SPRING

2004

SYDNEY BUSH WALKERS INC

E SUSH WALES

P.O. Box 431 Milsons Point NSW 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 Summer program is Friday, 15 October 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 walks 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 to 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

Ascents (and descents) Terrain Exposure (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

Fitness

Distance

under 10 km per day

M – Medium 10 - 19 km per day 20 - 30 km per dayL - Long

X – Extra Long more than 30km per day

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 regroups (wait for walkers) with morning tea, lunch and afternoon tea breaks and stops to take in any views

strenuous, fit walkers only - stand up regroups, short breaks for morning and afternoon tea

and lunch

A - Ascent 1 flat to undulating

3

undulating with one or two 200m to 300m climbs 2

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

www.npws.nsw.gov.au/news/firenews

Rural Fire Service (Fire Bans Recorded Info)

9898 1356

www.bushfire.nsw.gov.au

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 again on trial for the spring program.

ADVANCE NOTICES

	ADVANCE	- v. · · · · · · · · · · · · · · · · · ·	
26/12/2004 to 1/1/2005	Victoria - Alpine National Park. Maps: Vicmap 1:50,000 Howitt - Selwyn & Dargo High Plains - Cobungra. More meanderings around the Victorian Alps, this time between the Howitt and Bogong regions. Majestic mountains, wild rivers and alpine high plains. Mt St Bernard - Mt Murray - Wongungarra R - Blue Rag Range - Dargo High Plains.		
	Leader: Kenn Clacher (h & w) 9954 97 Limits SS AREAS: 8 persons TONAL PARK AREAS: 20 persons	DEADLINES FOR FUTURE PROGRAMS: Summer 2004 – 15 Oct 2004 (Dec / Jan / Feb)	
Thursday 2 Sept	Black Muscat Park - Chipping Norton Riv Liverpool Station - Discovery Park - Geor The scenic middle of the Georges River	Map: Street Directory ver - Agnes Healey Beach - Kelly K's Homestead - erside Park - Chauvel Park - Lake Moore Wetlands - ges River - Great Kai'mia Way - Casula Train Station. al Train Station to Campbelltown vis Granville Leader: Wilf Hilder – 9587 8912 (h &w)	
4 – 5 Sept		Map: Wollangambe verse – Wollangambe Crater, possible camp in cave – ter – Wollangambe River – Newnes Junction – Bell, Leader: Allan Wells 47877385	
Saturday Sept 4			
Sunday Sept 5	Parramatta Dam River Cat to Parramatta. An easy walk sui chance to meet and socialise with other cla Grade: Easy	table for New Members doing their first walk. Great ub members and talk about future walks. Leader: Patrick James (h) 9567 9998	
Sunday Sept 5	Heathcote NP Engadine - Woronora River - Woronora T Grade: L222 (medium 20 km)	Map: RNP Tourist rig Waterfall. 7.21 am (S) Waterfall train from Central Leader: Jim Callaway (h) 9520 7081	
Mon – Wed 6 – 8 Sept	week walkers he has allocated 3 days. Thi continue up the Grose, picking out remain	with Jim Percy. Normally a 2 day walk but for our mids means an easier pace. Starting at Mount Hay Jim will ing sections of the Engineers Track. Great views of the f the best views of the Grose Valley" and the descent of Leader: Jim Percy 4758-6009	
11 – 12 Sept Q	Great North Walk (Stages 6 & 7) Deferr Paxton - Congewai Valley Trackhead - Fl The Bar Lookout. Climb the GNW'S high	at Rock Lookout - Watagan Creek - Mt. Warrawolong - est mountain 642m above the surf - vehicle shuffle o have completed two overnight trips (including training	

