



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

P.O. Box 431 Milsons Point NSW

Deadline for the 2005/06 Summer program is
Friday, 14 October 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.

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

Walks may have party limits, so book in early.

NB: The suitability of any person taking part in a club activity is entirely at the discretion of the leader. Leaders may refuse to take any person on activities irrespective of whether that person is a member or not. Intending participants should fully inform the leader of their level of experience and ability or any factor that may impair their walking.

PLEASE NOTE:

All participants, including visitors, are reminded that they join in activities as volunteers. Your fitness is your responsibility. Bushwalking and other activities on our program have associated risks including but not limited to the risk of accidental injury.

All persons joining in any activities of the Sydney Bush Walkers Inc do so as volunteers in all respects and as such accept sole responsibility for any injury howsoever incurred and the Sydney Bush Walkers Inc, its office bearers and appointed leaders are absolved from any liability in respect of any injury or damage suffered whilst engaging in any such activity.

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Walker Guidelines

Preparation for an activity:

1. Contact leaders at reasonable times, at least 2 days before a day activity, 4 days before a weekend activity. Leaders may cancel an activity if there are insufficient participants (less than 4) or if circumstances are likely to make conditions unsafe.
 2. Arrive on time. Leaders (at their discretion) will only wait 15 minutes.
 3. Ensure you're adequately equipped for the activity and all possible conditions with suitable clothing, hat, rain gear, 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

A **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 and 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	Intermediate	2	200 – 300m	2	Off track
L	Long	3	Strenuous	3	Steep / Many	3	Scrub / Exposure
X	Extra long						

D – Distance: S – Short under 10 km per day
M – Medium 10 – 20 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 more 200m to 300m climbs
 3 climbs of 300m plus, 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 similar to 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 get to know other club members.

Maps: Maps are generally NSW Land and Property Information (LPI) 1:25000 unless noted otherwise.

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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) 9660 9945 (w) 9299 1001 (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

In the Spring Program (see relevant pages of this program for more details)	
23 – 26 September	Morton National Park. Monolith Valley - Angel Creek - Holland Gorge - Castle Gap Leader: Ian Starkey (h) 9872 2342; (m) 0408 111 283; listar@bigpond.net.au
26 – 30 September	House stay in the Glasshouse Mountains (Qld) Contact: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
4 – 27 October	Nanda Devi Trek – Indian Himalayas Contact: Peter Blackband – (h) 9968 2369 or Jan Roberts (m) 0404 003 966 ASAP!
20 – 24 October	Fraser Island Trip Leader: Aleksandar Popovski (m) 0421 271 272; aleksandar.popovski@cba.com.au
25 to 27 October	Blue Mountains NP. Mt Hay – Byles Pass – Grose River – Du Fours Buttress – Pinnacles Track Leader: Jim Percy (h) 4758 6009
12 – 20 November	Snowy River NP / Cobberas Wilderness Zone / Kosciusko NP. Mt Cobberas - The Pilot. Leader: David Rostron (h) 9451 7943
In the Summer Program	
26 December – 1 January	Alpine Walking Track (Victoria) A walk along part of the Alpine Walking Track, from either near Mt Wills or the Gibbs River to Tom Groggin. Grade: M222 (Medium) Maps: Benambra (Vicmap), Jacobs River Leader: Kenn Clacher 9954 9708, kenn@pacific.net.au
From 2 January 2006 February 2006	Snowy Mountains I intend to take a party to the Windarra Lodge at Smiggin Holes in the Snowy Mountains starting on January 2 nd 2006. We will be doing day walks on the main range and enjoying the comfort of the renovated lodge at night. Please call if interested, there will be an accommodation charge of \$210 for the week, please book and pay early. New Zealand I intend to lead walks on two tracks in New Zealand next February. I have to pay at the time of booking. When I get enough interest and payments I will book the best tracks I can get at the time. I will try for Milford then Kepler and Routeburn, otherwise the best available at the time. Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006 david@gaarchitects.com.au
<div style="display: flex; justify-content: space-between;"> <div> NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons </div> <div> DEADLINES FOR FUTURE PROGRAMS: Summer 2005/6 – 14 Oct 2005 (Dec / Jan / Feb) </div> </div>	

