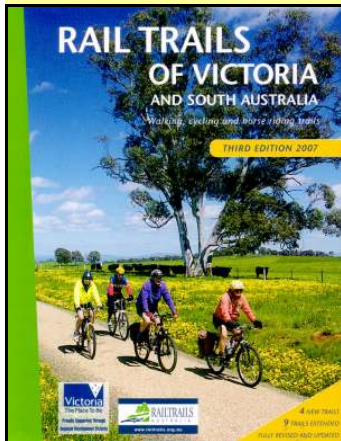




WILD SIDE

THE WILDERNESS SHOP NEWSLETTER

Trip Review: Coast to Vines Rail Trail, by Annabel



Rail Trails of Victoria and South Australia describes this and other Rail Trails.

The Coast to Vines Rail Trail is a 37-km sealed rail trail running from the southern Adelaide suburbs of Marino, Hallett Cove and Noarlunga to the wonderful winery region of McClaren Vale. We took our bicycles along with us on a visit to Adelaide in July by train and did a two-day trip on this easy and well-marked trail.

We started the trip with a forty-five minute journey on a suburban train from Adelaide central railway station. The train had spacious carriages and convenient bars for locking our bikes, which can be transported for free during non-peak hours. You can get off the train at Marino Rocks station, but we continued to Noarlunga Centre and joined the Rail Trail at the tunnel under the Southern Expressway. The Rail Trail then provides a gentle and safe 14 km route through the countryside and suburbs, crossing the Onkaparinga River on a restored railway bridge, all the way to McClaren Vale. We rode around beautiful hills covered in vineyards and through scenic railway cuttings. It was a wonderful way to arrive at the town of McClaren Vale, though we did have very cold and rainy winter weather, and we were very glad to find our Bed & Breakfast.

The next day we continued on to Willunga at the end of the Rail Trail, via a few wineries, before returning home. Cycling between wineries is possible, but perhaps not the easiest way to carry all your purchases! The wineries were very hospitable however, giving us glasses of water at each stop. After a stop at the

“Almond Train” in McLaren Vale, a remnant from the era when the railway line was in use, we hopped on our bikes for the return trip to Noarlunga.



Annabel enjoying the sun between rain showers on the Coast to Vines Rail Trail

There are Rain Trails all over Victoria and South Australia, following the routes of previous railway lines. They are intended for walking, cycling and horse riding. The surface may vary from fine to rough gravel to grass. Therefore different tracks will suit different activities. If you are interested in this ride and other Rail Trails in Victoria and South Australia, refer to the book *Rail Trails of Victoria and South Australia*, RRP \$35.00.

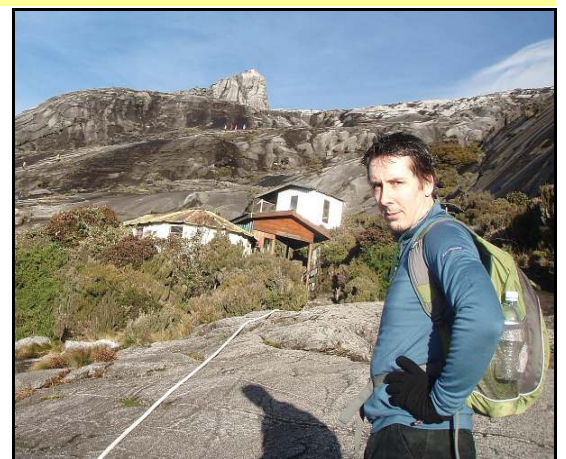
Anthony, Our New Manager!

Anthony took over the helm as manager back in December. As an outdoors enthusiast combined with an employment history in small business management, he is adding a behind-the-scenes professionalism to The Wilderness Shop.

His outdoor pursuits have revolved around day and overnight bushwalks, and indoor rockclimbing. Walking venues that Anthony is familiar with include The Grampians and the excellent walking areas around Walhalla, Licola and Dargo. Kite surfing on Port Philip Bay adds some summer excitement to weekends in Melbourne.

A recent overseas trip included the strenuous walk to the summit of Mt Kinabalu, 4095 metres, in Malaysia. His dream overseas trip is a long tour of Europe by motorbike.

Just for something different, Anthony has a background in the Circus, being involved with clowning and some acrobatic work!



Anthony at the Laban Rata Guest House, which is the halfway point on the 2 day ascent of Mt Kinabalu

Product Review: Mont Trance 26,

by Anthony



Mont Trance 26

Recently the Australian company Mont introduced a completely new range of daypacks which we have been very impressed with.

One of these, the *Trance*, comes in a generous 26 litre or 32 litre technical-style pack, either of which are entirely at home anywhere from skiing or hiking the high country to the daily routine of an urban commute.

Constructed from hard wearing DR80 canvas, the *Trance* series are extremely tough, water resistant, and include many little added extras like an interior front mesh pocket with removable key ring, a padded media pocket which is softly lined, and a pair of super convenient easily accessible front harness pockets.