11 – 13	Divo Mountaine ND
	Blue Mountains NP Map: Kanangra
Sept	Kanangra Road, Mt Paralyser, Whalania Deep, Kanangra Creek, Mt Bullagowar, Mt Guouogang,
	Kanangra Road. Mostly off track and rough. A really interesting walk visiting two of the 'three
	peaks' but starting from the top (only one climb! 1000m). The highlight of this walk is a rest day
	on Sunday in a delightful campsite near Whalania Creek junction.
	Grade: L233 (medium 20 km)
	Leader: Richard Thompson (h) 9144 1392 (7-9pm) richard@RichardThompson.id.au
	Note: This is a combined 3-day walk with N.P.A. & includes Monday.
Saturday	Blue Labyrinth Map: Penrith
11 Sept	The Oaks - Woodford Range - Wheel Gully - Kanuka Brook - Red Hands Ridge. Some off track.
Q	Beautiful pools. Party limit.
	Grade: M212 (easy / medium 14 km) Leader: Tony Holgate (h) 9411 5517 (m) 0415 802 108
	J = 5 = 1 (-1) = 1 = 1 = 1 = 1 = 1 = 1 = 1 = 1 = 1 =
Saturday	See Club Magazine For Details Map: To Be Announced
11 Sept	An easy walk suitable for New Members doing their first walk. Great chance to meet and socialise
•	with other club members and talk about future walks.
	Grade: Easy Leader: Patrick James (h) 9567 9998
	25 autor various (ii) 5507 5550
Sunday	Royal National Park Map: RNP Tourist
12 Sept	Otford to Bundeena. Beautiful coastal views - all on track. Easy rail access to start and finish of
	walk. Relaxing ferry ride at end of walk. Best time of the year to do this walk. Suitable for fit
	prospective members wanting something a little more challenging.
	lan a mara a di cara la Hilla
	Grade: L221 (medium 24 km) 200m ↓ & ↑ Leader: Kathy Gero 9130 7263
Wednesday	Bicycle Ride from Robyn's Farm – Bathurst Area
To	Some mid-week bicycle riding and a very social get-together before the weekend. Bicycle rides
Friday	shown below. We arrive at Robyn's farm on Tues evening but you can arrive later if you wish.
15 – 17	Bicycle riding starts on Wednesday morning for as long and as difficult (or easy) as you wish.
September	Non-bicycle riders are welcome as well perhaps providing car support.
Soptemoor	Leader: Fran or Bill Holland (h) 9484 6636 billholland@bigpond.com
	Deader: I fait of Diff Horiand (ii) 9484 0030 binnonand(b)gpond.com
	3 18 – 19 Sept
18 – 19	Blue Mountains, Kanangra Boyd NP Maps: Katoomba, Jenolan, Kanangra
Sept	Three Peaks Walk - Katoomba Station to Katoomba Station taking in Mt Cloudmaker, Mt
Борг	Paralyser and Mt Guouogang in 48 hrs. Route yet to be decided.
	Ascents: 5000m+ Distance: 80-90 km
	Party limit (6) - First right of refusal to those who made the attempt last year and didn't complete it
	in 48hrs. Must have a proven record of completing hard walks.
	Grade: X333 (hard+) Leader: John Bradnam 9953-2281 or webmaster@sbw.org.au
18 – 19	Morton NP – Budawangs Map: Corang
Sept	Morton NP – Budawangs Map: Corang Kalianna Ridge - The Castle - Cooyoyo Creek - Seven Gods Pinnacles - Mt Cole - Kalianna
Sopt	
	Ridge. A weekend surrounded by spectacular rock formations with views to the ocean. Plenty of
	hill climbing, rock scrambling and serious exposure.
	Grade: M233E (medium / hard 24 km) 750m ↓ & ↑ Leader: Maureen Carter (h) 9773 4637
18 – 19	Discola Di I. C. D. I. D. D. I. D. D. C.
1	Bicycle Ride from Robyn's Farm – Bathurst Area
Sept	A weekend for those wanting either easy to medium bicycle rides. 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
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	continues to mid afternoon on Sunday when we finish with a barbecue. Non-bicycle riders are
	continues to mid afternoon on Sunday when we finish with a barbecue. Non-bicycle riders are welcome as well perhaps providing car support. Leader: Fran or Bill Holland (h) 9484 6636 billholland@bigpond.com

Thursday 23 Sept	Eastern Suburbs (Semi) Circular Quay - Ferry - Double Bay Wharf - Lough Park - Cooper Park - Waverley Park - Tamarama Park (Fletchers Glen) - Nelson Bay - Bronte Park - Waverley Cemetery - Clovelly Bay - Gordons Bay - Coogee Bay - Honeycombe Bay - Lurline Bay - Mistral Point - Maroubra Bay - Pioneers Park - Malabar - bus to City. An historical crossing of the Eastern Suburbs; rub shoulders with the tombstones of the rich and famous in Waverley Cemetery. Grade: M211 (17 km) Ferry 07:50 (Semi) Circular Quay to Watsons Bay. Leader: Wilf Hilder (h & w) 9587 8912
	4 25 – 26 Sept
25 – 26	Coolana – Maintenance And Bush Regeneration
September	It's a wonderful property but needs some gentle care and maintenance. The weeds start growing in Spring 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. Leader: Bill Holland (h) 9484 6366: billholland@bigpond.com
25 – 26	Wollemi NP - Colo Wilderness Maps: Six Brothers, Colo
Sept	Grassy Hill firetrail - ridges - Bob Bucks pass 9 - Colo River - camp - down Colo River 5 km - unnamed creek - Grass Hill fire trail. Ridge walking and down a steep rocky pass to a great campsite. The next day it's down a river, so wet feet, then up a creek and a climb out to the cars. Grade: S233E (hard 19 km) Leader: Peter Love (h) 9948 6238 (m) 0414 920 292
25 – 26	MORTON NP - Mt. Talaterang Maps: Milton & Tianjara
Sept Q	Mt. Bushwalker - Ngaityung Falls - Gadara Point - Pallin Pass - Mt. Talaterang - Talaterang Creek & return same way. Hopefully the orchids will be out and the sunset spectacular. Camp in an overhang, overlooking the Clyde River and Byangee Walls with views over Pigeonhouse Mountain and the Castle. Some rock scrambling with only 100m of HAKEA for those in need of some pain. All on rough tracks and rock platforms. Party Limit. Email: tony.manes@ap.dynonobel.com Grade: M222 (medium 18 km) 400m \&\dagger Leader: Tony Manes (h) 9520 0266 (w) 9968 9506
Saturday	Blue Mountains NP Maps: Katoomba, Jamison
25 Sept	Circumnavigation of Jamison Valley Wentworth Falls - Kings Tableland - Kedumba River - The Col - Mt Solitary - Ruined Castle Track - Federal Pass - Lindemans Pass - Roberts Pass - Wentworth Pass - Slacks Stairs - Wentworth Falls. A development of the semi-circumnavigation done in Winter. Possibility of short bush-bashing bit. Unless Mt Solitary gets some decent rain, will need water for the whole day. Expect this walk to be somewhere between 6ft track and K2K for overall strenuosity. Grade: X332 (hard, ~40 km but it will feel like more, ~1800 m ascent) Leader: Ian Thorpe, (h) 9922 4742 (m) 0402 913 302
Saturday 25 Sept	North Shore - Gordon to Narrabeen Maps: Parramatta, Hornsby, Mona Vale Meet Gordon Station 8.30 am - Bungaroo Track - Middle Harbour Creek - Cascades - Bare Creek Track - Heath Track - Belrose - Deep Creek - Elanora Heights - Narrabeen Lagoon & beach for buses. Finish 5.00 pm. Get to know your city - be surprised at the extent of attractive bush, with scenic lookouts, all within urban surroundings. The perfect preparatory walk for a Q walk! Grade: M211 (easy / medium 19 km). Leader: Richard Darke (h) 9960-6384 or (m) 0402 413 299

