



Deadline for the 2004 Autumn program is
Friday, 14 January 2005

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.
- **The leader may ask several questions to access your ability to complete the activity.**

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 5 days before a day activity, 8 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 walks** 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

Distance Fitness Ascents (and descents) Terrain Exposure (to heights)

Distance		Fitness		Ascent		Terrain	
S	Short	1	Beginners	1	Undulating	1	Formed tracks
M	Medium	2	Reasonable	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	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 summer program.

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ADVANCE NOTICES

<p>Sunday 17 April 05 to 25 Monday (ANZAC day)</p>	<p>Central Volcanic Ranges - Series II and III - Mt. Kaputar and Warrumbungles Map: Kaputar and Warrumbungle NP Tourist II and III in the NSW Volcanoes walk series (No.I was to Mt. Canobolas last October). This time we'll visit the spectacular and rarely visited Mt. Kaputar for 3 day walks on Mon, Tues, & Wed. One of them exploratory. Thus on to the Warrumbungles High Tops, one of Australia's few real, pointy mountain areas, for 3 more day walks (to Mt. Exmouth, Bluff Mtn. and a canyon walk) on Fri, Sat & Sun. Car camping in both locations. We walk full days, and then eat well in camp. Join us for one or both of these NPs, rarely visited by SBW, and very special. Grades: All medium day walks, some with steep ascents of over 400m, and some off track. Not difficult, but a couple of the days will be reasonably strenuous Leaders: Richard Darke 9960-6384 (h), 0402 413 299, richard_darke@yahoo.com.au and Mark Patteson 9798-5693 (h) 9578-1527 (w), mpatteson@qantas.com.au</p>
<p>April 05 And May 05</p>	<p>Many walkers are on holidays in January and it is very hot in February. I also intend to be touring in NZ from 21 February to mid March. Consequently I propose to list Nattai-Coolana Experience 3 and Goolara Peak Qualifier 2 in early April and early May respectively. This would allow the events to be repeated in July and October – Ron Watters</p>
<p>NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons</p>	<p>DEADLINES FOR FUTURE PROGRAMS: Autumn 2005 – 14 Jan 2005 (March / April / May)</p>
<p>Mid Week Walks</p>	
<p>Thursday 2 Dec</p>	<p>Prospect Nature Reserve Map: Street Directory Fairfield train station – bus –Horsley Park – Old Cowpasture Road – Prospect Reservoir – George Maunder Lookouts – Canal and Aqueduct Pathway – Western Suburbs Forestry Centre – Pipehead – Guildford train station Explore Sydney's back blocks Grade: M211 (16 km) Leader: Wilf Hilder 9587 8912</p>
<p>4 – 5 December</p>	
<p>4 – 5 December</p>	<p>Morton NP Ettrema Wilderness Map: Nerriga Sassafras - Headwaters Of Ettrema Ck - Exit Bullfrog Ck. or Myall Ck. or somewhere in between. Car swap. Grade: M233E Leader: Margaret Rozea 9521 5997</p>
<p>4 – 5 December Q</p>	<p>Wollemi NP Maps: Six Brothers, Bob Bucks Culool Range – Boorai Ridge – Colo River – Townsends Pass – Barakee Pass – Townsends Survey Track (relics) – Colo River – Boorai Ridge – Culool Range. Magnificent Colo scenery, classic campsite. Great introduction to the Colo River. Suitable for prospective members. Half off track, gaiters helpful. Grade: M233E (medium) 22 km 700m Leader: Alison Ninio 9365 0451 (h)</p>
<p>Saturday 4 Dec</p>	<p>Royal NP Map: RNP Tourist Waterfall Station - Uloomla Falls - Kangaroo Creek - Audley – Honeymoon Track to Visitors Centre - Temptation Creek - Sutherland. Plenty of swimming. Mostly on tracks and rock platforms. Maybe a cappuccino at Audley for afternoon tea. Bring water and food for the day. Don't forget your sunscreen and hat. Walking time excluding breaks for swims, morning tea, lunch and regrouping is expected to be 6 hours, so don't plan to go out that night. We will be taking full advantage of daylight saving. Grade: M221 (Medium 20 km) Leader: Tony Manes (h) 9520 0266 (w) 9968 9506 tony.manes@ap.dynonobel.com</p>

