

SUMMER

2003

SYDNEY BUSH WALKERS INC

P.O. Box 431 Milsons Point NSW 1565

Meetings 2 Wednesdays per month at 8 pm (refer Social Programme attached)
Kirribilli Neighbourhood Centre, 16-18 Fitzroy Street, KIRRIBILLI



Deadline for the 2004 Autumn Programme is
Friday, 16 Jan 2004

The enclosed programme gives details of activities planned. If you wish to participate you should phone the leader who will provide more details and answer your questions. Unless otherwise stated:

- Most maps referred to in the programme are 1:25000 topographical maps, obtainable from mapping or bushwalking shops.
- Train times shown in the programme are from Central:
S = Suburban trains (Platforms 16-25)
I = Interurban trains (Platforms 1-15)
- Activities shown with a Friday date (i.e. 3 days) depart on Friday evening.
- All walks listed without transport details are private transport. Please contact the leader for details.
- Vehicles are not expected to wait more than 15 minutes for passengers.
- Advise the leader if you do not intend to go on his or her activity - and maybe give someone on a waiting list a chance to go!

Please read and abide by instructions contained in this programme and follow the leader's directions at all times.

General Notes

It is essential to give reasonable notice to a leader if you wish to go on an activity. Verify all details. Please contact leaders at reasonable times. Participants should ring the leader early, 2 days before a day activity, 4 days before a weekend activity. Leaders may cancel an activity if there are insufficient participants (less than 4) or if other circumstances are likely to make conditions unsafe. If you decide not to go on a walk, please advise the leader.

Recommended equipment lists are available and all participants should adequately equip themselves for the type of activity being undertaken (do not rely on the goodness of other party members to bail you out in inclement times!). Particular attention should be directed to ensuring that footwear is suitable for the nature of the walk. Please check with the leader on availability of drinking water. Details of intended route, where cars are to be parked and a list of people on the activity should be left with a responsible person who will be aware if the party is overdue - see Search & Rescue notes on page 2.

On activities of more than one day you should provide your own camping gear. The leader may be able to assist and camping gear is available for hire from bushwalking shops. Essential on all walks - comprehensive first aid kit, torch, map, compass, matches, rainwear, warm clothing and safe footwear. Please take them. It is a good idea to have your Medicare card available in case of accident.

Do not invite friends or children on Club activities without leader's permission. Dogs are not allowed on our activities.

This Programme is for the information of Members and Prospective Members only.

UNFORTUNATELY, due to public liability insurance restrictions, ABSEILING / CANYONING walks are not currently undertaken by this Club. We are optimistic that insurers will ultimately accept that these activities, when participated in by trained and experienced party members, are less of an insurance risk than actually travelling to the activity!!

SBW walks are GRADED easy, medium and hard. This grading applies to fit, experienced walkers only. Consequently, prospective members may find their first walks difficult. Easy walks are recommended as a start. Intending participants should fully inform the leader of their level of experience and any factor that may impair their walking ability.

PROSPECTIVE members should note that "qualifying" walks are indicated on the programme with a "Q". Other walks graded medium/hard or hard may count as qualifying walks but are not recommended for prospectives unless they have experience at a similar level. Distances shown on this programme are approximate only. Extended walks may have party limits, so please book early.

Walk together - this enhances safety. Always keep sight of the person ahead - if you're having trouble keeping up, TELL the leader.

Observe fire restrictions - open fires are not permitted in some National Parks or on fire ban days. Extinguish all fires with water. Do not light fires if you cannot put them out. Plastic and aluminium foil have no place in the campfire. Please carry them out. Leave your campsite clean and tidy. Take only photographs, leave only footprints.

PLEASE NOTE:

All participants, including visitors, are reminded that they join in activities as volunteers. Your fitness is your responsibility. Bushwalking and other activities on our programme have associated risks including but not limited to the risk of accidental injury.

All persons joining in any activities of the Sydney Bush Walkers Inc do so as volunteers in all respects and as such accept sole responsibility for any injury howsoever incurred and the Sydney Bush Walkers Inc, its office bearers and appointed leaders are absolved from any liability in respect of any injury or damage suffered whilst engaging in any such activity.

NB: The suitability of any person taking part in a club activity is entirely at the discretion of the leader. Leaders may refuse to take any person on activities irrespective of whether that person is a member or not.

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SEARCH AND RESCUE

Please ensure that relatives and friends are aware you may return home later than planned due to unforeseen circumstances such as bad weather, injury, illness, and vehicle problems. Emphasise that they should wait about 15 hours after your expected return before lodging a call with a Club Search & Rescue contact. For this programme, contacts are:

Rob Barrie: (h) 9418 6704 (m) 0408 233 538

Pam Morrison: (h) 9389 3680 (m) 0418 463 923

David Trinder: (h) 9868 7932 (w) 9868 4955 (m) 0417 113 006

If the above are unavailable contact the Bushwalkers Wilderness Rescue number:

Call 13 22 22, ask the operator to page 627 7321 and leave a short message along the lines:

"URGENT CALL (your Club & name ...) PHONE BOX (...)"

Ensure that the operator records the correct number and STD code.

If no return call is received within 15 minutes, repeat the above steps.