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4 September	
3 - 4 September	Gardens of Stone NP Map: Ben Bullen From Baal Bone Gap to the Pondage, along the Escarpment and through McLeans Pass. Optional exploratory around the Pondage. Spectacular views over to Capertee Valley. Off-track, scrub bashing. Must be confident with rock scrambling. Possible need to carry water for whole weekend. Grade: S222 (Easy/Medium) Leader: Oliver Crawford (h) 4325 0617
Saturday 3 September	Kanangra To Katoomba In A Day Maps: Kanangra, Jenolan, Jamison Annual SBW classic. Camp at Unirower 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) 43km. Huge ups and downs Leader: Tony Crichton (h) 9872 7195
Sunday 4 September Q	Barren Grounds, Illawarra Escarpment Maps: Berry, Kangaroo Valley & Kiama Tomlins Road - Fox Ridge - Fox Trig - Saddleback Trig - Mt. Noorinan - Hoddle's Track - Saddleback Mtn. Part off-track, so take gaiters. Car shuffle. Maybe take a look at the 1950's plane crash site, rediscovered by Roger Treagus a couple of years ago near Fox Trig. Fantastic views, wild flowers, and a 600m ascent. Possible rare ground parrot sightings. Grade: M232 (Medium) 15km Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; richard_darke@yahoo.com.au
Mid-Week	
Tuesday 6 September	Ku-ring-gai NP Map: ask Leader Wahroonga Station - Gibberong Waterholes - Bobbin Head - Mt Kuring-gai Station (option to Berowra Station). A pleasant walk with river scenery and mangroves. Grade: M111 (Easy) 12km Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
10 - 11 September	
10 - 11 September	Nattai Valley / Coolana Training Experience 4 Map: Mittagong SPECIALLY DESIGNED FOR NEW MEMBERS 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 NEW MEMBERS OVERNIGHT QUALIFYING WALK on 26-27 November 2005. Saturday: 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. Sunday: 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. Grade: Variable. Co-ordinator: Expressions of interest to Ron Watters, Co-ordinator, (h) 9419 2507 (m) 0419 617 491, wattersr@bigpond.net.au to obtain walker's kit with more information on the walk, the training activities, menus and gear.
10 - 11 September	Wollemi NP Map: Olinda Base camp at Dunn's Swamp. Off track day walks amongst sandstone pagoda. Option for canoeing. Local ranger in attendance. Grade: M212 Leader: Wendy Arnott (h) 02 6372 6906; chrispav@winsoft.net.au
10 - 11 September	Coolana Maintenance and Bushcare Springtime not only brings on the shearin' it also brings on the grass, weeds and other nasties. I will be at Coolana with lawnmowers at the ready. Can you help? We will have a rewarding and very social weekend. No need to book a place, there is plenty of room for you, your friends and your family. Leader: Bill Holland (h) 9484 6636; billholland@bigpond.com

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10 – 11 September	Kanangra Boyd National Park Maps: Kanangra and Yerranderie Kanangra Walls carpark, Maxwell Tops, Cottage Rock, Bullhead Ridge, Cambage Spire. Camp at Christys Creek and return via the Colboyd Ridge. Enjoy this exciting country. Grade: M333 Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006 david@gaarchitects.com.au
Saturday 10 September	Blue Mountains National Park – Gourmet Walk Map: Mount Wilson Come and celebrate the start of Spring with the easiest access to 'Bushwalker's Mecca' – the magnificent Blue Gum Forest and a gourmet lunch. Meet at Pierces Pass – Grose River – Little Blue Gum – Blue Gum Forest – (elongated lunch) – Grose River – return Pierces Pass. Very scenic approach to the Grose River, spectacular views, down & along the river, more importantly up - at a relaxed pace. Grade: M231 15km Leader: Jan Roberts (h) 9411 517; (m) 0404 003 966 janc.roberts@bigpond.com
Sunday 11 September Q	Macquarie Pass NP Map: Robertson Macquarie Pass foot - Cascades track - Forest Route - Macquarie Rivulet - Rainbow Falls - Goose Pimple Pool - McAndrew Falls - Malangong Falls - Clover Falls - Tall Timbers Ridge - Confluence - Macquarie Rivulet - Macquarie Pass Foot. Walking time 6 hours plus breaks. New members needing to complete their Q walks in September / October specially welcome. Waterfalls, cascades, rock orchids and birds nest ferns, rain forest. Off track 60%, tracks, rock hopping, possible wet feet. Ascents 1x 350m and 1x 200m. Grade: M222 15km Leader: Ron Watters (h) 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
Mid-Week	
Tuesday 13 September	Gosford Reserve Map: Gosford Gosford Train Station – Rumbalara Reserve – Gosford Trig Stn. – Nurrunga Point – Flannel Flower Lookout – Erina Lookout – Katandra Reserve – St. John's Lookout – Seymour Pond – Return – Yaruga Lookout – Mt. Mout – Ouraka lookout. Good views and wildflowers on this hilly track walk. Count the pioneer statues for yourself. Grade: M221 (Medium) 18km Leader: Wilf Hilder (h) 9587 8912
17 – 18 September	
17 – 18 September ✱	Great North Walk (Stages 6 & 7 from Newcastle) Maps: Quorrobolong, Morisset Paxton – Conjevoi Valley Trackhead – Flat Rock Lookout – Watagan Creek – Mt. Warrawolong – The Bar Lookout. Great views from Mt. Warrawolong on this very hilly track walk. (Car shuffle needed – see GNW brochures 4 & 5.) Grade M231 (Medium) 24km, 1160m ascent/descent Leader: Wilf Hilder (h) 9587 8912
17 – 18 September ✱	Blue Mountains NP Map: Kanangra Kanangra Walls - Cottage Rock - Gingra Range - Fourth Top - Gingra Creek - Crafts Ridge - Kanangra Walls. Very steep descent from Fourth Top (450m) off track to Gingra Creek for Saturday night camp. Some rock hopping along Gingra Creek on the second day and a 700m ascent. Grade: M232 (Medium) Leader: Rosemary MacDougall (h) 9428 5668; (w) 9265 3053
Saturday 17 September	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) Approx. 40km Approx. 2100m ascent/descent Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302; ithorpe@evanspeck.com