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Saturday 4 Dec	Blue Mountains NP – Rennies Tunnel Map: Katoomba Scenic Railway - Prince Henry - Leura Cascades - Dardanelles - Federal Pass - Landslide - Rennies Tunnel - Nellies Glen - Streets to Scenic Railway. It's on again! Starring Lara Croft, Indiana Jones and the Creature from the Black (well, brown) Lagoon. Not for anyone with claustrophobia or scared of the dark, but perfect for those who want to travel from the Jamison Valley to the Megalong Valley via a whole lot of history and mud! A perfect spot to cool off in the hot summer sun. Grade: M223 (+ easy walk on tourist trails at the beginning) Leader: Caro Ryan (h) 9909 1076 (before 9pm) justshootme@ozemail.com.au
Sunday 5 Dec Q	Blue Mountains NP – Birrabang Canyon Map: TBA Bells Line of Road - Birrabang Canyon - Birrabang Gorge - Birrabang Ridge - Bells Line of Road. A delightful canyon and spectacular gorge. Some rock scrambling. Compulsory wet feet. Party limit. Grade: M212E (medium 14km) Leader: Tony Holgate 9411 5517 or 0415 802 108
Sunday 5 Dec	Brisbane Water NP Map: Broken Bay Great North Walk and Highway Ridge Track Starts at WoyWoy tip; follows the north walk back to Patonga, get wet crossing Patonga Creek, Little Patonga Beach and Pacific Trail. Great views of Broken Bay Lion Island and Hawkesbury River. All on track, plenty of swimming opportunities, water proof packs and swimmers a must. Grade: L221 (medium 21km) Leader: Richard Butler (h) 4340 1649 (w) 4325 8447
Mid Week Walks	
Tuesday 9 Dec	Davidson Park SRA Maps: TBA St Ives - Middle Harbour Creek - Roseville Bridge - Lindfield Station An interesting walk with historical aspects Grade: M2?? (Easy) 12km Leader: Bill Holland 9484 6636
11 - 12 December	
11 - 12 December	Shoalhaven Area Maps: Burrier - either 1:31680 or 1:25,000 Shoalhaven River - Shoalhaven Gorge - Apple Tree Flat - Bulls Flat (camp here I hope!) - Three Mates Bluffs - up unnamed ridge behind Three Mates Bluff. Mostly river walking and swimming and cooling off, few small cliffs to negotiate, the leader has not been here before. According to the map there should be no problems. Depending on your map ... my 2" to 1 mile shows no dam, the 2nd edition shows Tallowa Dam.... This walk is mostly from a 1983 SBW program. Grade: M2?? (Easy/Medium) 17km 300m↑&↓ Leader: Mark Dabbs 9638 0226 (h)
Saturday 11 Dec	Blue Mountains NP Maps: Mount Wilson, Wollangambe Bells Line of Road – unnamed ridge – Du Faur Creek – unnamed ridge – Bell Creek – unnamed ridge – Watertrough Hill. Possible car shuffle to save a few km of road bash. This walk is purely exploratory and nearly all off track. I expect plenty of rock scrambling, exposure and searching for passes that may not be there. Also may have some compulsory swims. This primarily intended as a ridge walk, to check out the rock scenery, interspersed by some creek crossings. Grade: S223, 10km 400m↑&↓ Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302
Sunday 12 Dec	Bouddi NP Maps: Gosford, Broken Bay L90 bus or car to Palm Beach wharf. Ferry (\$15 return) to Wagstaff - Box Head - Putty Beach - boardwalk to Maitland Bay - up to Marie Byles L/O, road walk to Hardy Bay cafe for milkshakes and ice cream - Wagstaff Ferry back to Palm Beach. All on tracks, swimming, beautiful scenery. Designed for a hot summer's day. Grade: M211 15km. Leader: Richard Darke 9960-6384 (h) 0402 413 299 or richard_darke@yahoo.com.au,

