



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

Deadline for the 2005 Winter program is  
Friday, 15 April 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 assess 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 leader's 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

Mostly, **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

**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	Reasonable	2	200 – 300m	2	Off track
L	Long	3	Strenuous	3	Steep / many	3	Scrub / Creeks
X	EXtra long						

D – Distance: S – Short      under 10km per day  
                          M – Medium      10 – 19km per day  
                          L – Long      20 – 30km per day  
                          X – Extra Long      more than 30km per day

**Note:** If a two day walk had one 25km day and then a 8km 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 <b>MUST</b> 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.

## SEARCH AND RESCUE

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

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

If the above are unavailable contact the Bushwalkers Wilderness Rescue number: Call 13 22 22, ask the operator to page 627 7321 and leave a short message along the lines: "URGENT CALL ( your Club & name ... ) PHONE BOX ( ... ) .....". Ensure that the operator records the correct number and STD code. If no return call is received within 15 minutes, repeat the above steps.

## ADVANCE NOTICES

4 Oct to 27 Oct 2005	<b>Indian Himalaya with Sue Fear (Nanda Devi Garwhal Region)</b> Spend 24 days away from your Sydney life, 16 of which will be trekking in the rarely visited and visually stunning area of the Garwhal region in Northern India. We'll be up near the border with Tibet, walking through beautiful forested valleys, remote villages and spectacular mountain vistas. We'll summit Brijanga Dhura at 4570 metres, after visiting Nanda Devi base camp (4150m) but have plenty of time to acclimatise and smell the roses from our start at the tiny village of Lillam (1750m) at the dramatic entrance to the Gori Ganga Gorge. Truly a unique trip, with opportunities to alter the route or plans to suit the group / weather. Cost: Ex Delhi \$3255, Ex Sydney \$5095 (min 10 people). <b>Grade:</b> Adventurous - but not out of reach for the average SBW walker <b>Leader:</b> Caro Ryan 9909 1076 / justshootme@ozemail.com.au
28 May to 13 June	<b>Kimberley - Expression of Interest</b> The first week will be spent exploring the Carr Boyds, the second week the Cockburn Ranges. This is the Kimberley at its most spectacular. Stunning gorges, waterfalls, canyons and wild scenery. One trip will include being dropped off by helicopter in the wilderness. One food group planned. This is not a trip for tiger walkers, rather for people who want to experience all that the Kimberley has to offer. Party limit. You must be able to swim. If interested email Rosemary McDonald at rosemary.mcdonald@bigpond.com or 9905 0601
4 June to 15 June	<b>McDonnell Ranges N.T.</b> 10-11 days. In area of Hugh Gorge - Standley Chasm. Medium walk on rough terrain <b>Leader:</b> David Rostron 9451 7943
June Monday 6 To Friday 10	<b>Currawong Beach</b> Enjoy the day walks on the West Head Peninsula, play mini golf or tennis, relax in front of a roaring fire. Once again we have booked the "big house" and if necessary cabins at Currawong Beach on Pittwater. Enjoy the facilities, the activities and, of course, every night a happy hour or two. Cost will be in the vicinity of \$20/night and we are booked for 4 nights (5 days) or book in just for a day or two. Accommodation is limited so firm bookings should be made early. <b>Grade:</b> Easy to Medium <b>Leader:</b> Bill Holland 9484 6636 (h) 0418210290 (m) billholland@bigpond.com.au
NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons	
<b>DEADLINES FOR FUTURE PROGRAMS:</b> Winter 2005 – 15 April 2005 (June / July / August)	
Thursday 3 March	<b>Northern Beaches</b> <span style="float: right;"><b>Maps:</b> Street Directory</span> Railway Square – express bus Narrabeen – Mullet Creek – Warriewood Wetlands Walk – Irrawong Walk – Progress Park – Coastal Environment Centre – Narrabeen Pool and Head – Turrismetta Beach – Warriewood Beach – Mona Vale Beach – express bus City. Bush and beach – some rockhopping – beach and baths swimming. <b>Grade:</b> M121 (13km) <span style="float: right;"><b>Leader:</b> Wilf Hilder 9587 8912</span>

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5 - 6 March	
March 5 - 6	<b>Morton NP Ettrema Wilderness</b> <b>Map:</b> Nerriga Sassafras - Headwaters of Ettrema Ck - exit Bullfrog Ck or Myall Ck or somewhere in between. A different look at the wonderful Ettrema wilderness area, with plenty of swimming opportunities. <b>Grade:</b> M233E <b>Leader:</b> Stephen Dolphin 9587 9686 or 0414 878 050
Saturday 5 Mar	<b>Blue Mountains NP – Wollangambe one Canyon</b> <b>Maps:</b> Mount Wilson / Wollangambe Summer is just about over so why not enjoy a last Li-Lo trip floating down the Wollangambe river. Need Li-Lo and wet suit. You need to be able to swim and there is a small rock scramble at the exit, otherwise it is an easy and relaxing day in a nice canyon. Meet at Mt Wilson Fire Brigade. <b>Grade:</b> S112 Rock scramble at exit. <b>Leader:</b> Chris Miller 9955 1547
Saturday 5 March	<b>Royal NP</b> <b>Map:</b> RNP Tourist Third of three summertime gourmet walks: Heathcote to Waterfall via Upper Kangaroo creek – swims galore, three pristine pools and the 'Olympic Pool'. Track and easy off track with leisurely lunch (feast). <b>Grade:</b> M112 (easy / medium) 17km <b>Leader:</b> Zol Bodlay 9639 4606
Sunday 6 March	<b>Blue Mountains NP</b> <b>Maps:</b> Mount Wilson, Wollangambe Bells Line of Road – unnamed ridge – Du Faur Creek – unnamed ridge – Bell Creek – unnamed ridge – Truck Weighing Station. Car shuffle to save a few km of road bash. This walk is mostly exploratory and 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. May plan a late finish in order to catch the rocks at sunset - bring a headtorch in case. <b>Grade:</b> M223 12km 500m↑&↓ <b>Leader:</b> Ian Thorpe (h) 9922 4742, (m) 0402 913 302
Sunday 6 March Q	<b>Blue Mountains NP</b> <b>Maps:</b> Jenolan, Jamison Carlons Farm – Blackhorse Ridge – Mt Mouin – Medlow Gap – Fire Trail – Carlons Farm. Includes two steep ascents. Great views of the southern Blue Mtns from atop Mt Mouin. <b>Grade:</b> L231 medium 22km <b>Leader:</b> Nigel Weaver 9660 7672 evenings & weekends
12 - 13 March	
March 12 - 13	<b>Coolana – Club Annual Get-Together</b> People are invited to a weekend camp. For many years the Club has held an annual reunion and this year it be bigger and better than ever. All members and prospective members are invited to join us for a celebration weekend on the Club's property, Coolana, in the beautiful Kangaroo Valley. A chance to renew friendships and socialise with new and old members. Car camping possible. Campfire and party program on Saturday evening. Damper competition on Sunday morning. Ideal for families with special activities for children. Assistance with transport. Bill Holland (h & w) 9484 6636, (m) 0418 210 290, email: billholland@bigpond.com Patrick James (h & w) 9567 9998, (m) 040904 1515, email: pjames@idx.com.au
March 12 - 13	<b>Blue Mountains NP</b> <b>Map:</b> Wollangambe Bell – Gooches Crater – Bell. A more exploratory version of the walk done in Nov '04. This is largely an opportunity to explore some of the features we didn't have time to see then. Bring gaiters and torch for the exploring. 'Rope handy'. Cave camp. <b>Grade:</b> M233E (exploratory, ?km) <b>Leader:</b> Ian Thorpe (h) 9922 4742, (m) 0402 913 302
March 12 - 13	<b>Wollemi / Gardens Of Stone N.P. – Mt. Dawson.</b> <b>Maps:</b> Ben Bullen Overnight, full pack, weekend walk. Newnes camp ground to Mt. Dawson via Little Capertee Creek and adjoining escarpment. Good for your first overnight walk, 70% off track with a cave camp, so no tent required, unless you want to practice carrying one. Camera is a must, due to the spectacular scenery as well as being a very social event with sunset during happy hour. Bring a drink or two for happy hour and after dinner socialising around the camp fire. Numbers limited, so book in early. <b>Grade:</b> M223 Easy/Medium 12km Return 400m↑&↓ <b>Leader:</b> Tony Manes (h) 9520 0266

