



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 Spring program is
Friday, 15 July 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 (2 L 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

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 / Creeks
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.

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

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

Saturday 3 Sept	Kanangra To Katoomba In A Day Maps: Kanangra, Jenolan, Jamison Annual SBW classic. Camp at Uni Rover Friday night early. Dinner and accommodation at Grandview Hotel Saturday night. Expressions of interest early please for fit walkers and helpers. Please ring early so I can book accommodation. Grade: X332 (hard) 43 km Huge ups and downs Leader: Tony Crichton (h) 9872 7195
Saturday 17 Sept	Circumnavigation of Jamison Valley in a Day Maps: Katoomba, Jamison Wentworth Falls - Kings Tableland - Kedumba River - The Col - Mt Solitary - Ruined Castle - Federal Pass - Lindemans Pass - Roberts Pass - Wentworth Pass - Slacks Stairs - Wentworth Falls. A challenging walk with great views. Stay in Katoomba or Wentworth Falls Friday night, Dinner at Grandview Hotel Saturday night. Interested walkers please ring early so numbers can be worked out. Grade: X332 (hard) ~40 km, ~2100 m ascent Leader: Ian Thorpe, (h) 9922 4742 (m) 0402 913 302, ithorpe@evanspeck.com
24-25 September	Yerranderrie Car Camping Weekend Come visit this old silver mining town. Opportunities to do walks up Yerranderrie Peak or Axehead Mountain, explore the old mine workings, do a guided tour of the old Yerranderrie township or just lounge around. Friday night start. 4WD vehicles highly desirable. Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
4 Oct to 27 Oct 2005	Indian Himalaya with Sue Fear (Nanda Devi Garwhal Region) 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 Lilam (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). Grade: Adventurous - but not out of reach for the average SBW walker Leader: Caro Ryan 9909 1076, justshootme@ozemail.com.au
NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons	
DEADLINES FOR FUTURE PROGRAMS: Spring 2005 – 15 July 2005 (September / October / November)	

4-5 June	
4 – 5 June Q	Kanangra Boyd NP Maps: Kanangra, Yerranderrie Uni Rover, Mt Goondel, Mt Misery, Misery Ridge, Kowmung River (camp), Megalith Ridge, Morong Hill, Morong Falls Fire Trail, Morong Creek Fire Trail. Relatively easy introduction to walking in Kanangra Boyd NP. Well graded climbs and descents. Nice campsites and optional side trip up Ruby Creek. Grade: M233 (Medium) ↑↓ 750m Leader: Ken Collins (h) 8756-5834 (m) 0413 683 123 Ken.Collins@osr.nsw.gov.au
4 – 5 June	Blue Mountains NP Map: Jenolan Carlons (Packsaddlers) – Medlow Gap – Mobbs Swamp – Mt Merrimerrigal (probable campsite) – Mt Dingo – Splendour Rock – Mobbs Swamp – Blue Dog Ridge – Knights Deck – Cocks River – Breakfast Ck – Carlon Ck – Carlons. Grade: M232E (medium) 33km. Total ascent 800m Leader: Allan Wells 4787 7385
Saturday 4 June	Royal NP Map: RNP Tourist Heathcote - Uloola Falls - Audley - Little Marley – Otford. All on track. Accessible by train. Grade: X321 (Hard) 45km Leader: Ken Smith (h) 9808 4021

