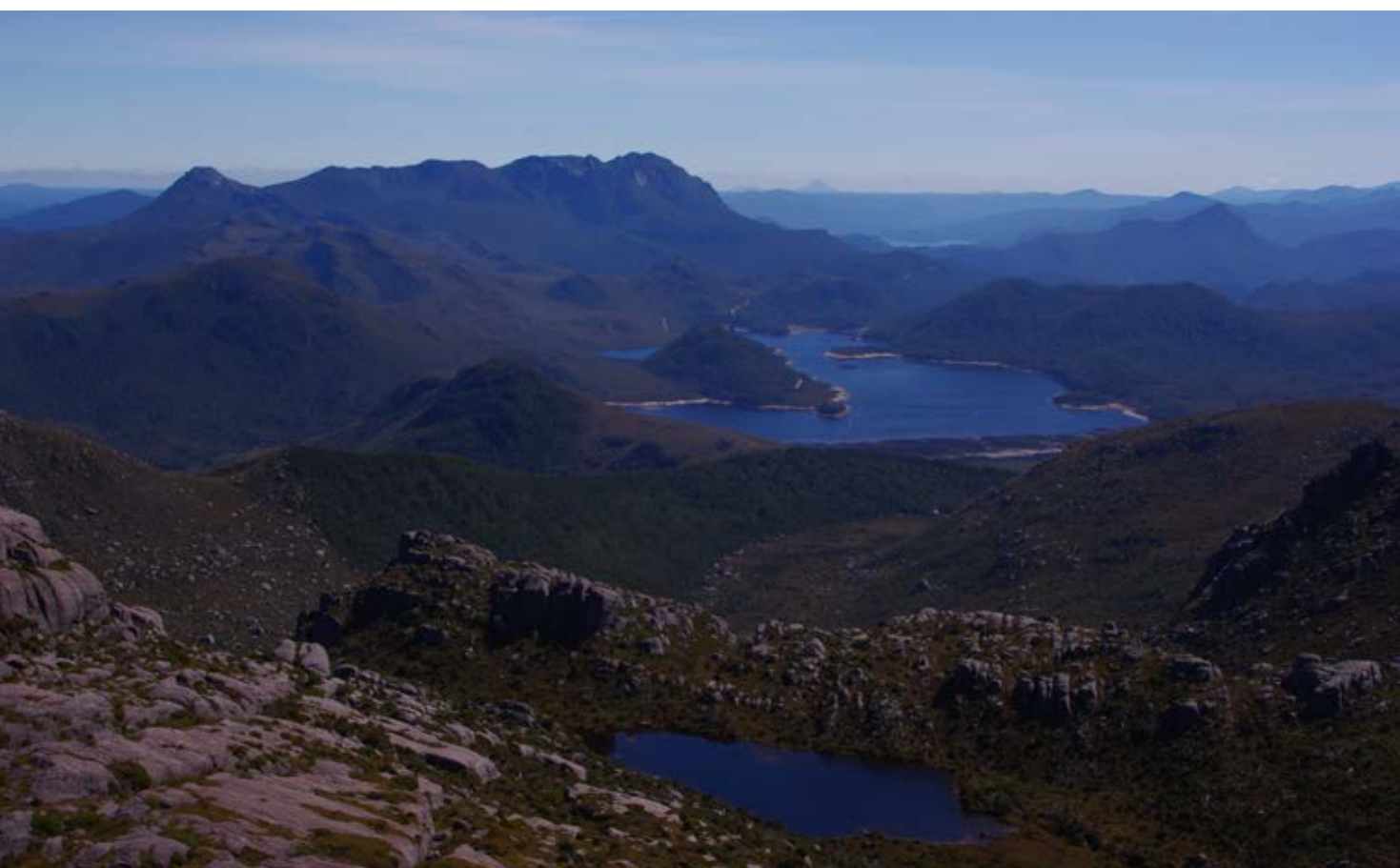


# Tasmania

## November 2023

Winner  
View from Tyndall Range  
**Teak**

I took this photo on a day walk to Lake Huntley.  
The view is of Mount Murchison and Lake Plimsoll.



Climbing Baudin  
**North-north-west**



A perfect place for lunch  
**Graham Watkins**

# Other States

## November 2023

Winner  
Morning fog lifting from a valley as seen from Mount Anderson in the Kosciuszko  
National Park  
**Joe Janetzki**



Sugarloaves  
**Brian Eglinton**



# Navigation on Track

Text and photos  
**Terry Cornall**

## Infernal devices

I do like a nice GPS receiver with displayable map. I also despise having to recharge them all the time. I spend a bit of time now and then working on a design for an e-paper based device with a 7" screen.