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

9521-1620      34k's from Colo River Bridge

**THE SYDNEY BUSH WALKERS INC - Autumn 2005 Program**

Sunday 13 March Q	<b>Wollemi NP</b> <span style="float: right;"><b>Maps:</b> Six Brothers</span> Hollow Rock - Boorai Ridge - Pass 6 - Colo River - Pass 7 - Boorai Ridge - Hollow Rock. Mainly off track, some scrub, tricky descent to the Colo, wet feet and quicksand in the river. <b>Grade:</b> M223E Medium 15km 400m climbing <b>Leader:</b> Craig Austin 9484 1519 (after 8:30pm) <i>Melanie Frey - gaiters, rope scramble, volleys, steep climb out.</i>
March 19 - 20	<b>Wollemi NP</b> <span style="float: right;"><b>Maps:</b> Colo Heights, Mountain Lagoon, Bob Bucks Colo</span> 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 - gaiters, gloves, daypack and waterproof pack required. Transferred from Summer Program. <b>Grade:</b> M232 (21km) <span style="float: right;"><b>Leader:</b> Wilf Hilder 9587 8912</span>
March 18 - 20	<b>Dharug NP</b> <span style="float: right;"><b>Maps:</b> Mangrove, Gunderman</span> Mill Ck picnic area - 11km walking track - Sugee Bag Ck. GR244071 - return to Mill Ck via one of various options. Part exploratory walk in interesting area. Mostly off track on undulating ridges and in creeks. Bring gaiters, gloves and carry water. <b>Grade:</b> M223 Medium 30km 400m <span style="float: right;"><b>Leader:</b> Jim Rivers 4390 8279</span>
March 19 - 20 Q	<b>Morton NP - Ettrema Wilderness</b> <span style="float: right;"><b>Maps:</b> Touga</span> Tolwong Road - Tullyangela Clearing - Howards Pass - Barrons Crown - Ettrema Creek - Rack Creek - Felon Hill - Judgement Hill - Tolwong. Well suited to prospectives with recent relevant experience, appropriate equipment and desire for off track walking in challenging country. <b>Grade:</b> M233 20km 700 up & down. <b>Leader:</b> Maurice Smith (h) 9587 6325, (m) 0414 538 475, mauricethewalker@ihug.com.au
Saturday 19 March Q	<b>Royal NP</b> <span style="float: right;"><b>Map:</b> RNP Tourist</span> Otford to Bundeena. Classic coastal walk with clifftops, beach and rainforest views. Bring water. <b>Grade:</b> L221 200 m ↑ Medium 26km <span style="float: right;"><b>Leader:</b> Tony Crichton (h) 9872 7195</span>
Saturday 19 March Q	<b>Stanwell Park</b> <span style="float: right;"><b>Maps:</b> Appin, Otford</span> Stanwell Park station - Wodi Wodi Track - escarpment track - Stanwell Beach - Stanwell Park station. Come and enjoy at least seven plant communities from eucalypt forest to sedgeland. <b>Grade:</b> M211 medium 17km. <span style="float: right;"><b>Leader:</b> Maureen Carter 9773 4637</span>
Sunday 20 March Q	<b>Blue Mountains NP</b> <span style="float: right;"><b>Maps:</b> Jenolan, Jamison</span> Perrys Lookdown - Pulpit Rock - Govetts Leap (morning tea) - Evans Lookout - Junction Rock (lunch) - Blue Gum Forest - Perrys Lookdown. Spectacular views of the Grose Valley from good vantage points. Possible swims. The most difficult way out of the valley (600m). Optional dinner at a fine Blue Mtns eatery. <b>Grade:</b> L231 medium 20km <span style="float: right;"><b>Leader:</b> Carole Beales 9907 2829</span>
<b>25-28 March - EASTER</b>	
March 25 -28	<b>Wollemi NP</b> <span style="float: right;"><b>Map:</b> Colo Heights, Rock Hill</span> Northern Three Peaks - Savage, Mt Mistake, Island. Grassy Hill Trail - Pass 13 - Pass 17 - Mt Savage - Tambo Creek - Main Creek - Mt Mistake - Clews Ridge - Wollangambe/Colo Junction - Island - Drip Rock Trail. Car Swap. The Wollemi equivalent of Kanangra's Three Peaks, going to some rarely visited spots. Claimed to be doable in two days, it will still be a busy trip in four. <b>Grade:</b> M333E (Medium hard) <b>Leader:</b> Kenn Clacher (h&w) 9954 9708, kenn@pacific.net.au.
March 25 - 28	<b>Wollemi NP</b> <span style="float: right;"><b>Maps:</b> Colo Heights, Bob Bucks</span> Grassy Hill fire trail - Pass 12 - Pinchgut Ck. - Mt Savage - Tambo Ck. - (optional, Pass 20 up and down) - ( optional up Pass 19 down Pass 18) or Colo river (optional Pass 17 up and down) - Pass 13 or 15 - Grassy Hill fire trail. The idea is to explore some of Bob Bucks Passes in the Colo gorge. We could finish early on Monday morning, however the idea is to be flexible and have plenty of time. <b>Grade:</b> M233E <span style="float: right;"><b>Leader:</b> Peter Love 9948 6238, (m) 0414 920 292</span>