8am 120 Wolsley St Rexley Cnr Ferndun

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Sunday 18 September	Narrabeen Map: Mona Vale "Hardly seen Narrabeen". Walk in the footsteps frequented by early SBW pioneers; cross the 1922 paths of D.H. Lawrence and his German mistress Frieda on the lagoon, see the monument commemorating the first aeroplane flight in Australia in 1909 (over Narrabeen). Narrabeen Lake - Narrabeen Hill - Deep Creek Falls - Blow Hole - Turrimetta/Narrabeen Headlands and Beaches. Some rock hopping and a smidge of scrambling. Suitable for beginners. Grade: S212 (Easy) 14 km, 150m ascent/descent Leader: John Pozniak (h) 9913 2701; (w) 9240 5277; (m) 0403 068 511; poz@tullib.com.au
Sunday 18 September	Ku-ring-gai Chase NP - Great North Walk Map: Cowan Berowra - Berowra Waters Trackhead - Cowan Station. A pleasant relaxed spring outing with lovely scenery so close to Sydney. Great views (and ice creams!) at morning tea and lunch. All on track, with some steep sections (150m) to get the heart pumping. Grade: M211 (Easy/Medium) 14km Leader: Rosemary McDonald (h) 9905 0601; rosemary.mcdonald@bigpond.com
Monday 19 September - Navigation Training	
Monday 19 September	Navigation Training For Prospective Members Kirribilli Neighbourhood Centre Prospective 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
Extended Walk 23 - 26 September	
23 - 26 September	Morton National Park Map: Corang Day 1: Long Gully car park - Kalianna Ridge - Monolith Valley - Donjon Mtn (camp cave); Day 2: Angel Creek - Crooked Falls - Holland Gorge (camp); Day 3: Holland Gorge - Clyde River (camp junction Cooyoyo Creek); Day 4: Ridge to Byangee Mtn - Castle Gap - Long Gully Carpark. Great views around The Castle & Monolith Valley with wonderful creek, gorge & river walking in Angel Creek, Holland Gorge & the Clyde River. Grade: M232 (Medium) 26km, 700m ascent/descent Leader: Ian Starkey (h) 9872 2342; (m) 0408 111 283; listar@bigpond.net.au
24 - 25 September	Yerranderrie Car Camping Weekend Maps: Ask Leader 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. Grade: S122 Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
24 - 25 September	Wollemi NP Maps: Colo Heights, Bob Bucks Grassy Hill fire trail - Canoe Creek - Savage Pass (pass 17) - Mt Savage - Pinchgut Creek - rough camp - Colo River - Pass 12 - optional Alidade Hill - Grassy Hill fire trail. I've been down the passes but not up them. Exciting climbing in the Colo Gorge. Grade: M233E Leader: Peter Love (h) 9948 6238; (m) 0414 920 292
24 - 25 September Q	Morton NP Maps: Milton, Tianjara Mt. Bushwalker car park - Gadara Pass - Pallin Pass - Mt. Talaterang - Talaterang Creek and return same route. Camp overlooking Clyde River, Biangee Walls. Watch the sun set over the Castle while enjoying happy hour. Hopefully the orchids will be on display enroute to make the spectacular views all that much more enjoyable. 8 am start from Mt. Bushwalker car park. Grade: M212 Leader: Tony Manes (h) 9520 0266; afm_sb@exemail.com.au

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Saturday 24 September  Q	Blue Mountains NP: Govetts Leap - Victoria Falls Lookout Maps: Katoomba & Mt. Wilson Govetts Leap - Junction Rock - Blue Gum Forest - Grose River - Victoria Creek - Victoria Falls & Lookout. All on tracks. Great scenery. Total ascent > 600m; similar descent; plus lots of undulations. More difficult than it looks on paper. Car shuffle. If Govetts - Junction Rock is closed we will go via Perry's. Grade: M231 18km, 600m+ ascent/descent Leader: Chris Dowling (h) 6331 5441
Sunday 25 September	The Hawkesbury Artists Trail: In the Steps of the Masters Maps: Kurrajong, Wilberforce Walk or Bike Ride depending on response. From easel site to easel site of the master painters, Alfred Clint, Charles Condor, George Evans, Roderick Shaw, Arthur Streeton, Sydney Ure Smith and James Wallis. Hawkesbury Artists Trail sites along the Hawkesbury River via Richmond, North Richmond, Freemans Reach and Windsor. Photo opportunities to capture the scenery that these master painters put on canvas. All on tracks, some very boring. Bring water for the whole day. Train from Central. Grade: M111 (Medium) 16km Leader: Patrick James (h & w) 9567 9998; pjames@idx.com.au
Mid Week	
Tuesday 27 September	Brisbane Water N.P. Map: Gosford Wondabyne Train Station - Great North Walk - Scopas Peak - Rat Gully - Forgery Gully - Koolewong Trig Stn. - Rip Lookout - Woy Woy Train Station. Great views, wildflowers and Aboriginal engravings on this hilly track walk Grade: M231 (Medium) 17km Leader: Wilf Hilder 9587 8912
Extended Trip 26 - 30 September	
Monday 26 - Friday 30 September	House stay in the Glasshouse Mountains (Qld) Club members Ian Debert and Joy Hines have offered the facilities at their house at Morayfield (about ½ hour north of Brisbane) and handy to the Glasshouse Mountains. They are prepared to lead day walks from their house. There is in-house accommodation but as this may be limited an early booking will get priority. There is, however, ample room for camping. We will have day walks, barbecue and meet old SBW friends living up north. Contact: Bill Holland (h) 9484 6636; billholland@bigpond.com
Long Weekend 1 - 3 October	
1 - 3 October (Sat-Mon)	Gardens of Stone (Genowlan Mountain) Map: Glen Alice Short, sharp climb of 300m up to Genowlan Mtn plateau with overnight packs to a cave for camping 2 nights. Day walks from cave to various lookouts. Spectacular views towards western Blue Mountains escarpment and Pantoneys Crown, lots of pagodas, wild flowers, & an interesting walk-through canyon. Mainly on track, with maybe some exploratory forays, so take gaiters. Party limit of 12. Only problem might be water if drought conditions persist. Grade: S222 (Easy/Medium) 20km Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; richard_darke@yahoo.com.au
1 - 3 October (Sat-Mon)	Morton NP Maps: Milton & Tianjara Porters Creek Dam - Rusden Head - Wombat Fire Trail - Pigeon House Creek - Porters Creek Dam. Walk to overhang with wonderful views from Rusden Head but plenty of exposure and rope work (hand line only) on the way. Explore Pigeon House Creek and beyond on Sunday with much rock hopping. Rock orchids should be in full flower. A definite party limit of 8. Grade: M233 (exploratory) 24km, 700m ascent/descent Leaders: Maureen & David Carter (h) 9773 4637; moz.carter@pacific.net.au
1 - 3 October (Sat-Mon) Q	Blue Mountains NP Map: Wollangambe Bell - Dumbano Creek - the Little Arthurs - Bell. Walk to upper Dumbano Creek for base camp, day walk to explore the Little Arthurs on Sunday, return to Bell on Monday. May visit Gooches Crater on the way out and the Seventeen Sisters on the way back. Mostly off track, so bring long pants or gaiters. Possible cave camp depending on numbers. Party Limit. Grade: M222 (Medium) approx. 27km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302

