



Meetings 2 Wednesdays per month at 8 pm (refer Social Program attached)  
Kirribilli Neighbourhood Centre, 16-18 Fitzroy Street, KIRRIBILLI 1565

Deadline for the 2004 Spring Program is  
Friday, 16 July 2004

If you wish to participate in a programmed activity phone the leader as soon as possible. They will provide more details about the activity, transport arrangements and answer your questions.

- Be courteous, advise the leader as soon as possible if you have to withdraw from the activity as this allows someone on a waiting list to go.
- Activities shown with a Friday date (i.e. 3 days) depart on Friday evening.
- All walks listed without transport details are private transport. The leader will give further time and meeting point details.
- Vehicles are not expected to wait more than 15 minutes for any passengers. Be prepared to contribute to costs
- Unless otherwise stated most maps referred to in the program are 1:25000 topographical maps, obtainable from mapping or bushwalking shops.

NEW members should note that "qualifying" walks are indicated on the program with a 'Q'.

Walks may have party limits, so book in early.

**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.

Intending participants should fully inform the leader of their level of experience and ability or any factor that may impair their walking.

## 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 program 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.**

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## Walker Guidelines

### Preparation for an activity:

1. Contact leaders at reasonable times, at least 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 circumstances are likely to make conditions unsafe.
  2. Arrive on time. Leaders (at their discretion) will only wait 15 minutes.
  3. Ensure you are adequately equipped for the activity and all possible conditions with suitable clothing, hat, raingear, sunscreen, food, First Aid kit, torch and appropriate footwear.
  4. Carry sufficient water for the conditions (2L min.).
  5. Map and compass are strongly advised for navigation.
  6. You will need to sign the activity sheet, after noting any hazards/risks that the leader will have indicated may be encountered.
  7. Your Medicare card is useful in case of accident.
  8. Have sense of adventure and humour handy!
  9. Please do not invite friends or children on Club activities without leader's permission.
  10. Dogs are not allowed on activities.
  11. Leave a record of your intentions with a responsible person
- see Search & Rescue notes in this program.

### During an Activity:

1. Be prepared to follow the leaders directions. They are volunteers but will have experience.
2. Walk together – this enhances safety. Always keep sight of the person ahead – if you're having trouble keeping up, TELL the leader.
4. Allow sufficient space however that you are not injured by branches flicking back or pressuring the pace of the person ahead.
3. Let the leader know if you need a water/blister repair/toilet stop.
4. Do not leave the party or fall behind the "Tail" without informing them.
5. On activities of more than one day you will have to provide your own camping gear. The leader may be able to assist. Gear is available for hire from the club and bushwalking shops.
6. 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. Leave your campsites as if you had not been there.
7. Carry out all rubbish. Take only photographs, leave only footprints.

## Walks Grading \*

Most **day walk** means walking all day – the walk usually start at 8:00am and finish before dark. Often a dinner is arranged at a venue on the way home.

A **weekend walk** is either a Friday night start or camp at the start or Saturday morning start usually 8:00am. On the first day, the party get to camp between 3:00pm and before dark, (hopefully). Happy hour occurs before dinner and is a time when party members share 'nibbles'. The next day's walking could start between first light and 9:00am, usually 8:00 to 8:30am. We usually get back at the cars, between early afternoon and dark. After dark finishes do happen, however they are usually not planned for. Often a dinner is arranged at a venue on the way home.

The new grading system has four graded categories: D F A T and Yes/No on E

**D**istance      **F**itness      **A**scents (and descents)      **T**errain      **E**xposure (to heights)

Distance		Fitness		Ascent		Terrain	
S	Short	1	Beginners	1	Undulating	1	Formed tracks
M	Medium	2	Intermediate	2	200 – 300m	2	Off track
L	Long	3	Strenuous	3	Steep / many	3	Scrub / exposure
X	EXtra long						

D – Distance: S – short      under 10 km per day  
M – medium      10 – 19 km per day  
L – long      20 – 30 km per day  
X – extra long      more than 30km per day

**Note:** If a two day walk had one 25km day and then a 8 km day the grade would be L with perhaps a note in the description about a short second day.

F – Fitness      1      beginners – frequent long rest breaks  
                         2      intermediate fitness – stand up regroup (wait for walkers) with morning tea, lunch and afternoon tea breaks and stops to take in any views  
                         3      strenuous, fit walkers only – stand up regroup, short breaks for morning and afternoon tea and lunch

A – Ascent      1      flat to undulating  
                         2      undulating with one or two 200m to 300m climbs  
                         3      climbs of 300m or more or one or more large steep climbs

T – Terrain      1      formed tracks and/or open terrain, no scrub  
                         2      sections of rough track and/or off track and/or creek crossing and/or rock scrambling  
                         3      as 2 for long periods and/or thick scrub

E – Exposure      mild to high exposure to heights

Q – Prospective members should note that qualifying walks are indicated on the program with a Q. Other walks may count as qualifying walks but are not recommended for prospective members unless they have experience at a similar level.

**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	<a href="http://www.npws.nsw.gov.au/news/firenews">www.npws.nsw.gov.au/news/firenews</a>
Rural Fire Service (Fire Bans Recorded Info)	9898 1356	<a href="http://www.bushfire.nsw.gov.au">www.bushfire.nsw.gov.au</a>

The recommended amount for travel costs is 20 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.

\* This grading system is on trial for the winter program.

## THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

### 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 program, contacts are:

<b>Rob Barrie:</b>	<b>( h ) 9418 6704 ( m ) 0408 233 538</b>
<b>Pam Morrison:</b>	<b>( h ) 9389 3680 ( m ) 0418 463 923</b>
<b>David Trinder:</b>	<b>( h ) 9868 7932 ( w ) 9868 4955 ( m ) 0417 113 006</b>