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Sunday 27 March Q	<b>Ku Ring Gai NP</b> Berowra Circuit Beautiful views, all on track with a few creek crossings and a couple of good hills to remind you where you are. <b>Grade:</b> L222 (medium 20km) <span style="float: right;"><b>Leader:</b> Kathy Gero (h) 9130 7263</span>
Sunday 27 March	<b>Garigal NP</b> <span style="float: right;"><b>Maps:</b> Parramatta River</span> Bus Wynyard – Manly Dam – Curl Curl Ck. / The Bluff – Natural Arch – Magazine Track – Roseville bridge – Echo Point – East Roseville – bus to Wynyard. Suburban bushland and scenic Middle Harbour foreshore. <b>Grade:</b> M211 Medium 15km <span style="float: right;"><b>Leader:</b> Ian Rannard 9958 1514</span>
Mid-Week	
Thursday 31 March	<b>Botany Bay NP</b> <span style="float: right;"><b>Maps:</b> Street Directory</span> Central Train Station – bus – La Perouse – Congwong Bay – Henry Head – Curwee Bay – Cape Banks (Island) – Little Bay – Buchan Point – Long Bay – Malabar – Boora Point – Malabar Headland tramway and tunnels – Magic Point – Maroubra Beach – bus city. Bring good torch for tunnels – some swimming <b>Grade:</b> M211 (15km) <span style="float: right;"><b>Leader:</b> Wilf Hilder 9587 8912</span>
2-3 April	
April 2-3 Q	<b>Kanangra Boyd NP</b> <span style="float: right;"><b>Maps:</b> Kanangra</span> Kanangra Walls - Crafts Wall - Pages Pinnacle - Crafts Ridge - Gingra Creek - Kowmung River (camp) - Stockyard Spur - Ti Willa Ridge - Compagnonoi Pass - Ti Willa Plateau - Mt Cloud Maker - Mt Storm Breaker - Crafts Wall - Smiths Pass - Kanangra Walls. Come and visit some of the most scenic places in Kanangra Boyd NP. Wet feet down Gingra Creek, lovely campsite by the Kowmung River, rough section across Ti Willa Plateau and spectacular vistas back along the Gangerang Range. (Gaiters recommended). Four places reserved for fit prospective walks. <b>Grade:</b> L333 Medium 1000m↑/↓ <span style="float: right;"><b>Leader:</b> John Bradnam 9953-2281, Email jlb@vmtech.com</span>
April 2-3	<b>Blue Mountains NP</b> <span style="float: right;"><b>Maps:</b> Jenolan</span> Carlon's Farm - Carlon's Ck - Breakfast Ck - Cox River - Jenolan River (leave packs) - Jenolan Gorge. Sunday: Cox River - Galong Ck - Carlon's Farm. Probable swim in Jenolan Gorge and some rock scrambling/mild exposure in canyon section of Galong Ck. Party Limit <b>Grade:</b> M233 Medium 18km <span style="float: right;"><b>Leader:</b> Allan Wells 4787 7385</span>
Saturday 2 April Q	<b>Blue Mountains NP</b> <span style="float: right;"><b>Map:</b> Mountain Lagoon</span> Mountain Lagoon – Gaspers Ridge – firetrail – Mailes Ridge – Meroo Trig – Colo River – Gaspers Ridge – Mountain Lagoon. The walk offers the opportunity for great views of the Colo River Gorge and a delightful swim in the Colo River <b>Grade:</b> L221 Medium 22km <span style="float: right;"><b>Leader:</b> Tony Crichton (h) 9872 7195</span>
Saturday 2 April	<b>Blue Mountains NP</b> <span style="float: right;"><b>Maps:</b> Jenolan, Jamison</span> Carlons Farm – Ironmonger – Coxs River – Knights Deck – Mt Mouin – Carlons Farm. Hard climb up Knights Deck, fab views from Mt Mouin. Optional extension by heading up Dunphys pass & down the chains at Carlon Head. This option will include bush-bashing in and out of Dunphys pass and exposure going down Carlon Head. If we do the optional bit this will be a 'somewhat challenging' day walk – will go up Friday night in order to get an early start. <b>Grade:</b> L332 Med-Hard 25km 1500m↑&↓, or X333, Hard 30km 1800 m↑&↓ <span style="float: right;"><b>Leader:</b> Ian Thorpe (h) 9922 4742, (m) 0402 913 302</span>
Sunday 3 April	<b>Blue Mountains NP</b> <span style="float: right;"><b>Map:</b> Penrith</span> 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 <a href="mailto:mauricethewalker@ihug.com.au">mauricethewalker@ihug.com.au</a>