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Sunday 26 Sept Q	Blue Mountains NP Carlons Farm - Black Horse Ridge - Mt Mouin - ridge to Glen Medlow / Breakfast Creek Junction - Breakfast Creek - Lyrebird Ridge - Lyrebird Point - Carlons Farm. Great views from Mouin summit, see a different part of Breakfast Creek, rockhopping and waterfall. Interesting exit with views from top. Off track walking. Estimated walking time 9 hours excluding breaks. Ascents 2 x 450 m, 1 x 300 m Fitness - Good level required. Expressions of interest from prospective members with recent relevant experience welcome. Grade: M333 (hard 20 km) Leader: Ron Watters (h) 9419 2507 (m) 0419 617 49 wattersr@bigpond.net.au
Tuesday 28 Sept	Mid Week - Beach Walk Bondi - Tamarama - Bronte - Coogee and further south. A coastal walk with possible ice cream stops and swimming in bracing ocean on-shore currents. 10 am start at Bondi. Please phone leader Grade: Easy Leader: Bill Holland (h) 9484 6636 billholland@bigpond.com
	5 Long Weekend 2 - 3 - 4 Oct
1 – 4 Oct	Morton NP Map: Sassafras Blaydon's Pass- Boolijah Creek - Danjerra Plateau - Crawford Falls - Discovery Cave -
+Friday Q	Bundundah Creek - The Passages of Time. A fantastic walk, beautiful views, great cliff-lines, gorgeous creeks, the orchids should be in flower, spectacular rock sculptures. Two nights in a stunning camp cave. Plenty of time to explore the Passages of Time. Some scrambling and off track walking. Party limit. Grade: M223 (Medium 30 km) Leader: Tony Holgate 9411 5517 (h) 0415 802 108 (m)
2 – 4 October	Central Volcanic Ranges-Series 1 – Mt Canobolas SRA Saturday: Mountain Tea House - Fern Gully Trail - Mt Canobolas Summit - Federal Falls and option to do Hopetoun Falls - Nature Circuit Track - Young Man Canobolas - Mt Towac - Mountain Tea House. Grade: L221 (23 km). Sunday: A scenic and leisurely day touring the Orange district wineries. Classic cool climate wines thrive in the rich volcanic soil. Leaders will organise a shuttle bus and driver for the day at a very reasonable rate for the group, (limit of 12 people). A great way to experience the wine and food of the area. Grade: Depends on consumption rates. Monday: An optional half, day walk may be arranged. This is the first in a series of walks in the Central Volcanic Ranges of NSW. Spectacular views and abundant bird life make this a good starting point in the series. Leaders: Mark Patteson (h) 9798 5693 (w) 9578 1527 mpatteson@qantas.com.au. Richard Darke (h) 9960 6384 (m) 0402 413 299
2 – 4 October Q	Morton NP - Ettrema Wilderness Day 1 - Tullyangela Clearing, Howards Pass, Ettrema Creek, Day 2 − explore side creeks, Day 3 − Rack Creek, Felon Hill, Judgement Hill, Touga Road. With a car shuffle. A weekend of rock hopping, wonderful (swimming) pools, spectacular creeks and gorges. Several places reserved for prospective members with recent relevant experience. With a strict limit. Grade: M333 (25 km, 700m ↓&↑). Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Thursday 7 Oct	Marie Byles Walk (Patonga To Newcastle) Stage 4 Gosford Train Station - Forresters Beach - Wyrrabalong NP and Lookout - Cromarty Hill - Crackneck Point and Lookout - Bateau Bay - Blue Lagoon - Shelley Beach - Toowoon (Chinamans) Bay - Blue Bay - Karagi Point - Pelican Wharf - The Entrance - Bus to Gosford. Two long scenic bus trips on this great coastal scenery walk. Grade: M211 (12 km) 130 m ↓&↑ Interurban Train 07:51 Central Train Station to Wyong Leader: Wilf Hilder (h & w) 9587 8912 Thursday.