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

11 – 12 Sept	Bushwalkers Wilderness Rescue Squad – Training – 1300 134 759 <a href="http://www.bwrs.org.au">www.bwrs.org.au</a>
30 Oct	First Aid Training for Bushwalkers – 1300 134 759 <a href="http://www.bwrs.org.au">www.bwrs.org.au</a>
13 – 14 Nov	Bushwalkers Wilderness Rescue Squad – Training – 1300 134 759 <a href="http://www.bwrs.org.au">www.bwrs.org.au</a>
Wednesday to Friday 15 – 17 September	<p><b>Bicycle Ride from Robyn’s Farm</b> <span style="float: right;">Bathurst Area</span></p> <p>Some mid-week bicycle riding and a very social get-together before the weekend. Bicycle rides shown below. We arrive at Robyn’s farm on Tues evening (but you can arrive later if you wish. bicycle riding starts on Wednesday morning for as long and as difficult (or easy) as you wish. Non-bicycle riders are welcome as well perhaps providing car support.</p> <p style="text-align: right;"><b>Leader:</b> Fran or Bill Holland 9484 6636 <a href="mailto:billholl@hotmail.net.au">billholl@hotmail.net.au</a></p>
18 – 19 September	<p><b>Bicycle Ride from Robyn’s Farm Bathurst Area</b></p> <p>A weekend for those wanting either an easy to medium bicycle rides with more difficult options. This weekend will follow on from the above mid-week activity. We start on Friday evening with welcoming drinks and nibbles at Robyn’s farm (perhaps dinner if you’re early). Bicycle riding starts on Saturday morning and continues to mid afternoon on Sunday when we finish with a barbecue. Non-bicycle riders are welcome as well perhaps providing car support.</p> <p style="text-align: right;"><b>Leader:</b> Fran or Bill Holland 9484 6636 <a href="mailto:billholl@hotmail.net.au">billholl@hotmail.net.au</a></p>
20 – 28 November	<p><b>Hong Kong – New Territories</b></p> <p>It would surprise many people to know that Hong Kong is comprised 50% of mountainous national parks, and that there are excellent day walks ranging from 10 to 50 km in glorious scenery. I am looking for expressions of interest in a week of day walking in Hong Kong, where I lived for 12 years, and know intimately. There are many interesting country villages to explore. Interesting culture. The end of most walks would be at a yummy local restaurant. Public transport is cheap and excellent, and November should have the best walking weather of the year. We'd end up with a shopping day in Shenzhen China, an experience in itself with drop-dead prices! Anyone interested, please contact me so we can plan well in advance.</p> <p>Grade: 15-25 km per day, 200-600m up &amp; down. All on track</p> <p style="text-align: right;"><b>Leader:</b> Richard Darke 9960 6384 or 0402 413 299</p>

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons		DEADLINES FOR FUTURE PROGRAMS: Spring 2004 – 16 July 2004 (Sept / Oct / Nov)	
28 May to 11 June	<b>Kimberley – Mitchell Plateau</b> Kununurra by chartered plane to Mitchell Plateau, helicopter to Donkins Falls then two weeks following gorges and water systems back to the spectacular Mitchell Falls. This walk is through remote Kimberley wilderness. Limited numbers. <b>Grade:</b> S222 (medium) <b>Leader:</b> Rosemary McDonald 99050601 (h) or rosemary.mcdonald@bigpond.com		Maps:
Thursday			
Thursday 3 June	<b>Royal NP</b> Cronulla – ferry – Bundeena – Gunyah Beach – Jibbon Beach – Jibbon Head (Port Hacking Pt.) – Shelley Beach – Jibbon Lagoon – Bundeena Creek – Bonnie Vale – Cabbage Tree Basin – Maianbar – Yenabilli Point – Constables Point – Cabbage Tree Point – Hordens Beach – Bundeena – ferry – Cronulla. Bundeena's best-kept secrets exposed. 07.31 Cronulla train ex Central Train Station. <b>Grade:</b> M221 (medium) 16 kms <b>Leader:</b> Wilf Hilder 9587 8912 (h & w)		Map: Street Directory
5 – 6 June			
5 – 6 June Q	<b>Wollemi NP</b> Culool Range – Boorai Ridge – Colo River – Townsends Pass – Barakee Pass – Townsends Survey Track (relics) – Colo River – Boorai Ridge – Culool Range. Deferred walk from Summer Program. Magnificent Colo scenery, classic campsite. Mostly off track, gaiters and gloves needed. <b>Grade:</b> M233E (medium) 22 km 700m <b>Leader:</b> Wilf Hilder 9587 8912 (h/w)		Maps: Six Brothers, Bob Bucks, Colo
5 – 6 June	<b>Blue Mountains NP</b> Carlons (Packsaddlers) – Medlow Gap – Mobbs Swamp – Mt Merrimerrigal (probable campsite) – Mt Dingo – Splendour Rock – Mobbs Swamp – Blue Dog Ridge – Knights Deck – Coss River – Breakfast Ck – Carlon Ck – Carlons <b>Grade:</b> M232E (medium) 33km Total ascent 800m <b>Leader:</b> Allan Wells 4787 7385		Map: Jenolan
Saturday 5 June	<b>Bungonia SRA</b> Long Point Lookout – Shoalhaven River – Bungonia Creek – Mt. Ayre – Bungonia Creek and return. A very solid day walk with stunning views of Shoalhaven Gorge and Bungonia Creek. Closer to home than Carlons Farm and a very satisfying walk <b>Grade:</b> M331 (medium/hard) 18km 1300 m up/down <b>Leader:</b> Gail Crichton (h) 9872 7195		Maps: Caoura
Sunday June 6 Q	<b>Macquarie Pass NP</b> Lees Road Lookout – Caloola Pass – Tongarra Valley – Tongarra Creek and Falls – cliff base traverse – Green Pass – Plateau – Lees Road Lookout Begin with panoramic views over the sea. Steep descent down interesting pass. Traverse green valley with fine escarpment views. Climb cascades to waterfall base. Boulder scrambling. 50% off track, 1hr heavy scrub in pm. Finish through open forest. Est walking time excluding breaks 6 hours, Ascent 300m. <b>Grade:</b> M223 (medium) <b>Leader:</b> Ron Watters 9419 2507 (h) 0419617491 (m) wattersr@bigpond.net.au		Maps: Robertson
Sunday June 6	<b>Brisbane Water NP</b> Woy Woy – taxi to South Woy Woy tip – Mt Wondabyne – Rocky Ponds – Little Wobby – ferry to Brooklyn. Panoramic clifftop views of Brisbane Water and Hawkesbury River. Steep sections Limit 11. <b>Grade:</b> M222 (easy/medium) 15 km <b>Leader:</b> Nigel Weaver 9660 7672 (evenings or weekends)		Maps: Gosford, Broken Bay