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Sunday 5 June	Blue Mountains NP Bell – Wollangambe River - Gooches Crater - Wollangambe River – Bell. This is largely an opportunity to explore some of the features we didn't have time to see in the easy overnighiter I led here in Nov '04, possibly including an underground creek section. On-track, off-track, rock scrambling (possible exposure). Bring gaiters and torch for the exploring. Early start to get to the interesting stuff sooner. Bring climbing tape if you have it. Grade: M233E (medium) 15km Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302, ithorpe@evanspeck.com	Map: Wollangambe
Mid-Week		
Tuesday 7 June	Griffins Castlecrag Wynyard – Chatswood bus – Flat Bridge – Henry Lawson Cave – Griffin Federation Track – Mowbray Point – Haven Ampitheatre – Torquay Point – Stoker Reserve – Sugarloaf Bay – Tower Reserve – Sugarloaf Natural Arch – Mills Point Lookout – Embrasure Reserve – Casement Reserve – Cortile Reserve – WBG Memorial Fountain – Castlecrag CBD – bus to City. See Castlecrag's bushland as Marion and Walter did – on foot, on and off track, up and down hills. Grade: M232 (medium) 13km 500m climb Leader: Wilf Hilder 9587 8912	Maps: STEP Middle Harbour Valley Sheets 3 & 4
11 – 13 June Queen's Birthday		
11 – 12 June	MORTON NP- Mt Talaterang Mt Bushwalker-Pallin Pass-Mt Talaterang- Cave camp by Talaterang Creek. If time permits explore southern arm of creek. Enjoy national geographic views/sunset/happy hour on a cliff ledge from one of the finest vistas in the Budawangs. Roast some chestnuts, and maybe encounter some Jack Frost/Daniels round camp fire? Check out Jupiter and Saturn if clear. Snorers bring fly sheets. Sunday lunch by Ngaityung Falls. Cameras/Binocs useful. A skerrick of scrambling and scrub. Party limit. Grade: M222 (medium) 21km 400m total rise and fall. Leader: John Pozniak, poz@tullib.com.au, (h) 9913 2701 (w) 9240 5277 (m) 0403068511	Maps: Milton & Tianjara
11 – 13 June	Kanangra-Boyd NP 3 day full pack walk. Kanangra Walls – Crafts Walls – Cloudmaker - 100 man cave, camp – Campanoni Pass - Kowmung River - Brumby Ridge, camp – Coal Seam Cave - Kanangra Walls. Get to see Kanangra and the Kowmung in all its glory – winter time is the best time. Will probably need to carry water to 100 man cave if it doesn't rain soon. Wet feet is guaranteed in the Kowmung, so bring spare dry socks and remember to line your pack in case you slip over in the river. Grade: L322 30 km, 800m ↓ & ↑ Leader: Tony Manes (h) 9520 0266 afm_sb@exemail.com.au	Maps: Kanangra, Jamison.
11 – 13 June	Morton NP Further exploration in my favourite national park. Short car shuffle required. The Jumps, Tail Race Creek, Shoalhaven River, Water Race Creek, The Jumps. Several places reserved for prospective members who have recent relevant experience and a desire to enjoy an off-track walk in a challenging area. We'll spend the Sunday exploring the local environs. Grade: M232 (medium) 20 km 700 up & down Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au	Map: Nerriga, Touga
Saturday 11 June	Kuringai NP, Berowra Valley RP Brooklyn - Cowan - Berowra Waters - Berowra - Mount Kuringai – Berowra. All on track, early start. Grade: X321 (hard) 42km Leader: Ken Smith 9808 4021	Maps: Cowan, Hornsby
Sunday 12 June	Ku Ring Gai NP 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. Grade: L222 (medium) 24 km Leader: Kathy Gero (h) 9130 7263	
Monday 13 June	Ku-ring-gai Chase NP Pymble Railway Station – bus – Ku-ring-gai Wildflower Garden – Christies Pool – Warimoo Track – Bobbin Head – Waratah Bay – Berowra Railway Station. Water views, interesting trees and plants, mostly on tracks, but includes one and half kms of rough off-track. Grade: M222 (medium) 15km Leader : Ian Rannard (h&w) 9958 1514	Maps: Hornsby, Cowan