Infernal devices





Gordon checking maps: I knew we shoulda turned left at Albuquerque

I want a highly selectable level of detail using editable Open Street Maps (JSON versions) and have it programmed in Circuit Python (or even better Python). It needs a low-power GPS receiver module that has non-volatile memory and a low-power 'sleep' mode and selectable intervals all on a low-power host with uA 'deep sleep' so that I can tweak the software to perform as I want it to. Meanwhile, until that pipe-dream comes to fruition, I have a bevvvy of off-the-shelf models to choose from. I knew I'd take my [Fenix 5x](#) watch because it is light, has maps, would have a GPX track downloaded to it to follow, would warn me (somewhat) when I got off-track, is rugged, waterproof and easily looked at etc. Supposed to be able to do normal Navstar-only GPS tracking for 12 hours with second-by-second sampling rate and even longer at 25 hours using a slow-sampling Ultratrac mode but the positioning accuracy that Ultratrac gives is rubbish and I don't use it. Besides, measurements I've made convinced me it doesn't actually make much

difference to battery life. But I only got about 6 or 7 hours at the most. This disappointed me as previous trials did get about 12 hours. Maybe the battery is losing potency... (Hmm, the Fenix 7 has just been released... Much longer battery life...) (After burning out the USB port on the Fenix 5 on this trip I got a [Fenix 7x Solar](#). It has great battery life, 80 hours using GPS at 1 s interval or 20 days if using the Expedition mode and gps at 15 min intervals...).

“

I want a highly selectable level of detail using editable Open Street Maps and have it programmed in Circuit Python.

I also wanted to take my Garmin [InReach Explorer+](#) satellite communications messenger, which also has a GPS map mode. This is my goto device in case of disaster and



has an SOS button that can call in the cavalry. It also lets me stay in touch with home via text when I am not in cellphone network covered areas, which was most of the time. It even allows me to share my trip via a website, on the fly!

“

I also carried a GPS-equipped PLB but that doesn't need recharging and you can't get the positioning info out of it. That's just for the cavalry.

The Pixel 5 smartphone I usually carry was also a must, for photos if nothing else, but it also can run the [Garmin Explore App](#) that does a decent job of letting me plan and carry out a route, even update the routes on the Fenix if I can stand the multiple tries and uncertain success involved in synching the two. It does have its other quirks too (like hiding the positions of huts until you zoom right into almost the highest res, which means that you have to know where the hut is in order to find it... Why, why, why? Is it

the TopoActive map, or the fault of the app developers? Scathing queries have been sent!) I was worried about battery life on the Pixel. However with Extreme Battery Saver on and Airplane mode on and WIFI and Bluetooth off, it gave VERY good results. Only went down about 5% in 8 hours. Being left on whilst I hiked meant I didn't have to wait minutes for startup and satellite acquisition. Used the power button (there's a setting for that) to open the photo app and it was ready in seconds instead of tens of seconds. This is important because if there is a long delay before the camera is ready the subject (unless it was scenery) usually scurried off into the undergrowth (including Gordon who was patiently indulgent most of the time, nonetheless I didn't want to stretch his good will).

I also carried a GPS-equipped PLB but that doesn't need recharging and you can't get the positioning info out of it. That's just for the cavalry.

Gordon carried a phone with the [OsmAnd app](#) and OSM maps, and that gave us one more way to not get lost. Or to get us unlost when we did.

All these GPS things, in conjunction with the printed track notes and maps in a waterproof bag that Gordon carried were useful to help us in navigation and wayfinding. The only time we got a little bit lost was completely our fault for daydreaming. Diversity was key here. Where one device, say the Explore App on the phone, was lacking in detail, say the name of a track or the position of a hut (Grrr) then one of the watch or InReach or OsmAnd or printed notes probably had the missing info. Proved very useful to have so many alternatives. Of course you can go overboard. Perhaps you think that the InReach satellite messenger with SOS button AND the PLB weren't BOTH needed? Let me ask you that question again after you are faced with the situation of having been bitten by a snake whose venom will kill you in a few hours if you aren't very careful about not moving. And you are in a remote ravine with limited access to satellites for the satellite messenger and the cellphone naturally can't see a network because you are too far from towers. In that case, I want all