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

Sunday June 6	<b>Great River Walk – Stage 19</b> Maps: Cowan Brooklyn – GNW – Govetts Ridge – Taffy's Rock – Eleanor Bluff and Beach – Hawkesbury Mouth. This is the second-last stage (final stage extended to Barrenjoey in September) and after 3 1/2 years of walking down the Hawkesbury system, from the source we finally reach the mouth. We will depart the beach by boat back to Brooklyn <b>Grade:</b> M222 (medium) <b>Leader:</b> Roger Treagus (w) 99955784 (m) 0401017289 treagusr@epa.nsw.gov.au
Queens Birthday 12 - 14 June	
June 12 to June 14	<b>Warrumbungle NP</b> Maps: CMA Warrumbungle NP Tourist Last year's Warrumbungle trip on Anzac weekend was a great success, so we're doing it again. One night in tents, one in the 'comfort' of Balor Hut. On the way we'll climb or circumnavigate Fan's Horizon, The Breadknife and Bluff Mountain. Party limit 8. <b>Grade:</b> M232 (medium) 18 km 700m up/down <b>Leader:</b> Leigh McClintock 8920 2386 (h), 8227 9191 (w) mcclintock@pacific.net.au
June 12 To June 14	<b>Wollemi National Park</b> Maps: Mountain Lagoon, Colo Heights, Bob Bucks Mt Tootie Wollangambe R (Pass 38), Colo R, Island (Pass 28), Clews Cave, Clews short cut, Colo R, Pass 37, Mt Tootie <b>Grade:</b> M233E (medium/hard) <b>Leader:</b> Kenn Clacher 9954 9708 (h/w) kenn@pacific.net.au
June 12 To June 14	<b>Kanangra Boyd NP</b> Maps: Kanangra, Bindook, Yerranderie Kanangra – Unirover Trail – Kowmung (1 <sup>st</sup> camp) – Mt Billy – Mt Colong – Mt Armour – (2 <sup>nd</sup> camp Church Ck) – Kowmung – Cambage Spire – Kanangra. A perennial favourite, spectacular scenery, carry water, easy 1 <sup>st</sup> day, 2 <sup>nd</sup> & 3 <sup>rd</sup> days steep climbing. <b>Grade:</b> M232 (medium) <b>Leader:</b> Spiro Hajinakitas (h)9332 4847 (w)9681 4874 (m)0409 995 181
June 12 To June 14 Q	<b>Morton NP</b> Map: Touga, Yalwal Tullyangela Clearing – Inquisition Hill – Howards Pass – Barrons Crown – Jen Ettrema and Tullyangela Cks (camp) – Ettrema Creek – Manacle Creek (camp), from here on is exploratory – ascend Manacle Creek – Tullyangela Clearing. Further exploration in the Ettrema Wilderness, this time it is Manacle Creek. Some years ago my group met another group from Canberra at Manacle Creek, so we will explore our way out via this creek. Probably challenging! <b>Grade:</b> S233 (medium) 25 km 600m up/down <b>Leader:</b> Maurice Smith (h) 9587 6325(m) 0414 538 475 mauricethewalker@ihug.com.au
Saturday 12	
Sunday 13	
Monday 14 June Q	<b>Berowra Valley Regional Park</b> Map: Hornsby Kuring-gai rail – Lyrebird Gully – Calna Ck – Crosslands – GNW – Galston Gorge – Fishponds – Hornsby rail. All on tracks, hilly, trees, ferns, water views <b>Grade:</b> M221 (medium) 18km <b>Leader:</b> Ian Rannard (h/w) 9958 1514
Extended Walk	
June 18 to June 30	<b>Kakadu NP</b> Maps: Goodparla. Koolpin, Jim Jim Barramundi – Gromophyllin – Cascade – Koolpin and Twin Falls creeks to Jim Jim Creek and Falls. Experience the wonderful water systems and delights of Kakadu. – food party – numbers limited <b>Grade:</b> S222 (Medium) 130km approx <b>Leader:</b> David Rostron 9451 7943
19 - 20 June	
19 - 20 June Q	<b>Kanangra Boyd NP</b> Maps: Kanangra, Yerranderie Kanangra – Coal Seam Cave – Gingra Range – Hughes/Roots Ridge – Kowmung River – Orange Bluff – Brumby Ridge – First Top – Kanangra. Enjoy a great grassy campsite. A good introduction to the magnificent Kowmung River. Recommended for prospective members who have completed one non-qualifying overnight walk. <b>Grade:</b> M232 (medium) 25km 780m up/down <b>Leader :</b> Gail Crichton (h) 98727195

Trial Grading System – Distance S < 10 km, M 10-19 km, L 20-30, X >30 Fitness 1-3, Ascent 1-3, Terrain 1-3, Exposure

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

Saturday 19 June	<b>Blue Mountains NP</b> Maps: Woolloongabba Gooches Crater and beyond – fantastic sandstone formations, pagodas, caves and a perfectly formed crater – a hidden jewel! Some scrambling and off track <b>Grade:</b> S222 (medium) <b>Leader:</b> Graham Condren 9869 0834
Sunday 20 June	<b>Blue Mountains NP</b> Maps: Katoomba, Jamison Semi-circumnavigation of Jamison Valley. Leura – Water Board Track to Jamison Creek – The Col – Mt Solitary – Ruined Castle Track – Federal Pass – Leura Forest – Leura. Great views from Mt Solitary and from inside the valley. Possible off-track on spur from Jamison Creek to the Col. <b>Grade:</b> X332 (hard) <b>Leader:</b> Ian Thorpe 9922 4742(h) ithorpe@deqx.com
Tuesday	
Tuesday 22 June	<b>Walking and Whale Watching</b> Cape Bailey Coast Walk Discovery Centre (Kurnell) – Tabbigai Gap – Cape Bailey lighthouse – Solander Trig – Muru Track. Along this coastal walk explore sand dunes and heathland and spectacular views of rugged coastline. Last year we saw five whales as we walked and rested on the cliffsides. 10 km <b>Grade :</b> S111 (easy) <b>Leader:</b> Bill Holland 94846636 (m) 0418 210290 billholl@hotmail.net.au
26 – 27 June	
26 – 27 June	<b>Blue Mountains/Kanangra Boyd NP</b> Maps: Jenolan, Kanangra + bit of Bimlow and Jamison Carlons Farm – Blackhorse Ridge – Medlow Gap – White Dog Ridge – Cocks River – Kooriecone Ridge – Gentles Pass – Dexs Creek (Camp) – Gentles Pass – Moko Ridge – Howling Dog Ridge – Splendour Rock – Mobbs Soak – Cattle Dog Ridge – Pots and Pans Ridge – Iron Pot Mtn – Carlons Farm. 42Km Ascents: 1x400m, 1x900m, 1x800m, 1x450m Solid climbs with spectacular views from Mt White Dog, Splendour Rock and Cattle Dog Ridge <b>Grade:</b> L333 (hard) <b>Leader:</b> John Bradnam 9953 2281 webmaster@sbw.org.au
Saturday 26 June	<b>Lane Cove NP</b> Maps: Parramatta River Valentia Street Wharf – Clarkes Point – Kelly's Bush – Hunter's Hill – Buffalo Creek Reserve – Magdala Park – Fairyland Historic Reserve – Fullers Bridge – Deburghs Bridge – Chatswood Golf Course – Magdala Park – Valentia Street Wharf. A solid and longish day walk and good training for the Six Foot Track and K to K. Party limit of 12. Experienced prospectives welcome. Part of the walk through local streets however the majority is on tracks. This walk follows the Great North Walk for a large portion of the day. An 8am start is required. <b>Grade:</b> X311 (medium) 32 km <b>Leader:</b> Mark Patteson 9798 5693(h) 9578 1527(w) mpatteson@qantas.com.au.
Saturday 26 June	<b>Blue Mountains NP</b> Maps: Katoomba Blackheath – Popes Glen – Govetts Leap – Evans LO – Grand Canyon – Neates Glen – Blackheath <b>Grade:</b> M221 (easy/medium) 16km <b>Leader:</b> Anne Maguire (h) 99079677
Saturday 26 June	<b>Marramarra NP</b> Map: Cowan Orange Grove Walk. Marramarra Ridge – Marramarra Ck. – Orange Grove and 'bush tucker' – Smugglers Ridge Track. Views, Aboriginal engravings and an Aboriginal occupation site. <b>Grade</b> M222 (easy/medium) 16km <b>Leader:</b> Zol Bodlay (639 4606)
Sunday 27 June	<b>Blue Mountains NP – Blue Labyrinth</b> Maps: Penrith, Jamison Woodford – Andersons Fire Trail – Lowndes Ridge – Bedford Creek – Mount Erskine – Massif Ridge – Woodford Range Fire Trail – Woodford. Mostly off-track. Accessible by train. <b>Grade:</b> X322 (hard) 40km <b>Leader:</b> Ken Smith 9808 4021
Sunday 27 June	<b>Walking and Whale Watching</b> Cape Bailey Coast Walk Discovery Centre (Kurnell) – Tabbigai Gap – Cape Bailey lighthouse – Solander Trig – Muru Track. Along this coastal walk explore sand dunes and heathland and spectacular views of rugged coastline. Last year we saw five whales as we walked and rested on the cliffsides. 10 km <b>Grade :</b> S111 (easy) <b>Leader:</b> Bill Holland 94846636 (m) 0418 210290 billholl@hotmail.net.au