ADVANCE NOTICES

May 1-2	<p>The Silver Wilderness Walk Maps: Kanangra, Yerranderie, Bindook</p> <p>Come visit the old Silver Mining Town of Yerranderie nestled in the middle of the Blue Mountains. Friday night camp at Kanangra Walls (Top of Uni Rover Trail), Saturday walk out across the Kowmung River to lunch at Batsh Camp, climb Mt Colong for the best views of Kanangra Boyd NP and then onto Yerranderie. Don't miss this inaugural annual walk!</p> <p>If you would rather have a relaxing weekend, join the support team and drive to Batsh Camp to join the walkers for lunch. In the afternoon drive to Yerranderie for a guided tour of the town. See the old relics of the miners and their families and their cottages.</p> <p>Saturday night extended happy hour with lots of goodies.</p> <p>On the Sunday, explore the old silver mines and climb Mt Yerranderie for fantastic views al the way out to Lake Burragorang before the drive back to Sydney</p> <p>Sat .Grade: Hard 43 km, 850m ↓ & ↑ Party Limit</p> <p>Sun .Grade: Easy No Party Limit</p> <p style="text-align: right;">Leader expressions of interest, contact John Bradnam on 9953-2281 or webmaster@sbw.org.au</p>
Dry Season 2004 NonSchool Holidays	<p>KAKADU NP - 14 days</p> <p>Gunloom to Jim Jim by a route yet to be decided and a permit issued.</p> <p>Grade: Medium. Leader: Peter Love 9948 6238 or 0414 920 292</p>
May 29-30 9am to 5pm both days	<p>First Aid Training for Bushwalkers Location: Bankstown Sports Club</p> <p>This First Aid course is available strictly for bushwalkers who are members of bushwalking clubs of the Confederation of Bushwalking Clubs NSW Inc. www.bushwalking.org.au</p> <p>Course content can be confirmed with St John Ambulance. www.stjohnambulance.com.au</p>
Deadline for bookings 21 May	<p>COURSE FEE is the discount rate of \$100 payable to St John Ambulance. SBW will subsidise to the extent of \$50.</p> <p>BOOKING is only possible by sending a cheque for the FULL COURSE FEE of \$100 payable to St John Ambulance to</p> <p style="text-align: center;">BWRS Secretary PO Box 22 CANTERBURY 2193</p> <p>Your email address (Clearly Printed) OR a stamped self addressed envelope must be included in case we need to contact you about any changes in this course</p>

Leaders – prior to your walk, you **MUST** contact the following for information on Park closures, fire bans and bushfire hazards:

National Parks & Wildlife Service 1300 361 967 www.npws.nsw.gov.au/news/firenews
Rural Fire Service (Fire Bans Recorded Info) 9898 1356 www.bushfire.nsw.gov.au

YOU MUST NOT ENTER AN AREA THAT IS CLOSED.

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<p>CONFEDERATION / BWRS DATES FOR 2003 29 - 30 May 2004 - First Aid Training</p>	<p>The recommended amount for travel costs is 10 cents per kilometre shared by all the occupants in the vehicle. Individual drivers may suggest any amount they choose but the club encourages car sharing, as it is environmentally friendly and a good way to meet other club members.</p>
<p>NPWS PARTY LIMITS WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons</p>	<p>DEADLINES FOR FUTURE PROGRAMMES: Autumn 2004 - 16 January 2004 (March / April / May) Winter 2004 - 16 April 2004 (Jun / July / Aug.)</p>

Thursday	Great River Walk (Nepean Loop) Stage U	Maps: Cowan
Dec 4	Cowan train station - Jerusalem Bay - Ten Bob Ridge - Railway Dam - Flat Rock Pt. - Parsley Bay - Brooklyn - Hawkesbury River train station.	
	Wyong train 0751 from Central train station, on tracks all day, swimming - scenic walk	
	Grade: Medium. 12 km. 480m ↑	Leader: Wilf Hilder 9587 8912

December	Morton NP - Ettrema Wilderness	Maps: Touga
6-7	Transportation Spur - Ettrema Creek - camp at Jones creek - Myall Creek.	
Q	Great views, Crystal clear water, swimming, rock hopping, Boutique camp site.	
	Grade: Medium. 20 km. 450m ↓ & ↑	Leader: Stephen Dolphin (m) 0414878050 (h) 95879686

Sunday **Great North Walk** **Maps: Cowan**
Dec 7 **Great North Walk: Berowra station - Berowra Waters - Cowan station - Jerusalem Bay- then EITHER -**
Q **Cowan station OR proceed to Brooklyn (this shall be decided on the day). All on track but hilly**
 Grade: Medium. 17 km. 500m ↓ & ↑ or 25km 750m ↓ & ↑ **Leader: Kathy Gero 9130 7263**

Tuesday	Davidson Park SRA	Maps: Street Directory
Dec 9	St Ives - Middle Harbour Creek - Roseville Bridge - Lindfield Station	
	An interesting walk with historical aspects	
	Grade: Easy 12 km.	Leader: Bill Holland (h, w) 9484 6636 (m) 0418 210 290

December 13 -14	Blue Mountains NP THE SILENT SERIES #1 The end of the year is often a time for reflection, contemplation and thoughts of the future. Do you feel the need to getaway from all the noise and silly season preparations? Come along and spend time walking, thinking, listening to the sounds of nature, reading or meditating in the beautiful Grose Valley in silence. Respectful people welcome. Lots of stops, lovely early campsite to facilitate all the above. Car shuffle needed. Party Limit. Mt Victoria Falls - Grose River - Little Blue Gum - Blue Gum Forest - Perry's Lookdown Grade: Easy/Medium, 18 km, 620m ↓ & ↑	Maps: Mt Wilson Leader: Caro Ryan (m) 0412 304 071 justshootme@ozemail.com.au
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Saturday **BLUE MOUNTAINS NP**
Dec 13 **Bell Creek Canyon.(no abseiling)** **Maps: Mt Wilson, Wollangambe**
Mt Wilson - cross DuFours Ck - side creek into Bell Ck - up Du Fours Ck - Joe's Canyon - Mt Wilson.
One of the "classic" canyons of the Blue Mountains. Bring your Volleys, wetsuit or thermals / wool
jumper. Some long swims so Lilo is optional.
Grade: Medium / Hard **Leader: Allan Wells 4787 7385**