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Sunday 12 Dec	Budderoo NP Maps: Robertson, Kangaroo Valley Ranelagh House drive to Robertson 820666 - Diharowal Creek (western branch) - Bridal Veil Falls - Diharowal Creek - Kangaroo River - Missingham Steps - Box Canyon overlook - Lorna Doone Pool - fire trail (short) -RN 820666. - Exploratory in morning. Steep descents to rainforest creek possibly slippery, rock and boulder scrambling, cascades and waterfalls, substantially off track. Steep mossy ascent up Missingham Steps 350 m. Expressions of interest from prospective members with recent relevant experience welcome. Grade: S333 (Medium) 9km – 7 hours excluding breaks Leader: Ron Watters 9419 2507 0419 617 491 wattersr@bigpond.net.au
Sunday 12 Dec	GPS Instructional Maps: Hornsby Learn to use a GPS for more than just position finding. We'll pre-plan a route or record where you walked. We will scan a local map, trace a proposed route, download to GPS and walk the route using waypoints and tracks. Also up load from GPS to computer, show a height/distance profile of the track walked. Grade: S??? (Easy) 10km Leader: Bill Holland (h) 9484 6636
Mid Week Walks	
Thursday 16 Dec	Botany Bay NP Maps: Street Directory Central Train Station – bus – Maroubra Beach – Magic Point – Boora Point – Malabar Beach – Tupia Head – Little Bay – Cape Banks (island) – ‘Minmi’ wreck – Henry Head – Congwong Beach – La Perouse Museum – bus to city – Swimming options on this historical walk. Grade: M211 (15 km) Leader: Wilf Hilder 95878912
18 – 19 December	
18 – 19 December	Blue Mountains / Wollemi NP – Lilo x 2 Maps: Wollangambe Saturday: Mt Wilson, Du Faurs (Clatterteeth) Canyon, Bells Ck, Wollangambe River, Mt Wilson. A lovely but longish lilo trip. Will need lilo, wetsuit and/or thermals (or wool jumper) etc. Sorry but Dunlop Volleys are mandatory on this trip. Camp at Mt Wilson somewhere, probably the picnic area opposite the Cathedral of Ferns. Sunday: Mt Wilson, Wollangambe River, Mt Wilson. Lilo trip down the beautiful Wollangambe River middle section, including glow worm cave and lower (walk in) section of Whungee Wheengee. Will need to bring lilo, wetsuit and/or thermals, Dunlop Volleys etc Grade: M223 Leader: Allan Wells 47 877385
Saturday 18 Dec Q	Blue Mountains NP Maps: Katoomba & Jamison Wentworth Falls – Slack's Stairs – Jamison Creek (walking IN the creek) – Kedumba Pass – Kings Tableland. The walk along Jamison Creek is off track. Grade: M233 15Km 600m ↓ & ↑ Leader: Peter Love (h) 9948 6238 (m) 0414 920 292
Sunday 19 Dec	Royal NP Maps: RNP Tourist Otford to Bundeena. The great favourite classic coastal walk with beaches, rainforest and rock platforms. Swimming opportunity. Water required for the whole day. A waist trimmer before Christmas. Grade: L311 25km Leader: Kathy Gero (h) 9130 7263
Sunday 19 Dec	Manly Scenic Walkway (Easy Gourmet Day Walk!!) Map: UBD Manly - Clontarf – Manly – When the weather is stinking hot, the thought of an easy day walk, with food, coffee and swim stops along the way is pretty appealing... not to mention the prospect of a cold beer at the end! Join us for a cafe brekky in Manly, followed by a brisk walk to Clontarf for coffee (perfect to walk off the eggs benedict!), then a slower paced amble back to Manly stopping at various swim spots along the way and ending at the Manly Wharf Hotel for a cooling ale on the waters edge. Cossies essential. Grade: M111 (includes easy walk on tourist trails at the beginning) Leader: Caro Ryan (h) 9909 1076 (before 9pm) justshootme@ozemail.com.au