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1 - 3 October (Sat-Mon) Q	Blue Mountains NP Map: Kanangra, Jenolan Carlons Farm - Breakfast Creek - Blackhorse Ridge - Yellow Pup - Coxs River - Whalanian Creek - Camp - Relax - Camp - Coxs River - Breakfast Creek - Carlons Farm. Long, hard first day, to get to remote campsite on junction of Whalanian Creek and Kanangra Creek, where we will stay for 2 nights. Spend the next day doing whatever you like (fishing, swimming, reading, sleeping, exploring, 3 Peaks, etc.). On Monday we will walk back down to the Coxs River, then upstream to Breakfast Creek and back to Carlons Farm. Come along and see what people are talking about when they talk about K2K and 3 Peaks. From our camp site we can see almost all the peaks that these people talk about. Start planning your walks for next year after seeing the real thing for yourself. Or get some practice in for the extended Xmas walks in the next program. Grade: L322 Leader: Tony Manes (h) 9520 0266; afm_sb@exemail.com.au
1 - 3 October (Sat-Mon)	Snowy Mountains Tin hut, "Snow shoe walk" Map: Geehi Dam Want to try something different? How about snow-shoeing in the Snowy Mountains in spring. Except for the hire of snow shoes and an alpine tent most bushwalkers already have all the gear. The snow shoes strap on to standard walking boots and allow easy travel over snow. Snow shoe hire is available at Jindabyne @ approx \$40-60. The walk starts at Guthega Power Station to Whites River hut (or Schlink Hilton hut) camp, Whites River hut to Tin hut camp via Mt Gangartan, and explore Brassy Mountains or Finns Swamp. Tin hut to Guthega car park via Disappointment Spur. Experience in snow conditions desirable. Special waiver required. Grade: M232 (Medium) 30km, 850m ascent/descent Leaders: Terry Moss (h) 9773 3526; terrymoss@ozemail.com.au Aleksandar Popovski (m) 0421 271 272; aleksandar.popovski@cba.com.au
1 - 3 October (Sat-Mon)	Morton NP Map: Touga A walk with lots of variety, broad ridges, rock hopping in creek beds, climbs, and a lovely campsite. Touga Road, Tims Gully, Wineglass Tor, Little Horseshoe Bend on the Shoalhaven River with a lovely campsite among the casuarinas, Tims Gully, Touga Creek, Little Oak Creek, Touga Road. Several places reserved for prospective members with recent relevant experience. With a strict limit. Grade: M232 30km, 600m ascent/descent Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
1 - 3 October (Sat-Mon)	Barrington Tops National Park Maps: Barrington Tops and Gloucester Tops Lagoon Pinch, Careys Peak, explore the plateau, Black Swamp, Aeroplane Hill and Polblue Mountain. Return via Gloucester Falls, car shuffle required. Become acquainted with the interesting mountain ranges north of Sydney. Grade: M331 Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006 david@gaarchitects.com.au
Saturday 1 October Q	Royal NP Map: Royal National Park - Tourist Heathcote - Audley - Anice Falls - Deer Pool- Little Marley - Bundeena. The wild flowers should be in abundance at this time. Maybe a cappuccino at Audley for morning tea. All on tracks. Walking time excluding breaks for morning tea, lunch and regrouping is expected to be 5 hours. Grade: M221 (Medium) 19km Leader: Rosemary MacDougal (h) 9428 5668; (w) 9265 3053
Extended Walk 4 - 27 October	
4 - 27 October	Nanda Devi Trek - Indian Himalayas To be lead by Sue Fear - World Expeditions most experienced female guide with personal climbs including a successful ascent of Mount Everest. Departing 4 Oct, returning 27 Oct 2005 (Optional Taj Mahal - Agra side trip). Limited places still available! Contact: Peter Blackband (h) 9968 2369 or Jan Roberts (m) 0404 003 966 ASAP!
8 - 9 October	
8 - 9 October	Blue Mountains NP - Coxs River Maps: Jenolan, Hampton Megalong Valley Road, Six Foot Track to the Coxs River, then spend the rest of the day following the river downstream to about Grand Bluffs. Pleasant walking with nice camp on side of river. Sunday - side visit to Lower Jenolan Gorge then back via Breakfast Creek to Carlons Farm. Come and enjoy the Coxs in Spring. Mainly river & creek walking. Grade: M212 25km Leader: Chris Miller (h) 9955 1547

