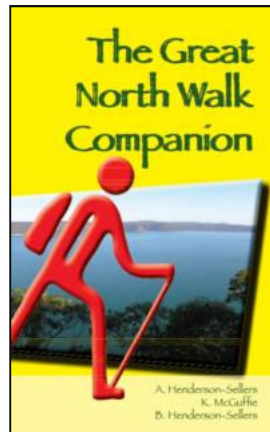


# The Great North Walk Companion – A Book Review



**The Great North Walk Companion**  
**A. Henderson-Sellers, K. McGuffie and B. Henderson-Sellers**  
**376 pages**  
**ISBN: 9780646522135 (pbk.), 2009, \$27.50**

This book recounts the tale of a family walking ‘The Great North Walk’ accompanied by a mystery companion.

As you progress along the track (and through the book) each chapter describes a section of the walk in detail, and is accompanied by historical and social commentary of the route. And as the plot progresses the history of the family going back over 250 years is told and the significance of the route to the mystery companion revealed.

Although a nonfiction work this book is packed with all sorts of fascinating information that will add a great deal of colour to your day the next time you are out there walking or training on different sections of the Great North Walk.

Did you know that there are some of the oldest rock engravings in the world close to the track?

Have you visited all of the obelisks that dot the track and do you know their history?

There are maps and descriptions of the various sections of the walk that can be made as easy day trips or overnight trips. There are suggestions for over 50 places to visit that enliven the exploration of this part of coastal New South Wales.

The book makes for a fascinating read for the mystery alone. It becomes even more intriguing when you start relating all the history and folklore to a track that we travel so frequently!

It can be purchased online from:  
<http://www.digitalprintaustralia.com/bookstore/non-fiction/travel/the-great-north-walk-companion.html>

You can also take a ‘virtual tour’ here: <http://www.thegreatnorthwalk.com/>

Melinda Turner (Editor Magazine, Sydney Bush Walkers)

## **Gear lists on SBW website**

**Have a look at the new gear lists on our website.**

**They have been updated recently.**

In using these lists be aware that no one list is suitable for all walks under all conditions. Different areas, different seasons, different weather, walks of different durations and different people will require a different approach to gear needed. The requirements may be radically different. If you are unsure of what to take, check with your walk leader for specific gear needs.