Saturday **Royal NP** **Maps:** RNP Tourist
Dec 13 Waterfall - Kangaroo Creek - Karloo Pool - Olympic Pool - Heathcote. See how this lovely section of the
Royal has recovered from the fires and enjoy plenty of swimming and some Christmas cheer.
Off track walking and rock scrambling
Grade: Medium, 12 km, 200m ↓ & ↑ **Leader:** Maureen Carter (h) 9773 4637 (m) 0409 453 230
moz.carter@pacific.net.au

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Sunday **Royal NP** **Maps: RNP Tourist**
Dec 14 Cronulla stn. - ferry to Bundeena - Marley Beach - Deer Pool - Marley Ck. - Coast track - Bundeena.
 Great coastal scenery; red gum forest on Marley Creek; swimming. Train 8:36am(S)
 Grade: Easy, 12 km, **Leader: Errol Sheedy (h) 9525 0316**

Sunday **Advanced GPS Instructional** **Maps: Hornsby**
Dec 14 We will start with scanning and calibrating the local area map (Hornsby), marking a route to walk, printing a copy (also a track profile) and downloading the route to a GPS. Then we will walk the route using the stored waypoints. After the walk we will upload the actual route to the computer and store the record.
 Grade: Easy 10 km, **Leader: Bill Holland(h,w) 9484 6636 (m) 0418 210 290**

December **No Walk**
20-21

Saturday **Blue Mountains NP** **Maps: Katoomba & Jamison**
Dec 20 Wentworth Falls - Slack's Stairs - Jamison Creek (walking IN the creek) - Kedumba Pass - Kings
Q Tableland. The walk along Jamison Creek is off track.
 Grade: Medium / Hard 15Km 600m ↓ & ↑ **Peter Love (h) 9948 6238 (m) 0414 920 292**

Saturday **Great River Walk (Nepean Loop) Stage** **Maps: Cowan (Gunderman)**
Dec 20 Arcadia - Fiddletown - Marramurra Ridge - Gate - Smugglers Ridge - Marramurra Creek - Ruins - Big
Q Bay - Blake Ridge - Canoelands.
 Car shuffle, about 5km off track, compulsory wading of Marramurra Creek, waterproof packs required,
 Aboriginal engravings, carry water for the day.
 Grade: Medium, 20 km, 480m ↑ **Leader: Wilf Hilder 9587 8912**

Sunday **Blue Mountains NP** **Maps: Hampton**
Dec 21 Starting at the Megalong Road, amble along the Six Foot Track for a while, then into Megalong Creek
 where we will rock-hop and if the water level and weather are helpful we will have a swim or two. Then
 downstream to the Coxs River and more rock-hopping and swimming. Return back along the Six Foot
 Track to the Megalong Road. Not too hard a day, so maybe bring a few goodies for the leader (and
 yourself) to eat.
 Grade: Easy / Medium, 12 km, 300m ↓ & ↑ **Leader: Maurice Smith 9587 6325**
 mauricethewalker@ihug.com.au

Christmas Walks

December 20 **Christmas/New Year at Coolana** **Maps: Burrier?, Bundanoon?**
To Come to the Club's property at Coolana in the beautiful Kangaroo Valley and join others for relaxing days.
January 4 Come for any, some or all of the days. Your choice of easy walks, quiet reading, swimming and canoeing
 Grade: Relaxed **Leader: No need to phone.**

January **Coolana Maintenance**
3-4 Yes, I know it's hot at this time of the year but the weeds still grow and light maintenance is required.
 Lots of time to sit in the shade or swim in the river.
 Grade: Relaxed **Leader: Bill Holland (h, w) 9484 6636, (m) 0418 210 290**

26 December **Victoria - Alpine National Park (unaffected by this year's bushfires)**
To **Maps: Snowy Plains, Mt Kent and Lake Tali Karng 1:50,000 VMTC, Licola - Wellington 1:50,000 and**
1 January **Tamboritha - Moroka 1:50,000 Vicmap.**
 Creeks, mountains, gorges, high plains and the only natural lake in the Victorian alps in northern
 Gippsland. Swimming opportunities. Doolan's Plain - Moroka River - Snowy Bluff - Dawson Range -
 Moroka River - Moroka Gorge - Moroka Range - Mt Wellington - Lake Tali Karng - Wellington River -
 Tamboritha Road. Car swap. **Email: kenn@pacific.net.au**
 Grade: Medium. **Leader: Kenn Clacher: (h & w) 9954 9708, (fax) 9922 2149**

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| 26 December
to
January 3 | Nymboida NP
Raspberry Lookout - Raspberry Ridge - Cooraldooral Creek - Mann River - Nymboida River - Juckadgery
Scenic river walking, one or two compulsory swims possible. Lots of optional swims along the way. Mostly following rivers and open ridges on day one. No steep climb out at the end, all down hill. Car camp at the end.
Grade: Easy / Medium 50 Km | Maps: Cangai, Gundahl, Mt Wellington, Juckadgery
Leader: Paul McCann 6772 6156 |
| 27 December
to
January 2