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Saturday 8 October Q	Blue Mountains National Park Map: Katoomba Come along & become a convert to this rarely visited area. Binnowee Drive – (the) Blue Mt – Lawson Ridge (off track) – Urella Lookdown – NE along ridge to 644735 – Jims Creek – Lawson Ridge (track) – Fire Trail. This walk has good variety with some off track, great views across to Mt Hay & Wentworth Creek, possible wet feet and on last visit, a colony of Red Triangle Slugs who breathe out their backs! (Thanks to Jim Percy for sharing his expertise on this one.) Grade: M212 Leader: Caro Ryan (m) 0412 304 071 (6-9pm) justshootme@ozemail.com.au
Sunday 9 October	Nattai National Park Map: Hill Top The Grand Nattai Experience linking Mt Jellore and Russells Needle in one day, plus the scenic Nattai river. Spring Hill Fire Trail (Jellore State Forest) - Mt Jellore - Ridge - fire trail - Koala Spot - Causeway - Russells Needle - Nattai River - Jellore Creek Junction - Helipad - SHFT to start. Good fitness level required. Estimated 10 hours walking plus 1 hour breaks. Great views, two solid climbs of 350m and 300m, rock scrambling off Russell Needle, scenic river valley, track and off track walking. Will the Koala be at home? Early start, two 4 wheel drive vehicles needed to negotiate rough section of Spring Hill Fire Trail. Party limit 8 Grade: L333E 20km Leader: Ron Watters (h) 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
Sunday 9 October	Tempe to Sydney Olympic Park Map: RTA Bike Map 'Sydney and Parramatta' Tempe - Cooks River Cycleway - Botany Bay to Homebush Bay and return. Spend time at Sydney Olympic Park, investigating other tracks etc. Grade: Bike Ride, approx. 30km, mostly on tracks Leader: Barbara Bruce 9546 6570 (7-9pm)
Mid Week	
Tuesday 11 October	Illawarra Escarpment Reserves Map: Appin, Bulli Austinmer Train Station – Sublime Point Pass – Treverrow Trig Stn. – Illawarra Escarpment Track – Old Bullock Track – Coalcliff Train Station. Great Ocean views on this hilly track walk. Grade: M231 (Medium) 16km Leader: Wilf Hilder (h) 9587 8912
Friday 14 October – Summer Walks Program Deadline! Time to get your Summer walks to the Walks Secretary!	
15 - 16 October	
15 - 16 October	Wollemi N.P. Map: Six Brothers, Bob Bucks Colo Putty Road – Culoul Range – Boorai Ridge – Colo River – Packhorse Zig Zag – Theodolite Lookout – Barrakee Pass – Townsend's Zig Zag + Cave – Colo River – Boorai Ridge – Culoul Range. Stunning Colo views with relics of Townsend's Railway Survey track and a great campsite. About half the trip is off track, so gloves and light gaiters are recommended, Swimming options. Grade: M232 (Medium) 23km Leader: Wilf Hilder (h) 9587 8912
15 - 16 October	Blue Mountains NP Map: Jenolan Carlons Farm, Ironmonger Spur, Coxs River (camp Fri), Gaspers Buttress, Mt Jenolan, Mt Queahgong, Mt Thomas Jones, Queahgong Buttress, Merrigal Ck (camp Sat), Blue Pup Spur, Knights Deck, Knights Pups, Ridge from Ironpot Gully to Iron Monger Hill, Carlons Farm. Come explore and find an old plane crash site on the side of Mt Queahgong. Parts of aircraft still identifiable. Friday night walk with head torches into the Coxs River. Expect wet feet crossing the Coxs River. Solid climbs. See some of the best scenery and views in the Wild Dog Mountains. Grade: M333 (Medium/Hard/Exploratory) 36km, 2000m ascent/descent Leader: John Bradnam (h) 9953 2281; jlb@vmtech.com
Saturday 15 October Q	Blue Mountains NP Maps: Springwood and Kurrajong Kariwoga Ridge Falconbridge. End of Grose Road - Falconbridge F/T to Kariwoga Ridge to junction of Springwood Creek and Grose River. Return via Grose upstream noting traces of the Engineers Track to steep up track (250m) back to Falconbridge Ridge. Return to cars by F/T. Interesting Razorback Ridge with a couple of climbers up rocky steps. Views from each side of the ridge north into the Grose and south into Springwood Creek area. Two steep descents of 100m and 280m. Distance: 21km (7 km off track, 3km rough track, 11km F/T). Train travellers please ring early and I will try to arrange a lift. Party Limit of 8. Grade: M233 (Hard in parts) 21km Leader: Jim Percy (h) 4758 6009

