



# ON THE ROAD

with Clyde & Charmaine

Official newsletter of [www.caravancaravan.com.au](http://www.caravancaravan.com.au)



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## Destination – Fraser Coast

by Steven de Vroom

**Winter in Australia and shivering nomads in the southern states are planting their right foot on the accelerator and pointing the rig in a northerly direction. The balmy Queensland sunshine is calling and one of the most popular destinations is the Fraser Coast, just 3½ hours north of Brisbane.**

It isn't hard to understand why. With winter temperatures in the low to mid twenties, life is easy, lazing about on white sandy beaches, hauling in a few fish for dinner and living every day as if life is one long holiday in paradise.

World Heritage listed Fraser Island is the largest sand island on earth. A natural wonder of rainforest, sparkling beaches, fresh water lakes and abundant flora and fauna. It is the home of the only remaining pure bred dingoes in Australia. Isolated for thousands of years, they have not interbred with domestic dogs, as their cousins on the mainland have.

To get there, regular vehicular ferries and barges operate from Inskip Point and River Heads, taking a never ending convoy of 4WD vehicles and their occupants across the water to start their Fraser Island adventure. Those who choose not to take a vehicle across can ride on the ferry and avail themselves of one of the tour operators who provide excellent day trips on the island.

Fraser Island is a high clearance 4WD zone and camper trailers also need to be equipped for rough conditions. It is recommended that appropriate safety and recovery equipment is taken, just in case. There is a good [selection of campsites](#) on the island to choose from. If you are planning to visit Fraser Island, check out the [Fraser Island Recreation Area Map](#).

Some interesting facts about Fraser Island: It is 123km long and has an area of 166,000 hectares. Sand on the island has no sharp corners. The grains are so smooth that it is unsuitable for making concrete. So whenever concrete is needed, the sand has to be brought over from the mainland... to the world's largest sand island!



One of the camping areas on Fraser Is.



Fraser Island Rainforest

The rainforests on Fraser Island have produced some quite unique timber in the past. Turpentine trees, *Syncarpia glomulifera*, are renowned for their resistance to attack by borers, but the Fraser Island turpentine logs have additional qualities of longevity. The trees have taken up silicone in their sap over their lifetime and this is incorporated into the timber. It makes them almost indestructible. They have been used for the London Docks and the Suez Canal. More than 100 years later they are still there.

The water in Lake McKenzie is pure and fresh. Swimming in this lake is an experience to remember. No chlorine and no salt. You emerge feeling clean and refreshed.

Back on the mainland in the town of Hervey Bay, it is easy to see how this perfect climate has driven the tourism industry. There are countless tour operators offering whale watching, fishing adventures, helicopter flights... almost anything your heart desires. Accommodation is everywhere including a wide selection of caravan parks. Four of the best caravan parks here are run by the Fraser Coast Council and they do an excellent job of providing what nomads and holiday makers are looking for. Each provides tour information and booking services, so you don't have to go searching for things to do during your stay.



Swimming in Lake McKenzie

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**Torquay Beachfront Tourist Caravan Park** and **Scarness Beachfront Tourist Caravan Park** are right in the thick of the action in Hervey Bay, close to everything you need. **Pialba Beachfront Tourist Caravan Park** is also close to everything in Hervey Bay but perhaps a little more relaxed and ideal for families and those who like to hit the little white ball around the golf course.

**Burrum Heads Beachfront Tourist Caravan Park** is the place to stay if a tad of fishing in the river and the relaxed atmosphere of a beautiful coastal village is what you are after.

But there is much more to Fraser Coast than Hervey Bay and surrounds. The southern tip of the Great Barrier Reef offers magnificent diving, fishing and exploring opportunities in places such as Lady Elliott Island and Lady Musgrave Island. And then there is the hinterland in centres such as Childers where some of the tastiest produce in Australia is grown. Avocados, citrus, mangoes, tomatoes, zucchinis and lychees are among the local crops, which provide employment for backpackers visiting the region from around Australia and the world. And of course there is the sugar cane. This is tropical Queensland, after all!



Backpackers pick fruit around Childers

## Share the Ride with Clyde on Bike 88

**You may have heard that Clyde Camel is again participating in the Variety Good Guys Postie Bike Dash to raise much needed funds for Variety – The Children’s Charity. This year, Clyde will be offering to share riding the Dash on Bike 88, with one lucky member. Will it be you?**

The Postie Bike Dash is staged over six days during Melbourne Cup week and covers a distance of 1,350km, mostly travelling on back roads. Along the way we visit small town schools providing donations and equipment to them. It is truckloads of fun and we get to meet the other riders, who are from all walks of life. Last year there were 38 bikes and this year we are hoping for 50.