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Mid Week Walks	
Tuesday 21 Dec	Circular Quay to Blues Point Reserve (evening) Meet at Circular Quay (6pm) for an easy walk over the bridge past Luna Park and around the bay for dinner on the grass and watch the boats go by and the harbour lights. Grade: S111 (Easy) Leader: Bill Holland (h) 9484 6636
Boxing Day Walk	
Boxing Day 26 Dec	Heathcote NP Map: RNP Tourist Waterfall – Sebastopol Trig. – Heathcote Ck. – Kingdom Come – Lake Eckersley – Heathcote Track walking and walking down the Woronora River – Kingdom Come to Lake Eckersley Swimming 0821 Waterfall Train. Grade: M211 (Medium) Leader: Jim Callaway (h) 9520 7081
Christmas	
20/12/2004 to 3/1/2005	Christmas/New Year at Coolana Come to the Club's property at Coolana in the beautiful Kangaroo Valley and join others for relaxing days. Come for any, some or all of the days. Your choice of easy walks, quiet reading, swimming and canoeing. – Bill Holland (h) 9484 6636
26/12/2004 to 1/1/2005	Victoria - Alpine National Park. Maps: TBA Mt Bogong – Big River – Roper Hut – Batty Hut – Mt Nelse – Wallace Hut – Mt Jim – Diamantina River – Mt Feathertop - MUMC Hut – Harrierville. This is a classic walk in the Victorian High Plains with lots of ups and downs. Grade: M232 (Medium) Leader: Rosemary MacDougal 9428 5668(h) 9265 3053(w) Maurice Smith 9587 6325 (h) 0414 538 475 (m) mauricethewalker@ihuh.com.au
26/12/2004 to 1/1/2005	Victoria - Alpine National Park. Maps: Vicmap 1:50,000 Howitt - Selwyn & Dargo High Plains - Cobungra. More meandering 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. Grade: M232 Medium Leader: Kenn Clacher (h & w) 9954 9708 kenn@pacific.net.au.
6 Days 27 Dec to 1 Jan	Nadgee/Croajingalong NP Map: Nadgee, Narrabarba, Mallacoota North to south – Merrica River rangers Station to Mallacoota. – World Biosphere reserves with limited access. Coastal cliffs, shore platforms, sand and boulder beaches, sea caves, estuaries and coastal lagoons, beautiful coastal flora. We may see seals, rare birds or an even rarer Blue Whale (if we are extraordinarily lucky). Fuel stoves required. Environmental guidelines apply. Sunglasses, hats and sunscreen are essential. Permits and a fee apply. Small party limit. Grade: M222 Limit of 8. Leader: Janet Sinclair 6248 6003
26 Dec to 9 Jan	Tasmania – South West Map: Tasmap 1:25000 Leprena, Precipitous 1:100,000 South Coast Walks Lune River – Pindars Peak – Precipitous Bluff – New River Lagoon – South Coast Track – South West Cape Circuit – Melaleuca. Fly to Hobart. A high level traverse of the Southern Ranges followed by the spectacular south coast track and Cape. Grade: M222 Limit of 8. Leader: Neil Hickson (h) 9144 2469
29 Dec to 31 Dec Q	Kosciuszko NP – Mt Twynam and the Lakes Map: Perisher Valley From Guthega up onto the Main Range to strike base camp. Second day up to Mt Twynam, a ramble along the tops, and circumnavigation of Blue Lake and Headley tarn. Emerge at Charlottes pass by lunch time on New Year's Eve. Mostly on track. The first and third days will be short, to allow for the long distance from Sydney. Anyone who would like to extend the high country fun is welcome to join me in climbing Mt Bimberi on New Year's Day. Grade: M232 (Medium) 35km 600m up/down Leader: Leigh McClintock (h) 8920 2386 mcclintock@pacific.net.au
1 – 3 Jan	Happy New Year

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Mid Week Walks	
Wednesday 5 January	Walk (Before Beach Barbecue) This walk is planned to finish at Balmoral Beach at around 6 pm in time to join the others for the beach picnic reference social program. The length of the walk and route depends on the heat of the day. Beach swimming is an option Grade: S??? (Easy) Leader: Bill Holland (h) 9484 6636
Thursday 6 Jan	Lane Cove NP Map: Street Directory Eastwood Train Station – Vimiera Park – Terrys Creek – Berriwerri Reserve – Browns Waterhole – Lane Cove River – Avondale Creek – Pope Park – Sheldon Forest – Turramurra Train Station. An interesting traverse of the Lane Cove River Valley. Grade: M211 (14 km) Leader: Wilf Hilder 95878912
8 - 9 January	
8 - 9 Jan Q	Blue Mountains NP Map: Jenolan Black Range, Warlock Ridge, Big Oaky Creek junction, Jenolan River, Hellgate gorge, Mumbadah Creek (camp), Whipcrack Hill, Whipcrack Spur, Cronje Mtn, Black Range. Come explore the best the Jenolan River has to offer, marvel at the vertical walls of Hellgate gorge and camp at the bottom of the beautiful Mumbadah Creek. Compulsory swims with pack, solid climb up Whipcrack Hill, 12Km on fire trail. Grade: M333 (Medium/Exp) 32km 700m up Leader: John Bradnam 9953-2281 or webmaster@sbw.org.au
Saturday 8 Jan Q	Blue Mountains NP Map: Katoomba Gladstone Pass – down unnamed creek – compass bearing - Jamison Creek - Valley of Waters Creek. Steep slippery descent, creek walking, rockhopping, off track. Party limit. Grade: S233 (Medium) 10 km 600m↓&↑ Leader: Peter Love (h) 9948 6238 (m) 0414 920 292
Sunday 9 Jan	Munmorah SRA Map: Catherine Hill Bay The second annual visit to this beautiful and unspoiled coast, rarely visited by SBW in recent years. A very scenic coastal walk on sand, platforms and clifftops with swimming (last year we had 5 swims), and the added attraction of a huge sea cave to explore at low tide - expect to get wet, so bring suitable shoes and a good torch! From Caves beach - Catherine Hill Bay - Timber Beach - Frazer beach - to Red Oche Beach. Afterwards we'll visit the historic Catherine Hill Bay pub for refreshments/food. Car shuffle required. Party limit. Take plenty of water. A limited amount of rock scrambling and hopping with mild exposure. Grade: M212 16km Leader: Richard Darke 9960-6384 (h) 0402 413 299 richard_darke@yahoo.com.au
Mid Week Walks	
Thursday 13 Jan	Northern Beaches Map: TBA Narrabeen Lake and rainforest, Collaroy Plateau, Collaroy Beach and rock baths, Narrabeen Beach and baths, Turimetta, Warriewood and Mona Vale Beaches and beyond. Some road walking. Swimming and coffee shops. Grade: M111 Leader: Pamela Irving 9971 4466 (h) 0429 698 596 (m)
15 - 16 January	
Jan 15 - 16	Blue Mountains NP Map: Wollangambe Bell – Garrat Ridge – Wollangambe River – Garrat Ridge - Bell. Partly on track. Camp in rock overhang, no tent required. Further explorations in pagoda country – more strange rock formations than you can poke a stick at! Depending on the interests of the party, may do some exploring on the way / from camp, up river / down river / up side creeks. Or if everyone's feeling lazy and it's a hot weekend, may just swim in the rock pools. If we do sufficient exploring this will count as a Q walk. Party Limit 8. This is a joint SBW / SPAN walk. Grade: S112 to M222 (Easy to Medium) 16 - 25 km 250 - 500m↑&↓ Leader: Ian Thorpe (h) 9922 4742 (m) 0402 913 302