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

Sunday 27 June Q (full length)	<p><b>Kuringai Chase NP – Great North Walk</b> Maps: Great North Walk maps</p> <p>Thornleigh to Berowra. Come along for a walk with a distance for everyone! There are opportunities all along this walk to exit into the suburbs and call a taxi. The full length is a long and solid day of 30 km (great training for six foot track!), or you can exit at various points along the way. BYO mobile phone or change for public phones and cash for cab.</p> <p><b>Grade:</b> S-X221 (easy to hard) <b>Leader:</b> Caro Ryan 0412 304 071 justshootme@ozemail.com.au</p>
Wednesday	
Wednesday 30 June	<p><b>Marie Byles Walk – (Patonga to Newcastle) – Stage 1 (reversed)</b> Maps: Broken Bay, Gosford</p> <p>Woy Woy – Blackwall Mountain – Ettalong Beach – Pearl Beach – Warrah Lookout – Great North Walk – Patonga – bus – Woy Woy. Very scenic walk around built-up areas. 07.51 Wyong interurban train ex Central.</p> <p><b>Grade:</b> M222 (medium) 18 km 220m <b>Leader:</b> Wilf Hilder 9587 8912 (h &amp; w)</p>
3 – 4 July	
3 – 4 July	<p>NavShield – 1300 134 759 www.bwrs.org.au</p>
3 – 4 July	<p><b>Morton NP – Ettrema Wilderness</b> Map: Touga</p> <p>Entirely exploratory, open to walkers with a taste for the unknown. Quiera Clearing – Touga Creek – Shoalhaven River – Tims Gully – Tullyangela Clearing. Further explorations in the Ettrema Wilderness. Probably rough but not really known, should be a lovely weekend.</p> <p><b>Grade:</b> S233 (medium) 20 km 600 up/down</p> <p><b>Leader:</b> Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au</p>
3 – 4 June Q	<p><b>Great North Walk – Stages 4 &amp; 5</b> Maps: Quorrobolong, Morisset</p> <p>Murrays Run (Wollombi) – Paxton – Congewai Valley Trackhead – Radio Tower – Flat Rock Lookout – Watagan Creek – Mt. Warrawolong (642m) – The Bar Lookout. Climb the GNW's highest and most scenic mountain. Car shuffle. GNW brochures 4 &amp; 5</p> <p><b>Grade:</b> M231 (medium) 24 km 1160m <b>Leader:</b> Wilf Hilder 9587 8912 (h &amp; w)</p>
Saturday 3 July	<p><b>Great North Walk – Berowra Valley</b> Maps: Cowan, Hornsby</p> <p>Train or car shuffle Thornleigh to Cowan. Great North Walk from Cowan to Berowra Waters – Crosslands – Galston Gorge – Fishponds to Westleigh. All on track with some great scenery – great warm-up for the Six Foot Track on 21st August</p> <p><b>Grade:</b> X331 (medium/hard) 33km <b>Leader:</b> Tony Crichton (h) 98727195</p>
Saturday 3 July Q	<p><b>Nattai NP</b> Maps: Hilltop</p> <p>Wombeyan Caves Rd to Bonnum Pic and return. The extensive rock shelves accessing the arête to the pointed extremity of Bonnum Pic afford extensive views of the Wollondilly Valley and the cliffs of the Wanganderry Tableland. Rough track, some medium scrubby sections.</p> <p><b>Grade:</b> M212 (medium) 14km <b>Leader:</b> Peter Cunningham 9939 7427 0439 357 427</p>
Saturday 3 July Q	<p><b>Blue Mountains</b> Maps: Katoomba, Jamison</p> <p>Golden Stairs – Ruined Castle – Mt. Solitary – Lookout – Golden Stairs. (possible minor route modification). A classic Blue Mountains walk with great views. Some scrambling &amp; mild exposure. 650m up/down</p> <p><b>Grade:</b> M222 (medium) <b>Leader:</b> Richard Darke 9960 6384 (m) 0402 413 299</p>
Sunday 4 July	<p><b>Brisbane Water NP</b> Maps: Gosford, Gunderman, Cowan</p> <p>Wondabyne – Pindar Ridge – clifftops above Double Lagoon – return to Wondabyne. Enjoy your lunch atop isolated cliffs with great views over Mullet Creek and Hawkesbury River. Steep sections</p> <p><b>Grade:</b> M222 (easy/medium) 16 kms 20% off-track</p> <p><b>Leader:</b> Nigel Weaver 9660.7672 evenings / weekends.</p>

## THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

3 – 4 July	<b>Coolana – Maintenance And Bush Regeneration</b> It's a wonderful property but needs some gentle care and maintenance. The weeds etc have slower growth in Winter but there are other tasks to be done. Join us for a pleasant weekend of light work and socialising around the evening campfire. Wine and cheese. Family and friends welcome. <b>Leader:</b> Bill Holland 9484 6636: billholl@hotmail.net.au
Tuesday and Thursday	
Tuesday 6 July	<b>Mid week Bicycle Ride</b> Windsor/Richmond Area Some very social mid - week bicycle riding. The route will be decided depending on the weather. The length, difficulty depends on those participating. Even the location may change so if you like a mid-week bike ride please phone <b>Leader:</b> Fran or Bill Holland 9484 6636: billholl@hotmail.net.au
Thursday 8 July	<b>Georges River</b> Map: Street Directory Glenfield – Georges River – Bunbury Curran Creek – Georges River – Simmos Beach – Long Point – Ingleburn Weir – Koala Walk – Ingleburn. A bushy suburban walk, gaiters and gloves recommended, 07.55 Macarthur train (via East Hills) ex Central Train Station <b>Grade:</b> M212 (medium) 16 km <b>Leader:</b> Wilf Hilder 9587 8912 (h/w)
8 – 10 July Thursday to Sunday	<b>Wollemi NP</b> Maps: Rock Hill, Colo Heights Mt Tootie – W'bambe / Colo junction – Pass 25 – Maiden Trig – Limit Hill – Tambo Ck. – Old Barrakee Rd. – Mt Cameron – Deep Pass. Car shuffle, scrub, some uncertainties, no after dinner speakers. <b>Grade</b> M223E (medium/rough) <b>Leader:</b> Bill Capon :9398 7820
10 – 11 July	
10 – 11 July	<b>Overnight Walks Training / Experience</b> Maps: To Be advised Come and discover what it is like to do an overnight walk with SBW. There are three walks to choose from. All involve a day walk carrying a weekend pack, then an overnight camp at Coolana, in the Kangaroo Valley. 1. Easy walk <b>Leader:</b> Leigh McClintock 8920 2386 (h) 8227 9191 (w) mcclintock@pacific.net.au 2. Medium walk <b>Leader:</b> Rosemary MacDougal 9265 3000 (w) 9428 5668 3. Hard walk <b>Leader:</b> John Bradnam 9953 2281 webmaster@sbw.org.au The three walks will all meet at the Coolana camp spot in time for happy hour Sunday morning will be a show and tell of overnight walking equipment.
Saturday 10 July	<b>Royal National Park</b> Maps: R.N.P. Tourist 8.30 am Ferry from Cronulla to Bundeena. – Bundeena wharf – Otford Station via Jibbon Head – Marley – Wattamolla – Garie – Burning Palms – Figure of 8 Pools – 32 kms of rock hopping, beach walking, track walking, ending hopefully just on dark at Otford. No time for swims, minimal breaks, just pure six foot track training for distance. Fast, fit walkers welcome. Finish with a well-earned dinner at the Thai Rose restaurant, Sutherland. <b>Grade:</b> L323 (medium/hard) <b>Leader:</b> Tony Manes (h) 9520 0266. info@sbw.org.au
Saturday 10 July Q	<b>Blue Mountains NP</b> Maps: Katoomba, Jamison Golden Stairs – Ruined Castle – Korawall Knife Edge – Mt Solitary – East Col – Kedumba River – Kedumba Pass – Kings Tableland (Wentworth Falls). Several steep climbs and descents. Possible wet feet at river crossing. Some rock scrambling and great views throughout. Early start with car shuffle. <b>Grade:</b> L232 (medium) 26km <b>Leader:</b> Mark Patteson 9798 5693(h) 9578 1527(w) mpatteson@qantas.com.au



# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

Sunday 11 July	<b>Ku -Ring -Gai NP</b> Pymble Station – bus to St Ives pleasant walk along the Warrimoo track and creek to Bobbin Head then the Gibberong Track ending at Wahroonga Station. <b>Grade:</b> M111 (easy) 12 km: <b>Leader:</b> Bill Holland 94846636 (m) 0418 210290 email: billholl@hotmail.net.au
17 – 18 July	
17 – 18 July Q	<b>Great North Walk – Stages 6 &amp; 7</b> Maps: Dooralong, Morisset Murrays Run – Olney State Forest – The Bar Lookout – Great North Walk – Sow and Pigs Ridge – Piglet Point – Lyrebird Track – Rock Lily Track – The Basin – Kingtree Ridge – Cedar Brush Trackhead – Yarramalong. Watagans rainforest at its best. Great campsite, stoves required. Car shuffle (see GNW brochure No. 4) <b>Grade:</b> M221 (medium) 30 km 240m up/down <b>Leader:</b> Wilf Hilder 9587 8912 (h & w)
17 – 18 July Q	<b>Kanangra-Boyd NP</b> Maps: Kanangra Kanangra carpark – Crafts Wall – Mt. Cloudmaker – Dex Creek – Mt. Strongleg – Kanangra Creek/Whalanian Creek junction – East Buttress – Paralyser – Thurat Ridge – firetrail to Kanangra Road <b>Grade:</b> M332 (medium/hard) 800m up/down 31km <b>Leader :</b> Tony Crichton (h) 98727195
Saturday 17 July	<b>Blue Mountains NP</b> Maps: Jenolan Carlons Farm – Blackhorse Ridge – Mobbs Soak – Splendour Rock – Medlow Gap – Carlons Farm. Great scenery. 650m each of descent and ascent including a very steep hard climb. <b>Grade:</b> L232 (medium) 22km <b>Leader:</b> Chris Dowling 6331 5441
Saturday 17 July	<b>Blue Mountains NP – Medlin' Around Medlow (Bath)</b> Discover some of the old, overgrown and forgotten tourist tracks behind the Hydro Majestic. Sunbath Track, Tuckers Lookout, Colosseum, old track to Murphys Track, Quota Picnic Area, Murphy's Track, Glen Rosa, Old Cave, Hydro Majestic. Some descending and ascending. <b>Grade:</b> M222 (medium) <b>Leader:</b> Allan Wells 4787 7385
Sunday 18 July	<b>Royal National Park</b> Maps: RNP Tourist Otford – Burning Palms – North Era – Thelma Ridge – Garrawarra – Otford. Rock hop along the coast; climb down a waterfall; walk through jungle and forest; and feast on apple pie at the end. <b>Grade:</b> M222 (medium) <b>Leader:</b> Maureen Carter 9773 4637
24 – 25 July	
24 – 25 July	<b>Bushwalkers Wilderness Rescue Squad – Training – 1300 134 759 – www.bwrs.org.au</b>
24 – 25 July	<b>Blue Mountains NP</b> Map: Jenolan, Kanangra Carlons – Medlow Gap – Yellow Pup – Cocks River – Kanangaroo – Breakfast Creek– Carlons <b>Grade:</b> M222 (medium) 25Km <b>Leader:</b> Frank Grennan (h) 99079677
24 – 25 July	<b>Morton NP</b> Map: Nerriga Entirely exploratory, open to walkers with a taste for the unknown. Black Range Creek – Bulee Brook – Endrick River – Bainbrig Creek – Braidwood Road. Probably rough but not really known, should be a lovely weekend. <b>Grade:</b> S233 (medium) 20 km, 300 down/up <b>Leader:</b> Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Saturday 24 July	<b>Blue Mountains NP</b> Maps: Mount Wilson This is my second walk in celebration of George Caley reaching Mt Banks in 1804. Mt Banks area and Banks Ridge to Explorers Brook (guaranteed wet feet) to Mt Caley, a quick look at Zobels Gully and return to carpark via Explorers Brook. Parts will be exploratory and hard. A great walk through the Grose Canyon. Meet Mt Banks car park at 8:30am – Train travellers ring early and I will try to arrange transport. <b>Grade:</b> M233 (medium) 18km <b>Leader:</b> Jim Percy 4758 6009