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

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Saturday 15 October	Mt York Map: Hartley. Mt York picnic ground - Coss Road - Collits Inn - Historic Cemetery - Lockyers Road - Lawsons Long Alley - Hartley Vale. An enjoyable day walk in a historical part of the Blue Mountains. The early explorers travelled these roads as they opened up the land to the west. We will explore the roads and the monuments in the area. Grade: M211 18km Leader: Mark Patteson (h) 9982 3945; (w) 9578 1527 mpatteson@qantas.com.au
Sunday 16 October Q	Berowra Circuit Walk Maps: Cowan, Hornsby Berowra Station - Sams Creek - Lyrebird Gully - Mt Kuring-gai Station - Cowan Creek - Berowra Station. Grade: M221 20km Leader: Kathy Gero (h) 9130 7263 (Phone week of walk ONLY)
Sunday 16 October	Navigation Instruction For Prospective Members - ONLY Maps: Katoomba, Mt Wilson Blue Mountains NP A navigation instruction practical day walk. 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'. Grade: Depends on navigational skills Leader: Tony Manes (h) 9520 0266; afm_sbw@exemail.com.au
Monday 17 October - First Aid for Prospective Members	
Monday 17 October	First Aid For Prospective Members Kirribilli Neighbourhood Centre Prospective 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
Extended Trip 20 - 24 October	
20 - 24 October	Fraser Island Trip Maps: Ask Leader Over three full days (Fri 21st to Sun 23rd) explore some of Fraser Island's features such as Lake MacKenzie, Maheno shipwreck, Central Station, Pile Valley, Eli Creek, etc. Depart Sydney 20 October. Depart Hervey Bay 1.00pm 24 October. Costs: Flight to Hervey Bay, 4WD hire or taxis on the Island, NP pass, etc. Unlikely to be more than 10km per day. Not many hills greater than 200m on the island. All on track. The above is a preliminary plan - contact Alek for more information. Grade: S211 Leader: Aleksandar Popovski (m) 0421 271 272; aleksandar.popovski@cba.com.au
22 - 23 October	
22 - 23 October	Wollemi NP Maps: Six Brothers, Bob Bucks Hollow Rock fire trail - Pass 1, Crawford's 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. This walk was cancelled in the Autumn program. Grade: M233E Leader: Peter Love (h) 9948 623; (m) 0414 920 292
22 - 23 October	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

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Saturday 22 October	Northern Beaches. Manly to Mona Vale return Map: Street Directory Manly – Queenscliff – Harbord - Dee Why - Narrabeen Lakes - Narrabeen beach – Warriewood -Mona Vale. An interesting day on the Northern Beaches. We will follow the scenic track along Narrabeen Lakes in the morning and return via the beaches in the afternoon. Possible opportunities for swimming along the way. Grade: M211 22km Leader: Jenny Paton (h) 9982 3945; mpatteson@qantas.com.au
Sunday 23 October	Royal National Park Map: Royal National Park Heathcote – Uloola – Audley - Heathcote. A moderate circuit walk that takes in Uloola Falls and Pool, before going on to the Audley picnic grounds for lunch. Good freshwater swimming opportunities if it's a warm day. All on track, good views, including of Sydney city skyline. Grade: M221 15km Leader: Leigh McClintock (h) 8920 2386; mcclintock@unwired.com.au
Mid Week	
Tuesday 25 October	Blue Mountains Reserves – Bruces Walk Stage 2 Map: Katoomba Wentworth Falls Train Station – Wentworth Falls Lake – Metcalf Lookout – Heffernan Valley and Pool – Gloria Lookout – Ross Dell – Myer Falls – Grace Glen - Delaney Valley – Green Lookout – Minnie Ha Ha Falls – Medlow Bath Train Station. Early start and late finish on this very hilly historic track walk with views and wildflowers. Grade: M221 (Medium) 14km Leader: Wilf Hilder (h) 9587 8912
Extended Walk 25-27 October	
Tues to Thurs 25 to 27 October	Blue Mountains NP Maps: Mt Wilson, Katoomba Mt Hay to Pinnacles Track via Byles Pass, Grose River and Du Fours Buttress. Early Spring is a great time for this walk with Jim Percy. Normally a 2 day walk but for our mid-week walkers he has allocated 3 days. This means an easier pace. Starting at Mount Hay, via Boorong Crags and Marie Byles Pass, Jim will continue up the Grose, picking out remaining sections of the Engineers Track. Wonderful views of the Grose, including Andy Macqueen's "one of the best views of the Grose Valley" and the descent of the historic Byles Pass and more. Great campsites at Edna Garrards Gulch creek and Rocky Points Creek. Grade: M233 Leader: Jim Percy (h) 4758-6009
29-30 October	
29 – 30 October	St John Ambulance Senior First Aid course to be run by Bushwalkers Wilderness Rescue Squad (BWRS). The course Instructor will make this Senior First Aid training more relevant to bushwalking. Full payment in advance is required to confirm your place in this St John Ambulance Senior First Aid course. For all information and enrolment, go to BWRS website http://www.bwrs.org.au BWRS website also has details of other St John Ambulance Senior First Aid courses.
29 – 30 October	Blue Mountains NP Map: Wollangambe Bell - Gooches Crater - Bell. Come and have a look at Gooches Crater, an unusual and attractive formation near the headwaters of the Wollangambe River. Some of the walk will be off track, so you may want long pants or gaiters. There will be a cave camp, so no need to bring a tent. This is an easy introduction to overnight camping, with the option of doing some exploring once we make camp. Similar to last year's trip but with a different route in. Grade: S112 (easy, 13km without exploring) (S222 with the exploring) Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
Saturday 29 October	Blue Mountains Maps: Katoomba, Mount Wilson Neates Glen, Grand Canyon, Evans Lookout and around the cliff edge to Govetts Leap and Pulpit Rock. A good walk for beginners. Grade: S221 Leader: David Trinder (h) 9660 9945; (w) 9299 1001; (m) 0417 113 006 david@gaarchitects.com.au