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Jan 15 - 16	Coolana Maintenance Yes, I know it's hot at this time of the year but the weeds still grow and light maintenance is required. Lots of time to sit in the shade or swim in the river. Leader: Bill Holland 9484 6636 (h) 0418 210 290 (m)
Saturday 15 Jan	Royal NP Map: RNP Tourist Waterfall Station - Garie Beach - Nth & Sth Era Beaches - Burning Palms Beach - Garawarra Farm - Hacking River - Waterfall Station. Plenty of walking and swimming. Mostly on tracks and rock platforms. Bring water and food for the day. Don't forget your sunscreen and hat. Walking time excluding breaks for swims, morning tea, lunch and regrouping is expected to be 6 hours, so don't plan to go out that night. We will be taking full advantage of daylight saving. Grade: M221 (Medium 18 km) Leader: Tony Manes (h) 9520 0266 (w) 9968 9506 tony.manes@ap.dynonobel.com
Sunday 16 Jan Q	Morton NP Maps: Robertson, Kangaroo Valley Burrawang Creek Bridge - Burrawang Creek - Top of Big Falls - sidle - Belmore Falls stages 3, 2 and 1 - track to Hindmarsh Lookout. Attractive rain forest creeks, cascades and waterfalls, swimming opportunities, rock hopping, steep sidling, mostly off track 350m ascent on track to finish, short car shuffle. Grade: S222 (Medium) 8km - 6 hours excluding breaks Leader: Ron Watters 9419 2507 0419 617 491 wattersr@bigpond.net.au
Mid Week Walks	
Tuesday 18 January	Bondi (Evening) Bondi Beach (6-00 pm) - Clovelly etc to Coogee with optional return. An easy walk on a summer's evening along the coastal pathway followed by dinner (fish and chips or BYO) in a beachside reserve. Grade: S??? (Easy) Leader: Bill Holland 9484 6636 (h & w) 0418 210 290 (m)
22 - 23 January	
Saturday 22 Jan Q	Ku ring gai Chase NP Maps: Ku ring gai Chase NP The Basin - Rain Forest Creek - White Horse Beach - Flannel Flower Beach - West Head Beach - Mackerell Beach. Palm Beach ferry. Lots of scrambling over boulders. Swim stops at one or two public beaches Grade: M222 16km Leader: Rosemary MacDougal (h) 9428 5668 (w) 9265 3053
Saturday (night) 22 Jan	Blue Mountains NP Maps: Katoomba, Springwood, Penrith Woodford Station - Woodford Fire Trail - Glenbrook Station. Woodford fire trail by night. The basic plan is to catch the train to Woodford on Saturday night, have dinner at Woodford, walk the firetrail by moonlight (torches will be handy too), have breakfast at Glenbrook, catch train home again. Should give a different perspective of the bush, views of city lights, etc. No sunscreen required. Grade: L221 Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302
Sunday 23 Jan Q	Royal NP Maps: RNP Tourist Cronulla - ferry to Bundeena - Wattamolla - Burning Palms - Otford Swimming 0736 Cronulla Train. Grade: M211 (Medium) 23km Leader: Jim Callaway h 9520 7081
Mid Week Walks	
Wednesday	26 Jan - Australia Day
Thursday 27 Jan	Blue Mountains NP Maps: Springwood Faulconbridge train station - Prime Ministers Avenue - Victory Track - Clarinda Falls - Sassafras Gully - Glenbrook Creek - Perch Ponds - Magdala Creek & Falls - Lawson's Lookout - Springwood train station. Optional swimming Grade: M221 (14km) Leader: Wilf Hilder 95878912