Must be a very small hut. I had to zoom all the way in to see it

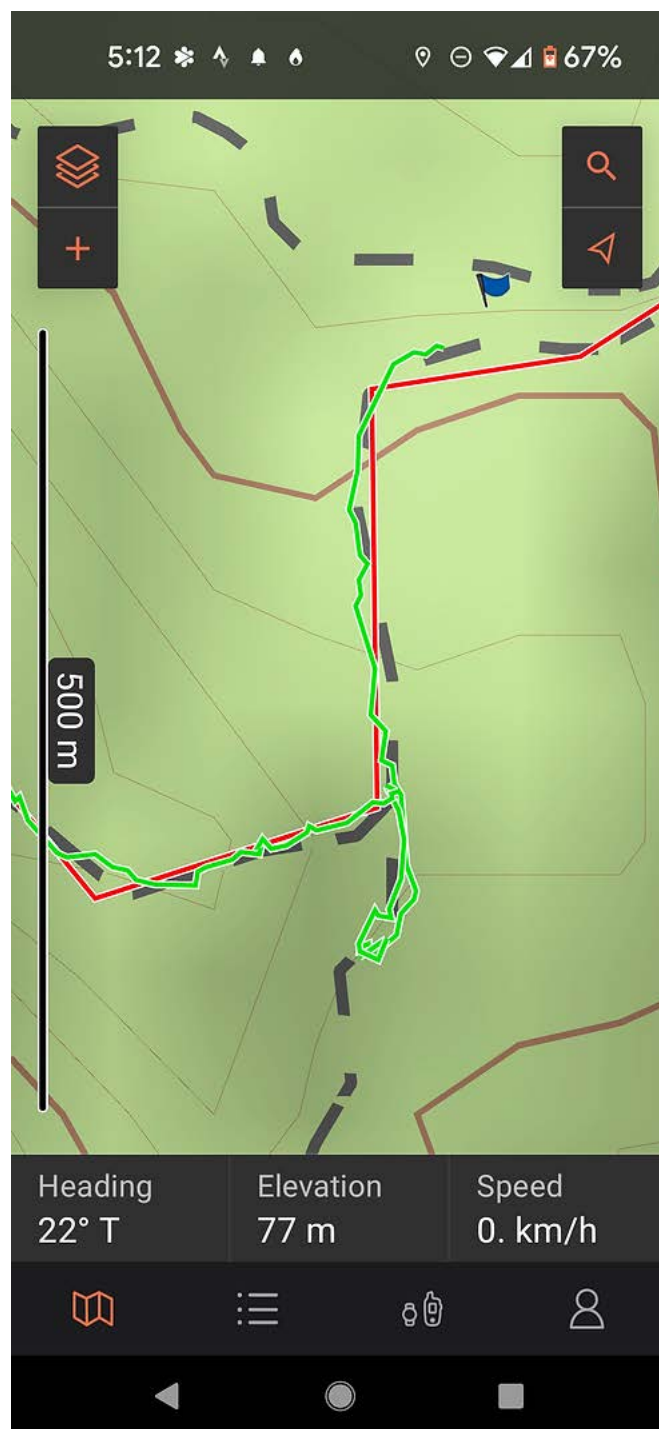
the resources possible to reach out for help. InReach appears to be very good, but having the PLB backup at the cost of 250 grams was worth it to me. At least I left my Garmin Dakota 20 handheld behind, lovely little thing that it is, it's made redundant by the Fenix watch.

### We're da Hekawe: Navigation and pathfinding

According to the writings of the legendary Korean military scholar General Soon Sing Song, she says, "Navigation is the art of knowing where you are, knowing where your destination is and then the path needed, according to the roads, the terrain, the weather and the deployment of the enemy, of getting from one to the other. Pathfinding, however, is the art of knowing which rock to stand on next". In our case the enemy was the blackberries and trackless bush. The weather didn't really play a part in navigation but in cases of flooding or high winds or lightning, it would have been best to avoid low and high grounds. Terrain is always important. Best to avoid steep bits if possible. Mostly we chose to use tracks and roads as advised by Chapman's notes, but sometimes we chose to use alternatives that would bypass choked gullies, ridges made difficult by regrowth, or just plain boring bits. 'Interesting' bits were treated with caution too...

A map and compass can go a long way to help with the navigation, i.e. the strategy, and certainly having a compass bearing helps to guide the pathfinding, i.e. the tactics needed to carry out the navigation plan.

All of this does require you to know where you started from and where you actually are at a given time. Skilled users of map and compass can, with keen observation of the landscape (and sometimes signposts) get a long way in working their position out. However, a GPS receiver with a map (or the ability to give map coordinates that can be referred to a paper map) is a great boon to the modern traveler in the bush. Used properly, the GPS can tell you where you are with great accuracy and guide you in both the navigation and pathfinding. We relied on the maps and notes for working out how to get from A to B and the GPS receivers to make sure we stayed (when sensible) on



Stay on target...

our planned path and to anticipate turnoffs. We also used our discretion to re-plan the path on the fly if it proved to be infeasible due to lost path, blackberries or thick scrub. Mostly we were following an obvious path like a road or a bush track or a river and that made pathfinding pretty easy, but now and then the path was inscrutable and we just had to pursue a general heading or follow terrain features like ridges or rivers. It wasn't hard but it did take some thought. It really helps too if



all parties in the hike participate in pathfinding especially when the lead hiker is focused on the path immediately ahead and the second or later hiker can look around a bit more. Also it is easy to miss a turn in a vague bush path so when the lead hiker finds that the path has disappeared, the people behind might actually have a better view of where it has gone, or at least of a clear spot in the bush that would make progress easier than that horrible tangle that the path has apparently led us to. Gordon was great at spotting turnoffs and track-marking triangles and bits of pink tape that I completely missed when out in front. We did not rely on the triangles however. They were too sparse and too easy to miss, but they were a welcome confirmation when encountered. As for the pink, green (!) or blue tape we came across, all that they really meant is: 'Someone else has been here and they might have been just as lost as you are.' Welcome them but don't trust them too much.