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Sunday 30 October	Ku-ring-gai Chase National Park Map: Cowan Cowan - Jerusalem Bay - Campbells Creek - Fire Trail - Porto Ridge - Brooklyn. Magnificent views of Cowan Creek and the lower Hawkesbury River. Steep sections. Spring wildflowers. 14 km including 4 km off-track. Gloves/gaiters suggested. Part exploratory. Grade: M222 (Medium) 14km Leader: Nigel Weaver (h) 9660 7672; (w) 9955 9779
5 - 6 November	
5 - 6 November	Wollemi / Gardens Of Stone NP Map: Ben Bullen This is a relatively easy weekend. We will be base camping approx. 45 minutes walk from our cars. We will do an easy walk up Mt Canobla on Saturday after setting up camp near Canobla Creek. Access to our camp site is via a fire trail from Glen Davis. Happy hour will probably be a long one, so bring plenty of supplies. Sunday will be another day walk up Canobla Creek and onto Point Anderson, where we will have extensive views over Red Rocks and the surrounding valleys. Make sure you have a suitable day pack and bladders for carrying water in your pack. Temperatures could be high, so water will be a high priority. This walk is highly recommended for those on their first overnight walk or starting out on day walks. You will experience almost every condition an SBW walk can put to you without involving much distance. Numbers will be limited, so book early. Grade: S222 Leader: Tony Manes (h) 9520 0266; afm_sbww@exemail.com.au
5 - 6 November	Blue Mountains NP Map: Mt Wilson THE SILENT SERIES #3 The end of the year is fast approaching, so maybe it's time for reflection, contemplation and thoughts of the future. Do you feel the need to getaway from all the noise? Come along and spend time walking, thinking, listening to the sounds of nature, reading or meditating in the beautiful Grose Valley in silence. Respectful people welcome. Lovely early campsite to chill out. Car shuffle needed. Party Limit. Mt Victoria Falls - Grose River - Little Blue Gum (camp) - Blue Gum Forest - Perry's Lookdown Grade: M222 (Easy/Medium) 18km, 620m ascent/descent Leader: Caro Ryan (m) 0412 304 071; justshootme@ozemail.com.au
5 - 6 November	Coolana Training Weekend - Practical training in navigation, first aid and bushcraft This weekend is ideal for New Members. It offers a pleasant social weekend at Coolana in the beautiful Kangaroo Valley. The weekend provides an introduction to camping; however tents and other camping gear are optional, as there is a shelter and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and finish about 4pm on Sunday. Transport assistance is available. Contact: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com Patrick James (h) 9567 9998
Saturday 5 November	Blue Mountains NP Maps: Springwood, Kurrajong, Katoomba Faulconbridge - Linden Ck - Linden Ridge - Dawes Ck - Dawes Ridge - Woodford Ck - Lawson Ridge - Lawson. Off-track and fire-trails. Accessible by train. Grade: L223 26km Leader: Ken Smith (h) 9808 4021
Sunday 6 November	Sydney Harbour Gourmet Walk Maps: Ask Leader Rose Bay - Nielson Park (morning tea) - Watsons Bay (lunch at the pub) - South Head lighthouse - Vaclause House (afternoon tea) - Rose Bay. The "Hermitage Walk". Grade: M111 (Easy) 15km Leader: Ralph Penglis (h) 9399 6143; (m) 0407 018 645
Sunday 6 November Q	Blue Mountains National Park Maps: Jamison, Katoomba Golden Stairs - Mt Solitary - Kedumba Valley - Kings Tableland. Spectacular views of the southern Blue Mountains. Long steep ascents & descents. Fit walkers only. Mild exposure to heights. Wonderful spring wildflowers. Grade: L332 (Medium/Hard) 26km Leader: Nigel Weaver (h) 9660 7672; (w) 9955 9779