Q | Croajingolong - Nadgee NP
Mallacoota - Lake Barracoota - Lake Wau Wauka - Cape Howe - Nadgee Lake - Little River - Jane Spiers Beach - Disaster Bay - Merrica River. World Biosphere reserves with limited access. Coastal cliffs, shore platforms, sand and boulder beaches, sea caves, estuaries and coastal lagoons, Beautiful coastal flora. We may see seals, rare birds or an even rarer Blue Whale (if we are extraordinarily lucky). Fuel stoves required. Environmental guidelines apply. Sunglasses, hats and suncream are essential. Permits and a fee apply. Small party limit.
Grade: Medium 65 Km | Maps: TBA
Leader: Tony Holgate 9411 5517 (m) 0415 802 108 |
| December
26-28 | Kanangra - Boyd National Park
Walk from Yerranderie Road to Kowmung River and spend 3 days doing nothing but relaxing by the river, reading a book, soaking up the sun, going for a swim or if feeling energetic, maybe even go for a walk. Three hour walk in and 4 hour walk out. Bring plenty of luxury food and drink to share with friends. Sun screen and towel a must. Camp site similar to Blue Gum forest but better. Commonly known as the Bushwalkers Resort, for those in the know. Possible to stay till 30 th if required.
Grade: Easy / Medium. | Maps: Yerranderie, Bindook?
Email: tony.manes@ap.dynonobel.com
Leader: Tony Manes (h) 9520 0266, (w) 9968 9506 |
| 27 December
4 January | Kanangra Boyd NP
The ultimate Kowmung experience!
The KOWMUNG RIVER - The best kept secret - the wild and scenic river we love.
Your chance to experience the superb wild and scenic river in the Blue Mountains.
Travel the full length of the Kowmung from Tuglow Creek to the Cox's River. This is the 50th anniversary of SBW member Ron Watter's 1953 walking expedition (when as a teenager he and several mates did this walk) deep in the heart of the Kanangra Boyd National Park. Ron has provided us with some of his photos from 1953. See how the river has changed over time.

Swims with packs compulsory, lots of rock hopping, exposure through Morong Deep, and beautiful campsites. Hopefully at a leisurely pace. Possible food drop somewhere around the halfway point, details of that and travel arrangements to be negotiated.
Party size will be strictly limited
Grade: Medium / Hard ?? km, ??m ↓ & ↑ | Maps: Many
Leader: Maurice Smith 9587 6325
mauricethewalker@ihug.com.au |
| Friday
Dec 26
Boxing Day | Kuringai Chase NP
Bobbin Head - Sphinx - Bobbin Head Then day out boating picnic & things aquatic approx 9.30-6.30. Bring appropriate boating/picnic goodies.
Grade: easy/wus. 10km 150m ↓ & ↑, | Maps: Kuringai Chase
Leader: Michael Bickley. (h) 9651 2412, (w) 9651 2496 |
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- | | | |
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| Sunday
Dec 28 | Heathcote NP
Waterfall - Sebastopol Trig. - Heathcote Ck. - Kingdom Come - Lake Eckersley - Heathcote
Track walking and walking down the Woronora River - Kingdom Come to Lake Eckersley Swimming 0821 Waterfall Train.
Grade: Medium | Maps: RNP Tourist
Leader: Jim Callaway (h) 9520 7081 |
| Sunday
Dec 28 | Blue Mountains NP
Wentworth Falls - Roberts Pass - Lindeman Pass - Katoomba.
All on tracks with some rough sections, cool gullies, excellent views.
Grade: Medium 13Kms (but feels longer) | Maps: Katoomba
Leader: Ian Rannard 9958 1514 |

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Thursday Jan 1 New Years Day	Kuringai Chase NP Bobbin Head - Sphinx - Bobbin Head Then day out boating picnic & things aquatic approx 9.30-6.30. Bring appropriate boating/picnic goodies. Grade: easy/wus. 150m ⁺ v, 10km	Maps: Kuringai Chase Leader: Michael Bickley. (h) 9651 2412, (w) 9651 2496
Saturday Jan 3	Garigal NP Roseville Bridge - Carroll Creek - Cascades - Lockley Track - Blossom Point - Roseville Bridge. Grade: Easy / Medium, 20 km, 50m ↓ & ↑	Maps: Street Directory Leader: Stephen Dolphin (m) 0414878050 (h) 95879686
Sunday Jan 4	Royal NP Otford station 7:40am train - cliff track - North Era - South Era - Burning Palms - Werrong Beach, Otford. Grade: Medium 18 km	Maps: RNP Tourist Leader: Ian Hill (h) 4294 2851 (m) 0428 943 295
Wednesday Jan 7	Evening Walk and Club Picnic Meet at Balmoral Beach at 4pm for walk of adjacent beaches finishing at Balmoral Beach in time for picnic on the beach. Club Evening Picnic: From 6 pm at the southern end of Balmoral Beach . BYO food and drinks. Fish and chips available nearby. Please phone if coming on walk Grade: Relaxed	Leader: Bill Holland (h, w) 9484 6636 (m) 0418 210 290
January 10-11 Q	Wollemi NP Putty Road - Culool Range - Hollow Rock Trig - Crawfords Lookout & Pass - Wollemi Creek - Colo River (base camp) - Townsend's Survey Track relics - Culool Range. Mostly off track, bring waterproof pack, light gaiters and gloves. spectacular Colo scenery, classic campsite - swimming, party limit. Grade: Medium 22km 600m ⁺	Maps: Six Brothers, Bob Buck Colo Leader: Wilf Hilder - 9587 8912
Saturday Jan 10	BLUE MOUNTAINS NP Rocky Creek Canyon (no abseiling). An old favourite. Possible early start to avoid the hordes. Bring your Volleys, wetsuit or thermals/wool jumper. A couple of long swims. Will probably exit by reversing the canyon. 8.30am start from Galah Mountain car park. Grade: Easy / Medium	Maps: Rock Hill Leader: Allan Wells (h) 4787 7385
Sunday Jan 11	Royal NP Otford - Bulgo - Burning Palms - Era - Otford An early start with plenty of rock hopping, swimming and soaking up summer. Grade: Medium, 15 km, 200m ↓ & ↑	Maps: RNP Tourist Leader: Maureen Carter (h) 9773 4637 (m) 0409 453 230 moz.carter@pacific.net.au
Sunday Jan 11	Morton NP / Wingello State Forest Wingello SF Landing Ground - Spotted Gum Road - Wo432515 - Spur to near 432502 - Tallowa Gully at Ca436502 - Mini Canyon - Ca452509 views - The Shute - Tallowa Gully - Bull Point Gully - Burrawong Ridge Road - Wingello SF Landing Ground Exploratory - walk focuses on an area used for Navshield 99. Likely cliffs to Tallowa Gully on each bank. Scrambling, swimming opportunities, views from cliff tops, slippery rocks, wet feet. Grade: Medium, 15 km, 400m ↓ & ↑	Maps: Wingello, Caoura Leader: Ron Watters (h) 9419 2507 (m) 0419 617 491 wattersr@bigpond.net.au
Tuesday Jan 13	Midweek Walk (Evening) Bondi Beach (6-00 pm) - Clovelly etc to Coogee with optional return. An easy walk on a summer's evening along the coastal pathway followed by dinner (fish and chips or BYO) in a beachside reserve. Grade: Easy 12 km,	Maps: Street Directory Leader: Bill Holland (h, w) 9484 6636 (m) 0418 210 290