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29 - 30 January	
29 - 30 Jan Q	Morton NP - Ettrema Wilderness Maps: Touga Transportation Spur - Ettrema Creek - camp at Jones creek - Myall Creek. Great views, crystal clear water, swimming, rock hopping, boutique camp site. Grade: M223E (Medium), 20 km, 450m ↓ & ↑ Leader: Stephen Dolphin (m) 0414 878 050 (h) 9587 9686
29 - 30 Jan	Kangaroo Valley - Canoe Trip / Easy Walk Maps: Caoura Saturday morning start. - Canoe in from Tallowa Dam for two hours to a five star camp site. Meet the others (see below) for a weekend of canoeing or lazing around. - Ideal swimming opportunities. Canoe hire available in Kangaroo Valley township. Saturday morning start to an ideal summer activity. An easy walk of about one hour to a five star camp site on the Kangaroo River. Meet the others (see canoe trip above) for an idyllic weekend of exploring, canoeing or just lazing around. - Great swimming opportunities. Grade: Easy / Relaxing Leader: Bill Holland 9484 6636 or 0418210 290
Saturday 29 Jan	Cowan to Brooklyn Maps: Cowan Cowan train station - Jerusalem Bay - Ten Bob Ridge - Railway Dam - Flat Rock Pt. - Parsley Bay - Brooklyn - Hawkesbury River train station. A couple of longish hills, but the lure of a beer at the Brooklyn Inn or fish and chips at the Brooklyn fish and chip shop. Grade: M121 (medium) 12 km Leader: Stuart Corner 0419 492 190 or stuart@3rdwave.com.au
Sunday 30 Jan Q	Ku-Ring-Gai Chase NP Maps: Mona Vale, Broken Bay Walking the unproclaimed Pittwater Track along the entire western shore of Pittwater from West Head to Elvina Bay. The full track is not often walked but is a perfect day walk length. This track is due to be developed as part of the Plan of Management and there are currently short and entertaining off track sections. One compulsory swim plus many optional ones to keep cool along a very scenic shoreline. We also visit the wonderful Pittwater Youth Hostel. Car swap. Grade: M211 16km.(medium, 300m up and down) Leader: Roger Treagus 0401017289 (mob) or 99955784 (w); treagusr@epa.nsw.gov.au
5 - 6 February	
5 - 6 Feb Q	Kanangra Boyd NP Map: Kanangra, Yerranderie Kanangra Walls, Bullhead Ridge, Kowmung River, Bulga Dennis Canyon, Orange Bluff (camp), Brumby or Roots or Hughes Ridge, Gingra Range, Kanangra Walls. Come frolic on the Kowmung River. Plenty of time to swim and cool down. Great vistas from Kanangra Tops, wet feet down Canyon, mostly on track except for the river portion Grade: M223 (Medium) 36km 800m up Leader: John Bradnam 9953-2281 or webmaster@sbw.org.au
5 - 6 Feb 2005	Blue Mountains National Park Map: Mt Wilson Two one day lilo trips (for the uninitiated, lilos are rubberised canvas air beds) at Mt Wilson on the Wollangambe River. Day one - upper tourist section. Day two - lower tourist section. Saturday night gourmet car camp at Mt Wilson. Come for either or both days or just the relaxed car camp. Wet suits highly recommended for the river along with Dunlop Volleys for your feet. Grade: S211 Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Saturday 5 Feb	Wollemi NP - Colo Map: Colo Heights, Mountain Lagoon First of three summertime gourmet walks. Bob Turners track - Colo river (warm and sandy swim) - Tootie creek (fresh and pristine, swim and gourmet feast) - Bob Turners track and easy walk cross country. Grade: M112 (easy / medium) 16km Leader: Zol Bodlay 9639 4606

