

# Bibbulmun Track Hike For Bibles



## Information Book



**BIBLE SOCIETY**  
1817-2017

# **BIBBULMUN TRACK**

The Bibbulmun Track is a world-class walking trail which extends over 1000km from Kalamunda (Perth hills) to Albany. It encompasses some of the most beautiful and peaceful areas of Western Australia's south west.

First developed in the 1970's, it has survived many changes, Governments, users and care-takers, but with the continuing aim of encouraging people to "go bush" and discover the natural wonders of WA's south west.

In September 1998, following a major update, realignment and extension of the old track, the "new" Bibbulmun Track was opened.

Bush-walker campsites along the route are no further than a day's walk apart, each offering a 3-sided timber hut with bunks, picnic table, water tank, tent sites and toilet. Some campsites also have a fireplace.

The Track is named after an Aboriginal group from an area in the vicinity of Albany. There are excellent maps available and the Track is clearly marked with yellow "waugal" (mythical snake) arrows.

The Bibbulmun Track is managed and maintained by the Department of Environment & Conservation with the support of the Friends of the Bibbulmun Track to ensure that it remains a world-class walk trail for many generations to come.

Whether you want to enjoy a leisurely afternoon walk or to spend 6-8 weeks hiking the entire length, the Bibbulmun Track provides the opportunity for an adventure you'll never forget.

# **TRACK TIPS**

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## **KEEPING ON TRACK**

*The Track is marked every 200m with small triangular aluminium markers showing a black "Waugal" on a reflective yellow background. You will find these markers on trees (and posts) along the track. They point up when the Track continues straight ahead, and point left or right to indicate the direction of a turn.*

## **LIQUID REFRESHMENT**

*Rain water tanks are provided at each campsite, and streams and rivers are shown on the map. If you're concerned about water purity you can bring along some purification tablets or boil it up!*

## **CAMPSITES**

- *To ensure the privacy of the Bibbulmun Track walkers and the bushland, the sites are not accessible by vehicle.*
- *At each campsite there is a three sided sleeping shelter/hut. Priority is given to individual walkers or groups of less than five. (So no guarantees for us!) Remember that sharing a tent with a friend halves the weight you carry and ensures you have pre-booked accommodation.*
- *Around the campfire after tea is a great time for fellowship.*

## **WHEN NATURE CALLS**

- *For your comfort and convenience, a toilet is provided at each campsite. When the call of nature is strong between campsites you need to dig a hole 150mm deep, 100m away from any water source.*
- *Wash your dishes and yourself well away from any water source to prevent contamination. If your tent buddy can stand it, avoid using soap or detergents.*

## **COOKING**

- *To preserve the environment DEC recommends using a fuel stove. They are less likely to cause a wildfire, are faster, cleaner and easier to use in the wet.*
- *If you need to light a fire: Use only the concrete fire ring provided at the campsites - and keep fires small. Use only dead wood on the ground, and consider storing some dry wood for other hikers.*

# **TRACK TIPS**

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## **WALKING IN GROUPS ... MAKE SOME NEW FRIENDS!**

*We will be walking in groups - with a leader keeping an eye on the other group members. We all need to be responsible for one another, make sure EVERYONE is walking with a buddy and accounted for.*

**PLEASE NOTE:** *You must have a whistle with you. [Tie onto some string and wear around your neck.]*

## **TRACK TRAFFIC**

*In the interests of your safety and enjoyment the Track has been designed and constructed as a walking only track. Alternative usage by cyclists, trail bikes or horse riders is not allowed.*

## **BIRDS BEES AND FLOWERS**

*In Spring the forest literally comes alive with the sound of birds and bees and the beauty of the wildflowers. Doing some pre-reading and being able to identify the different species you encounter along the Track will provide another dimension of enjoyment to the experience.*

*The above information is partly taken from "A Guide to the Bibbulmun Track" published by DEC. This can be purchased, along with maps of the Track, from the Bibbulmun Track Foundation (08 9481.0551), some camping shops, and some tourist information centres.*



# WHAT TO TAKE

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## SUGGESTED CAMPING CHECKLIST

Remember - you can share some things with a walking buddy!

### PACK, TENT & SLEEP GEAR

Backpack, packliner,  
tent & tent fly  
tent poles & pegs  
sponge (to wipe tent floor/fly)  
groundsheet  
sleeping bag, sleeping bag liner  
sleeping mat



### CLOTHING

Long pants (loose fitting), shorts, shirt (long sleeve), socks, underclothes, pullover, raincoat, hat, sunglasses, boots/walkshoes

### COOKING

Stove, fuel bottle, fuel, matches, bowl, cup, spoon, billy tongs, scourer



### WATER

Water bottles (4L), water, purifying tablets

### PERSONAL FIRST AID KIT

To include cotton wool, elastoplast, scissors, needle, tweezers, cotton, vaseline, anaesthetic cream, insect repellent, panadol, antihistamine, sunscreen, blister pack

### TOILETRIES

Toothpaste (only enough), toothbrush (short handle), small travel towel, soap, wet ones, toilet paper, trowel

### MISCELLANEOUS

Bags for wet clothes, food and rubbish; notebook & pen; torch; batteries; Bibbulmun Track map, whistle, compass; camera; cord; heavy duty large garbage bags

## SUGGESTED FOOD SUPPLIES

Foods that can be made up with water and mixed with other dried foods are best for main meals. Only carry the amount you need! Approx 1kg of food (dry weight) per day is a good guideline.