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Thursday Jan 15	Blue Mountains NP Faulconbridge train station - Numantia Creek and Falls - Sassafras Gully - Glenbrook Creek - Magdala Creek and Falls - Springwood train station. Springwood train 0807 from Central train station. Mostly on track, rockhopping and scrub in Numantia Creek - cool shady walk with swims. Grade: Medium, 14 km, 200m ↑	Maps: Springwood Leader: Wilf Hilder 9587 8912
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January 17-18	Blue Mountains NP Bell - Garrat Ridge - Wollangambe River - Garrat Ridge - Bell. Partly on track (if it's still there and I can find it). Camp in rock overhang - no tent required. An easy introduction to overnight camping. Will do some exploring from the camp if time permits. Grade: Easy 16 km 250m↑&↓	Map: Wollangambe Leader: Ian Thorpe (h) 9922 4742
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January 17-18 Q	Wollemi NP Mountain Lagoon - Gaspers Ridge - Mailes Ridge - Colo River - Tootie Creek - Junction - Tootie Creek - Mountain Lagoon Firetrail and track to the Colo then wade/bankwalk upstream to Tootie Creek. Creek, offtrack plus firetrail back to the cars. Suitable for new members who want an overnight walk and who don't mind a bit of water. Grade: Medium 28 km	Map: Mountain Lagoon Leader: Bill Hope 99601646
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Saturday Jan 17	Blue Mountains NP Leura - Prince Henrys Walk - Federal Pass - Furbers Steps - Katoomba. Great views, classic tourist trails, accessible by train. Ring before Friday. Grade: Easy, 10 km	Maps: Katoomba Leader: Ken Smith (h/w) 9808 4021
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Saturday Jan 17	Bouddi NP Ferry (\$15) Palm Beach to Wagstaff - Lobster Beach - Box Head - Putty Beach - Maitland Bay for lunch - Marie Byles L/O - Hardy's Bay - Wagstaff ferry to Palm Beach. Ferry fare is \$15 return. Swimming, all on tracks, scenic Central Coast. Grade: Medium 15km	Maps: Gosford, Broken Bay Leader: Carole Beales (h) 9907 2829 (m) 0408 235 936
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Saturday Jan 17	Blue Mountains NP Lilo the upper (tourist section) of the beautiful Wollangambe River. Wet suits preferable as is the ability to swim. Lots of scrambling and wading, but no abseiling. With a limit. Grade: Medium, 10 km, 250m ↓ & ↑	Maps: Mt Wilson Leader: Maurice Smith 9587 6325 mauricethewalker@ihug.com.au
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Saturday Jan 17	Bouddi NP McMasters Beach - Little Beach - Maitland Bay - Killcare - Mt. Bouddi. Leisurely lunch and lots of swimming. Grade: Easy 12 km	Map: Central Coast Tourist Leader: Gail Crichton (h) 9872 7195
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Sunday Jan 18 Q	Blue Mountains NP Gladstone Pass - down unnamed creek - compass bearing - Jamison Creek - Valley of Waters Creek. Steep slippery descent, creek walking, rockhopping, off track. Party limit. Grade: Medium 10 km 600m↓&↑	Map: Katoomba Leader: Peter Love (h) 9948 6238 (m) 0414 920 292
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Australia Day Long Weekend