THE SYDNEY BUSH WALKERS INC - Summer 2004 Program

<p>Sunday 6 Feb</p>	<p>Royal NP Map: RNP Tourist 'Idiots Guide To Navigation' - If you find yourself geographically challenged most of the time, then this is the walk for you. It will be done somewhere in the RNP but where I am yet to decide (need to find it first). Will try to fit in a swim somewhere during the day if we can find the swimming holes. So bring along your map and compass. Maybe a small note book, (paper one that is). If you have a GPS, bring it along and we can learn how to use it together (I have not used mine yet). Bring water and food for the day. Don't forget your sunscreen, hat and serious walking cloths. If you are going to navigate, you have to at least look as though you know what you are doing. We will be taking bearings and walking on them. We will be getting geographically embarrassed and we will learn something - it may not be how to navigate but maybe how to behave when lost. Should be a fun day out, so bring your sense of humour as well as all your normal safety gear. I will be limiting the group to 10 so book early. I will try to teach one on one with the help of my offsider, Kay Chan. I will put another one of these days on in the Autumn program somewhere in the Blue Mountains for those who miss out on this one. NOTE: You must be able to read a contour map to participate. Grade: Depends on us. Leader: Tony Manes (h) 9520 0266 (w) 9968 9506 tony.manes@ap.dynonobel.com</p>
Mid Week Walks	
<p>Thursday 10 Feb</p>	<p>Georges River Nature Reserve Map: Street Directory Minto Train Station – bus - Minto Heights – The Bush Camp – Eureka Pass – Georges River – Skinnydippers Pool – Sydney Coach Road Crossing – Squires Pool – Bushwalkers Basin – Nirvana Cave – Natural Bridge - Freres Crossing – Boronia Park – Peter Meadows Creek – Minto Train Station. Optional swimming in the largest bush pool in Sydney. Grade: M211 (14km) Leader: Wilf Hilder 95878912</p>
12 - 13 February	
<p>12 – 13 February Q</p>	<p>Blue Mountains NP - Full length of Breakfast Creek Map: TBA Day 1 - Carlons Farm - Breakfast Creek - Glenalen Spur - Ironpot Gully for camp Sat night. Day 2 - Cox's river - Ironmonger Spur 600m - Ironpot ridge to Carlons Farm. Rock pools, waterfalls and undulating rock at Glenalen Spur where there will be time for swimming. Comfortable/grassy camp spot at Frypan Flat with access to water from Breakfast creek. Spectacular views of Tinpot Mountain and Megalong Valley from Ironmonger Spur. Bring swimmers and sandshoes/volleys for rock hopping and feet may get wet on Breakfast Creek. Recover at the Megalong Tea Rooms. Fit prospective members welcome. Grade: M233 Leader: Pam Campbell (h) 9558 2830 (m) 0431 873 599</p>
<p>Saturday 12 Feb Q</p>	<p>Heathcote NP Map: Royal NP Tourist Waterfall Station – Mooray Track – Bullawarring Track – Woronora River - Boobera Pool – Pipeline Track – Bullawarring Tk – Waterfall Station. One of the most impressive swimming holes in the Sydney region. Mainly tracks with some scrub, rockhopping and creek crossings. Bring water. Grade: Medium 15 km Leader: Tony Crichton (h) 9872 7195</p>
<p>Sunday 13 Feb</p>	<p>Royal NP Maps: RNP Tourist Helensburgh – Burgh Track – North Era – Burning Palms – Werrong – Otford. Swimming, rock hopping along the coast. 0744 Kiama Train. Grade: M211 (Medium) 13km Leader: Jim Callaway (h) 9520 7081</p>
Mid Week Walks	
<p>Tuesday 15 Feb</p>	<p>Berowra Valley (evening) Map: TBA Meet 6 pm at Hornsby Station and walk the Blue Gum Track to Leaders house at Westleigh for an evening barbecue Grade: S111 (Easy) Leader: Bill Holland (h) 9484 6636</p>