	6 9-10 Oct
9 – 23	Great South West Walk (Victoria) Maps: Ask Leader
Oct	The Great South West Walk is situated in the southwest part of Victoria. The walk starts and
<u> </u>	finishes at Portland and passes through forests and heathland, along riversides and windswept coastal cliffs and beaches. Attractions include, magnificent coastal scenery contrasting with serene
	Glenelg River. 10 to 12 days of walking with a food drop at the halfway point. Participants can
	join or leave the walk at the halfway point at Nelson.
	Grade: L221 (medium) Leader: Paul McCann 6772 6156 evenings
9 – 10	THE NATTAI VALLEY / COOLANA TRAINING EXPERIENCE NO. 2.
Oct	Map: Mittagong 1:25000 Two day, specially designed program for prospective members as preparation for overnight
	walking led by sympathetic leadership team, to be advised.
	Saturday: Nattai Valley Walk, finishing with overnight camp at Coolana.
	Experience carrying a full weekend pack on and off track. Learn what the terms "easy" and
:	"medium" mean in practice". See Box Vale railway tunnel, vistas from Box Vale lookout. Walk
	the historic incline, the Natural Arch, beautiful riverside scenery. After lunch on the Nattai choose
	the easy or medium option back to rejoin the others for drive to Coolana and happy hour.
	Sunday: Interactive instructional activities at Coolana.
	Act now, contact the coordinator, Ron Watters, to ensure your place and receive your walker's kit. Contact: Ron Watters, at wattersr@bigpond.net.au or (h) 9419 2507, (m) 0419 617 491.
	Contact. Non Watters, at Watterstay, organical or (ii) 9419 2507, (iii) 0419 017 491.
9 – 10	Kanangra Boyd NP Maps: Kanangra, Yerranderie
Oct	Uni Rover Trail, Mt Goondel, Mt Misery, Mt Hopeless, Doris Creek, Side trip to Funnel Web
	Falls, Kowmung River, Mt Doris, Mt Ibbai, Mt Despond, Despond Ridge, Mt Misery, Mt
	Goondel, Uni Rover Trail. With names like Despond, Misery and Hopeless, this is an area begging
	to be checked out. Come explore Doris Creek and the beautiful Doris Falls. Great campsite on the Kowmung River. Expect some navigation challenges & wet feet, mostly off track. Ascents: 800 m.
	Grade: M323 (medium/exp 22 km) Leader: John Bradnam 9953 2281 or webmaster@sbw.org.au
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9 – 10	Great North Walk (Stages 8 & 9) Deferred Maps: Dooralong, Morisset
Oct	Olney State Forest - The Bar Lookout - Sow and Pigs Ridge - Piglet Point - Lyrebird Track - Rock
Q	Lily Track - The Basin - Kingtree Ridge - Cedar Brush Trackhead - Yarramalong. Watagans
	rainforest at its best - vehicle shuffle and stoves required. Prospectives will need to have completed two overnight trips (including training week-end).
	Grade: M221 (30 km) 240 m \downarrow & \uparrow Leader: Wilf Hilder 9587 891
:	Deader, Will Index 9307 091
9 – 11	Blue Mountains NP Map: Yerranderie
Oct.	Kanangra Walls, Kowmung River via Cambage Spire, Colboyd Range, Kanangra Walls. Two
	very scenic routes to Kowmung River and a day spent (without packs) in Church Creek area. Two
	rock scrambles, one going down and the other coming up. Mostly on tracks but rough.
	Grade: L233 (medium 20 km) 800 m \downarrow &↑
	Leader: Richard Thompson (h) 9144 1392 (7-9pm) richard@RichardThompson.id.au Note: This is a combined 3-day walk with N.P.A.
	Note. This is a comonicu 5-day walk with IV.F.A.
Saturday	Blue Mountains NP Map: Mt. Wilson
9 Oct	This is my third walk in celebration of George Caley reaching Mt Banks in Nov 1804.
	Mt Banks Car Park to Banks Ridge along the ridge to descend to King George Brook, explore
	along the brook to the junction with Explorers Brook and ascend this ridge to return along Banks
	Ridge. Note, part may well be exploratory. Meet Mt Banks car park 8:30 am. Hard scramble 160 m down and 170 m up, but great views of Mounts Banks, Hay, Bell, Tomah, Strzelecki, Caley and
	that's just the close ones.
	Grade: M222 (medium 14 km) Leader: Jim Percy (h) 4758 6009
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Sunday	Nattai NP Map: No Time To Look At One
10 Oct	Starlight's Trail - Nattai River - Mittagong Grade: (Hard) X223 or X323 if one brings lunch or X213 if you forget Starlight's Track Leader: Ken Smith (h) 9808 4021
Tuesday 12 Oct	Bicycle ride near Wollongong Route to be determined but limited beach side and lake-side bicycle paths. Distance depends on the group fitness, the weather and number of coffee stops Leader: Bill Holland (h) 9484 6366 billholland@bigpond.com
	7 16 = 17 Oct
16 – 17 Oct	Starlight's Trail - Nattai NP Hilltop - Starlight's Trail - Nattai River - Belloon Pass - and return
Q	This walk has been designed give new members guidance in weekend walking and a chance to complete an overnight Qualifying walk. First time weekend walkers with a reasonable level of fitness welcome.
	Grade: Medium Leader: Bill Holland (h) 9484 6366 billholland@bigpond.com
16 – 17	Morton NP Maps: Touga
Oct Q	A walk with lots of variety, broad ridges, rock hopping in creek beds, climbs, and a lovely campsite. Touga Road, Tims Gully, Specimen Hill, Little Horseshoe Bend on the Shoalhaven River (camp), Tims Gully, Touga Creek, Little Oaky Creek, Touga Road. Several places reserved for prospective members with recent relevant experience. With a strict limit. Grade: M232 (20 km, 600m \lambda & \cap \)
	Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Saturday	Mt York Map: Hartley
16 Oct	Mt York picnic ground - Coxs Road - Collits Inn - Historic Cemetery - Lockyers Road - Lawsons Long Alley - Hartley Vale. An historical walk. It tells the story of the early explorers crossing The Blue Mountains. Many monuments and obelisks dominate the picnic ground and we will explore many of the original roads off Mt York. Grade: M221 (18 km) Leader: Mark Patteson (h) 9798 5693 (w) 9578 1527 mpatteson@qantas.com.au
Sunday	Diarrela Dida and Wall.
17 Oct	Bicycle Ride and Walk Budaroo Plateau fire-trail off Jamberoo Mountain Rd. to Gerringong Falls. Joint activity with Illawarra Ramblers. Hybrid or mountain bikes necessary.
	Grade: Easy 20 km Leader: Patrick James (h) 9567 9998 Email: pjames@idx.com.au
22 24	8 23 – 24 Oct
23 – 24 Oct	Coolana - Maintenance And Bush Regeneration 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. Contact: Barry Wallace (w) 9450 0550
Saturday	Wollemi NP - Colo Wilderness Map: Colo
23 Oct	Canoe Creek corner - a great day walk with wonderful Colo Gorge views. Swimming if you like or resting by the river. Grade: S121 Leader: Peter Love 9948 6238 or 0414 920 292
Sunday	Blue Mountains NP Maps: Katoomba, Jamison
24 Oct Q	Golden Stairs - the Knife Edge - Mt Solitary - Kedumba Creek - Kings Tableland. Glorious views of the southern Blue Mountains. Early start. Long steep ascents and descents. Fast pace. Very fit walkers only. Mild exposure.
	Grade: L332 (medium / hard 27 km) Leader: Nigel Weaver 9660 7672 evenings & weekends ial 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