January 24-25-26	Morong Deep Uni Rover Trail - Boyd Falls - Kowmung River - Megalith Ridge - Hanrahans Creek - Uni Rover Trail. Wet, compulsory swims, beautiful campsites and isolated wilderness. Party limit. Grade: Medium / Hard	Maps: Shooters Hill, Kanangra, Gurnang, Yerranderie Leader: Tony Holgate 9411 5517 (m) 0415 802 108
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| January
24-25-26 | Wollemi NP
Newnes - Zobels Gully - Constance Gorge - Deanes Creek - Rocky Creek - Wolgan River - Newnes.
Beautiful but very rugged rainforest creek to negotiate - scrub, wet feet, slippery rocks, climbing over and under fallen trees. Party limit. Often done in two days, so time to smell the flowers. Nice campsites.
Grade: Medium 25 km | Maps: Ben Bullen, Mt Morgan
Leader: Carol Lubbers (h) 4758 8791 |
| January
24-25-26 | Triathlon Weekend - Coolana
Non-competitive weekend - having fun and getting wet mandatory. Base camp at Coolana.
DAY 1: Cycling glorious riverside back country roads with minor undulations. Mountainbike/hybrid with mountainbike tyres advised as approx 8km rough unsealed road. Potential hazards include loose rocks, soft verges, potholes aplenty, spine-jarring corrugations, fords, occasional snakes and horned bovine beasts. Swimming-hole at lunch for removal of dust. Possible optional extra lunchtime waterfall walk. Individuals are responsible for provision of bicycles, helmets and security of bike. Contact leaders for hiring options. Carry at least 2L water. Easy 30 km
DAY 2: Kayaking down the scenic Shoalhaven river. Ability to swim is essential. Kayak hire will be organised. Please ring early, as we will need definite numbers by Dec 20th for guaranteed booking of kayaks for that weekend. Carry at least 2L water. Distance TBA
DAY 3: Your choice - relax in the Coolana environs, walk the trails, swim, maintenance weeding is always appreciated
Heike Krausse (b) 9998 0587 (h) 9999 3373 | Map: Bundanoon
Vicki Garamy email: victoria@garamy.nrma.com.au |
| Saturday
Jan 24 | KU-RING-GAI NP - Benowie Walking Trail
Hornsby Stn - Rosemead - Galston Gorge - Crosslands - Lyrebird Gully - Mt Kuring Gai Stn. Swimming at Crosslands in Berowra Creek. A beautiful walk close to Sydney.
Grade: Medium 20km | Map: Hornsby
Leader: Richard Darke (h) 9960 6384 (w) 8205-4461 |
| Sunday
Jan 25 | Royal NP
Helensburgh - Burgh Track - North Era - Burning Palms - Werrong - Otford
Swimming, rock hopping along the coast.
0744 Kiama Train.
Grade: Medium 13km | Maps: RNP Tourist
Leader: Jim Callaway (h) 9520 7081 |
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| January 31
February 1 | BLUE MOUNTAINS NP
(Friday night camp at Carlons Farm) Carlons Farm, Tinpot Ridge, Ironmonger Ridge, Coxs River, Scrubbers Hump, Mt O'Reilly, Mt McAviney, Mt Jenolan, Mt Heartbreaker. Camp at Merrigal Ck/Coxs River Junction. Blue Pup Spur, Blue Dog Ridge, Cattle Dog Ridge, Breakfast Ck, Ironpot Mt, Carlons Farm
Classic ridge walking on the Krungle Bungle Range, Great views from Tinpot Ridge and Cattle Dog Ridge, Cool down in the Coxs River, Pretty campsite by the river. (Party Limit)
Grade: Hard/Exploratory, 25 km, 2000m ↓ & ↑ | Maps: Jenolan
Leader: John Bradnam 9953 2281 webmaster@sbw.org.au |
| Saturday
Jan 31 | Royal NP
Stanwell Park Station - Otford via coast, Werrong Beach, Burning Palms Beach, Palm Jungle Track. Plenty of swimming opportunities along with lots of serious rock hopping. 50% off track.
Grade: Medium 18 km | Maps: RNP Tourist
Leader: Tony Manes (h) 9520 0266 |
| Saturday
Jan 31 | Wollemi NP - Bush n Swims
Colo Heights - Bob Turners Track - Colo River, warm and sandy - swim - Tootie Creek, fresh and pristine - swim & lunch - Colo Heights. Track and cross country.
Grade: Easy/medium 18 km | Map: Colo Heights, Mountain Lagoon
Leader: Zol Bodlay 9639 4606 |

THE SYDNEY BUSH WALKERS INC - Summer 2003 Programme

Sunday Feb 1	Blue Mountains NP Erskine Ck Lookout - Jack Evans Tk - Erskine Ck - Lincoln Ck Junction - Dadder Cave - Blands Pool - return via Pisgah Rock & firetrail to Erskine Ck Lookout carpark. A beautiful walk with plenty of swimming - see the magnificent Blands Pool. Must bring water. Grade: Medium 15km	Map: Penrith Leader: Tony Crichton (h) 9872 7195
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February 6-22	NZ North Island Two of our keenest walkers hail from that part of the world and are keen to take you to some wonderful places that they know and love Leader: John Bradnam 9953 2281 webmaster@sbw.org.au or Patrick McNaught 9412-2281 email pmcnaught@bigpond.com
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February 7-8	Wollemi NP Culool Range - Boorai Creek - Colo River - Townsends Track - Barakee Pass (the real one) - Woolshed Gully - Colo Rier - Boorai Ridge - Culool Range. Mostly off track, bring waterproof pack, light gaiters and gloves. Magnificent Colo scenery, idyllic campsite, swimming, party limit. Grade: Medium, 18 km, 600m ↑	Maps: Six Brothers, Bob Buck's Colo Leader: Wilf Hilder 9587 8912
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Sunday February (7)-8	Barren Grounds A classic example of a hanging swamp plateau. We'll visit Cook's Nose and cross the Stone Bridge, get some great views over Kangaroo Valley, and maybe see some of the rare birds for which the Nature Reserve was declared. Swimming in the creek is a possibility. Optional camp at Coolana on Saturday night. Grade: Easy 15km:	Map: Kangaroo Valley Leader: Leigh McClintock (h) 8920 2386, (w) 8227 9191
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Saturday Feb 7	Heathcote NP Waterfall Station - Mooray Track - Bullawarring Track - Woronora River - Boobera Pool - Pipeline Track - Bullawarring Tk - Waterfall Station. One of the most impressive swimming holes in the Sydney region. Mainly tracks with some scrub, rockhopping and creek crossings. Bring water. Grade: Medium 15 km	Map: Royal NP Tourist Leader: Tony Crichton (h) 9872 7195
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Saturday Feb 7	Kuringai Chase NP Mt.Kuringai - Bobbin Head - Sphinx-Gibberagong Track - Bobbin Head - Mt.Kuringai Easy stroll, mainly open track, short off track, approx 9.30-5.00 2 refreshment stops at Bobbin Head kiosk. Grade: Easy 400m^v, 16km	Maps: Kuringai Chase or Hornsby Leader: Michael Bickley. (h) 9651 2412, (w) 9651 2496
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Sunday Feb 8	Nattai NP Wattle Ridge - Starlights Track - Nattai River - Nattai Firetrail - Wattle Ridge. Track, firetrail and river walking. About 600M of up/down Grade: Medium 28 km	Maps: Nattai, Hilltop Leader: Bill Hope 99601646
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Tuesday Feb 10	Berowra Valley Pennant Hills station to Westleigh following the Great North Walk with interesting diversions. Lunch time swimming at leaders house. After lunch walk along Blue Gum Track finishing with evening barbecue. Level of activity depends on the heat of the day and enthusiasm of the walkers. Grade: Easy,	Maps: Street Directory Leader: Bill Holland (h, w) 9484 6636, (m) 0418 210 290
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THE SYDNEY BUSH WALKERS INC - Summer 2003 Programme

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| February
14-15 | Coolana Training Weekend
All new members are encouraged to attend this training weekend on the Club's property at Coolana in the beautiful Kangaroo Valley. It offers practical training in navigation, first aid and bushcraft. The weekend provides an ideal introduction to camping. However tents and other camping gear are optional as there is a shelter and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and transport assistance is available.