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

Sunday 25 July	<b>Berowra Valley Regional Park</b> Pennant Hills to Hornsby via the beautiful and varied Berowra Creek and Blue Gum Track. Possibly including a visit to Refuge Rocks. <b>Grade:</b> M111 (easy) 12 km <b>Leader:</b> Bill Holland 9484 6636 (m) 0418 210290 billholl@hotmail.net.au
Sunday 25 July	<b>Blue Mountains NP</b> <span style="float: right;">Maps: Katoomba,</span> Katoomba – Narraweek – Splendour Rock and return over the Wild Dogs All on track. <b>Grade:</b> X321 (hard) 40k <span style="float: right;"><b>Leader:</b> Ken Smith 9808 4021</span>
Extended Walk	
July 25 To August 8	<b>Kakadu NP – 14 days</b> <span style="float: right;">Maps: Goodparla, Koolpin, Jim Jim</span> Darwin – Gunloom – Buffalo Pool – Piccaninny Pool – Cascade Creek – Koolpin Creek – Twin Falls Creek – Amphitheatre Falls – Four Pools Falls – Jim Jim Creek – Jim Jim Falls – Aboriginal Way Safari – Yellow Waters Tour – Darwin. Permit No 7826 <b>Grade:</b> S222 (Medium) <span style="float: right;"><b>Leader:</b> Peter Love 9948 6238 or 0414 920 292</span>
Thursday	
Thursday 29 July	<b>Marie Byles Walk – (Patonga to Newcastle) – Stage 2</b> <span style="float: right;">Maps: Broken Bay, Gosford</span> Woy Woy – bus – Ettalong – Governor Phillip Park – Daleys Point – Alan Strom Lookout – Hardys Bay – Putty Beach – Bullimah Beach – Gerrin Point – Maitland Bay – Bouddi Point – Little Beach – MacMasters Beach – Allagai Bay – Copacabana – bus – Gosford A very scenic strenuous walk in Bouddi NP, 07.51 Wyong interurban train ex Central Train Station. <b>Grade:</b> M332 (medium) 19 km 500m <span style="float: right;"><b>Leader:</b> Wilf Hilder 9587 8912 (h/w)</span>
31 July – 1 August	
30 July 1 August	<b>Morton National Park – The Castle</b> <span style="float: right;">Map: Corang</span> Kalianna Ridge – Castle – Mt. Cole – cave camp via Monolith Valley, Natural Arch and the Green Room. Return via Castle Saddle and Kalianna Ridge. Some exposure climbing Castle. <b>Grade:</b> M223E (medium) <span style="float: right;"><b>Leader:</b> Tony Manes (h) 9520 0266. info@sbw.org.au&gt;</span>
Saturday 31 July	<b>Blue Mountains NP</b> <span style="float: right;">Maps: Katoomba, Mt. Wilson</span> Mt. Hay firetrail – Lockley Pylon – Blue Gum Forest – option of lunch at Blue Gum or 600 m climb to Perrys – then return to cars via Lockley Pylon. Great views. 620m up/down(optional extra 590m up/down) <b>Grade:</b> L331 (medium/hard) 30km <span style="float: right;"><b>Leader:</b> Tony Crichton (h) 98727195</span>
Sunday 1 August	<b>Blue Mountains NP</b> <span style="float: right;">Maps: Jenolan, Hampton</span> Black Range ( JN 311588) – Beef Steak Creek ( JN 319598 ) – Little River Junction – NNW then N to JN332615, fire trail ( short) to HN317631 – Gibraltar Rocks Traverse to HN353629 – W and SW to Alum Creek at HN 343621 – Alum Creek/Little River Jcn Ridge to Black Range at JN346586 – BR Pluviometer. Explore the side ridges off the Black Range, ascend and traverse Gibraltar Rocks on the edge of the escarpment of the Mini Mini Range. Have lunch looking at the Wild Dog Mountains and the Gangerang Range. Only 2k firetrail A long and energetic day. Good training if you do the six foot track in a day 3 weeks later. Hampton Pub to revive Est Walking Time exc breaks 9 hrs Fitness high Ascents 2x450m=900m <b>Grade:</b> L333 (hard). <b>Leader:</b> Ron Watters 9419 2507 (m) 0419617491 wattersr@bigpond.net.au
Thursday	
Thursday 5 August	<b>Blue Mountains NP</b> <span style="float: right;">Map: Katoomba</span> Bullaburra – Bruces Walk – Claire Glen – Podgers Glen – Wilsons Rest – Burgess Glen – Blue Mountain Creek – Millers Lookout – Skarrats Track – Lees View – Ashcroft Ravine – Frankis Glen – Forrest Lookout – Wentworth Falls Lake – Wentworth Falls. A strenuous day's exercise in a seldom seen part of the Blue Mountains, 07.30 Mt. Victoria Interurban train ex Central Train Station <b>Grade:</b> M332 (medium) 13 km – 600m <span style="float: right;"><b>Leader:</b> Wilf Hilder 9587 8912 (h/w)</span>

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

7 – 8 August	
7 – 8 August Q	<b>Wollemi NP</b> Map: Rock Hill Newnes Plateau – Deep Pass – Dinner Creek – Natural Bridge – Mt Cameron – Walkabout Pass – Nayook Creek – Koori Pass – Rock Hill – Railmotor Ridge – Mt. Norris – Stone Man Pass – Deep Pass. Hunting elusive passes in Major Clews country. Half off track – gaiters and gloves. <b>Grade:</b> M232 (medium) 28 km 1000m <b>Leader:</b> Wilf Hilder 9587 8912 (h/w)
7 – 8 August	<b>Blue Mountains NP</b> Maps: Katoomba, Mount Wilson Mount Banks – Explorers Brook – Mt Caley – Zobels Gully – camp at the bottom – follow the Grose to Byles Pass, picking out remaining sections of the Engineers Track. This section of the Grose Valley will be slow, scratchy and blackened from the 2002-3 fires.(sounds like fun?) – Shaws Gully and onto Mt Hay via Boorong Crags. Ring early to arrange transport. Meeting place to be decided. Parts will be exploratory and hard. Great views of the Grose, including Andy Macqueen's "one of the best views of the Grose Valley" and the descent of Zobels Gully and the ascent of Byles Pass and more. A Great walk with history oozing out of the cliffines. <b>Grade:</b> M333 (medium) 20 km. <b>Leader:</b> Jim Percy 4758 6009
Saturday 7 August	<b>Blue Mountains NP</b> Glenbrook Railway station – Blue Pool – Glenbrook Gorge – Nepean River – Lapstone Railway Station – Lapstone streets – then to Williams Lookout to look down into the Gorge – Glenbrook Railway station. Then to a decadent afternoon coffee and cakes in Glenbrook.. Mixture of track and easy rockhopping. Great views (and swimming for the very brave). <b>Grade:</b> S111 (easy/easy medium) 10km <b>Leader:</b> Maurice Smith (h) 9587 6325(m) 0414 538 475 mauricethewalker@ihug.com.au
Sunday 8 August	<b>Blue Mountains NP</b> Map: Jenolan Carlons Farm – Blackhorse Ridge – Knights Deck, lunch – Coxs River – Ironmonger Spur – Carlons Farm. Two big climbs. Classic walk and great preparation for Six Foot Track on 24th August and Kanangra to Katoomba on 4th September <b>Grade:</b> L332 (medium/hard) 20 km 1080m up/down <b>Leader:</b> Tony Crichton (h) 98727195
14 – 15 August	
14 – 15 August	<b>Blue Mountains/Kanangra Boyd NP</b> Maps: Jenolan, Kanangra, Bimlow, Jamison Carlons Farm – Blackhorse Ridge – Medlow Gap – White Dog Ridge – Coxs River – Bungaloooloo Ridge – Wonga Mtn – Ti Willa Creek (camp) – Kowmung River to New Yards Bend – Wonga Wonga Ridge – Wonga Mtn – Mt Koorain – Oak Terrace – Morriberri Spur – Coxs River – White Dog Ridge fire trail to Carlons Farm The 'best' campsite in the Kanangra region, possible wet feet down Kowmung River and the second day will probably finish after dark. Rarely visited terrain <b>Grade:</b> L333 (hard) 1x400m, 1x500m, 1x450m, 1x550m <b>Leader:</b> John Bradnam 9953 2281 webmaster@sbw.org.au
14 – 15 August	<b>Coolana Training Weekend</b> Practical training in navigation, first aid and bushcraft This weekend is ideal for New Members. It offers a pleasant social weekend at Coolana in the beautiful Kangaroo Valley. The weekend provides an 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 finish about 4pm on Sunday. Transport assistance is available. <b>Leader:</b> Bill Holland 9484 6636 0418 210 290 billholl@hotmail.net.au Patrick James 9567 9998
Saturday 14 August Q	<b>Blue Mountains NP</b> Maps: Jenolan, Jamison Carlons Farm – Ironpot – Ironmonger – Blue Dog – Knights Deck – Black Horse Mt – Mt Mouin (amazing views) – Medlow Gap (firetrail) – Carlons Farm. A solid day with the 'dog of a dog', good training for 6' and K2K. Great circuit with fab views. <b>Grade:</b> L332 (hard) <b>Leader:</b> Caro Ryan 0412 304 071 justshootme@ozemail.com.au