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Sunday 24 Oct	Blue Mountains NP Evans Lookout - Govetts Creek - Edenderry Falls - Hilary Falls - Waterfall Base - Carne Wall - Rodriguez Pass - Evans Lookout. Waterfalls, great escarpment views, boulder clambering, wet feet, steep ascents, undulating sidling on steep slope. Estimated walking time excluding breaks 9 hours. Ascents 1 x 600m, 1 x 200m. Fitness - Good level required. Expressions of interest from prospective members with recent relevant experience welcome. Grade: M333 (hard 15 km) Leader: Ron Watters (h) 9419 2507 (m) 0419 617 491 wattersr@bigpond.net.au
Monday	Divon Munney Househoot, from Mildone
Monday To Friday 25 – 29 Oct	River Murray Houseboat - from Mildura We will be aboard for four nights. The houseboats sleep up to 10 people (two doubles, six singles). We plan to cruise the river with walking options at interesting scenic points. Cost depends on the number who book, about \$150 each should cover boat and fuel costs. Leader: Fran or Bill Holland 9484 6366 billholland@bigpond.com
Thursday 28 Oct	Circumnavigating Port Jackson Map: Street Directory Lidcombe Train Station - Change - Olympic Park Train Station - The Overflow - Haslems Creek
	Marker - Louise Sauvage Pathway - Wool - ah - ra Hill - Millenium Parklands - Wilson Park - Parramatta River - Thackeray Street Bridge - Elizabeth farm - Hambledon Cottage - Cliff Creek - Old Government House - Parramatta River & Wharf - ferry to (Semi) Circular Quay. Return to the challenge - finding a more direct harbourside route on new access tracks: Grade: M211 (16 km). Train 08:11 Central Station to Penrith Leader: Wilf Hilder 9587 8912
	9 30 – 31 Oct
30 – 31	Kanangra Boyd NP Maps: Kanangra, Yerranderie
Oct	Uni Rover Trail, Hodges Swamp, Wallarra Heights, Barralliers Crown, Wallarra Ridge, Mt Hyperion, Wheengee Whungee Creek, Camp at Christys Creek Junction, Mt Great Groaner, Mt Colboyd, Bungin Gap, Mt Bungin, Pindari Top, Kanangra Walls Rd. Come climb the most aptly named mountain in the NP: Mt Great Groaner - With a name like that you know what is in store! Expect some navigation challenges and rough sections out to Barralliers Crown and wet feet down the creek. Ascents: 700 m Grade: M333 (medium/exp/rough) Leader: John Bradnam 9953-2281 or webmaster@sbw.org.au
30 – 31	Morton NP Map Bundanoon
Oct	Saturday - Climb and explore Mt. Carrialoo. No tracks but good views of surrounding Kangaroo Valley area. Camp Coolana Saturday night. Sunday - Lazy Sunday in and around Coolana / Kangaroo Valley. Early finish. Basically this is a day walk combined with an overnight camp at Coolana. Come for either or both Grade: S122 (easy Saturday). 400m climb. Leader: Chris Miller (h) 9955 1547
Saturday 30 Oct	Sydney Harbour Foreshore Circular Quay - Harbour Bridge - Cremorne - Clifton Gardens - Balmoral - The Spit Bridge - Sydney Harbour National Park - Manly. Scenic coastline dotted with beaches and magnificent homes. Great city views and historic sites. Meet at Manly wharf to catch ferry to Circular Quay for 8am start. Grade: L211 (medium 26 km) Leader: Mark Patteson (h) 9798 5693 (w) 9578 1527 mpatteson@qantas.com.au
Saturday 30 Oct	Wollemi NP Two dry (almost) canyons - Deep Pass and River Caves. No swims or abseils but compulsory wet feet. Very exotic and wonderful rock formations, plus mini Stanley Chasm - a chance to experience what canyons are like without too much drama. Book early as numbers limit and usually very popular. Grade: M222 (easy 12 km) Leader: Graham Conden (h) 9869 0834 - 6-9pm
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Sunday 31 Oct Q	Blue Mountains NP A walk with lots of views, and of course, two steep hills. Furber Steps, Golden Stairs, Narrowneck fire trail, Redledge Pass, Megalong Valley, Devils Hole, Katoomba. Several places reserved for prospective members with recent relevant experience. With a strict limit. Grade: Medium 20 km, 700 m \&\tag{*}
	Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Sunday 31 Oct	Photographic "Walkshop" - See Club Magazine For Details An easy walk suitable for New Members doing their first walk. Great chance to meet and socialise with other club members and talk about future walks. Grade: Easy Leader: Patrick James (h) 9567 9998
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6 – 7	10 6 – 7 Nov Blue Mountains NP
Nov	Goolara Peak - Lower Jenolan Gorge Qualifier Maps: Jenolan
Q	NEW MEMBERS: Grasp this opportunity to do your overnight qualifying walk. Learn what makes overnight walking a special experience. There is a mix of terrain to provide experience in bushwalking skills. Track, off track, rock hopping, river crossings, testing ascents and descents. Share great scenery, campfire camaraderie, surmount the challenges together under the guidance of a sympathetic leadership team. Leaders to be advised. Camp on riverside flats. Walkers' kit with route description included plus advice on what to take provided. Enjoy post walk dinner with newfound friends. Route: Carlons Farm - Goolara Peak - Cox River - through Lower Jenolan Gorge to Mumbedah Creek Junction (camp) - Cox River - Quartpot Ridge - Tinpot Mountain - Carlons Farm Distance 24k m with 1 x 500 m ascent.
	Grade: M232 (medium) Exposure on short section off Goolara Peak Coordinator: Ron Watters (h) 9419 2507 (m) 0419 617 491 wattersr@bigpond.net.au Leaders: John Bradnam & Pam Campbell
6 – 7 Nov	Namadgi NP The beautiful Brindabellas were burnt in the great fires a couple of summers ago, but are now on the mend. The gum trees smell different up there! Only 4 hours from Sydney, but in a different world. Two easy walks: Saturday Honeysuckle Creek to Booroomba Rocks (10 km, 300 m climb). Sunday Mt Gingera (15 km, 300 m climb). Car camp at Honeysuckle Creek. Grade: S121 and M121 (easy) Leader: Leigh McClintock (w) 8227 9191 (h) 8920 2386 mcclintock@pacific.net.au
Saturday 6 Nov	Marra Marra NP Aboriginal Walk No. 10 – The Duckponds Walk - Canoelands - Marra Marra Ck - Duckponds - Log Pool - Smugglers Ridge - Aboriginal cave painting & engraving sites - Coat of Arms Cave. Tracks, trails and cross country and swims.
	Grade: M222 (easy / medium 19 km) Leader: Zol Bodlay 9639 4606
Sunday 7 Nov	Brisbane Water NP Woy Woy station - taxi to South Woy Woy tip - Mt Wondabyne - Kariong Brook - Wondabyne. Magnificent views of Brisbane Water and surrounding hills. Steep sections. Party Limit 12. Grade: M221 (easy / medium 14 km) Leader: Nigel Weaver 9660 7672 evenings & weekends.