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18 - 19 June	
18 - 19 June Q	Kanangra Boyd NP Maps: Kanangra, Yerranderie Kanangra – Coal Seam Cave – Gingra Range – Hughes/Roots Ridge – Kowmung River – Orange Bluff – Brumby Ridge – First Top – Kanangra. Enjoy a great grassy campsite. A good introduction to the magnificent Kowmung River. Recommended for prospective members who have completed one non-qualifying overnight walk. Grade: M232 (medium) 25km 780m up/down Leader : Gail Crichton (h) 98727195
18 - 19 June	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. Leader: Barry Wallace 9450 0550
Saturday 18 June	Blue Mountains NP – North-East of Bell Maps: Mt Wilson, Wollangambe Bell Truck Weighing Station – ridge north to 487904 – saddle – east along the wiggly ridge to 502906 – north down ridge – creek crossing – north up creek or ridge to saddle at 504919 – track west to 494917 – find a way somehow down to creek at 490915 – creek crossing – south-ish to 492908 – west along the wiggly ridge to saddle – 487904 – ridge south to Bell truck weighing station. A partly exploratory, mostly off-track visit to some of the geomorphologically gifted country between Bell and Wollangambe crater. Possibilities for rock scrambling, exposure and thick scrub in the creeks. No big hills. Grade: M223E (medium) 11km Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302, ithorpe@evanspeck.com
Sunday 19 June	Sydney Urban – bicycle ride Map: Street directory Ferry ride from Circular Quay to Homebush Bay then bicycle ride along Cooks River cycle path to Botany Bay. Some lovely eats at one of the many quality eateries on the bay-side. Return home via Tempe Railway station. Note that a bicycle helmet is mandatory for each rider. Grade: Medium 40 km – but it depends on your level of energy. Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Mid-Week	
Tuesday 21 June	Walking and Whale Watching Cape Bailey Coast Walk Discovery Centre (Kurnell) – Tabbigai Gap – Cape Bailey lighthouse – Solander Trig – Muru Track. Along this coastal walk explore sand dunes and heathland and spectacular views of rugged coastline. Last year we saw several whales as we walked and rested on the cliffsides. Grade : M111 (easy) 10 km Leader: Bill Holland 9484 6636 (m) 0418 210290 billholland@bigpond.com
25 - 26 June	
25 - 26 June	Namadgi NP, Mount Gudgenby (Bimberi Wilderness Area) Map: Yaouk Boboyan Pines car park to Nass creek (camp) via Gudgenby saddle. Nass creek to Mt Gudgenby to Bogong creek then Boboyan Pines car park. This walk is about 50% off track, the first day will be a late start and is an easy to medium grade, large campsite for an extended happy hour so bring plenty of goodies. The second day we climb up Mt Gudgenby @1739 m for extensive views of the Namadgi NP, I expect rock scrambling and some exposure along the way. Snow is a possibility at this altitude in late June so come prepared with extra warm clothes. Party limit applies. Grade: M232 E (medium) 18km, +/- 700 m Leader: Aleksandar Popovski, aleksandar.popovski@cba.com.au, (m) 0421 271 272
25 - 26 June	Wollemi NP Maps: Colo Heights, Mountain Lagoon, Bob Bucks 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 a rough campsite and navigation issues. Grade: M233E Leader: Peter Love 9948 6238, (m) 0414 920 292
25 - 26 June Q	Great North Walk (Stages 6 & 7 from Newcastle) Maps: Quorrobolong, Morriset Paxton – Conjevoi Valley Trackhead – Flat Rock Lookout – Watagan Creek – Mt Warrawalong – The Bar Lookout. Climb the basalt crown of GNW's highest peak – 642m above the breakers. Car shuffle needed. See GNW Brochures 4 & 5. Grade: M233 (medium) 24km 1,160m climbing Leader: Wilf Hilder 9587 8912

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Saturday 25 June	Lane Cove National Park. Valentia Street Wharf-Clarke's Point-Kelly's Bush-Hunter's Hill-Buffero Creek Reserve-Magdala Park-Fairyland Historic Reserve-Fuller's Bridge-Deburgh's Bridge-Chatswood Golf Course-Magdala Park-Valentia Street Wharf. A longish walk and good endurance walk for those in training for the 6 foot track and the K to K. An early start required to finish before dark. Grade: X211 (medium) 32 km Leader: Mark Patteson (h) 9798 5693 (w) 9578 1527 mpatteson@qantas.com.au	Map: Parramatta River.
Sunday 26 June	Walking and Whale Watching Discovery Centre (Kurnell) – Tabbigai Gap – Cape Bailey lighthouse – Solander Trig – Muru Track. Along this coastal walk explore sand dunes and heathland and spectacular views of rugged coastline. Last year we saw several whales as we walked and rested on the cliffsides. Grade: M111 (easy) 10 km Leader: Fran or Bill Holland 9484 6636 (m) 0418 210 290: billholland@bigpond.com	Cape Bailey Coast Walk
2-3 July		
2-3 July Q	Kanangra-Boyd NP Kanangra Walls, Mt Storm Breaker, Mt Cloud Maker, Dex's Creek, Mt Strongleg, Konangaroo Clearing (camp), Mt Yellow Dog, Mobbs Soak, Medlow Gap, Taros Ladder, Narrow Neck Fire Trail. Not up to doing the K2K as a one day walk just yet? - How about doing it in two days! We will cover the same route with time to rest and smell the roses. This is a spectacular walk with some of the best views in the Kanangra Boyd NP and the Wild Dog Mountains. Walking time will be around 8 hours per day. A hire bus will take us from the end of the walk at Katoomba to Kanangra Walls on Friday night (Cost yet to be determined). There is a short walk (15-20 minutes) with head torches to Dance Floor cave where we will stay Friday night. Grade: L332 (medium-hard) 45km Ascents 1600m Leader: John Bradnam (h) 9953-2281 jlb@vmtech.com	Maps: Kanangra, Jenolan, Katoomba
Saturday 2 July	Great North Walk – Berowra Valley Train or car shuffle Thornleigh to Cowan. Great North Walk from Cowan to Berowra Waters – Crosslands – Galston Gorge – Fishponds to Westleigh. All on track with some great scenery – great warm-up for the Six Foot Track on 20 th August. Grade: X331 (medium-hard) 33km Leader : Tony Crichton (h) 9872 7195	Maps: Cowan, Hornsby
Sunday 3 July	Kuringai Chase NP - Great North Walk Cowan Station – Berowra Waters – Berowra Station. A pleasant relaxed winter outing, with lovely scenery so close to Sydney. Great views at morning tea and lunch stops. All on track, with some steep sections (150m) to get the heart pumping. Grade: M211 (easy-medium) 14 km. Leader: Richard Darke (h) 9960-6384 (m) 0402 413 299; richard.darke@yahoo.com.au	Maps: Cowan
Monday 4 July – Navigation Training		
Monday 4 July	Navigation Training For Prospective Members 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. Time: 7:00pm to 9:30pm Booking: Grace Martinez (h) 9948 6238	Kirribilli Neighbourhood Centre
Mid-Week		
Tuesday 5 July	Manly Warringah War Memorial Park Wynyard – bus Brookvale – Beacon Hill – old tramway – Wedgewood Reserve – Allambie Heights – Gumbooya Reserve – Manly Dam Reserve – Park Circuit track – Manly Vale – bus – Manly Wharf – Ferry – Semi Circular Quay. Some off track on this search for a forgotten unique clay tramway. Grade: M222 (medium) 16km Leader: Wilf Hilder 9587 8912	Maps: Street Directory