On the technical side it accommodates compatibility for your favourite hydration bladder, compression straps, a walking pole keeper loop, and an exceptionally comfortable full harness (with chest strap) designed for breathability and favourable load distribution.

The *Trance* is reinforced across the base for strength and consists of two well-organised zippered compartments giving easy

access to contents and multiple packing and organisational options.

Other packs in this new range are available in sizes ranging from the 18 litre *Java*, through to the *Transit* (a specifically designed dedicated laptop carrier), to the top loading 35 litre *Contour*, and 45 litre *Sentinel* (available in two back sizes). The new range of *Mont* daypacks present an ideal combination of convenience, design and toughness for almost any activity. They should not be overlooked when you are considering your next daypack!



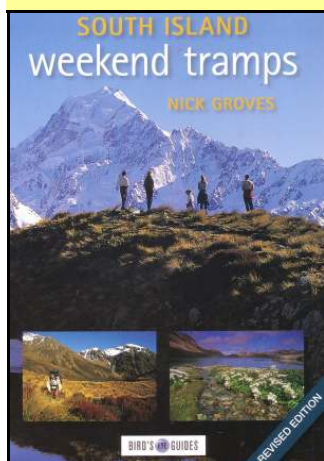
Mont Contour

WIN A MONT TRANCE 26 !!!

Be the first to contact us by phone, email or in person, and correctly tell us the 2 choices in pack volume of the MONT TRANCE, and you will win a TRANCE 26, courtesy of Mont Adventure Equipment.

New Book Releases: NZ & Cicerone Guides,

by Nick



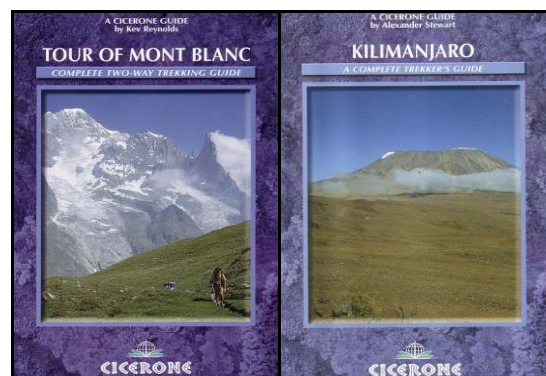
Sometimes I think that I enjoy planning trips overseas as much as the actual trip itself. There is so much you can learn about a country's culture, history and geography while planning a holiday, which will greatly enrich the experience when you are there. With this in mind The Wilderness Shop is always on the look out for new travel guides aimed at people planning walking or trekking holidays.

Covering what are perhaps unknown areas to us mainlanders is a range of New Zealand guide books: *South Island Weekend Tramps* and its complement, *North Island Weekend Tramps*, covering a range of walks that I'm sure New Zealanders would like to keep secret. Within their pages are a series of two and three day tramps of varying standards, which when pieced together allow the traveller an opportunity to see the best of what New Zealand's natural beauty can offer. For those planning for one of New Zealand's *Great Walks*, such as the *Routburn* or *Milford Track*, don't forget a copy of *The New Zealand Weather Book*, which is the definitive guide on the subject. The *Great Walks* are covered in guides by *Trailblazer*, *Cicerone* and *Lonely Planet*, all stocked at The Wilderness Shop.

If your travel plans are further afield then the specialists in this area are *Lonely Planet* and *Cicerone*. *Lonely Planet* have chosen classic walking destinations in Spain, Italy, France, Britain, Scotland, Ireland, Japan, the Andes and the Himalaya. They highlight as many as fifty classic walks in each guide, providing in depth day-by-day notes as well as accurate maps.

Cicerone Guides on the other hand publish over 250 guidebooks, covering all the major trekking areas of the world. *Cicerone Guides* are lavishly illustrated with colour photos, which communicate a real sense of what each area might be like. Each book contains sections on preparation and planning, best times of year

to go, what type of gear is required and detailed track notes, including the availability of huts on each leg of the journey. All the major walking areas of Europe are covered by *Cicerone*, either as guides to short walks in an area, such as *Walking in Tuscany* or guidebooks dedicated to one of the many long distance trails such as the popular *Way of St James* or the *Tour of Mont Blanc*.



Outside of Europe, *Cicerone* publishes guides to most of the world's adventure travel Meccas. Popular with travellers at the moment, are out of the way destinations like *Kilimanjaro: A Complete Trekker's Guide*, which covers the highest mountain on the African continent. South America's highest mountain is covered by *Aconcagua: A Trekker's Guidebook*. This is reputed to be the highest trek in the world not requiring mountaineering. Bhutan is fast becoming a popular destination in the Himalaya and is covered in *Bhutan: A Trekkers Guide*. All the other classic Himalaya treks are covered by *Cicerone*, as well as North American treks and many others from around the Globe. Staff at The Wilderness Shop are a well-travelled lot, and can help with first hand experience when planning your next once-in-a-lifetime trip!

Tom's Tips: Cooking & Stoves,

by Tom



Hello everyone, my name is Tom. I have been working in the outdoor guiding industry now for seven years, and in those years I have lived with many outdoor enthusiasts and these are some of the tips that I have picked up along the way and will gladly share with you now.