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Monday To Friday 8 – 12 Nov	Moonan Brook Forestry Cottage - Barrington Tops 90kms west of Gloucester (via the Barrington Tops Rd), 55 km east of Scone on the banks of Moonan Brook. There are three bedrooms and a bunk room to sleep up to 30 people (we do not expect anywhere near this number), bathroom with hot bath / shower, laundry, fully equipped kitchen, lounge room with log fire, and, a gas BBQ outside. Day walks followed by happy hour and socialising in front of a roaring log fire. Booking with a \$50 deposit to Fran or Bill Holland 9484 6366 billholland@bigpond.com
Thursday 11 Nov	Blue Mountain NP Lawson Train Station - Lawson Creek - Adelina Falls - Junction Falls - Federal Falls - Cataract Falls - Victor Falls - Terrace Falls - Bedford Creek and Pool - Wilson Glen - Gipsy Pool - Tealby Spa - Woodford Train Station. Shady glens and six waterfalls. Grade: M211 (12 km) Interurban Train 07:30 Central Train Station to Mt. Victoria Leader: Wilf Hilder 9587 8912
	11 13 + 14 Nov
13 – 21	Hong Kong - New Territories Maps: Countryside Series
Nov	Five individual day walks over 8 days, four in Hong Kong and one in China. Almost 50% of Hong Kong is comprised of mountainous country parks with excellent, scenic day walks, and great vistas, all on track and easily accessible via public transport. Interesting rural villages, temples and all the cultural diversity Hong Kong has to offer. November is best walking weather of the year, similar to March in Sydney. Time for other tourist activities. Accommodation in 3 star hotel. Tour package A\$1,319.00 incl. flights & hotel. Currently fully subscribed - reserve list only. Grades: M211 to M231, (15-25 km per day). Leader: Richard Darke 9960 6384 or 0402 413 299
13 - 14	Blue Mountains NP Map: Wollangambe
Nov	Bell - Gooche's Crater - Bell. Come and have a look at Gooche's Crater, an unusual and attractive formation near the headwaters of the Wollangambe River. Some of the walk will be off track, so you may want long pants or gaiters. There will be a cave camp, so no need to bring a tent. This is an easy introduction to overnight camping, with the option of doing some exploring once we make camp. Possible wet feet crossing the Wollangambe, if I can't find the log again. Grade: S112 (easy, 9 km without exploring) (S222 with the exploring) Leader: Ian Thorpe (h) 9922 4742 (m) 0402 913 302
13 - 14	Blue Mountains NP Maps: Katoomba, Hampton, Jenolan. Jamieson
Nov	Five Narrowneck passes in a weekend. Golden Stairs - Redledge Pass - Megalong Valley - Carlon's Head - Dunphy's Pass - camp at Breakfast Creek - Medlow Gap - Taro's Ladder - Narrowneck - Wall's Pass - Cedar Gap - Golden Stairs. A fun weekend with great views, good climbs and some exposure (Carlon's Head, Taro's Ladder and Wall's Pass). Grade: L333 (medium / hard) Leader: Patrick McNaught (h) 9412 2281
Saturday	Blue Mountains NP Maps: Katoomba, Mt. Wilson
13 Nov Q	Govetts Leap - Evans Lookout-Beauchamp Falls - Junction Rock-Blue Gum Forest - Perrys Lookdown - Pulpit Rock - Govetts Leap. All on tracks / trails. 800 metres of ascent (and descent) including a steep hard 600 metre climb. Magnificent scenery all day. Grade: L231 (medium 20 km) Leader: Chris Dowling (h) 6331 5441
Sunday	Royal NP Map: Royal National Park - Tourist
14 Nov Q	Heathcote - Audley - Anice Falls - Deer Pool- Little Marley - Bundeena. The wild flowers should be in abundance at this time. Maybe a cappuccino at Audley for morning tea. All on Tracks. Walking time excluding breaks for morning tea, lunch and regrouping is expected to be 5 hours Grade: M221 (medium 19 km). Leader: Rosemary MacDougal (h) 9428 5668 (w) 9265 3053