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9 - 10 July	
9 - 10 July Q	Wollemi NP Maps: Six Brothers, Bob Bucks Colo Putty Road – Culool Range – Boorai Ridge – Colo River – Mule Zig Zag – Townsends Railway Survey (relics) – Theodolite Lookout – Barrakee Pass – Townsends Zig Zag + Cave – Colo River – Boorai Ridge – Culool Range – Putty Road. Mostly off track, gloves and gaiters required. Grade: M232 (medium) 23km 500m climbing Leader: Wilf Hilder 9587 8912
9 - 10 July Q	Morton NP Map: Yalwal Danjera Dam, Danjera Creek, Fletcher Spur, Atkinson Spur, Bundundah Creek, Bushwalkers Mesa, Myrtle Ridge, Danjera Dam. A lovely camp site on Bundundah Creek with a few hills to get your heart started and your blood circulating. Some lovely views from Bushwalkers Mesa. Several places reserved for prospective members who have recent relevant experience and a desire to enjoy an off-track walk in an interesting area. Grade: M232 (medium) 20 km, 700m up and down Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
Saturday 9 July	Blue Mountains NP Maps: Katoomba & Jamison King's Tableland(Wentworth Falls)-Kedumba Pass-Kedumba River-East Col- Mt Solitary-Koorawall Knife Edge-Ruined Castle-Golden Stairs. A solid day with lots of ups and downs and great views. An early start required with a car shuffle. Grade: L231(medium) 26 km Leader: Mark Patteson (h) 9798 5693 (w) 9578 1527 mpatteson@qantas.com.au
Sunday 10 July	Dharug National Park Map: Gunderman A circular walk on the hills and ridges behind Spencer. Mostly off-track. Great cliff-top views of the Hawkesbury River. Grade: M122 (easy-medium) 12km Leader: Nigel Weaver (h) 9660.7672 evenings & weekends
Monday 11 July - First Aid for Prospective Members	
Monday 11 July	First Aid For Prospective Members Kirribilli Neighbourhood Centre Prospectives members this is your chance to learn about healthy walking!!!! Note: This is not a first aid course Come along to a training night that will give you the chance to learn and to pass your first aid test for your full membership. Bookings are essential as places are limited. Time: 7:00pm to 9:00 pm Booking: Grace Martinez (h) 9948 6238
Friday 15 July - Spring Walks Program Deadline! Time to get your Spring walks to the Walks Secretary!	
16 - 17 July	
16 - 17 July Q	Kanangra-Boyd NP Maps: Kanangra Kanangra carpark – Crafts Wall – Mt. Cloudmaker – Dex Creek – Mt. Strongleg – Kanangra Creek/Whalanian Creek junction – East Buttress – Paralyser – Thurat Ridge – firetrail to Kanangra Road. Grade: M332 (medium-hard) 800m up/down 31km Leader : Tony Crichton (h) 9872 7195
Saturday 16 July	Blue Mountains NP Maps: Mount Wilson Another exploration of the Mt Banks area. Mt Banks carpark to Banks Ridge to King Georges Brook (guaranteed wet feet) walk upstream to the exit point, back to Banks Ridge and return to carpark via Mt Banks. Parts will be exploratory and hard. A great walk with views to the Carmarthen and Lightning Ridges area that George Caley explored in 1804. Meet Mt Banks car park at 8:30am – Train travellers ring early and I will try to arrange transport. Grade: M233 (medium) 15-16km Leader: Jim Percy (h) 4758 6009
Sunday 17 July	Avalon Bushland Maps: Broken Bay, Mona Vale A “world tour” of the Avalon Bushland – Avalon Beach – Hole in the Wall – South Head – Careel Bay – Stapylton Park – Angophora Reserve – Clareville – Bilgola Plateau – Palmgrove. On tracks but a little rock hopping and off track but mainly “back fence” paths with a minimum of suburban walking. An easy walk suitable for prospectives’ intro into the walks program. Grade: S121 (easy) Leader: Roger Treagus (m) 040 101 7289; roger.treagus@environment.nsw.gov.au

