



The Trail Mail



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Rail Trail Bridge at Nicholson

EROSION CONTROL

Works are happening on the trail near Lees Rd which is in between Bumberrah and Mossiface. A detour has been constructed around an area which requires some erosion control work. The trail will follow the service road and over the Lees Rd bridge before rejoining the trail. Detour signs will be installed. Plant will be working in the area to address the erosion which has resulted in continued sand build up along the trail. The trail will remain open.



For further information contact Andrew Sharpe(03) 5152 0406



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EXTENSION TO ORBOST BEGINS 29 AUGUST

Orbost based company Civil & Civic P/L today turned the first earth for the construction works to take the East Gippsland Rail Trail from Nowa Nowa to Orbost . Civil & Civic P/L was chosen as preferred tenderer from a field of five.

Funding for the construction works has been provided by the Australian Government through the Regional Partnerships Program. The grant was announced last September by Mr Peter McGauran, the Nationals Member for Gippsland. The grant of \$660,000 included an allocation for upgrade works on the existing trail which starts in Bairnsdale and goes to Nowa Nowa.

With construction starting immediately it is anticipated the full Rail Trail route, one of the longest and most diverse in Australia, will be ready to be formally opened early in 2006.

Commenting on this latest development to complete the Rail Trail, Andrew Sharpe, management committee chairman, said, 'We had strong interest from local companies keen to tackle this important work and congratulate Civil & Civic P/L on gaining the contract. The communities of Nowa Nowa and Orbost have really gotten behind this project and we are pleased that not only will we end up with a magnificent rail trail but the grant injects significant money into the local economy. We estimate the economic benefit locally will be worth about two million dollars.'

The general public is advised that for safety reasons the Rail Trail reserve will be closed until officially open. Community cooperation will be appreciated and is important for the work place safety of construction crews.



Stan Wetherall from Civil and Civic P/L with Committee of Management's Andrew Sharpe (President) and Michael Oxer (Secretary) at contract signing on the rail trail.



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On our recent ride on the trail to Bruthen, we met up with John Haylock who, with his wife, Barbara, had just returned from Sweden. John thought we might be interested in the rail trails he discovered there. Here is John's report.

SWEDISH RAILTRAIL –

Uppsala August 2005

During a recent 5 week stay in Uppsala, (70 kms north of Stockholm-population 180000) on child minding duties for our son & daughter in law, we came across an old railway alignment, which had been turned into a recreational corridor for walkers, cyclists & horse riders, similar to recently developed rail trails in Australia.



This disused railway extended from Uppsala to Enkoping, a distance of 55 kms. We rode out 16 kms on a well-cleared smooth gravel surface to a small town named Balingsta. Near here, where the old rail crossed a road it immediately became overgrown with grass and was almost impassable. We turned around and rode back to Uppsala. We haven't yet been able to establish why it was not cleared through to Enkoping.

Scott, Anna-Karin & Will Haylock enjoying the rail trail ride

Town planners here seem to cater for pedestrians first, bikes second and thirdly cars when developing new suburbs around Uppsala. An extensive network of sealed bike paths extends from the city into the suburbs and for quite some distance out into the country. Forest areas also come right into the city and in some places separate residential areas. These forests are criss-crossed with walking /cycle tracks and many are lit to enable use at night and during the shorter winter months. We concluded, that with so many tracks already, the creation of a rail trail might not get the publicity or government support given to a similar happening here. The CBD is pedestrian only with bike & car parking on the outskirts.

Only children under 12 years must wear a helmet.

We had the use of 2 almost new Swedish built bikes and we enjoyed some great scenery around where we lived.

John & Barbara Haylock 28/08/2005.



John
Old railway station of Labyvad



Barbara, *Note no helmet (not by choice)
Sign translates, Ride right side (horses)

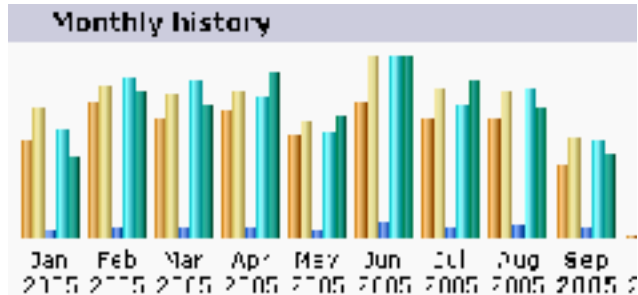


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RAILTRAIL WEBSITE.