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

Sunday 15 August	<b>Wildflower Walk</b> Wisemans Ferry and along the historical Old North Road and along ridge for lunch. Return via old disused Surveyors Track. <b>Grade:</b> M111 (easy) 12 km <b>Leader:</b> Bill Holland 9484 6636 0418 210290 billholl@hotmail.net.au
Sunday 15 August	<b>Muogamarra Nature Reserve</b> <span style="float: right;"><b>Maps:</b> Cowan</span> Park HQ – Point Loop – Deerubbun Lookout – cliffs above Hawkesbury River – Lloyd's Trig – Park HQ. 2 km off-track. A short walk with spectacular cliff-top views of Hawkesbury River. Steep sections <b>Grade:</b> M222 (easy/medium) 10 km. <b>Leader:</b> Nigel Weaver 9660.7672 (evenings or weekends)
<b>Tuesday</b>	
Tuesday 17 August	<b>Mid-week Walking – Kuring -Gai NP</b> Wahroonga to Mt Ku-Ring-Gai. Grosvenor track and Gibberong Walk to Bobbin Head. After lunch we exit either to Mt Ku-Ring-Gai station or for the enthusiastic Berowra station <b>Grade</b> S111 (easy) 10km: <b>Leader:</b> Bill Holland 9484 6636 (m) 0418 210290 billholl@hotmail.net.au
<b>21 – 22 August</b>	
21 – 22 August Q	<b>Wollemi NP</b> <span style="float: right;"><b>Maps:</b> Colo Heights, Bob Bucks, Colo</span> Putty Road – Grassy Hill – Canoe Creek – Colo River – Townsends Survey – Track (relics) – Perkins Cave – Pinchgut Creek – Currawong Creek – Alidade Hill – Grassy Hill. Magnificent Colo scenery, mostly off track, bring gaiters and gloves. <b>Grade:</b> M223E (medium) 23 km about 400m <b>Leader:</b> Wilf Hilder 9587 8912 (h & w)
Saturday August 21 2004	<b>Six Foot Track In A Day:</b> Katoomba to Jenolan Caves <span style="float: right;"><b>Maps:</b> Katoomba, Hampton, Jenolan</span> Walk it all or part walk and part support, there are three opportunities to leave the walkers and join the supporters. Some people team walk, with a person walking one section while the other drives. An SBW tradition for a fit and social group of friends. Helpers are very welcome and in fact essential to the success of the day. Good preparation for the K to K on September 4. Meet 6am at Explorers Tree for 6.30am start. Accommodation at Hampton Hotel Motel.(max 50 people) price inclusive of accommodation, pre dinner cheese and nibbles, 3 course meal and buffet breakfast is \$125.00 for the motel rooms and \$120 for the bunkhouse. Walkers please contact Mark as soon as possible. Anyone that can help with support please contact Andrew. <b>Grade:</b> S-X331 (easy/medium/hard) 10km - 45 km <b>Leader:</b> walkers – Mark Patteson (h)9798 5693 (w)9578 1527 mpatteson@qantas.com.au <b>Leader:</b> support – Andrew Vilder 47591665 (h) 0417 239 205
Sunday August 22	<b>Royal NP</b> <span style="float: right;"><b>Maps:</b> RNP Tourist</span> Heathcote – Uloomla Falls – Robinsons Knoll – Head of navigation – Engadine 8.21 am (S) Waterfall train from Central. <b>Grade:</b> M211 (easy) 13 km. <b>Leader:</b> Jim Callaway (h) 9520 7081
<b>Thursday</b>	
Thursday 26 August	<b>Marie Byles Walk –(Patonga to Newcastle) – Stage 3</b> <span style="float: right;"><b>Map:</b> Gosford</span> Gosford – bus – Copacabana – Captain Cook Park – Tudibaring Head – Winney Bay – Avoca Beach – North Avoca – The Skillion – Terrigal Haven and Beach – Wamberal Lagoon Nature Reserve – Spoon Bay – Forresters Beach – bus – Gosford. Very scenic coastal walk with long scenic bus trips, 07.51 Wyong interurban train ex Central Train Station. <b>Grade:</b> M222 (medium) 14 km 400m <b>Leader:</b> Wilf Hilder 9587 8912 (h/w)
<b>28 – 29 August</b>	
28 – 29 August	<b>Coolana – Maintenance And Bush Regeneration</b> It's a wonderful property but needs some gentle care and maintenance. Join us for a pleasant weekend of light work and socialising around the evening campfire. Wine and cheese. Family and friends welcome. Don Finch 0418 417 593