Now you might take exception to the number of GPS devices (4 including the phones), maps (5 including printed ones) and compasses (2, one of which actually failed on us!) that we carried on this trip (detailed in the Infernal devices section at the start of the article) but to underline the importance of redundancy, I just finished watching a YouTube video about an experienced solo hiker in Tasmania who had to call in the rescue chopper because he lost his only navigation device, his phone. It was in thick bush, on a foggy day and he couldn't see the sun well enough to know North from anywhere. No compass, no paper maps, no backup GPS and his only recourse was his PLB. (He went back and did that track again, armed with satellite messenger and GPS and compass and printed map as well as his phone the second time).



Used without proper knowledge and caution however, the GPS device and its maps and marked courses can also mislead you with great accuracy too.

Used without proper knowledge and caution however, the GPS device and its maps and marked courses can also mislead you with great accuracy too. Some problems we encountered were:

1. GPS device wouldn't lock onto satellites and give a position, for a while. This usually occurs when in a ravine or when it is misty or rainy. Just be patient.
2. GPS device (actually the electronic compass within it, not the GPS receiver) pointed in the wrong direction. Especially in smartphones, the electronic compass used to work out which direction it is pointing when not moving needs to be calibrated, which involves waving the device around in a funny figure of 8. Unfortunately if you aren't aware of the possibility of it being needed, the compass can quite easily mislead you. You also get a bearing from the GPS signal and that requires you to be moving - so if you see a conflict between the direction you are facing when still and the same direction when you are moving, your electronic compass needs a calibration.
3. Gordon's magnetic compass permanently decided to point South instead of North. Still wondering about that! Is it even possible? Apparently. See [Reverse Polarity in Compasses - Glenmore Lodge](#).
4. Fenix watch didn't give a strong enough indication of 'off course' and we walked past a turnoff whilst slaying blackberries. It just vibrates 'brrr' once, gives a screen indication and that's it. Doesn't repeat and the 'brrr' is easily missed if your arm is busy working out a cavalry-sabre backhanded slash. People have whinged on the Garmin forum for a long time about being able to customise the indication to get a longer or repeated buzz but so far to no avail. Simply put, pay bloody attention to your pathfinding!
5. Interpretation of the track notes. Although good, Chapman's notes sometimes needed a bit of cogitation. e.g. instructions like: "Follow the vehicle track.... meet Champion Spur no 5 marked on some

maps as CS3. Turn right and follow the vehicle track..." do require some thought. Is the vehicle track we are meant to follow the original one or the new one? Did give us pause, but wasn't hard to get right, especially by referring to the printed maps and various marked courses on various GPS devices.

6. GPS device said we were off course and urged us to 'go into the woods' but they were gnarly and tangled and monsters lurked therein and we could see a better, clearer way to go, even if there was no beaten path. This happened on the Long Hill course to The Crinoline when the clear path we were following entered a clearing and no obvious exit path could be seen. It was made worse by various bits of pink tape indicating that yes, someone had been here before, but still no real path was obvious. However it was clear to Gordon at least that we should stay out near the 'rim', where it was clearer of scrub and bordered by rocks shielding us from a steep drop off, rather than follow the marked course religiously. This worked, so if it's possible to do so without messing up the navigation, your pathfinding strategy should be: 'Don't go into the deep dark woods'. In this case it was clear from the maps that following the rim would get us to where we needed to go, and Gordon had a memory from long ago about all this, so we went with his plan and hit the campsite perfectly with minimum bush-bashing. Sometimes the marked course is just wrong, whether because it was entered into the GPS device improperly or too coarsely or because the maps were wrong or because some numpty had decided to make a new path and not enough people had used it because it was silly.
7. Not on this trip, but a bitter memory from the first GPS device I ever carried (and never again) was that I could NOT find the menu item to navigate back along the route we'd recorded on the way out. This was in bitter cold in the snow with a rapidly draining battery and I wasted (what felt like) half an hour scrolling through



I think we are on track... Let me check the map...

menus and settings. Turns out that that setting was only available if you landed on the navigation actions page from a particular starting point, otherwise it was invisible. Aaaaargh! Nested menus with disappearing options are the WORST idea we software people have ever come up with! Take home message is 'Practise with the GPS before trusting your life to it'. (We made it out alive, BTW)

8. Maps on some GPS devices not detailed enough. Yeah, like the TopoActive Australia map on my phone used by the Garmin Explore app. Very uncluttered by silly irrelevant details like medium-sized creeks, minor track names, huts etc. Aargh! I was standing right next to Lankey Plains hut and it didn't show on the map at a reasonable level of zoom. When I zoomed right into where I knew it was, suddenly it popped up as a tiny weeny icon and text. How ridiculous! I had to know exactly where it was in order to find it and look at the size of the text and icon compared to the dashed line of the track.