### CEREAL

eg Muesli, easy oats, breakfast bars etc

### CRISPBREAD or PITABREAD

### POWDERED MILK, SUGAR

### COFFEE/TEA/MILO

### DRIED FRUITS

eg sultanas, raisins, dates, figs, apricots etc

**NUTS** (unsalted) Remember they are heavy!

### RICE and/or PASTA

**CHEESE** (semi or fully matured)

### CUP A SOUPS

### DRIED VEGIES

eg peas, beans, potatoes, mushrooms etc

### INSTANT FREEZE-DRIED DINNERS

### DESSERTS/CHOCOLATE

# TRAINING



## Walking The Bibbulmun for Bibles

The distance to be walked each full day is approx 20 kms. This will provide a degree of challenge for you, but you can do it with a disciplined training programme!

## Getting Into Shape

To obtain maximum pleasure from the walk, all of the senses need to be keenly attuned to the surrounding bush. If you are tired and weary it is possible to miss many delights the forest has to offer. Some preparation is suggested to help you enjoy the walk. After all, we hope that you will want to repeat the experience again as we continue to follow the Track further southwards.

*A brief word of caution.* If it has been quite a while since you have undertaken any regular physical activity please consider visiting your family doctor to discuss your training to prepare yourself for this hike. Getting into shape will involve attention to the following areas: **fitness, feet, frame.**

## Fitness

Fitness is what gets you up the hills with a minimum of rest stops. Any form of physical activity eg. walking briskly, jogging, cycling, swimming etc that maintains an increased heart rate for more than 20 minutes at a time will improve cardiovascular and respiratory fitness.

Exercise for short periods of time initially, gradually increasing the duration and intensity as you feel capable.

Some exercise suggestions include walking 2 - 3 kilometres briskly three times per week gradually increasing to 5 - 6 kilometres three times per week closer to the start of the Walk. Take the stairs at work instead of using the lifts. Find your nearest cycle path and enjoy an early morning or late afternoon ride.

## Feet

It is a good idea to spend a lot of time getting your feet accustomed to the footwear planned to be used on the hike. Even though you may already have a pair of boots it is still advisable to re-acustom your feet to their shape and weight.

Regular walking in, or just wearing your planned footwear for some part of the day, will give you confidence that the footwear is comfortable and the correct size once your foot warms up after a period of exercise.

# **TRAINING**

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## **Frame**

You will need to be self sufficient and carry in a backpack all of the items required for the duration of the hike. As the weight of the backpack puts additional pressure on the muscular and skeletal frame it is advisable to experience some weight carrying as part of the preparatory programme.

Putting two or three large drink bottles wrapped in a towel, or some other weight with rounded edges, into a small day pack during your programmed walking sessions is probably the best means of preparation. Start with 2 -3 kilograms and increase gradually to 10 - 12 kilograms closer to the time of the hike.

Another alternative is working out with weights in the gym. Discuss your requirements with an instructor and follow a set routine.

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## ***GOOD REASONS TO WALK OUR OWN BIBBULMUN TRACK***

Have you always wanted to walk a world class hiking track, but never had someone to walk with and to take care of the organisation so that you can just relax and savour the experience of the bush? The Bible Society will do both. In addition, they will teach you the skills you need to enjoy hiking the track, and at the same time you are walking, you will be raising money for Bible Society Australia. Each year a particular project will be chosen as the focus for fundraising and awareness raising.

In the unlikely event you should become sick or injured during the walk, the Bible Society has arranged a back up team of fully trained and experienced personnel from the Bayswater State Emergency Service to evacuate you to the nearest available source of medical assistance.

## **THE DAILY HIKING SCHEDULE**

DAY 1: Travel to the start point/first campsite.

DAY 2: Full day hike to second campsite.

DAY 3: Full day hike to third campsite.

DAY 4: Full day hike to fourth campsite.

DAY 5: Hike till end point and travel back to Perth.

# Fundraising Ideas



The easiest part is definitely taking part! It's getting the donations and collecting the money that's the toughest. However, like your training for the event, fundraising should be planned and it should start NOW. Don't leave it till later!!!

## **FUNDRAISING**

People may pledge you so much per km and pay this to you after you have done the hike. Others may give you an outright donation. Let those donating know the distance you are going to achieve on your hike. Tell them the sort of training/preparation you're doing. Most people will be impressed with your determination.

It is easier to ask for the donations on the 'spot'. This may save you a number of phone calls, or you could ask them if you could make arrangements to collect it before the event. It saves time 'chasing' people after the hike. Call them later to let them know how the event went. They'll appreciate your phone call/email. You could also run a special fundraising event at your church to raise extra money - use your imagination! Go for it!

## **PREPARATION**

Do a little preparation. Do you know why you are hiking, what are you raising funds for? What will you say to them? Find out some information on the Bible Society Australia [website](#) and the particular work that we are focusing on this year. Details of this are your registration form.

## **PUBLICITY**

Ask the minister if you can speak at church a couple of times to tell the congregation what you're doing and your progress. At the end of the presentation tell them you'll be available with your fundraising card and you would love to speak with them. Consider using the church pin-up board to raise awareness and encourage the involvement of your church.

Prepare a story for your local newspaper or church bulletin, or ask if they could interview you. Include details on the hike, your goals, targets, the aim of hiking etc. Talk about the Bible Society [mission work](#) you're fundraising for.

Email/Facebook your friends. Then after the event let them know how you went and what sort of things happened.





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