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Mid Week	
Thursday 7 April	<b>Brisbane Water NP</b> <b>Maps:</b> (Cowan) Gosford, Gunderman Central Train Station – Wondabyne Train Station – Great North Walk – Lysippuss Pass – Bahai Lookout – Pindar Cave – Red Oxide Mine – Pindar Point – return. Wildflowers and historical relics – exploring Michael Bickley's "new" road from Mooney Mooney Creek. <b>Grade:</b> M213 (18km) <b>Leader:</b> Wilf Hilder 9587 8912
9 - 10 April	
April 9 - 10	<b>Kanangra Boyd NP</b> <b>Map:</b> Kanangra, Yerranderie Silver Wilderness Walk Are you considering entering the trail walker this year, planning to do the three peaks or are you just a masochist? Then this is the walk for you. Travel ultralight deep into the wilds of Kanangra Boyd NP. This is two 9 to 10 hour day walks (including breaks). Only food required for overnight stay at Yerranderie (Old Silver Mining Town). Alcohol essential for relaxing evening on Balcony of Yerranderie Post Office while watching the sun go down. Hot showers, cooking utensils/facilities, bedding all provided at Yerranderie. Experienced walkers with high fitness only. Medium pace. A great time was had by all who did it last year! Day 1: Uni Rover Trail, - Hayters Spur - Mt Milo, Armours Ridge - Squatting Rock Gap - Tonalli Gap - Yerranderie Day 2: Yerranderie - Bynes Gap - Scotts Main Range - Bulga Ridge - Kowmung River - Colboyd Range, - Uni Rover Trail <b>Grade:</b> L333 Medium/Hard 1600m 50km <b>Leader:</b> John Bradnam 9953-2281, Email jlb@vmtech.com
April 9 -10 Q	<b>Moreton NP - Budawang Range</b> <b>Map:</b> Endrick Castle Hill - Square Top Mountain - Fosters Mountain - Round Mountain . A walk amongst the exquisite rock formations of the Budawangs. Sleep in camp cave at Fosters Mountain. Several small climbs about 100m each About half the walk is off track. <b>Grade:</b> M222 500m up & down 26km <b>Leader:</b> Rosemary MacDougal (h)9428 5668
April 9 - 10	<b>Wollemi NP</b> <b>Maps:</b> Six Brothers, Bob Bucks Colo Putty Road – Culool Range – Boorai ridge – Colo River – Townsends Survey Track – Zig Zag Pass – Theodolite Lookout – Barrakee Pass – Mule Pass – Woolshed Gully – Colo River – Boorai Ridge – Culool Range – Putty Road. The Colo in all its splendour – five star campsite and the most devious section of Townsends railway survey track built in the mid 1880's. Gloves, gaiters, daypack and waterproof pack required. <b>Grade:</b> M233E (23km about 700 m) <b>Leader:</b> Wilf Hilder 9587 8912
Saturday 9 April	<b>Mt Kuringai</b> <b>Maps:</b> Hornsby to Mt Kuringai via Galston Gorge and Crosslands. Start at Hornsby station and walk down to Ginger Meggs Park. <b>Grade:</b> L221 (medium), 24km <b>Leader:</b> Stuart Corner 0419 492 190, stuart@3rdwave.com.au
Saturday 9 April	<b>Blue Mountains NP</b> <b>Maps:</b> Mt Wilson, Katoomba Victoria Falls Lookout - Victoria Falls - Little Blue Gum - Perrys Lookdown - Pulpit Rock - Govett's Leap. Great views of the Grose Valley and the beauty of Blue Gum forest. One very steep ascent and one early steep descent. Experienced prospectives welcome but be prepared for a long day. Car shuffle required. <b>Grade:</b> L231(Medium) 20km <b>Leader:</b> Mark Patteson (h) 9798 5693, (w) 9578 1711, mpatteson@qantas.com.au
Mid Week	
April Monday 11 To Friday 15	<b>Berrara Beach - South Coast</b> Beach walks, walks in the adjacent national park, cycling on forest roads or canoeing on the lagoon and river. Berrara has it all. 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. <b>Leader:</b> Bill Holland (h) 9484 6636, (m) 0418 210 290, billholland@bigpond.com.au

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

## THE SYDNEY BUSH WALKERS INC - Autumn 2005 Program

16 - 17 April	
April 16 - 17	<p><b>Nattai Valley / Coolana Training Experience 3</b> <span style="float: right;"><b>Map:</b> Mittagong</span>  <b>SPECIALLY DESIGNED FOR NEW MEMBERS</b> to facilitate transition from day walking to overnight walking by providing experience in preparing, packing and carrying an overnight pack in conditions that can be expected on a weekend walk. Successful completion provides a good basis for the <b>NEW MEMBERS OVERNIGHT QUALIFYING WALK</b> on 14 - 15 May.  <b>Saturday:</b> Nattai Valley Walk incorporating the historic Box Vale track and incline. After lunch choose easier or more challenging option to rejoin for drive to club's property at Coolana.  <b>Sunday:</b> Interactive training at Coolana. Track and off track walking, testing ascents and descents, river crossings, great scenery, camp fire camaraderie at Coolana on Saturday night. Estimated 6 hours walking excluding breaks. Good fitness level required attained through recent day walks requiring a sustained effort over varied terrain or from outdoor activities like cycling, kayaking. Expressions of interest to, coordinator, to obtain walker's kit with more information on the walk, the training activities, menus and gear.  <b>Grade:</b> M221 and M232 (harder after-lunch option)  <b>Coordinator:</b> Ron Watters 9419 2507, (m) 0419 617 491, wattersr@bigpond.net.au</p>
April 9 - 10	<p><b>Wollemi NP</b> <span style="float: right;"><b>Map:</b> Ben Bullen, Glen Alice</span>  Newnes - Capertee Ck. - Mt Dawson - Red Rocks - Glen Davis - Pipeline Pass - Newnes. Great views over the valley from Mt Dawson. Some rock scrambling.  <b>Grade:</b> M233E Medium 28km <span style="float: right;"><b>Leader:</b> David Rostron 9451 7943</span></p>
Sunday 17 April to Monday 25 April (ANZAC)	<p><b>Central Volcanic Ranges - Series II and III - Mt Kaputar and Warrumbungles</b>  <b>Maps:</b> Kaputar, Coryah, Grattai, Warrumbungles NP Tourist  Trips II and III of the NSW Volcanoes walk series (No. I was to Mt. Canobolas last October). Mt Kaputar: 3 day walks on the Mon, Tues &amp; Wed, one of them exploratory. Warrumbungles: 3 more day walks on Fri, Sat &amp; Sun, to Mt Exmouth, Bluff Mtn, plus one exploratory canyon walk. Exact itinerary not yet finalised. Car camping in both locations. Now fully booked - waiting list only.  <b>Grades:</b> All medium, with some steep ascents (over 400m) and some off-track.  <b>Leaders:</b> Richard Darke (h) 9960-6384, (m) 0402 413 299, richard_darke@yahoo.com.au  Mark Patteson (h) 9798 5693, (w) 9578 1527, mpatteson@qantas.com</p>
April 16 - 17	<p><b>Wollemi / Gardens Of Stone N.P. - Mt. Dawson.</b> <span style="float: right;"><b>Maps:</b> Ben Bullen</span>  Overnight, full pack, weekend walk. Newnes camp ground to Mt. Dawson via Little Capertee Creek and adjoining escarpment. Good for your first overnight walk, 70% off track with a cave camp, so no tent required, unless you want to practice carrying one. Camera is a must, due to the spectacular scenery as well as being a very social event with sunset during happy hour. Bring a drink or two for happy hour and after dinner socialising around the camp fire. Numbers limited, so book in early.  <b>Grade:</b> M223 Easy /Medium 12km Return 400m ↑&amp;↓ <span style="float: right;"><b>Leader:</b> Tony Manes (h) 9520 0266</span></p>
Saturday 16 April Q	<p><b>Royal NP</b> <span style="float: right;"><b>Maps:</b> Royal NP Tourist</span>  Waterfall station - Lady Carrington Dr. - Audley - Uloomla Falls - Waterfall Station. Come and enjoy heathland, eucalypt forest and rainforests.  <b>Grade:</b> L211 medium 24km <span style="float: right;"><b>Leader:</b> Maureen Carter 9773 4637</span></p>
Saturday 16 April Q	<p><b>Seaforth to St Ives</b> <span style="float: right;"><b>Map:</b></span>  Seaforth Oval - Roseville Bridge - Middle Harbour - The Cascades - St Ives Showground. Great views of Middle Harbour and Bantry Bay. Car shuffle. Meet at Seaforth Oval parking area.  <b>Grade:</b> M222; <span style="float: right;"><b>Leader:</b> Peter Cunningham 9939 7427 or 0439 357 427 cunninghamp@bigpond.com</span></p>
Sunday 17 April Q	<p><b>Morton NP</b> <span style="float: right;"><b>Map:</b> Caoura</span>  Badgerys Lookout - Sparkes Buttress - Tryers Creek - Mt Pollock - Rainbow Ridge - Shoalhaven River - Badgerys Lookout. 3 ascents of 500 metres each, 2 river crossings, some exposure to heights on Rainbow Ridge, track and off track walking. Great views, delightful river flats. Estimated walking time excluding breaks 7 hours. Expressions of interest from new members with relevant experience welcome.  <b>Grade:</b> M333E <span style="float: right;"><b>Leader:</b> Ron Watters 9419 2507, (m) 0419 617 491, wattersr@bigpond.net.au</span></p>