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Sunday 17 July Q	Morton National Park Maps: Robertson and Kangaroo Valley LPIO 1:25,000 Fountaindale Road - Diharowal Creek West - Bridal Veil Falls - rain forest traverse - Missingham Steps - Box Canyon Overlook - Lorna Doone Pool - Fountaindale road. Attractive rainforest, cascades, spectacular twin Bridal Veil Falls, rock orchids, the narrow mossy gorge of Missingham steps. Grade: M222 (medium) 12km Ascents 300m steep. Estimated walking time 6 hours plus breaks. Co-Leaders: Ron Watters. (h) 9419 2507 (m) 0419617491 wattersr@bigpond.net.au and Michelle Edwards.
Mid-Week	
Tuesday 19 July	Mid week Bicycle Ride Western Sydney Area Some very social mid - week bicycle riding. The route will be decided depending on the weather. The length, difficulty depends on those participating. Even the location may change so if you like a mid-week bike ride please phone Grade: Easy Leader: Fran or Bill Holland (h) 9484 6636 (m) 0418 210 290: billholland@bigpond.com
23 - 24 July	
23-24 July	Blue Mountains NP Maps: Katoomba, Mount Wilson The follow up to last years successful trip (just ask the survivors). Mount Banks carpark – Explorers Range firetrail to saddle below Mt Caley – Zobels Gully – follow the Grose to camp at Garrard Gulch creek. This section of the Grose Valley will be slow, scratchy and blackened from the 2002-3 fires (sounds like fun?). Next day to Byles Pass - Shaws Gully and onto Mt Hay via Boorong Crag. Ring early to arrange transport. Early start Saturday morning. Small party. Meeting place to be decided. Parts will be exploratory and hard. Great views of the Grose, including Andy Macqueen's "one of the best views of the Grose Valley" and the descent of Zobels Gully and the ascent of Byles Pass and more. A Great walk with history oozing out of the cliffsides. Grade: M333 (medium) 20 km. Leader: Jim Percy (h) 4758 6009
23-24 July	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. Leader: Don Finch (m) 0418 417 593
Saturday 23 July	Blue Mountains NP Maps: Katoomba A short walk with some interesting views and climbs. Wentworth Falls – Roberts Pass – Sublime Point. A short but interesting walk with a sting in the tail (exposure on the climb out), mostly on tracks, although they are rough, with some exposure, great views and a car shuffle. Grade: S222E Leader: Peter Love (h) 9948 6238 (m) 0414 920 292
Sunday 24 July	Blue Mountains NP Maps: Katoomba, Jamison Golden Stairs to Mt Solitary. A simple trip out to one of the Blue Mountains' best-known icons, and back. Some rock scrambling and mild exposure. Grade: M232E (medium) 14km, 600m climb. Leader: Leigh McClintock 8920 2386 mcclintock@pacific.net.au
30 - 31 July	
30 - 31 July	Kanangra-Boyd NP Maps: Kanangra, Yerranderie, Bindook Uni Rover Trail (Mt Savage, Mt Lannigan), Kowmung River, Mt Billy, Mt Colong (camp), Armours Ridge, Squatting Rock Gap, Mt Armour, Church Ck, Kowmung River, Christies Ck, Colboyd Range (Stone Hag, Arabanoo Peak, Mt Le Tonsure, Mt Colboyd, Pindari Tops), Kanangra Walls Road. Come and explore some of the best Wilderness area in NSW. High camp on the most obvious peak in the Kanangra Boyd NP. Beautiful campsite. Expect wet feet and some exposure climbing Stone Hag. Water carry required from Kowmung River to Mt Colong and back to the Kowmung River. Experienced walkers only. (Friday night stay at Uni Rover Trail.) Grade: L333E (hard - exploratory) 40km Ascents 1500m Leader: John Bradnam (h) 9953-2281) jlb@vmtech.com