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Tuesday 16 Nov Palm Beach - Currawong - America Bay - Easy walk starting and finishing with a ferryboat ride. Beautiful views. 9-am start at Palm Beach. Grade: Easy 12 km Leader: Bill Holland 9484 6366: billholland@bigpond.com 12	Sunday 14 Nov	Great River Walk Stage 20 (Final – Grand Finale) Maps: Gosford, Cowan, Broken Bay Wondabyne, Mt Wondabyne, Rocky Ponds, Skyline, Patonga, Palm Beach, Barrenjoey Head After 4 years this series ends with this walk with great river and estuary views. Celebrations at Barrenjoey Lighthouse and ferry between Patonga and Palm Beach and surprises along the way with short off track section and crossing of Patonga Creek. Walkers qualify to attend end of walk dinner and festivities on 5 th December with awards presentation and photo displays Grade: M221 (medium 18 km) Leader: Roger Treagus; (m) 0401 017 289 (w) 9995 5784 treagusr@epa.nsw.gov.au
Palm Beach - Currawong - America Bay - Easy walk starting and finishing with a ferryboat ride. Beautiful views. 9-am start at Palm Beach.		Berowra Circuit – Route to be confirmed closer to date. Beautiful views, all on track with a few creek crossings and a couple of good hills to remind you where you are.
Nov Putty Road - Culool Range - Hollow Rock Trig - Crawfords - Lookout and Pass - Wollemi Creek - Colo River (base camp) - Townsend Railway Survey Track relics upstream - return. Exploratory, gaiters and gloves, waterproof pack required. Spectacular Colo scenery. Optional 3rd day. Grade: M233 about 600 Leader: Wilf Hilder − 9587 8912 (h & w)		Palm Beach - Currawong - America Bay - Easy walk starting and finishing with a ferryboat ride. Beautiful views. 9-am start at Palm Beach.
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Grade: S121 (easy) Leader: Patrick McNaught (h) 9412 2281		- Great North Walk to Lane Cove NP - Bluegum Creek - James Street and a barbeque to finish. A fun day - walking 3 - 4 hours. One and a half steep hills.
		Grade: S121 (easy) Leader: Patrick McNaught (h) 9412 2281