So here are some tips in regards to cooking. The first involves a MSR stove and its wind shield. For years I was sick of having to battle with my wind guard to make it round. Here is my tip: I use my cooking pot as a template to mould my windshield around. I have found that since doing this the wind shields are lasting longer, as they do not develop weak spots, I can also find the perfect distance between my pot and windshield with enough room for the grippers. This may lead to more contained heat? We can all always speculate.

Next tip is still with MSR liquid fuel stoves. Many times have I heard people (including myself) complaining about the inability of these stoves to simmer, until I came by this tip. When pumping my 325ml fuel bottle I have found only 3 pumps are necessary, when the bottle is full of fuel, to run the stove. It still boils ok, and with the lowered pressure the stove will simmer much better. Larger bottles and less fuel will need more pumping, and this requires a small amount of your own initiative and testing to find the right number of pumps required. Give it a go and tell me how it goes.

Cooking is a major part of getting out there. So I also have a food first aid kit. When

one of those risqué meals goes belly up, you may need to resuscitate it. So I'll also carry with me a basic kit consisting of small nalgene bottles filled with some CPR flavour savers: salt, pepper, chilli, cumin, taco seasoning, dried basil.

When it comes to true lightweight gourmet camping food you cannot go past dehydrating your own food, giving you the chance to take your favourite home cooked meals out into the mountains. These can vary from curries to risottos and stews. As a convenient alternative The Wilderness Shop carries a wide variety of tasty dried meals from Back Country Cuisine and Australian chef Nathan Wilson of Chefsway. Prices vary from \$10.95 to \$16.50. To reduce the amount of kit you can eat from your pot and lid, and only use a spork. It's also good to learn some one pot wonders, reducing weight in pots and cleaning up.

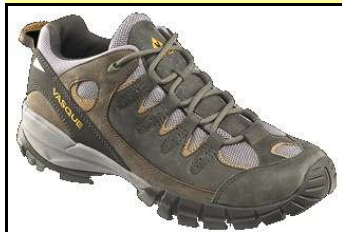


Tom in New Zealand

Technical:

The Sole of the Matter,

by Richard



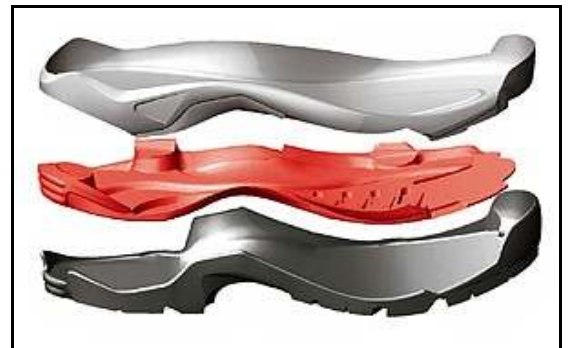
Vasque Mantra

The most technical part of any walking boot or shoe is hidden away in the sole. If you turn over your boots, you may see different coloured rubbers in the sole or side walls. These are not just pretty colours! They represent the different components that go into the construction of quality footwear; components going under a variety of names such as the midsole, shank, skeleton, outsole, last and heel support. What I aim to do here is to explain what you are getting next time you purchase footwear from us.

Lets look at the new *Mantra* shoe from *Vasque*. First the *Vibram® Ananasi Outsole*: This is a rubber sole combined with polyurethane for grip and high performance. It has a hard rubber skeleton for torsional rigidity, while still allowing the shoe to flex front-to-back. This is in the rear part of the shoe, and can be likened to your ribs extending outwards from a central longitudinal stiffener. Secondly the *Perpetuum Last*, which is the name given to the last that defines the shape of the shoe. This last has a straight line for comfort over long distances, suits walkers with flatter feet, and the low volume heel keeps the foot securely in place. Last the *Moulded EVA Midsole*. The midsole is the top-most part of the sole, to which the boot or shoe upper (leather, suede or synthetic) is joined. EVA (Ethylene Vinyl Acetate) is a diverse midsole material which is durable, lightweight, and provides responsive cushioning.

The *Asolo TPS 520GV* is our top selling boot. The TPS (Triple Power Structure) sole

incorporates 3 shock absorbers matching the areas of your foot that are subject to high impact. The shock absorbers are made by combining a high density PU (polyurethane) midsole and a low density PU sandwiched between the midsole and *Vibram®* outsole. PU is denser and more supportive than EVA, and is used in boots which may receive heavier use than shoes. On top of the midsole is the *Asoflex Lasting Board*. This is a dense PU board for stiffness and support when



Asolo TPS Sole

carrying a heavy pack in rugged terrain.

The Wilderness Shop has a range of over 30 different boots and shoes. Brands include *Asolo*, *La Sportiva*, *Salomon* and *Vasque*. While it is not possible to analyze the construction of each in this article, it does give you some important knowledge, allowing you to make an informed decision next time you are looking at footwear at The Wilderness Shop.