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Saturday 30 July	Blue Mountains NP Conservation Hut – Moya Lookout – Gladstone Lookout – Gladstone Pass – Roberts Pass – Valley of the Waters – Conservation Hut. This is an interesting walk with great views, a slippery descent down Gladstone Pass, some rough track walking along Roberts Pass and on track walking up the Valley of the Waters. Grade: S222 Leader: Peter Love (h) 9948 6238 (m) 0414 920 292	Maps: Katoomba
Sunday 31 July	Blue Mountains NP Neates Glen - Grand Canyon - Greaves Creek - Beauchamp Falls-Junction Rock - Acacia Flat - Du Faur Head - Lockley Pylon - Evans Lookout. An interesting and varied walk with two big ascents and descents.. A great trainer for the 6 Foot track and K to K. Grade: M331 (medium) 19 km, 1100m ascent. Leader: Mark Patteson (h) 9798 5693 (w) 9578 1527 mpatteson@qantas.com.au	Maps: Katoomba & Mt Wilson
Mid-Week		
Tuesday 2 August	Sydney Suburbs Central Train Station – Fairfield Train Station – bus Fairfield City Farm – Orphan School Creek – Model Railway – Bossley Park Recreation Reserve – Canley Vale – Johnson Park – Prospect Creek – Carramar Train Station – train to City. Another thread in Sydney's spiderweb of walks. Grade: M211 (Medium) 15km Leader: Wilf Hilder 9587 8912	Maps: Street Directory
6 – 7 August		
6 – 7 August	Wollemi / Gardens Of Stone N.P. – Mt. Dawson. 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. Grade: M223 (easy-medium) 12km Return 400m ↑&↓ Leader: Tony Manes (h) 9520 0266	Maps: Ben Bullen
6 - 7 August Q	Kanangra Boyd NP Uni Rover, Mt Goondel, Mt Misery, Mt Despond, Despond Ridge, Kowmung River (camp), Ghosts Ridge, Mt Pallin, Uni Rover. Quality walking in Kanangra Boyd NP. A well graded climb and nice campsite. Grade: M233 (medium) ↑↓ 750m Leader: Ken Collins (h) 8756-5834 (m) 0413 683 123 Ken.Collins@osr.nsw.gov.au	Maps: Kanangra, Yerranderie
Saturday 6 August	Blue Mountains NP Mt. Hay firetrail – Lockley Pylon – Blue Gum Forest – option of lunch at Blue Gum or 600 m climb to Perrys – then return to cars via Lockley Pylon. Great views. 620m up/down(optional extra 590m up/down) Grade: L331 (medium-hard) 30km Leader: Tony Crichton (h) 9872 7195	Maps: Katoomba, Mt. Wilson
Sunday 7 August	Mountain Bike Ride - Blue Mountains NP Springwood Station to Valley Heights Station via Winmalee and Grose Head South. Cycle along Blue Gum Swamp Creek - Grose Mountain Lookout - with views of Richmond and gorges of Springwood Creek and Grose River - walk the track to Gross Head South Trig point. Return via Blue Gum Swamp Creek or alternative track via Springwood Ridge - then to Valley Heights. One long steep hill. Transport: Rail Grade: M222 (Medium) 37 km Leader: Pam Campbell (h) 9570 2885 (m) 0431 873 599	Map: Springwood
13 – 14 August		
13 - 14 August	Coolana Training Weekend This weekend is ideal for New Members. It offers a pleasant social weekend at Coolana in the beautiful Kangaroo Valley. The weekend provides an introduction to camping; however tents and other camping gear are optional, as there is a shelter and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and finish about 4pm on Sunday. Transport assistance is available. Contact: : Bill Holland 9484 6636 (m) 0418 210 290 billholland@bigpond.com Patrick James 9567 9998	Practical training in navigation, first aid and bushcraft