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Sunday 21 Nov Q	Blue Mountains NP Victoria Falls Road - Maintenance Track - Ikara Head Base - ridge - Grose River at Koombanda Brook Junction - Victoria Falls Creek Junction - Victoria Falls Road. Fine views, interesting way into a little visited part of the Grose Valley. Some off track walking. Estimated walking time excluding breaks 7 hours. Ascents 300 m. Fitness - moderate. Grade: M222 (medium) Leader: Ron Watters 9419 2507 0419 617 491 wattersr@bigpond.net.au
Thursday 25 Nov	Georges River Map: Street Directory Macquarie Fields Train Station - Milton Park - Bensley Reserve - Long Point - Georges River - Ingleburn Reserve - Myrtle Creek Junction - Vijayaloka Buddhist Retreat Centre - Myrtle Creek - Minto Train Station. Off track along the river, bring light gaiters and gloves. Grade M213 (17 km), Train 08:07 Central Train Station to Campbelltown via Mascot Leader: Wilf Hilder - 9587 8912
	13 27 – 28 Nov
27 – 28 Nov	Kanangra Boyd NP Kanangra Walls Rd, Fire Trail, Ridge to Micks Gully and Mumbedah Creek Junction, Mumbedah Creek, Alala Creek, Dwyer Creek, Mt Queahgong, Mt Guouogang, Krungle Bungle Range, Fire Trail, Kanangra Walls Rd. Come explore the beautiful Mumbedah Creek. There will be waterfalls to negotiate and a steep climb out. This is a trip for those with a sense of adventure. Experienced walkers only. Wet feet and possible swimming. Ascents: 1000 m. Grade: L333 (medium / hard / exp. 28 km) Leader: John Bradnam 9953 2281 or webmaster@sbw.org.au
27 – 28 Nov	Coolana – Maintenance And Bush Regeneration 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
Saturday 27 Nov	Bush 'N Beach (Northern Beaches) Frenchs Forest - Manly Dam Reserve - Manly Lagoon - Queenscliff, Freshwater, Curl Curl, Long Reef and Collaroy Beaches to Narabeen Lakes. Tracks, fire trail, road (half a km x 2), tunnel, beaches (soft and hard), rock hop, headlands, rock platforms, swims (public, freshwater and surf), plus Aboriginal Engravings. It's got it all! Grade: L211 (easy / medium 22 km) Leader: Zol Bodlay 9639 4606
Monday To Friday 29 Nov 3 Dec	Berrara Beach Holiday Cottage - South Coast We always have a great week in the Holiday Cottage by the beach at Berrara. Costs are minimal as there are special hire rates for SBW members. The cottage sleeps eight people (with room to camp as well) and provides a good base from which to plan beach walks canoeing on the lagoon and river, cycling beachside and on forest roads or just easy to medium bushwalks. Enjoy good company, comfort and water views. Book early, as there will be a limit on numbers. Booking Deposit \$20. Fran or Bill Holland 9484 6366 email: billholland@bigpond.com
	Summer Program
4 – 5 Dec	Morton NP Ettrema Wilderness Sassafras - Headwaters Of Ettrema Ck - Exit Bullfrog Ck. Or Myall Ck. Or Somewhere In Between. Car swap. Grade: M233E Leader: Margaret Rozea 9521 5997

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 •

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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

Spring Social Program

8 th 8	7 pm 3 pm	Committee Meeting – Committee members and observers welcome New Members Training Evening This is your ideal opportunity to hear more about Sydney Bushies from our great New Members team. Not only will you be able to sign up as a Prospective Member, but you'll also get some practical advice on topics such
		This is your ideal opportunity to hear more about Sydney Bushies from our great New Members team. Not only
8th 7		
8 th 7	_	as what to bring on walks, how to build up your fitness and tips on how to get the most out of our great club.
	pm	Biennial General Meeting
		SBW is YOUR club. Come along and hear what's been happening in the club over the last 6 months. Get involved!
15 th 8	3pm	Special Guest Speaker – SUE FEAR
(but please		Mountaineer, Adventurer & 1st Australian Woman to climb Everest
may have to be chnaged to 22 ⁿ Sep)		This is a night to remember! Not only will you have the opportunity to hear a great speaker share about her adventurous life and see some dramatic images, but you will also hear how you can join her on the trip of a lifetime in 2005! Sue (having belonged to a bushwalking club in her past) is enthusiastic about leading a trip exclusively for SBW members in conjunction with World Expeditions. That's right – 2005 will give you the once in a lifetime chance to share an adventure, fulfil your dreams and see some of the most amazing places in the world. You'll need to get there early to ensure a seat to this one!
		NB. Please note at the time of printing, there has been some confusion in the dates with Sue and as she is overseas at the moment, I am unable to confirm the date. The original date that she has confirmed for is Wed 22nd September. Keep an eye on , website or emails for updates. Then again, you could 'call me on 9909 1076 (before 8pm only) for an update closer to the dates'.
Coltyber		
6th 7	'pm	Committee Meeting – Committee members and observers welcome
13th 8	pm	New Members Training Evening
		This is your ideal opportunity to hear more about Sydney Bushies from our great New Members team. Not only will you be able to sign up as a Prospective Member, but you'll also get some practical advice on topics such as what to bring on walks, how to build up your fitness and tips on how to get the most out of our great club.
20 ^{lh} 8	pm	Environmental Update with Keith Muir, Director Colong Foundation
		There are many issues that affect our beautiful wilderness and bushland areas. Spend an evening with Keith Muir as he gives us a slide presentation and update on some of the current issues and hear how you can be involved in helping out the environmental cause.
Bosen Le		
3rd 7	'pm	Committee Meeting – Committee members and observers welcome
10 th 8	pm	New Members Training Evening
		This is your ideal opportunity to hear more about Sydney Bushies from our great New Members team. Not only will you be able to sign up as a Prospective Member, but you'll also get some practical advice on topics such as what to bring on walks, how to build up your fitness and tips on how to get the most out of our great club.
17 th 8	pm	Movie Night @ the Clubrooms
		BYO beanbags, sit back and enjoy some fresh popcom and a bevvie whilst watching a SURPRISE FILM! You'll just have to come along to find out what it will be!! (OK, truth is it's a surprise to me at this stage too!! – suggestions welcome to social@sbw.org.au)!!