The successful applicant will need to be able to dedicate a week to the adventure. We each pay our own expenses, Variety organises all of the meals along the way which we all chip in for in advance of the event. This covers breakfasts, lunches and dinners as well as the before and after celebratory events. It also includes a Melbourne Cup lunch on the Tuesday. The lucky successful rider may include their partner in the meals and after hours frivolity.

We also organise and pay for our own accommodation. If your better half is bringing the rig, you won’t have to worry about the motel bookings.

Here is the plan: There are 10 legs to the Dash which we split between us. Whoever isn’t riding the bike will be driving the support Ute. The route is well signposted so it is easy to follow along.

We also would like the successful participant to do some fundraising in the months leading up to the event. There are many methods that can be employed for this and we have some good ideas and advice to help you to achieve this.

Being a co-rider is a great way to dip your toe in the water to see if you like this crazy type of adventure, before deciding whether to purchase your own postie bike for future events.

Here are the requirements for applicants in this adventure:

An experienced motorcyclist with full bike and car licence. Careful driver, easy going and flexible attitude.

You will be required to fill out an application form for a Working with Children background check.

The Dash starts and finishes at Newcastle, NSW and overnight stays will be at the following towns:

Newcastle, Lithgo, Orange, Wellington, Muswellbrook, Gloucester and again in Newcastle, where we have the awards night.

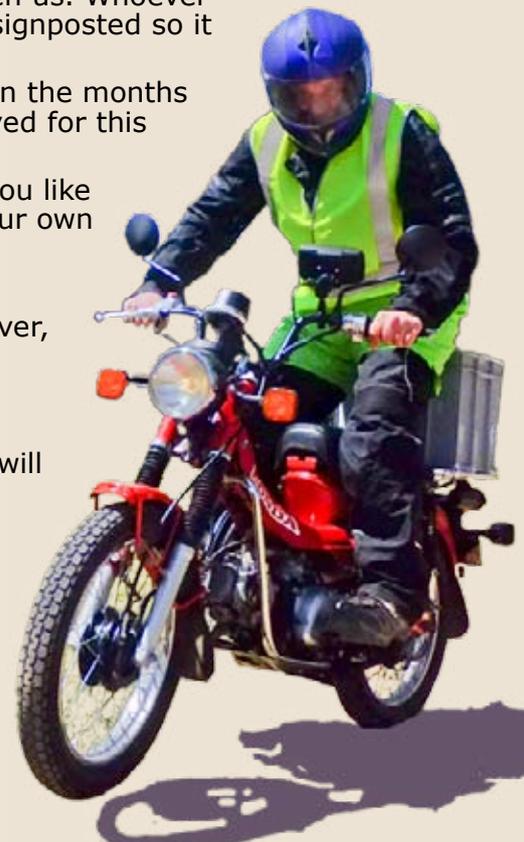
If you are interested, please apply by writing to Clyde Camel at:

**[admin@caravancaravan.com.au](mailto:admin@caravancaravan.com.au)** with all relevant details.

Its a load of laughs and you will be doing some good work.

Meanwhile, if you wish to sponsor Clyde on Bike 88 with a donation for the Variety kids, can do so here:

**[caravancaravan.com.au/sponsors](http://caravancaravan.com.au/sponsors)**



# Versatile Corn Cakes

from Charmaine Camel's recipe book

**Corn is often overlooked as an ingredient for baking. This versatile grain is both delicious and healthy. It is gluten free which makes it ideal for those who suffer gluten intolerance, or who prefer to avoid gluten. Unfortunately, the range of cornmeal available in Australian supermarkets is somewhat limited.**

In other countries such as the US, cornmeal can readily be purchased in fine, medium and course grinds and produced from yellow, white or blue varieties of corn. Here in Australia, the only corn products in the baking section of the large supermarkets are polenta, (medium ground yellow cornmeal) and cornflour, (corn starch, generally used for thickening). So we have designed our recipe around these products.

This is a very easy recipe to make, whether you are in a well equipped kitchen or roughing it in a tent and cooking on a campfire. But it is what you can do with the corn cakes after they are made that makes them really versatile.

We start off by mixing together the dry ingredients; 1 cup of polenta, ½ cup of cornflour, 1 cup of either plain wholemeal wheat flour or, if you wish to go completely gluten free, potato flour or rice flour. Add 2 teaspoons of baker's yeast and mix thoroughly. We don't recommend salt or sugar.