### Charge!

All these devices meant I'd need a recharger. About 10,000 mAh ought to do it, though your needs might vary. More charge means heavier charger. For me, 10 Ah was enough to charge everything a couple of times and the Fenix watch every day. I included a spare recharger in the drop-barrel. A cheapie from Jaycar and a slightly more expensive ruggedised one from Decathlon did the job. Plus all the various different cables. Speaking of cables, the Fenix has a 'special' cable to charge it and do you think the bloody thing would stay connected? No, I had to clean the contacts, make sure the springs on each little 'pogo-stick' pin weren't jammed up and then jiggle it around until the watch went 'brrrr' unless the recharger had given up and turned itself off by then, and then very carefully put it down without bumping the cable and disconnecting it. All in the confines of a two man tent. Aaaargh! More scathing messages to manufacturers were drafted whilst I held the cable in place. (I am convinced that all this jiggery-pokery with the charging cable is what burned out the USB port on the watch...).

Gordon's needs were more modest and he put a 7,000 mAh charger in the drop-barrel to recharge his phone and Kindle e-reader at halfway.

### Chapman's track notes

[McMillans Walking Track](#) is an excellent resource giving good detailed track notes. One thing we noticed though was that we usually took a bit longer to complete a section that the notes suggested. Maybe we took longer breaks, or I was just plain slow. Also, anytime it mentioned 'track may become vague or choked with blackberries' we knew it was going to be a monster. 'Steep short ascent' should be read as 'brutal' and 'challenging' means exactly what it says. 'Interesting' needed to be treated with caution.

This article will continue in the next edition. It was originally a part of a larger article that you can find on Terry's blog [Outdoors OZ](#).



Yay! We made it! Now where's that ambulance?

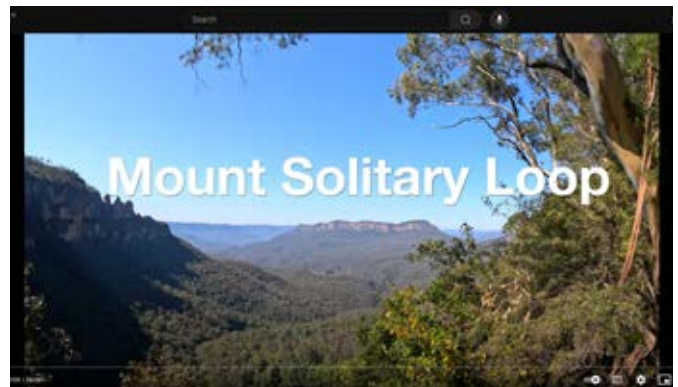
---

# Videos



## Exploring Yarrangobilly caves & thermal pools

Laura guides us on a day trip to the Yarrangobilly caves and thermal pools in the Kosciusko National Park as well as the surrounding area and campgrounds.



## Mount Solitary Loop (a 39km solo hike)

Claire takes us on her 3-day adventure along the Grade 5 Mount Solitary loop, which takes in Ruined Castle, Mount Solitary, Kedumba River.



## Cape To Cape Track - 130km of coastal bliss

Join Cam and his friends on the 5 day journey on this incredible coastal trail.



## Overnight Hiking the Wilman Bilya Trail in Western Australia

Jon and his mates take us on an overnight walk along the trail in Wellington NP.

---



# Walking is Great for Lower Back Pain

Text

**Athalie Redwood-Brown  
Jen Wilson**

---

If you're one of the [millions of people worldwide](#) who suffer from lower back pain, you might want to try going for a walk.





**N**umerous studies have shown walking has many benefits when it comes to [alleviating low back pain](#). And, according to a [recent study](#), going for a walk just three times a week can significantly reduce discomfort, improve spinal health and quality of life for people suffering with low back pain.

There are a number of reasons why walking can help.

First, walking increases blood circulation, which helps deliver [more oxygen and nutrients](#) to the spine and the muscles surrounding it. Better circulation reduces inflammation and speeds up the healing process of [damaged tissues](#), which may help [reduce lower back pain](#).

Second, regular walking engages and [strengthens the core muscles](#) – including those in the lower back, abdomen and pelvis. A stronger core provides better support for the spine, reducing strain on the lower back and alleviating pain.

“

First, walking increases blood circulation, which helps deliver [more oxygen and nutrients](#) to the spine and the muscles surrounding it.

According to [one study](#), strengthening core muscles through walking can lead to significant pain reduction and improvements in spinal stability.

Walking also activates the glute muscles which are crucial for stabilising the muscles around the back, pelvis and abdomen. Being sedentary can lead to [changes in muscle and joint function](#) and can make muscles weaker. Walking requires an upright posture which engages the muscles that are underused while sitting. This will probably help reduce back pain, as well as increase strength in important glute muscles.



Alongside this, walking encourages gentle movement of the spine and hip joints, promoting flexibility and preventing stiffness. And unlike more dynamic activities – such as running – walking **places less stress** on the body.