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



# THE SYDNEY BUSH WALKERS INC - Autumn 2005 Program

Monday 18 April - Navigation Training		
Monday 18 April	<b>Navigation Training For Prospective Members</b> Kirribilli Neighbourhood Centre Prospectives members this is your chance to learn about navigation!!!! Come along to a training night that will give you the chance to learn and to pass your navigation test for your full membership. Bookings are essential as places are limited. Minimum requirement: be able to read a street directory and bring your own compass. Maps will be supplied. <b>Time:</b> 7:00pm to 9:30pm <b>Booking:</b> Grace Martinez 9948 6238	
Mid-Week		
Thursday 21 April Q	<b>Georges River</b> Macquarie Fields Train Station - Myee Reserve - Long Point - Georges River - Myrtle Creek - Clifford Walk - Redfern Creek - Ingleburn Train Station. A bush push along the river, bring gloves and gaiters. Swimming in crystal clear pools. <b>Grade:</b> M223 (14km) <b>Maps:</b> Street Directory <b>Leader:</b> Wilf Hilder 9587 8912	
23 - 24 April 25 ANZAC Day		
23 - 25 April Anzac Weekend	<b>Blue Mountains National Park</b> Carlons Farm - Fire Trail - Medlow Gap - Wombat Parade - Mobbs Soak - Blackhorse Ridge - Carlons Farm. Camp two nights at Mobbs Soak. Side trips on middle day to Splendour Rock and Knights Deck for fabulous views. Some steep sections. All on track. <b>Grade:</b> M221 easy-medium 43km <b>Maps:</b> Jenolan, Jamison <b>Leader:</b> Nigel Weaver 9660 7672 evenings & weekends	
23 April to 25 April Q	<b>Wollemi NP</b> Newnes - Wolgan River - Colo River - Wollemi Ck - Crawford's Pass - Hollow Rock. Traverse the Wollemi Wilderness over the Anzac Day long weekend. Explore Townsends Survey Track. Cliffs, creeks and the Colo - a great opportunity to enjoy this beautiful country. Mostly off track, wet feet possible. Car swap on Friday night at Windsor. Fit prospective members welcome. <b>Grade:</b> M223 (47km) <b>Maps:</b> Mount Morgan-Six Brothers-Ben Bullen <b>Leader:</b> Alison Shames (h) 9365 0451, (m) 0439 912 309	
23 April to 25 April Q	<b>Wollemi NP</b> Hollow Rock - Crawford's Pass - Wollemi Ck - Colo River - Wolgan River - Newnes. Traverse the Wollemi Wilderness over the Anzac Day long weekend. Explore Townsends Survey Track. Cliffs, creeks and the Colo - a great opportunity to enjoy this beautiful country. Mostly off track, wet feet possible. Car swap on Friday night at Windsor. Fit prospective members welcome. <b>Grade:</b> M223 (47km) <b>Maps:</b> Mount Morgan-Six Brothers-Ben Bullen <b>Leader:</b> Peter Love 9948 6238, (m) 0414 920 292	
23 April to 25 April	<b>Far South Coast Mountains</b> Car camp at Saltwater Creek (Ben Boyd NP). Explore the beach on Saturday, then climb Mt Imlay (886m) on Sunday, and Mt Dromedary (797m) on Monday. Only 18km in total, but about 1200m combined climb. A worthwhile workout will be rewarded with fabulous views, provided the weather is good. <b>Grade:</b> M231 <b>Maps:</b> Mt Imlay, Central Tilba <b>Leader:</b> Leigh McClintock (h) 8920 2386, mcclintock@pacific.net.au	
23 April to 25 April	<b>Morton NP</b> Tallowa Dam - Apple Tree Ck. - Split Rock Pt. via the escarpment - Funnells Buttress - Ti Tree fire trail - Caoura Rd. Car shuffle required. <b>Grade:</b> M233 Medium <b>Maps:</b> Yalwal, Caoura <b>Leader:</b> Bill Capon 9398 7820	
Sunday 24 April Q	<b>Ku Ring Gai NP</b> Hornsby to Berowra. 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. <b>Grade:</b> L222 (medium 24km) <b>Leader:</b> Kathy Gero (h) 9130 7263	
Sunday 24 April	<b>Royal NP</b> Cronulla - ferry to Bundeena - Big Marley trail - Deer Pool - Marley - coast track - Bundeena. Maybe a few metres of scrub. Train (for Cronulla) 08:36 from Central arrive Cronulla 9:23 for the <b>Maps:</b> Royal NP Tourist	