Leaders: Bill Holland (h,w) 9484 6636, (m) 0418 210 290 billholl@hotmail.net.au
Patrick James 9567 9998, (m) 040 904 1515 email pjames@idx.com.au | Maps: Burrier?, Bundanoon? |
| Saturday
Feb 14 | Bouddi NP Bush n Beach
Little Beach - Maitland Bay - Tallow Beach - Boxhead - Bouddi Ridge - Lobster Beach - Wagstaff.
Coastal tracks, rockhopping, beach walking, rock shelf views and swims, see the horizontal growing Red Gum forest.
Grade: Easy/Medium 17 km | Map: Broken Bay

Leader: Zol Bodlay (h) 9639 4606 |
| Saturday
Feb 14 | Lane Cove NP
Picturesque Valentines Day walk along Lane Cove River via the Great North Walk - Fairy Land, Fullers Bridge, Blue Hole, De Burghs Bridge, Porters Creek Bridge, Fullers Bridge, Chatswood Golf Course, finishing at Hinkler Crescent for an evening BBQ. Buy a friend an ice cream on the way.
Grade: Easy 14 km | Map: NPWS Lane Cove NP

Leader: Don & Liz Wills (h) 9427 6958, (m) 0410 665 237 |
| Sunday
Feb 15 | Royal NP
Otford to Burning Palms via Palm Jungle Track and return via cliff track to Otford. Swimming opportunities along with spectacular scenery. All on track.
Grade: Easy 15 km | Maps: RNP Tourist

Leader: Kay Chan (h) 9520 0266 |
| Sunday
Feb 15 | Royal NP
Engadine - Bottle Forest Track - Kangaroo Ck - Heathcote. Swims in Kangaroo Creek.
Train 8:21am (S) from Central
Grade: Easy, 8 km, | Maps: RNP Tourist

Leader: Errol Sheedy (h) 9525 0316 |
| Thursday
Feb 19 | Royal NP
Waterfall train station - Kangaroo Creek - Bottle Forest Trail - Goarra Ridge - Engadine train station. Waterfall train 0806 from Central train station. On track all day, swimming in pleasant pools.
Grade: Medium, 12 km, 250m ↑ | Maps: RNP Tourist

Leader: Wilf Hilder 9587 8912 |
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| February
21-22 | Blue Mountains NP (6 foot track)
PROSPECTIVES - BIG NIGHT OUT #1
Have you been down to the Coolana Training Weekend and are now looking for the next step? Have you never been on an overnight walk before? This is designed for YOU! Lots of time for questions, weighing your pack (beware the bathroom scales!!), get a feel for carrying a pack over a distance, help setting up tents, cooking advice, fire starting and good sense of humour essential!
Megalong Road - Cox's River - Return
Grade: Easy, 13 km, 200m ↓ & ↑

Leaders: Caro Ryan (m) 0412 304 071 justshootme@ozemail.com.au and
Rosemary MacDougall (h) 9428-5668 rmacdougall@bigpond.com | Maps: Hampton |
| February
21-22 | Kangaroo Valley - Canoe Trip
Saturday morning start. Canoe in from Tallowa Dam for two hours to a five star camp site. Meet the others (see below) for a weekend of canoeing or lazing around. Ideal swimming opportunities. Canoe hire available in Kangaroo Valley township.
Grade: Easy | Map: Caoura

Leader: Pamela Irving ???Bill Holland (h & w) 9484 6636 |

THE SYDNEY BUSH WALKERS INC - Summer 2003 Programme

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| February
21-22 | Kangaroo Valley - Easy Walk
Saturday morning start to an ideal summer activity. An easy walk of about one hour to a five star camp site on the Kangaroo River. Meet the others (see Canoe Trip above) for an idyllic weekend of exploring, canoeing or just lazing around. Great swimming opportunities.
Grade: Relaxing | Map: Caoura

Leader: Bill Holland (h, w) 9484 6636 |
| Saturday
Feb 21
Q | The Blue Labyrinth
The Oaks - Glen Doreen - Kanuka Brook - Red Hands Ridge. A walk along Kanuka Brook. Party limit.
Grade: Medium 14Km | Maps: Penrith

Leader: Tony Holgate 9411 5517 (m) 0415 802 108 |
| Sunday
Feb 22
Q | Royal NP
Cronulla - ferry to Bundeena - Wattamolla - Burning Palms - Otford Swimming
0736 Cronulla Train.
Grade: Medium 23km | Maps: RNP Tourist

Leader: Jim Callaway h9520 7081 |
| Sunday
Feb 22 | Royal NP
Bundeena - Otford via coast. Plenty of swimming opportunities along with lots of serious rock hopping. 50% off track.
Grade: Medium 32 km | Maps: RNP Tourist

Leader: Tony Manes (h) 9520 0266 |

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| February
28-29 | Morton NP - Jones Creek
Friday night car shuffle (3 cars required). Early start on the fire trail - down Jones Creek - camp at Ettrema Creek - Myall Creek - Quiera Clearing. This walk is impossible if conditions are wet. Route finding skills in a steep creek required. Light weight pack essential. Party Limit (6)
Grade: Hard, 15 km + 10km fire trail 400m ↓ & ↑ | Maps: Touga, Nerriga