Good posture reduces stress on the lower back and helps prevent pain caused by **poor alignment**.

Increased mobility helps maintain a **healthy range of motion** and reduces the risk of **muscle imbalances** which can contribute to back pain.

Consistent walking also of course improves posture by encouraging an upright stance and proper alignment of the spine. Good posture reduces stress on the lower back and helps prevent pain caused by **poor alignment**. Walking with a more **upright posture** is also linked to decreased stress compared to people who slouch while walking.

Last, walking triggers the release of endorphins, the body's natural painkillers. These chemicals help reduce the perception of pain and improve overall mood, which is beneficial for those suffering from chronic back pain.

One study even showed that walking stimulates the brain to release **serotonin as well as endorphins** – reducing pain and improving mood.



## Start walking

If you experience mild lower back pain and are keen to give walking a try, here are a few things to bear in mind so you can get the most out of your walks:

### 1. Start gradually

Begin with short walks of 10-15 minutes – gradually increasing the length and intensity as you get fitter. This prevents overexertion and allows your body to adapt. You could also adjust your daily activities to include more walking – such as parking further from your destination.

### 2. Maintain good posture

Focus on maintaining an upright posture while walking. Avoid slouching or leaning forward. Keep your head up, shoulders back and engage core muscles. Distribute weight evenly if carrying items – either using both backpack straps or switching hands if carrying something.

### 3. Choose the right footwear

Wear supportive, comfortable shoes that provide cushioning and arch support. Proper footwear helps absorb shock and [reduce the impact](#) on your lower back.

### 4. Walk on even surfaces

Opt for flat, even surfaces such as pavements, tracks or treadmills. Uneven terrain can increase the risk of falls, fatigue and add additional [strain on your lower back](#).

### 5. Warm up and cool down

Begin each walk with a 5-10 minute warm-up, either doing a slow, gentle walk or some [dynamic stretches](#) to prepare your muscles. Similarly, end your walk with a cool-down period, including stretches that target the lower back, hamstrings and hip flexors to enhance flexibility and prevent stiffness.

### 6. Stay consistent

Aim to walk at least three times a week as this is shown to provide [long-term relief](#) from lower back pain.

### 7. Vary your routine

Incorporate different types of walking to keep your regimen interesting and challenging. Try brisk walking, interval walking (alternating the speed you walk – doing 30 seconds fast walking followed by 30 seconds of slow walking) or even go for a hike to engage different muscle groups and boost your fitness.

### 8. Track your progress

Keep track of your walking duration, intensity and how your back feels before and after each session. Monitoring your progress can help you identify patterns, set goals and stay motivated.

### 9. Stay hydrated

Drink plenty of water before, during and after your walks to stay hydrated. Proper hydration is essential for [muscle function](#) and overall health.

### 10. Listen to your body

Pay attention to how your body responds to walking. If you experience a spike in pain or discomfort, consider modifying your routine or talk to your doctor. As with all forms of exercise, there may be some mild soreness at first as your body adjusts to a new routine.

Walking is a simple, low-impact exercise that anyone can do almost anywhere. Following this advice will ensure you get the most out of your walks, potentially paving the way for a healthier, pain-free life.

---

## Athalie Redwood-Brown

Senior Lecturer in Performance Analysis of Sport, Nottingham Trent University

## Jen Wilson

Senior Exercise and Health Practitioner, Nottingham Trent University

This article first appeared in [The Conversation](#) on 15 July 2024.



# Myth Busters

Text  
**Sonya Muhslimmer**

---

Awesome spot in the picture, isn't it. There is nothing like this place in Australia.



Qifeng Park, Dongguan, China



Qifeng Park, Dongguan, China

In fact, this is taken during a day stroll in China, where I went for work just recently. I had a day to explore the surroundings, and I found a beautiful place called Qifeng Park in Dongguan. My work colleague and I climbed a mighty mountain. It was just short of 200 metres high, an awesome effort when the weather forecast was for a severe and excessive heat alert, 35 degrees but a real feel of 42 degrees, real feel in the shade of 39 and with an average humidity of 95%.

However, the cover photo is only for attention. So, now I have your attention, read on. After a couple of months away from BWA due to family commitments, I am back to bust some myths this time around. There is a lot of bad information circulating out there, so I hope to de-myth some things today.

### **Myth: Carbs are supposed to be bad.**

Well, they are not. You need carbs as they are vital for providing energy. This is the most important energy source for the body and the brain. There are different types of

carbohydrates, such as simple and complex carbs. Simple carbs come from sources such as fruit, honey and dairy and are absorbed quickly in the body, while complex carbs are digested slowly and come from pasta, rice, grains, potatoes, whole grains and nuts. Simple sugars give you a quick boost of energy whereas complex carbs can be stored and used at a later time. We need them both. Now if you were to eat sugary snacks and white bread all the time, this would be bad. If you were to eat these on a not so often basis, this would not be a problem and for us who like to get active by hiking, this quick burst of energy we get from simple carbs (sugary snacks, fruit or dairy) could benefit us in a short term, like getting up the hill. Then the complex carbs that come from pasta, rice, grains, potatoes, whole grains and nuts that we have stored for later will be used to sustain us throughout the day. The body converts the carbs to glucose, and the brain, as I said earlier needs carbs as the brain takes about 20% of the glucose in your body. See, carbs are good after all.