# THE SYDNEY BUSH WALKERS INC – Winter 2004 Program

Saturday 28 August	<b>Blue Mountains NP</b> Map: Katoomba, Mt. Wilson Govett's Leap – Junction Rock – Blue Gum Forest – Grose River – Victoria Creek – Victoria Falls and Lookout. All on tracks. Great scenery. Total ascent > 600m. Plus lots of undulations. Car shuffle at start. If Govetts – Junction Rock is still closed we will go via Perry's. <b>Grade:</b> M231 (medium) 18km <b>Leader:</b> Chris Dowling 6331 5441
Saturday 28 August	<b>Blue Mountains NP</b> Maps: Jenolan, Hampton Carlons – Ironpot Mountain – Ironmonger – Coss River – Flaggi Clear – Six Foot Track – Megalong Rd. <b>Grade:</b> L222 (medium) 25Km <b>Leader:</b> Frank Grennan (h) 99079677
Saturday 28 August	<b>Marramarra NP</b> Map: Gunderman Aboriginal art site walk no. 8. Gentlemans Halt – Canoelands Rd – Paddys Bight – Hawkesbury River disused road – Gentlemans Halt – return via Pylons firetrail. Mostly track & firetrail & some cross country, Aboriginal drawing site, views and settlement history. <b>Grade:</b> L332 (medium) 25 km <b>Leader:</b> Zol Bodlay (h) 9639 4606
Sunday 29 August	<b>Brisbane Water NP</b> Maps: Gosford, Gunderman, Cowan Wondabyne – Pindar Ridge – Cogra Point – water taxi to Brooklyn. 14 km, half off-track. Great clifftop views of Hawkesbury River and Mullet Creek. Gaiters and gloves would be useful. <b>Grade:</b> M223 (medium) <b>Leader:</b> Nigel Weaver 9660 7672 (evenings or weekends)
Sunday 29 August	<b>Blue Mountains National Park</b> Maps: Springwood Glenbrook Station – Blue Pool – Glenbrook Creek – Nepean River – Tunnel View – Glenbrook. Walk along Glenbrook Creek through the beautiful gorge; scramble up from the Nepean and climb a tree and rocks to lookout; walk through forest and wildflowers; then, afternoon tea at Glenbrook. <b>Grade:</b> M223 (medium) <b>Leader:</b> Maureen Carter 9773 4637
Sunday 29 August	<b>Morton NP</b> Map: Caoura Badgerys Lookout – Shoalhaven River – Sparkes Buttress – Tryers Creek 328462 – Rainbow Saddle – Rainbow Ridge – Shoalhaven River – Badgerys Lookout 3 x 500 metres ascents steep. Fine views of Shoalhaven Gorge, scenic knife-edge ridges, delightful river flats. Some exposure on Rainbow ridge. 50% off track, scrubby but not thick. Est walking time exc breaks 8.5 hrs Fitness, high. New members demonstrating required fitness level and walking experience appropriate to the conditions welcome. <b>Grade:</b> M333E (medium) <b>Leader:</b> Ron Watters (h) 9419 2507 (m) 0419617491 wattersr@bigpond.net.au
<b>Spring Program</b>	
Saturday Sept 4	<b>Kanangra To Katoomba In A Day</b> Maps: Kanangra, Jenolan, Jamison Annual SBW classic. Camp at Unirover Friday night early. Dinner and accommodation at Grandview Hotel Saturday night. Expressions of interest early please for fit walkers and helpers. Please ring early so I can book accommodation. <b>Grade:</b> X332 (hard) 43 km Huge ups and downs <b>Leader:</b> Tony Crichton (h) 9872 7195

Should members have reason to make a claim on the Confederation personal accident insurance policy, they should contact Fred Grima Marsh Pty Ltd 85 George St Parramatta 2150 Ph. 9761 7328.

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.

**Thank you to all those who contribute to this program ♥**

## Winter 2004 Social Program

### June

- |        |             |   |
|--------|-------------|---|
| Wed 2  | 7pm         | <b>Committee Meeting</b> – Committee members and observers welcome.   |
| Wed 2  | 8pm         | <b>Introduction to Sydney Bush Walkers</b> - 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 16 | 8pm         | <b>Slide Night – Canada &amp; USA</b><br>Mark Dabbs ventured into North America last year on a great trip that included walking Mt Logan (20,000 feet), Vancouver Island and the Chilkoot Trail in Alaska, along with a canoe trip around the breathtaking Queen Charlotte Islands. He even managed to squeeze in a spot of skiing in Yosemite. Come along to see if you can spot a polar bear or mountain lion!  |
| Wed 16 | 8pm         | <b>Introduction to Sydney Bush Walkers</b> - Can't make it to the main intro night on the 1 <sup>st</sup> Wed of each month? Well, tonight is another opportunity to meet the team, hear about the Sydney Bush Walkers and join our growing club.   |
| Wed 30 | from 6.30pm | <b>Mid-Winter Feast</b><br>Bring a plate of food to share. Let's have good food to celebrate the colder months of the year. Heating and limited cooking facilities at the Club rooms. Prizes for the most unusual and most delicious dish. Enjoy hot gluhwein and cheese (fondue). Come in your winter walking gear and bring along your cold winter walk photos, slides or a CD to be projected on the Club's computer projector. Club will supply wine, soft drinks and coffee. |

### July

- |        |     |  |
|--------|-----|--|
| Wed 7  | 7pm | <b>Committee Meeting</b> – Committee members and observers welcome.  |
| Wed 7  | 8pm | <b>Introduction to Sydney Bush Walkers</b> - 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 14 | 8pm | <b>Walks Grading Forum</b><br>The committee wants your feedback about the new Walks Grading introduced for the Winter program. Come and tell us how it can be made better. All leaders, full members and prospective members very welcome. So come along and get involved in making the new walks grading system really work.  |
| Wed 21 | 8pm | <b>Pack n' Eat</b><br>Due to popular demand we have planned another 'How to Pack' demonstration ('cause we ran out of time in April!) along with a 'What to eat/How to cook in the bush' night. This night is specifically aimed at new members and prospectives, however we'd love members to come along too and share any tips, cook up a storm with us and enjoy some good tucker. Please contact Caro to volunteer to demo / cook / supply recipes. <a href="mailto:social@sbw.org.au">social@sbw.org.au</a> or 9909 1076. |
| Wed 21 | 8pm | <b>Introduction to Sydney Bush Walkers</b> - Can't make it to the main intro night on the 1 <sup>st</sup> Wed of each month? Well, tonight is another opportunity to meet the team, hear about the Sydney Bush Walkers and join our growing club.  |

### August

- |        |     |  |
|--------|-----|--|
| Wed 4  | 7pm | <b>Committee Meeting</b> – Committee members and observers welcome.  |
| Wed 4  | 8pm | <b>Introduction to Sydney Bush Walkers</b> - 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 18 | 8pm | <b>Games Night at the clubrooms</b><br>OK, so winter's a great time to rug up and have a good ol' game of 500 or Canasta, Trivial Pursuit, Pictionary or Jenga. So come along (BYO games very important... as the club doesn't own any!!) teams for 500 can be arranged on the night. The club will supply wine, hot drinks and chocolate! |
| Wed 18 | 8pm | <b>Introduction to Sydney Bush Walkers</b> - Can't make it to the main intro night on the 1 <sup>st</sup> Wed of each month? Well, tonight is another opportunity to meet the team, hear about the Sydney Bush Walkers and join our growing club.  |