## THE SYDNEY BUSH WALKERS INC - Autumn 2005 Program

	9:30 ferry. <b>Grade:</b> M212 easy 12km <b>Leader:</b> Errol Sheedy 9525 0316
Monday 25 April ANZAC Day	<b>Sydney Urban</b> <b>Maps:</b> Street Directory Lidcombe railway station – Rookwood cemetery – Sydney War cemetery – Cooks River walkway – Canterbury railway station. <b>Grade:</b> M111 easy 12km <b>Leader:</b> Ian Rannard 9958 1514
<b>30 April – 1 May</b>	
April / May 30 - 1	<b>Morton N.P. – Discovery Cave – J.R.'s Route.</b> <b>Maps:</b> Sassafras Overnight, full pack, weekend walk. Similar route as Jim Rivers took during the big winds of August 2003. Yarramunmun fire trail, Boolijah Creek, Danjera Creek, Discovery Cave and return. All off track, over steep, rough, loose surfaces, through scrub, across creeks, waterfalls and rock platforms. Some rock scrambling to a spectacular cave camp. If we get there before dark, we can explore the Passages of Time, if not, we will have an extra long, sociable happy hour around our camp fire. <b>Grade:</b> M223 Medium /Hard 24km Return 400m ↑&↓ <b>Leader:</b> Tony Manes (h) 9520 0266
April / May 30 - 1	<b>Great North Walk (Stages 4 &amp; 5)</b> <b>Maps:</b> GNW Brochure 6 Freemans Waterhole – Heaton Gap – Great North Walk – Heaton Lookout – Wallis Creek – Mount Myall – Hunter Lookout – Pokolbin Lookout – Barraba Trig – Congewoi Valley Trackhead. A hilly but scenic section of the GNW. See GNW brochure 6 for details. Car shuffle required. <b>Grade:</b> M331 (36km) <b>Leader:</b> Wilf Hilder 9587 8912
Saturday 30 April	<b>Blue Mountains NP.</b> <b>Maps:</b> Sassafras Meet Mt Hay Road at Leura HS at 8:30am. Lockleys Track - Du Fours Head - Yardley Cave - Walford Gully across the tops to Lycon Rill - Rocky Points Ravine and return to the Pinnacles (maybe in reverse order). Mostly off track - probably part exploratory - plenty of scrambling up and down and maybe some wet feet. Train Travellers ring and I will try to arrange a lift. <b>Grade:</b> S223 10km <b>Leader:</b> Jim Percy 4758 6009
Saturday 30 April	<b>Sydney Harbour Foreshore</b> <b>Maps:</b> Parramatta River, Sydney Heads Circular Quay - Harbour Bridge - Cremorne-Clifton Gardens – Balmoral - Spit Bridge - Sydney Harbour NP - Manly. Great harbour views, scenic coves and beaches, historic homes and expensive mansions. This walk has it all. Oh, did I mention fish and chips at Balmoral (yum). Join me for a meal in Manly at the end of the walk. Some rockhopping depending on tides <b>Grade:</b> L211 (Medium) 26km <b>Leader:</b> Mark Patteson (h) 9798 5693, (w) 9578 1527, mpatteson@qantas.com
<b>Mid-Week</b>	
Thursday 5 May	<b>Blue Mountains NP</b> <b>Maps:</b> Penrith, Springwood Central Train Station – Springwood Train Station – Martins Lookout – Glenbrook Creek – Kings Link – Bunyan Lookout – Lost World Lookout – St. Helena – St. Helena Ridge – Glenbrook Creek – The Duckhole – Glenbrook Train Station. The lower Blue Mountains at their best – bring water for the day. <b>Grade:</b> M231 (16km) <b>Leader:</b> Wilf Hilder 9587 8912
<b>7-8 May</b>	
May 7 – 8 Q	<b>Kanangra Boyd NP</b> <b>Map:</b> Kanangra, Yerranderie Uni Rover Trail - Wallarra Heights - Barralliers Crown - Wallarra Ridge - Bradbury Knoll - Camp at Christies Creek Junction - Amble Easy Ridge - Mt Savage - Uni Rover Trail. Come explore the spectacular Barralliers Crown. First class camp site at bottom of Amble Easy Ridge. Good navigation exercise out to Barralliers Crown. Time to stop, explore and enjoy the splendour of Kanangra Boyd NP. (Limited party size). <b>Grade:</b> M223 Medium 500m <b>Leader:</b> John Bradnam 9953-2281, Email jlb@vmtech.com
May 7 – 8	<b>Kanangra Boyd NP</b> <b>Map:</b> Kanangra Boyd Crossing - Kanangra Range - Thurat Ck - Queen Pin - King Pin - Boyd Crossing.

# THE SYDNEY BUSH WALKERS INC - Autumn 2005 Program

	Map reading and navigation instructional, over night walk suitable for beginners carrying a full weekend pack. <b>Grade:</b> S112 <span style="float: right;"><b>Leader:</b> Don Finch 9452 3749, (m) 0418 417 593</span>
Sunday 8 May	<b>Middle Harbour Bushland</b> <span style="float: right;"><b>Maps:</b> Parramatta River</span> Castlecove – Harold Reid Reserve – Castlecrag – Sailors Bay – Clive Park – Long Bay bushland – Cammeray Bridge. Pleasant views of Middle Harbour. Mostly bushland tracks, some steep sections, some streets. Wow, see a castle! Visit Chateau Pont Du Nord vineyard! <b>Grade:</b> M121 easy 14km <span style="float: right;"><b>Leader:</b> Nigel Weaver 9660 7672 evenings &amp; weekends</span>
14-15 May	
May 14 - 15 Q	<b>Blue Mountains NP</b> <b>Goolara Peak – Quart Pot Ridge – Cox River - Qualifier 2</b> <span style="float: right;"><b>Map:</b> Jenolan</span> The overnight qualifying walk is seen by many new members as a real challenge. Successfully undertake this challenge under the guidance of experienced leaders (John Bradnam and Ian Thorpe) on this scenic overnight qualifying bush walk in the Blue Mountains National Park. A mix of terrain will provide experience in bushwalking skills, on and off track walking, testing descents and ascents, river crossings, rock hopping. Two 6 hour days of walking plus breaks, camp on riverside flats, camp fire camaraderie. If you have successfully completed the Nattai Valley / Coolana Training Experience 3 or in the two months preceding this walk have successfully completed day walks requiring sustained effort over various terrain, or comparable experience then this is your chance to participate in this great walk. Party limit 14, 10 places reserved for new members. Register now with Ron Watters, coordinator to receive your walker's kit, with detailed walk description, how to get there, suggestions for gear and menus, leaders profiles. <b>Grade:</b> M232 <span style="float: right;"><b>Leader:</b> Ron Watters 9419 2507 or 0419617491 wattersr@bigpond.net.au</span>
May 14 - 15	<b>Coolana Training Weekend</b> Ideal for new members. Practical training in navigation, first aid and bushcraft at Coolana in the beautiful Kangaroo Valley. 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. <span style="float: right;">Bill Holland (h &amp; w) 9484 6636, (m) 0418 210 290, billholland@bigpond.com or Patrick James (h &amp; w) 9567 9998, (m) 0409 041 515, pjames@idx.com.au</span>
May 14 - 15	<b>Wollemi NP</b> <span style="float: right;"><b>Maps:</b> Colo Heights, Six Brothers, Bob Bucks</span> Grassy Hill fire trail – car shuffle – Pass 10 Colo river (possible rough camp)- unnamed creek - Pass 11 – Grassy Hill fire trail. The leader has only seen these passes from the bottom. So expect the usually 'rope handy' challenges. <b>Grade:</b> M233E <span style="float: right;"><b>Leader:</b> Peter Love 9948 6238, (m) 0414 920 292</span>
Saturday 14 May Q	<b>Blue Mountains NP</b> <span style="float: right;"><b>Map:</b> Jenolan</span> Carlons Farm – Blackhorse Ridge – Mobbs Soak – Splendour Rock – Medlow Gap – Carlons Farm. Marvellous walk with spectacular views. <b>Grade:</b> L221 Medium 22km 650m ↓ & ↑ <span style="float: right;"><b>Leader:</b> Gail Crichton (h) 9872 7195</span>
Saturday 14 May Q	<b>Watagans SF</b> <span style="float: right;"><b>Maps:</b> Quorrobolong, Morisset</span> Heaton Lookout - Wallis Creek - Mahogany Ridge - Boarding Houses Dam - White Rocks - Jungle Creek - Gap Creek - Monkey Face Look Out. Giant trees, babbling brooks, plenty of leeches, some jungle and thick bush. <b>Grade:</b> M223 Medium 16km <span style="float: right;"><b>Leader:</b> Rosemary MacDougal 9428 5668 (h)</span>
Sunday 15 May	<b>Marramarra National Park</b> <span style="float: right;"><b>Maps:</b> Cowan, Gunderman</span> Canoelands Road – Blake Ridge – Marramarra Creek – Big Bay – Canoelands Road. Good views from various points along the walk. Steep sections. 15km including 3km off-track. <b>Grade:</b> M222 easy-medium <span style="float: right;"><b>Leader:</b> Nigel Weaver 9660 7672 evenings &amp; weekends</span>