**Myth: Sugar causes inflammation.**

Well, sugar is not all that bad. In saying that, sugar found in processed foods can be bad, and if you eat too much sugar and processed food, yes it can cause inflammation. But I dare say that the inflammation will not just come from sugar, it will come from a variety of things, such as wheat, meat, deep fried foods and potentially trans-fat, stress, lack of sleep and environment to name a few. If you follow a healthy diet, exercise regularly and get enough sleep most nights, I say everything is good in moderation. So, enjoy your chocolate and lollies occasionally. This type of sugar, known as simple sugars, gives you a quick feel-good feel and a short burst of energy.

“

In saying that, sugar found in processed foods can be bad, and if you eat too much sugar and processed food, yes it can cause inflammation.

As I said earlier, great for getting up that hill. Just a quick summary on inflammation - it is a normal body response to either an illness or something that simply does not belong in your body. Acute inflammation is the redness and swelling you experience after an injury which heals in a short time, whereas chronic inflammation can lead to cardiovascular disease or even type 2 diabetes. You can fight off chronic inflammation in your diet if your gut microbiome is healthy by following a well-balanced diet of fruit, vegetables, fermented foods, probiotic foods, low to no meat intake, low to no intake of alcohol, regular exercise and quality sleep.

**Myth: Fats increase body weight.**

It is true that fat has more kilojoules per gram than carbs or protein have, but it is not just as simple as this. There are a few different types of fat such as saturated, mono-unsaturated and poly-unsaturated fat. This is just the chemical make-up of the fat. Saturated fats come from animal sources. Too much of this fat can raise your cholesterol, which can be bad for you. Mono-unsaturated fats come



Qifeng Park, Dongguan, China



Qifeng Park, Dongguan, China

from olive oils, avocado, seeds and nuts. These fats can lower bad cholesterol whereas poly-unsaturated fats come from peanut or sunflower oil, fish, soybean, chia and flax seeds which can also lower cholesterol. So, all types have a part to play in your diet, just don't eat too much of the saturated fat all the time.

“

So, all types have a part to play in your diet, just don't eat too much of the saturated fat all the time.

There is also an article going around about how eating a high fat treat before going to bed helps you to stay warm. This is simply not

true. As the article suggests, this is about the body's mechanism to regulate temperature and it relies on a lot of other factors, way too much detail to go into here to explain. Just use a hot water bottle instead.

**Myth: Protein is thought to be hard to digest, and you can only absorb 30 grams per meal.**

Protein is essential, it fuels our muscles and is needed for growth and repair. We need protein all the time. Our body is made up of amino acids, and amino acids are the building blocks of protein. We can absorb a lot more than 30 grams, the body can also store it for later, for use when you need it and it is not hard to digest at all. Protein rich foods consist of eggs, almonds, quinoa, peanut, fish, Greek yoghurt, turkey, chicken, lentils and the list goes on.



**Myth: You run out of energy as you didn't eat enough.**

Well, this is somewhat true but it is not just about the food you had on your last meal. This is about the food you consume over a period of time, such as how much carbs, fat and protein you eat over a period of say a few months, your stress level, how much sleep you get on an average and your water intake. A lot goes into it. For outdoors types like us, we need a lot more energy to do the things we do such as hike, climb, cycle or paddle on a regular basis. So I kinda sort of think you would all have a fairly good diet and a relatively good fitness level already. However, before an endurance adventure such as multi-day hike you should look at your diet way before your adventure starts to prime your body into it. This would aid you when your body runs out of energy, so you won't hit the wall quickly and your body will maintain the stamina for longer. For day hikes however, most bodies do not need as much preparation and can cope much better with a bit of stress and less preparation.

Energy comes from the food we eat and of all the research out there, and all my years of working in the food industry, studying food science and following a few top scientists in nutrition and gut health, I dare say following a Mediterranean diet is the best kind of diet to follow for long term health, and to help our body maintain stamina, as I mentioned before.

**Myth: Drinking water prevents heat stroke.**

Now this is a big one as it is actually false, drinking water alone will not prevent heat stroke.

You may remember the late and great Professor Michael Mosley. He is believed to have died of heat exhaustion as he was walking in extreme heat on a Greek Island recently. Also, just after that there were other tourists that suffered the same unfortunate fate. In Australia over a ten-year period, a total of 293 deaths occurred due to heat stroke, so let's get into a little more detail here.