Beat 1 egg and add to the dry ingredients. Add 1 cup of warm water and stir though to make a pourable batter. Cover the bowl with a teatowel and allow to sit for 15 minutes for the yeast to work, while you fire up the cooking equipment.

The corn cakes can be cooked in a fryingpan (heavy iron is preferable) or the hotplate of a BBQ, or even a camp oven lid that has been placed upside down on the coals of a campfire.

Rice bran oil is our preferred cooking oil as it is much more heat tolerant and doesn't break

down as quickly as other vegetable oils. Just brush onto the cooking surface. You don't need much as the cakes should be baked, not fried.

Spoon the batter onto the hotplate or pan to make the required size cakes. When the first side is cooked, flip them over and cook to a golden colour on both sides. Try not to eat them all as they come off the hotplate or out of the pan.

The next bit is the creative fun part. The corn cakes can be used in all kinds of meals. For instance, as an entrée before the main meal, as a substitute for potatoes on a plate of steak and veges, as a base for a yummy desert, or for an afternoon snack or happy hour treat. Here are some ideas:



*Cooking on a BBQ hot plate*



*Makes 8 corn cakes*



*Top left:*  
Bacon and egg for breakfast.

*Top right:*  
Smoked salmon with avocado, garnished with finely sliced leek and a sprig of parsley. Finished with lemon juice.



*Bottom left:*  
Spread with strawberry compote or preserve. Topped with a scoop of ice cream and garnished with a fresh strawberry.

*Bottom right:*  
Spread with marmalade and garnished with mandarin segments, a sprig of mint and served with coffee or tea.



# Exploring Queensland's Scenic Rim

**Just an hour's drive from either Brisbane or the Gold Coast, the Scenic Rim offers plenty to do, see and experience. Home to six National Parks, three dams and some magnificent rainforest, it can sometimes be overlooked by nomads planning their next adventure.**

As you might have guessed, much of this region is elevated well above sea level, with stunning views and indeed, it contains Queensland's 5th highest mountain. Mount Barney is probably the most impressive location in the Scenic rim and consists of two main peaks with the highest being 1,356 metres in elevation. It is located not far from the NSW border in the McPherson Ranges.

Scenic Rim is a popular destination for walkers, with a number of businesses providing guided walking tours which extend over several days, while other walkers choose to do their own thing with the help of a map and some useful brochures from local tourist information centres.

The Lamington National Park has 160km of walking trails that are well graded with comfortable walking conditions, while Mount Barney provides for those who are looking for a challenging level of walks.

The Scenic Rim welcomes camping at all times of the year. Camping and caravans are well catered for throughout the region. Pitch your tent near one of the region's three dams, pull up at a van park, find a cool spot near a creek, or stay in one of the region's six national parks. Click the [caravancaravan.com.au](http://caravancaravan.com.au) [map](#) to find what is available.

If you prefer the comforts of home, you'll love the region's spectacular glamping facilities. It's camping, but not as you know it.



*The six regions of Scenic Rim*



*Great fishing and boating at Moogerah Dam*

Those who enjoy fishing will head for the three dams which are really man made lakes, complete with camping and caravan parks. Boating, kayaking and other water sports are well catered for.

Golden Perch, Silver Perch, Mary River Cod and Australian Bass can be caught with fishing allowed in all of the dams. Power boating is allowed at Maroon and Moogerah dams, while only unpowered craft are allowed on Wyaralong Dam.

The main towns of this area are Beaudesert and Boonah. The rich volcanic soil of the district produces a wide selection of fruit and vegetables from market gardens and is home to flourishing vineyards and horse studs.

Regional art galleries can be found in Beaudesert and Boonah, with a number of private galleries around the district. Each May, the region's artists throw open the doors to their studios for Open Studios of the Scenic Rim, which runs across five weekends.

Tamborine Mountain National Park, with its waterfalls, rainforest walking tracks and priceless views, all the way to the coast, is not to be missed. Located in the eastern part of the scenic rim, you will feel as if you are on the top of the world when on Mount Tamborine. The Tamborine Rainforest Skywalk, a spectacular elevated walkway, puts you up in the canopy with the wildlife. Tamborine is a popular spot for birdwatching, with bower birds, lyrebirds, eagles and cockatoos, as well as many other species.

Scenic rim is a great destination at any time. There are events, exhibitions and adventures to be had throughout the year, taking advantage of the mild Queensland climate.

To plan your Scenic Rim visit you may want to view their website: [www.visitscenicrim.com.au](http://www.visitscenicrim.com.au). Be sure to use the highly acclaimed [caravancaravan.com.au](http://caravancaravan.com.au) [Trip Planner](#) when deciding your route.



*Tamborine Skywalk*