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13 - 14 August	Wollemi NP - Colo Wilderness More exploring of the Colo Gorge using the Bob bucks sketch map or whatever we can find. Looking for ideas and suggestions. Have some input into what we will do. Use the Grassy Hill or Hollow Rock fire trails for access. Grade: M222E Map: Bob Buck's Sketch Map Leader: Peter Love (h) 9948 6238 (m) 0414 920 292
13 - 14 August	Dharug NP Mill Ck picnic area, 11km walking track (part only), follow ridge and creek to creek junction at GR244071 on Sugee Bag Ck and return somehow to Mill Ck via one of various options. Part exploratory. An interesting walk following undulating ridges and creeks, in little-visited area. Bring gaiters, gloves, water, happy hour and a good sense of humour. Prospectives welcome. Grade: M223 (medium) 30km, 400m up and down. Maps: Mangrove, Gunderman Leader: Jim Rivers 4390 8279 or 4365 2254, jimmy@tac.com.au
Saturday 13 August	Blue Mountains NP Semi-circumnavigation of Jamison Valley. Leura – Water Board Track to Jamison Creek – The Col – Mt Solitary – Ruined Castle Track – Federal Pass – Leura Forest – Leura. Great views from Mt Solitary and from inside the valley. Great training for 6 foot track, K to K, 3 peaks and the full circumnavigation of Jamison Valley in September. Grade: X332 (hard) 33km, Ascents 2000m plus Maps: Katoomba, Jamison Leader: Ian Thorpe (h) 9922 4742 (m) 0402 913 302, ithorpe@evanspeck.com
Sunday 14 August Q	Nattai National Park Abandoned Coal Washery - Hidden Valley - Nattai River - Flora Gully - Mt Flora - Stockyard Creek - Mt Waratah - Abandoned Coal Washery. Walk an attractive creek with a hidden entrance to the Nattai River. Interesting riverside scenery on the Nattai. Ascend 300 metres up Mt Waratah. Grade: M222 (medium) 15km. Estimated walking time 6 hours plus breaks. Maps: Hill Top and Mittagong LPIO 1:25000 Leaders: Ron Watters. (h) 9419 2507, (m) 0419617491 wattersr@bigpond.net.au and Anne Parbury.
Sunday 14 August	Blue Mountains NP Carlons Farm – Blackhorse Ridge – Knights Deck, lunch – Coxs River – Ironmonger Spur – Carlons Farm. Two big climbs. Classic walk and great preparation for Six Foot Track on 20th August and Kanangra to Katoomba on 3th September Grade: L332 (medium-hard) 20 km 1080m up/down Map: Jenolan Leader: Tony Crichton (h) 9872 7195
Mid-Week	
Tuesday 16 August	Lane Cove National Park Chatswood Station - Blue Gum Creek - Lane Cove NP - Thornleigh Station A walk in suburban bushland Grade: M121 (easy) Maps: ??? Leader: Bill Holland (h) 9484 6636 (m) 0418 210 290: billholland@bigpond.com
20 - 21 August	
20 - 21 August	Kanangra-Boyd NP Kanangra – Coal Seam Cave – Gingera Ridge – Gingera Creek – Cedar Road (Relics) – Pages Pinnacle – Crafts Walls – Gordon Smiths Pass – Kanangra. Follow up the Cedar Road and trace it to a lost waterfall. Grade: M232 (medium) 35km Maps: Kanangra, Yerranderrie Leader: Wilf Hilder (h) 9587 8912
Saturday 20 August	Six Foot Track In A Day Katoomba to Jenolan Caves. This is one of the club's traditional and classic walks. Helpers are very welcome and in fact essential to the success of this walk and I need final numbers for both walkers and support by 30 June. Final details of accommodation and costs will be advised at this time. I look forward to your support. I encourage experienced prospectives to apply. Grade: X331 (hard) 45 km Maps: Katoomba, Hampton, Jenolan. Leader: Mark Patteson (h) 9798 5693 (w) 9578 1527 mpatteson@qantas.com.au