THE SYDNEY BUSH WALKERS INC - Summer 2004 Program

19 - 20 February	
19 - 20 February	Coolana Training Weekend All new members are encouraged to attend this training weekend on the Club's property at Coolana in the beautiful Kangaroo Valley. It offers practical training in navigation, first aid and bushcraft. The weekend provides an ideal introduction to camping. However tents and other camping gear are optional, as there is a shelter and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and transport assistance is available. Leader: Bill Holland 9484 6636 0418 210 290 billholl@hotmail.net.au Patrick James 9567 9998 040 904 1515 pjames@idx.com.au
19 - 20 Feb 2005	Morton National Park Map: Yalwal A relaxing weekend so bring your gourmet goodies to our lovely camp site, on a long flat sandy river bank with lots of trees for shade if needed, a superb olympic plus swimming hole. An easy 5km flattish walk in and out. What more could you ask for in a bludge weekend out of Sydney's humidity. All I ask for is your good company. Leader Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Saturday 19 Feb	Lower - Blue Mountains NP Maps: Penrith Second of three summertime gourmet walk: Blaxland - Flora Bella Pass - Glenbrook creek - Duckponds - Glenbrook. Pool swims galore - easy off track. Grade: M112 (easy / medium) 18 km Leaders: Zol Bodlay 9639 4606
Sunday 20 Feb Q	Blue Mountains NP - The Blue Labyrinth Map: TBA Woodford - The Circles - Saint Helena Ridge - Goonaroi Rill - Kanuka Brook - Duck Hole - Glenbrook. Party limit. Some off track and part exploratory. Grade: M212 (medium) Leader: Tony Holgate 9411 5517 or 0415 802 108
Mid Week Walks	
Thursday 24 Feb	Royal NP Maps: RNP Tourist Waterfall train station - Lake Toolooma - Kingfisher Pool - Bulwarring Track - Kingdom Come Pool - Woronora River - Lake Eckersley - Woronora Gap - Friendly Way - Heathcote. Swimming options on this classic walk. Grade: M222 (15km) Leaders: Wilf Hilder 95878912
26 - 27 February	
26 - 27 February	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
26 - 27 February	Wollemi NP Maps: Colo Heights, Mountain Lagoon, Bob Bucks Colo Colo Heights - Bob Turners Track - Hungryway (Little Hungry) Creek - Colo River - Mailes Cave - Blacksmiths Creek - return - Tootie Creek - Bob Turners Track - Colo Heights. Exploring relics of Townsends Colo River Railway Survey Track. Plenty of swimming options in scenic Colo River. Grade: M232 (21km) Leaders: Wilf Hilder 95878912
Saturday 26 Feb Q	Berowra Valley Regional Park - Great North Walk Map: Hornsby Thornleigh - Ginger Meggs Park - Crosslands - Berowra. Longish, but on an easy track. Tap water available at Ginger Meggs Park and Crosslands Reserve. Accessible by train. Ring before Friday. (ie ring early) Grade: X221 30km Leader: Ken Smith 9808 4021
Autumn Program 5 - 6 March	
Saturday 5 March	Royal NP Map: RNP Tourist Third of three summertime gourmet walks, swims galore. Leader: Zol Bodlay 9639 4606

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

SUMMER SOCIAL PROGRAM

1 December	7 pm	Committee Meeting Observers welcome. At the Clubrooms.
5 December (Sun)	4 - 10pm	Great River Walk Celebration Dinner!! If you took part in any of the many walks over the past few years, you are invited to come and celebrate with Roger and the team at the Ku-Ring-Gai Wildflower Garden, St Ives. There'll be a hot buffet dinner, (BYO alcohol), prizes & entertainment. Contact Roger Treagus for bookings & details 9995 5784 (w), 0401 017 289 or treagusr@epa.nsw.gov.au
8 December	8pm	New Members Training Night @ the Clubrooms
15 December	6.30 pm	SBW Christmas Party Kirribilli Neighborhood Centre (Back garden or back verandah in bad weather) BYO a plate Drinks will be provided
5 January		(Committee meeting is on 19th!)
5 January	6 pm	Balmoral Beach Picnic Bring your own food (or buy fish and chips) and drink for an evening of relaxation under the trees at the south end of the beach -from 6m. (If you're feeling a bit energetic, join Bill Holland and the mid week walkers at 4pm for a jaunt around Mosman locale, before finishing up at Balmoral. See the walks program for more details.)
12 January		(New Members team are on holidays)!!
19 January	7 pm	Committee Meeting
19 January	8 pm	Macquarie's Journeys Ever thought that the early white explorers were a pretty adventurous lot? Ever thought you'd like to walk in their shoes? Come along and hear from club member Almis Simankevicius present on his recently released book titled, <i>Macquaries Journeys</i> . At the clubrooms.
2 February	7 pm	Committee Meeting Observers welcome. At the Clubrooms.
9 February	8 pm	New Members Training Night @ the Clubrooms.
16 February	8 pm	A Kimberley Evening The Kimberley's has seen quite a few visits from Sydney Bushies in the last year. Come along for an evening of slides, chats and loads of great stories. See you at the clubrooms.