Leaders: Peter Love (h) 9948 6238 (m) 0414 920 292
Rosemary MacDougal (h) 9428 5668 (w) 9265 3053 |
| Saturday
Feb 28 | Blue Mountains NP
Leura - Prince Henrys Walk - Federal Pass - Furbers Steps - Katoomba.
Great views, classic tourist trails, accessible by train. Ring before Friday.
Grade: Easy, 10 km | Maps: Katoomba

Leader: Ken Smith (h/w) 9808 4021 |
| Sunday
Feb 29
Q | Morton NP
Keenans Pass - Barrengarry Ck. - Belmore Falls Base - Burrawang Ck. - Burrawang Ck. Bridge.
Rainforest creeks, major waterfall (80m) cascades, swimming, boulder clambering, short car shuffle.
Grade: Medium, 15 km, 300m ↓ & ↑ | Maps: Kangaroo Valley, Robertson

Leader: Ron Watters (h) 9419 2507, (m) 0419 617 491
wattersr@bigpond.net.au |

Autumn Programme

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|---------------------|---|--|
| Saturday
March 6 | KURINGAI NP - West Head - Bush n Beach
Pittwater side West Head - Lovett Bay - Towlers Bay - Portugese Beach - The Basin. Two freshwater pools (first & last swims), two seawater pools (one beach, one lagoon), tracks, fire trails, rockhop & some ups & downs. Aboriginal engravings.
Grade: Easy/medium 18 km | Map: Cowan

Leader: Zol Bodlay 9639 4606 |
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Should members or prospective members have reason to make a claim on the Confederation personal accident insurance policy, they should contact the insurer on 1300 136 132 for a claim form WITHOUT DELAY.

Leaders - prior to your walk, you MUST contact the following for information on Park closures, fire bans and bushfire hazards:

National Parks & Wildlife Service	1300 361 967	www.npws.nsw.gov.au/news/firenews
Rural Fire Service (Fire Bans Recorded Info)	9898 1356	www.bushfire.nsw.gov.au

YOU MUST NOT ENTER AN AREA THAT IS CLOSED.














If you decide not to go on a walk, please contact the leader in time - this could give someone on a cancellation list the opportunity to go and does not delay the start of the walk while the party waits unnecessarily for you.

P.S. Thank you to all those who contribute to this programme

The deadline for the Autumn Programme is Friday, 16 January 2004

THE SYDNEY BUSH WALKERS INC - Summer 2003 Programme

Summer Social Program

December 2003	Wed 3	7 pm	Committee Meeting Committee members & observers welcome.	
	Wed 3	8 pm	 Introduction to Sydney Bush Walkers So who are the Sydney Bush Walkers and how do I join? Why not come along and find out by meeting our fantastic New Members team! You'll learn all the important information needed to join the club through their informative and interesting presentation.	
	Wed 17	7pm	Christmas Party Ho ho ho (& a bottle of rum?!) – Get me Christmas fare in my tum!! Can you believe it's here already? Come on down to the Clubrooms for the traditional Christmas Party Pot Luck dinner. Everyone to bring a plate/dish – drinks to be provided. (Helpers to set up & clean up needed too!)	
	Wed 17	8pm	 Introduction to Sydney Bush Walkers Can't make it to the main intro night on the 1 st Wed of each month? Well, tonight is another opportunity to meet the team, hear about the Sydney Bush Walkers and join our growing club.	
January 2004	Wed 7	6pm	Triple B - Beachside Bash @ Balmoral As a fresh start to the year – we're getting together again at the <i>south end</i> of Balmoral Beach. BYO food & drinks. Fish n' chips are available nearby. Why not contact Bill Holland to go on his short walk prior?	
	Wed 7	8pm	!!!! No intro night tonight – Our New Members team are on well deserved HOLIDAYS !!!!	
	Wed 21	7pm	Committee Meeting A short Committee Meeting will take place prior to the evening's social program. Observers Welcome.	
	Wed 21	8pm	 Slide Night – Kakadu National Park Come along and see some of the most breathtaking country of the top end. A group of SBWers went to Kakadu in July/August this year for a trip of contrasts starting in Koolpin Gorge and taking in the sights of Twin Falls and Jim Jim Falls creeks. Many fun stories and adventures!	
	Wed 21	8pm	Introduction to Sydney Bush Walkers Can't make it to the main intro night on the 1 st Wed of each month? Well, tonight is another opportunity to meet the team, hear about the Sydney Bush Walkers and join our growing club.	
February 2004	Wed 4	7pm	 Committee Meeting Committee members & observers welcome.	
	Wed 4	8pm	Introduction to Sydney Bush Walkers So who are the Sydney Bush Walkers and how do I join? Why not come along and find out by meeting our fantastic New Members team! You'll learn all the important information needed to join the club through their informative and interesting presentation.	
	Wed 4	8pm	 ***Navigation Training Evening*** SBW are introducing a brand new series of training nights, especially formulated for our people. Prospectives and Members are all welcome. Brush up on what you've forgotten... or learn from scratch. Presented by Mark Dabbs, tonight is the first for the year and will be held at the Clubrooms. You'll never be able to say, 'I'm a terrible navigator', EVER again!	
	Wed 18	8pm	The Bushwalker's Body – Avoiding Injury This is a great opportunity to come and hear from a professional about how to care for your body. Jouni Leppanen is not only a seasoned bushwalker and member of SBW, he is a Musculoskeletal Therapist. Topics to be covered include: How to avoid injuries, ankle injuries, knee problems, lower back pain and stretching for Bushwalkers. We all want to walk for a long time into the future, so come and hear what you can do to help keep yourself injury free!!	
	Wed 18	8pm	 Introduction to Sydney Bush Walkers Can't make it to the main intro night on the 1 st Wed of each month? Well, tonight is another opportunity to meet the team, hear about the Sydney Bush Walkers and join our growing club.	

The deadline for the Autumn Programme is Friday, 16 January 2004