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Sunday 21 August Q	Blue Mountains NP Maps: Mount Wilson, Wollangambe Bells Line of Road – unnamed ridge – crossing of Du Faur Creek – unnamed ridge – crossing of Bell Creek – unnamed ridge to Junction of Wollangambe River & Bell Creek – unnamed ridge – Bell Truck Weighing Station. Car shuffle to save a few km of road bash. This walk is partly exploratory and all off track. Expect some rock scrambling, exposure and searching for passes that may not be there. This is primarily a ridge walk, to admire the unusual rock scenery. Planning on an early start. Grade: M223 (medium) 16km 500m↑&↓ Leader: Ian Thorpe (h) 9922 4742 (m) 0402 913 302, ithorpe@evanspeck.com
27 – 28 August	
27 – 28 August Q	Morton NP Map: Caoura Yadboro Flats, Kalianna Ridge, Niebelung Pass, Monolith Valley, Sunrise Cave (a large overhang for our camp-site) Mt Cole, Mt Owen, Monolith Valley and return to Yadboro Flats. A spectacularly scenic area with lots of lovely sights. Several places reserved for prospective members who have recent relevant experience and a desire to enjoy mostly on-track walk in an interesting area. Grade: M232 (medium) 20 km, 700 down and up Leader: Maurice Smith (h) 9587 6325 (m) 0414 538 475 mauricethewalker@ihug.com.au
27 – 28 August Q	Blue Mountains (Wild Dog Mountains) Map: Jenolan Carlons Farm, Lyrebird Ridge, Breakfast Creek, Cattle Dog Ridge, Mobbs Soak, Mt Dingo (camp), Splendour Rock, Brindle Dog Ridge, Cox's River, Breakfast Creek, Carlons Creek, Carlons Farm. Come and camp on one of the most scenic spots in the Wild Dog Mountains. Sit and watch the sunset from Splendour Rock while enjoying a relaxing happy hour. This walk has it all - Creek walking, Ridge walking, Views in abundance and it's only 2 hours drive from Sydney. 4 places reserved for fit prospective walkers who have done at least one overnight walk. Expect to get your feet wet. Grade: M232 (medium) 30km Ascents. 1x400m, 1x300m Leader: John Bradnam (h) 9953-2281 jlb@vmtech.com
27 – 28 August	Kanangra-Boyd NP Map: Kanangra Budthingaroo – Whalans Fire Trail – Mount Krungle Bungle – Whalania Creek – Nooroo Butress – Mount Guouogang – Krungle Bungle Range - Whalans Fire Trail – Budthingaroo. Grade: L232 (medium-hard) 25km 1000m up/down Leader : Tony Marshall (h) 4784 3203
Saturday 27 August	Royal National Park Map: RNP Tourist Bundeena to Otford via the coast. Classic coastal walk- beaches, cliff lines, open heath. May see whales. Bring water for all day. Pace will be reasonably fast to allow for shorter days. Grade: L221 (medium) Leader: Carole Beales (h) 9907 2829 (m) 0408 235936
Sunday 28 August	Blue Mountains NP Map: Katoomba Walk from Nellies Glen down Grand Canyon to Beauchamp Falls then back up to Evans Lookout. Beautiful canyon walk down well formed tracks. Suitable for beginners and visitors. Have afternoon coffee somewhere in Blackheath. Grade: S111 (easy) 150m ascent Leader: Kay Chan (h) 9520 0266 kechan@exemail.com.au
3 – 4 September Spring Program	
Saturday 3 Sept	Kanangra To Katoomba In A Day Maps: Kanangra, Jenolan, Jamison Annual SBW classic. Camp at Unirover Friday night early. Dinner and accommodation at Grandview Hotel Saturday night. Expressions of interest early please for fit walkers and helpers. Please ring early so I can book accommodation. Grade: X332 (hard) 43 km Huge ups and downs Leader: Tony Crichton (h) 9872 7195

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 ♥

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

WINTER 2005 SOCIAL PROGRAMME

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

1 st June	7 pm	Committee Meeting Observers welcome
8 th June	8 pm	New Members Night. Introduction to SBW for intending prospective members
15 th June	8 pm	Antarctica Creativity speaker David Synnotts will share his experiences with us via slides and talks of this amazing place
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6 th July	7 pm	Committee Meeting Observers welcome
Monday 4 th July	7 pm	New Members Training Night @ the Clubrooms A basic navigation training night for Prospective members will be held in the club rooms. 2 hour training in basic navigation with an optional navigation test for full membership. Booking essential. Ring Grace Martinez on 9948 6238
Monday 11 th July	7 pm	First Aid For Prospective Members Prospectives members this is your chance to learn about healthy walking!!!! Note: This is not a first aid course Come along to a training night that will give you the chance to learn and to pass your first aid test for your full membership. Bookings are essential as places are limited.
15 th June	8 pm	New Members Night. Introduction to SBW for intending prospective members
20 th July	7:45pm	Xmas in July- SBW Style i.e. a Mid Winter Feast. Please bring a plate of nutritious food to share. Club will supply wine, soft drinks AND glühwein
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3 rd August	7 pm	Committee Meeting Observers welcome
10 th August	8 pm	New Members Night. Introduction to SBW for intending prospective members
17 th August	8pm	Mt Kaputar and Warrumbungles N.P. Mark Patteson and Richard Darke will give a slide show of their April trip to these awesome NSW places. Not to be missed!
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