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

# THE SYDNEY BUSH WALKERS INC - Autumn 2005 Program

<p>Sunday 15 May Q 8:30 <i>Katoomba</i></p>	<p><b>Blue Mountains NP</b> <span style="float: right;"><b>Maps:</b> Katoomba</span>  Red Ledge Pass day walk, mostly track walking, with 2 solid hills. Lots of great views to be had.  Some exposure on Red Ledge Pass. Group dinner in Katoomba at end of walk.  <b>Grade:</b> M232E  <b>Leader:</b> Maurice Smith (h) 9587 6325, (m) 0414 538 475, mauricethewalker@ihug.com.au  <i>Richard Lawson - 9541-0479, 0412 993741</i></p>
<p>Thursday 19 May</p>	<p style="text-align: center;"><small>Mid-Week</small></p> <p><b>Western Sydney Regional Park</b> <span style="float: right;"><b>Maps:</b> Street Directory</span>  Toongabbie Train Station – Greystanes Creek – Jirramba Reserve – Valencia Park – St. Bartholomew's Church – Prospect Nature Reserve - George Maunder Lookouts – Prospect Dam – Prospect Creek – Westons Tunnel – Western Sydney Regional Park – Knoll Lookout – Fairfield City Farm – bus to Fairfield Train Station. Yet another thread in Sydney's spiderweb of walks.  <b>Grade:</b> M211 (19km) <span style="float: right;"><b>Leader:</b> Wilf Hilder 9587 8912</span></p>
<p>May 21 – 22 Q</p>	<p style="text-align: center;"><small>21 – 22 May</small></p> <p><b>Morton NP</b> <span style="float: right;"><b>Map:</b> Touga</span>  Further exploration of this interesting part of the Shoalhaven River, some of those map contour lines on the Shoalhaven River are really close! Tolwong Road - Peach Tree Canal - Wineglass Spur - Wineglass Tor - Great Horseshoe Bend - Shoalhaven River - Poddy Dodger Spur - Tims Gully. Well suited to prospectives with recent relevant experience, appropriate equipment and desire for off track walking in challenging country.  <b>Grade:</b> M233 20km 500m up &amp; down  <b>Leader:</b> Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au</p>
<p>May 21 - 22 Q</p>	<p><b>Kanangra Boyd NP</b> <span style="float: right;"><b>Maps:</b> Kanangra, Yerranderie</span>  Kanangra Walls – Coal Seam Cave – Bullhead Ridge- Cambage Spire – Kowmung River – Christies Creek – Stonehag Hill – Colboyd Range – Pindari Top – Kanangra Road – Kanangra Walls Carpark. The classic Kanangra walk – Kowmung campsite, knife-edge ridges and great views. A solid walk with some exposure.  <b>Grade:</b> L332 Medium/Hard, 22km, 800m ↓ &amp; ↑ <span style="float: right;"><b>Leader:</b> Tony Crichton ( h ) 9872 7195</span></p>
<p>May 21 - 22</p>	<p><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.  <b>Leader:</b> Don Finch 0418 417 593</p>
<p>Saturday 21 May and /or Sunday 22 May</p>	<p><b>Navigation Instruction For Prospective Members – ONLY</b> <span style="float: right;"><b>Maps:</b> Katoomba, Mt Wilson</span>  <b>Blue Mountains NP</b>  Two separate navigation instruction practical day walks. Prospective members can book on either sat or sun. Those that need more can book for both days and increase your practical experience. We will drive as far as possible out on the Mt Hay road from Leura and then practice our navigation (using the good old compass) in the area around Flat Top, Fortress Ridge, Mt Stead, Lockley Pylon, Lycon Plateau, The Pinnacles And Mt Hay road. Bring everything you would normally take on a day walk. Also bring A5 or smaller note pad, pen, ruler, string, navigation compass, maps (Katoomba, Mt Wilson) and off track clothing. Also bring your sense of humour for when we get 'geographically embarrassed'.  <b>Grade:</b> Depends on navigational skills <span style="float: right;"><b>Leader:</b> Tony Manes 9520 0266</span></p>
<p>Sunday 22 May</p>	<p><b>Royal NP</b> <span style="float: right;"><b>Maps:</b> Royal NP Tourist</span>  Engadine – Tuckawa Track – Audley – Temptation Ck. – Sutherland. Train (Waterfall train) from Central 08:21 arrive Engadine 09:07.  <b>Grade:</b> M212 easy 12km <span style="float: right;"><b>Leader:</b> Errol Sheedy 9525 0316</span></p>
<p>Sunday 22 May Q</p>	<p><b>Blue Mountains NP</b> <span style="float: right;"><b>Map:</b> Mt Wilson</span>  Bells Line of Road (487880) - Koombanda Ridge - Kamarah Gully - Grose River - Engineers route - Darling Causeway. Scenic Gully with boulder scrambling, likely wet feet, great escarpment views, ascent 300 metres. 6 hours walking excluding breaks.  <b>Grade:</b> M233 <b>Leader:</b> Ron Watters 9419 2507, (m) 0419 617 491, wattersr@bigpond.net.au</p>