Water makes up 50 to 70% of the body's weight and without water, things can be fatal. A 3% loss can decrease the blood content, a 5% loss means you will become disoriented and confused and at 10 to 20% loss, well, you could die. So being hydrated before and during prolonged exposure to heat is important but it won't prevent heat stroke.

“

A 3% loss can decrease the blood content, a 5% loss means you will become disoriented and confused and at 10 to 20% loss, well, you could die.





Heat stroke is when the body temperature rises above 40 degrees and can no longer control its own temperature. Your sweating mechanism changes and cardiovascular side effects such as low blood pressure and elevated heart rate occur. This then affects the nervous system and organs and ultimately the brain starts shutting down. Although water is extremely important, once the body reaches a certain stage of heat stroke it requires a lot more to treat.

Treating heat stroke requires you to reduce the body temperature as quickly as possible. Cold showers, wet towels, fans and ice packs. Fans can help, and wet towels can be placed on the neck, groin and armpits (or running cool water if available), and if the person is unresponsive or not alert, they need to go into the recovery position and possibly may end up needing CPR.

Cramps can be a sign that you may be going too hard on a hot day. Get in the shade, rest, take off some layers of clothing, drink water and electrolytes to cool down before you get any other symptoms.

**Myth: Freeze-dried foods have less nutritional value.**

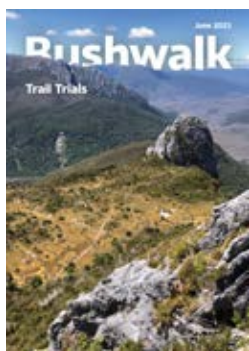
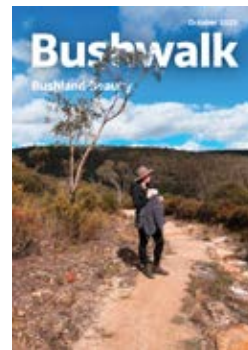
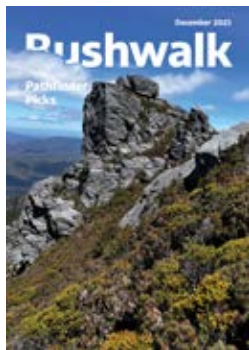
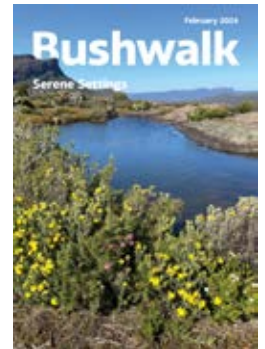
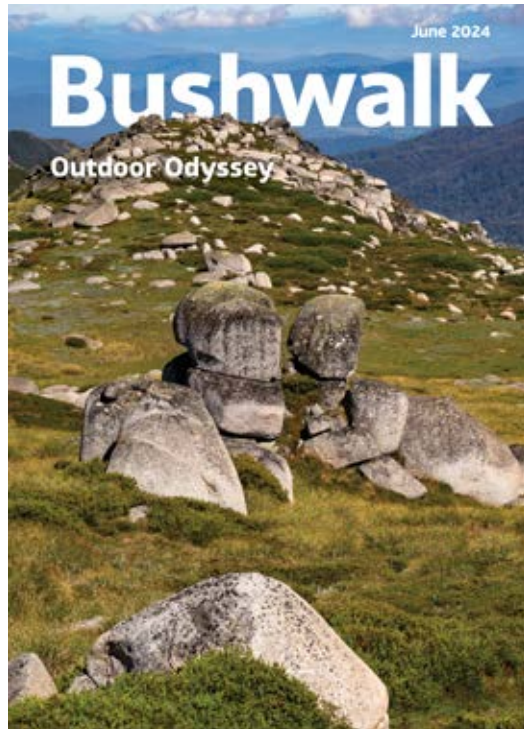
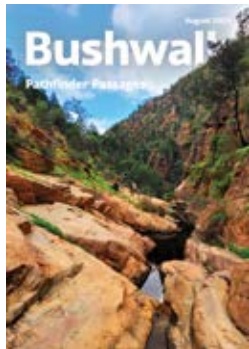
In fact, freeze-dried food maintains a lot of nutrition compared to dehydrated foods. They are literally snap-frozen, so in this snap-freezing process, they maintain their vitamins and minerals, especially the water-soluble vitamins.

**Myth: Dehydrated foods have less nutritional value.**

This is somewhat true in regard to water-soluble vitamins as when the water is dehydrated out of the food, there will be some vitamin loss. But in terms of mineral and vitamin loss in our diet, this will not be catastrophic to our body as it is usually for a short-term basis. When you go back to eating your super healthy Mediterranean diet, your body will adjust and restore itself back to normal, hence the key to prime your body and diet way before you do an endurance adventure, as I was talking about before.

So I hope this has cleared up a few myths for you, and I hope you get out there and keep hydrated and fully fueled with a wide variety of foods so you can keep doing what you do. See you out there sometime soon.





Check our past editions in the [back catalog](#)