In the last month there has been a redevelopment of the website. These changes are mainly under the bonnet but there is a small change in appearance. Usage remains strong with about 200 persons viewing our site each month. We get a lot of people linking from the Bicycle Victoria site. There is a link on our main page to a survey by Bicycle Victoria on usage of our railtrail. You are encouraged to complete this survey.



During the month a further three business friends were added to the site and a reciprocal link was made with Jenny Edward's High Country Tours.

RIDE TO WORK DAY

Wednesday October 5 is designated as the day to cycle to work. Leave your car at home and use the rail trail as a safe route. Check out Bicycle Victoria's web site for details of competitions and tips for safe riding.

WALK TO WORK DAY

Just two days later, you can exercise different muscles on Walk to Work Day. See the rail trail from a different perspective.



WORKING BEE

Despite inclement weather on September 10th, six Friends of the Rail Trail met at the tennis courts in Bruthen and proceeded to tidy the area. We spent two hours tidying the section between the tennis courts and the Bruthen Swan Reach Rd. Chainsaws and whipper snippers buzzed whilst other Friends removed weeds and litter. Several cyclists who commenced their ride as the working bee started, were delighted to see the improvement when they returned two hours later. We anticipate that the cleanup will reduce the risk of branches falling on to the trail over the next few months. Members enjoyed the outdoor area of the Bruthen Pub after the working bee. Thanks to all Friends who continue to assist with the presentation of the trail.

Janice Preston

FRIENDS RIDE TO OLD WEIR

Alan led this enjoyable but challenging 30km ride to the old weir on the Mitchell River. The ruins of the old weir site are situated just inside the southern tip of the Mitchell River National Park. Although construction was completed in 1893, it never operated as it was plagued by floods and problems with the foundations.

Meeting at Lindenow we rode through Wuk Wuk to the Old Weir Track and while the passing scenery was very pleasant, it was, in parts, quite steep. One member even threatened to 'retire from riding forever'.....after a particularly strenuous hill climb. However back at Lindenow, Alan was forgiven as we reflected on the spectacular scenery and peaceful lunch setting.





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STAY HYDRATED

A reminder as the warm weather approaches.



Staying hydrated during exercise, whether it is walking, cycling or jogging along the rail trail, is crucial because water is what delivers oxygen to our muscles. Without adequate fluids we place our cardiovascular system under stress and heat injury is likely. This means, too, that performance is undermined.

Drink plenty of fluids before, during and after exercise. Certainly don't wait until you are thirsty. By the time you start feeling thirsty you have probably already started to become dehydrated. Start by being well hydrated before exercising to give your body time to prepare for the exertion and delay the effects of dehydration during your workout. During your ride, run or walk, keep drinking at regular intervals to replace fluids lost through perspiration. It is even more important to drink frequently in warm or humid conditions.

Unless you are exercising at a high level for more than an hour, water is probably sufficient. However if you sweat heavily or prefer a tastier fluid, try a sports drink or a diluted fruit drink.

So, for a more enjoyable exercise session or for a more comfortable day's outing ensure you are well hydrated.





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FRIENDS OF THE EAST GIPPSLAND RAIL TRAIL ANNUAL GENERAL MEETING

MONDAY OCTOBER 10th at 7.30pm BRUTHEN INN HOTEL

Due to advice received from the Department of Justice (Consumer Affairs Victoria), The Friends of the East Gippsland Rail Trail will hold an Annual General Meeting on October 10th at 7.30 pm. The General Meeting will follow.

Nominations for President, Vice President, Secretary, and Treasurer are sought. Nominations will be accepted prior to, and at the meeting.

Nominations received at the June 2005 Annual General Meeting will also be accepted.

AGENDA

1.0 Present:

2.0 Apologies:

3.0 Minutes of Previous Annual General Meeting:

4.0 Business Arising:

5.0 Treasurers Report:

6.0 Correspondence:

7.0 Election of Office Bearers: **President**

Vice President

Treasurer

Secretary

8.0 New Business:

9.0 Meeting Closed:



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ACTIVITIES CALENDAR 2005

Date	Location	Contact
Sept 25 Bairnsdale	Lindenow to Middle Weir Meet 10 am at Lindenow pub.	Alan Jones 5153 1454
Oct 23 Orbost	Meeting 10 am Waygara Track Near Highway Approx 20 to 30 Km More details soon.	Eddie
Nov 20 Bairnsdale	Bullumwaal Rd	Alan Jones
Dec 4 Orbost	Route to be determined Lake Tyers House	