## THE SYDNEY BUSH WALKERS INC - Autumn 2005 Program

28-29 May	
May 28-29 9am to 5pm both days	<b>First Aid Training for Bushwalkers</b> <span style="float: right;"><b>Location:</b> Bankstown Sports Club</span> This First Aid course is available strictly for bushwalkers who are members of bushwalking clubs of the Confederation of Bushwalking Clubs NSW Inc. <a href="http://www.bushwalking.org.au">www.bushwalking.org.au</a> Course content can be viewed with St John Ambulance. <a href="http://www.stjohnambulance.com.au">www.stjohnambulance.com.au</a>
Deadline for bookings 20 May	COURSE FEE is the discount rate of \$100 payable, in advance to St John Ambulance. SBW will subsidise to the extent of \$50. BOOKING is only possible by sending a cheque for the FULL COURSE FEE of \$100 payable to St John Ambulance to BWRS Secretary - PO Box 22 - CANTERBURY 2193 Your email address (Clearly Printed) OR a stamped self addressed envelope must be included in case we need to contact you about any changes in this course
May 28 - 29	<b>Blue Mountains NP</b> <span style="float: right;"><b>Map:</b> Katoomba, Jamison</span> Golden Stairs - Koorowall Knife Edge - Mt Solitary - Pt Repulse - Korrowall Ridge - Rucksack Pt - Solitary Pass (camp) - The Col - Coal Miners Pass - Kedumba River - Sublime Pt. Come and walk 4 passes on and off Mt Solitary in a weekend. Rough section out to Pt Repulse. Car shuffle required between Golden Stairs and Sublime Pt. Longish days. <b>Grade:</b> M223E Hard 1000m+ <span style="float: right;"><b>Leader:</b> John Bradnam 9953 2281, <a href="mailto:jl@vmtech.com">jl@vmtech.com</a></span>
May 28 - 29	<b>Wollemi NP</b> <span style="float: right;"><b>Maps:</b> Six Brothers, Bob Bucks</span> Hollow Rock fire trail - Pass 1, Crawfords L/O - Wollemi River - Colo River - (optional up and down Pass 2, up and down Pass 3, up Pass 5 down Pass 6) out via Pass 5 or 6. More exploring the Colo with Bob Buck's sketch map. Spend the night at a great camp site on the junction of the Colo and Wollemi rivers. <b>Grade:</b> M233E <span style="float: right;"><b>Leader:</b> Peter Love 9948 6238, (m) 0414 920 292</span>
Saturday 28 May Q	<b>Blue Mountains NP</b> <span style="float: right;"><b>Map:</b> Katoomba</span> Govetts Leap - Pulpit Rock - Perrys Lookdown - Acacia Flat - Junction Rock - Beauchamp Falls - Grand Canyon - Neates Glen - Govetts Leap. A long day but a rewarding day. Great views of the Grose Valley from Perrys Lookdown, the scenic Blue Gum forest and some beautiful rainforest. Some rockhopping and one major ascent and descent. Two spots for experienced prospectives. <b>Grade:</b> L231 (Medium) 23km <span style="float: right;"><b>Leader:</b> Mark Patteson (h) 9798 5693, (w) 9578 1711, <a href="mailto:mpatteson@qantas.com.au">mpatteson@qantas.com.au</a></span>
Sunday 29 May	<b>Royal NP</b> <span style="float: right;"><b>Maps:</b> RNP Tourist</span> Waterfall - Couranga Track - Forest Island - Calala - Uloola Falls - Karloo Pool - Heathcote. Train 0821 Waterfall, 95% on tracks, follow old mill track (Couranga Brook Tk) down to Hacking River, hand cut gutter on the mill track. See an example of the size of trees milled along the river used as a bridge. Rainforest along the Hacking. <b>Grade:</b> M211 Medium 13km 250m ↓&↑ <span style="float: right;"><b>Leader:</b> Jim Callaway (h) 9520 7081</span>
4 - 5 June Winter Program	
June 4 - 5	<b>Wollemi NP</b> <span style="float: right;"><b>Maps:</b> Colo Heights, Mountain Lagoon, Bob Bucks</span> Drip Rock fire trail (via mountain bikes) - Pass 30 - Colo river - Pass 31. The leader has not been to this area of the Wollemi. So come prepared for rough a campsite and navigation issues. <b>Grade:</b> M233E <span style="float: right;"><b>Leader:</b> Peter Love 9948 6238, (m) 0414 920 292</span>

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 ♥

## AUTUMN 2005 SOCIAL PROGRAMME

*(All social activities are on Wednesday nights at the Kirribilli clubrooms unless otherwise stated)*

2 <sup>nd</sup> March	7 pm	<b>Committee Meeting</b> Observers welcome.
9 <sup>th</sup> March	8 pm	<b>Annual General Meeting</b> Your chance to participate in the Club administration, question the Committee and express your view on Club matters. Election of Office Bearers for 2005
9 <sup>th</sup> March	8 pm	<b>New Members Night.</b> Introduction to SBW for intending prospective members
12 <sup>th</sup> /13 <sup>th</sup> March (Weekend)		<b>Club Annual Get-together and Reunion at Coolana</b> Come at any time for a great time all the time. Saturday night celebrations and inauguration of the new President. New members welcome - your opportunity to see Coolana at its best
16 <sup>th</sup> March	8 pm	<b>Africa Unveiled!!</b> Come and feast your eyes on the variety of National Parks and walking possibilities that Africa has to offer - not just Mt Kilimanjaro but also the Simien Mountains in Ethiopia; the Atlas in Morocco; Ruwenzoris in Rwanda and the ranges of The Sinai Of course there are foot safaris in Kenya, Tanzania and Botswana. This presentation is courtesy of World Expeditions.
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6 <sup>th</sup> April	7 pm	<b>Committee Meeting</b> Observers welcome.
13 <sup>th</sup> April	8 pm	<b>New Members Night.</b> Introduction to SBW for intending prospective members
18 <sup>th</sup> April (Monday)	7 pm	<b>New Members Training Night @ the Clubrooms</b> A basic navigation training night for Prospective members will be held in the club rooms. First of a series of training nights. 2 hour training in basic navigation with an optional navigation test for full membership. Booking essential. Ring Grace Martinez on 9948 6238
20 <sup>th</sup> April	8 pm	<b>Christmas Trips</b> Maurice Smith has a presentation covering the Christmas 2004 extended walks in the high country. Spectacular mountain scenery. Come and see what you missed out on.
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4 <sup>th</sup> May	7 pm	<b>Committee Meeting</b> Observers welcome.
11 <sup>th</sup> May	8 pm	<b>New Members Night.</b> Introduction to SBW for intending prospective members
18 <sup>th</sup> May	8 pm	<b>"Boots and All" - Presentation</b> See prizes awarded and hear about latest developments in walking gear, particularly footwear. There will be opportunities for questions and discussions on appropriate footwear.