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Mid-Week	
Tuesday 8 November	Berowra Bushland Park Maps: Ask Leader Pennant Hills Station - Berowra Creek - Refuge Rocks - lunchtime swim at Westleigh - Blue Gum Track - Hornsby Station. A delightful walk in varied bushland. Very suitable to warmer weather. Grade: M121 (Easy) 12km Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Wednesday 9 November	Blue Mountains NP Map: Mt Wilson Dalpura and Jinki Gullies. One for the mid week walkers (give yourself a holiday). As far as I am aware this walk is new for SBW. Two very interesting gullies off the Bells Line of Road, near the Mt Wilson turnoff (ring for detail). Occasional views into the Grose, each gully has beauty of its own, with frightful scrub between. Grade: M222 (mostly easy) Leader: Jim Percy (h) 4758 6009
Extended Walk 12 - 20 November	
12 - 20 November	Snowy River NP / Cobberas Wilderness Zone / Kosciusko NP Maps: Ask Leader Mt Cobberas - The Pilot. Snowy River - Suggan Buggan River - Mt Cobberas - The Pilot - Tin Mine - Cascade Ck - Dead Horse Gap - Thredbo. Magnificent sub alpine & alpine wilderness area. Medium walk but about 4000m of climbing. Food party. Grade: M232 (Medium) 4000m ascent Leader: David Rostron (h) 9451 7943
12 - 13 November	
12 - 13 November	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
12 - 13 November	Blue Mountains NP Map: Wollangambe Bell - Wollangambe River and Wollangambe Crater - Bell. Walk mostly on-track through pagoda country to a lovely camp site on the river flat. Arrive mid-afternoon giving plenty of time to explore the adjacent Wollangambe Crater. Good overnight walk for prospectives. Grade: S121 (Easy/Medium) 19km Leader: Rick Symons (h) 9428 2849; (m) 0400 425 615; ricksymons@gmail.com
Saturday 12 November	Lane Cove NP & Evening BBQ Map: NPWS Lane Cove NP Picturesque day walk along Lane Cove River via the Great North Walk. Ferndale Park - Swains Creek - Chatswood Golf Course - Fullers Bridge - Blue Hole - De Burghs Bridge - Porters Creek Bridge - Fullers Bridge - Chatswood Golf Course, finishing at leader's home for evening BBQ at Sharland Ave Chatswood. Grade: M211 14km Leader: Jan Roberts (h) 9411 517, (m) 0404 003 966 janc.roberts@bigpond.com
Sunday 13 November Q	Blue Mountains National Park Maps: Penrith, Warragamba Nepean Lookout - Jack Evans Track - Erskine Creek - JET continued - Erskine Knoll - Wallaby Nob - Warragamba/Nepean Junction - Nepean River - Erskine Creek Junction - Nepean Lookout. Estimated walking time 8 hours plus breaks. Start with views; descend to a pristine sandstone creek, steep climb to plateau, wet feet, deep wade of Nepean River, scenic Nepean valley. Ascents, waterproof packs. Grade: M322 (Medium) 18km Leader: Ron Watters (h) 9419 2507; (m) 0419 617 491 wattersrr@bigpond.net.au
Mid-Week	
Tuesday 15 November	Manly Reserves Maps: Street Directory (Semi) Circular Quay - Ferry - Manly - Bus - Curl Curl Creek - Manly Dam Reserve - Circuit Tracks - Burnt Bridge Creek - Stone Kangaroo Park - Manly Wharf - Ferry - (Semi) Circular Quay. Views and wildflowers on this bushy suburban track walk. Grade: M211 (Medium) 16km Leader: Wilf Hilder (h) 9587 8912

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19 - 20 November	
19 - 20 November	<p>Blue Mountains NP - Mt Dingo Map: Jenolan Carlons Farm to Mt Dingo camp via Blackhorse Ridge and Mobbs Swamp, Mt Dingo to Knights Deck then Coxs River, Ironmonger Spur to Carlons Farm. Classic walk in the Blue Mountains, observe sunrise and sunset from the top of Mt Dingo. All on track. Distance: Day 1 10km +600m -300m. Day 2 16km +650m -950m. Grade: M232 (Medium) 26km, 1250m ascent/descent Leader: Terry Moss (h) 9773 3526; terrymoss@ozemail.com.au</p>
19 - 20 November Q	<p>Morton NP - Ettrema Wilderness Maps: Nerriga, Touga A classic gorge walk - a weekend of rock hopping, wonderful (swimming) pools, spectacular creeks and gorges. Bullfrog Creek - Ettrema Creek - Myall Creek - Quiera Clearing, with a short car shuffle. Book early for my annual pilgrimage to upper Ettrema Creek. Mild exposure. Several places reserved for prospective members with recent relevant experience. With a strict limit. Grade: M233E (Medium) 15km, 400m ascent/descent Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au</p>
19 - 20 November Q	<p>Blue Mountains NP Map: Jenolan Carlons Farm - Ironmonger Spur - Coxs River - Scrubbers Hump - Mt O'Reilly - Mumbadah Ck/Jenolan River Junction (camp) - Lower Jenolan Gorge - Coxs River - Breakfast Ck - Carlons Ck - Carlons Farm. Camp beside the lovely Jenolan River. Wade down the gorge admiring the steep walls or the canyon. Great swimming holes abound on this walk. We should have time for swims and cool-downs as the days start to get warmer. Wet feet and waterproof packs recommended. Grade: M233 (Medium/Exploratory) 25km, 1000m ascent/descent Leader: John Bradnam (h) 9953 2281; jlb@vmtech.com</p>
Saturday 19 November	<p>Circular Quay to Manly Map: Sydney UBD Circular Quay to Manly via Neutral Bay - Taronga Zoo - Bradleys Head - New SHFT track Middle Head-Balmoral (lunch) - The Spit - Dobroyd Head - Manly. Come for all or part day. Swimming. Optional dinner Manly. Grade: L221 (Medium) 26km Leader: Carole Beales (h) 9907 2829; (m) 0408 235 936</p>
Sunday 20 November	<p>Dharawal SRA (Back of Campbelltown) Map: Ask Leader Aboriginal cave painting site. Flat walk, track, firetrail, a little off-track. Three little-known swimming spots, one at large pool with beautiful waterfall, one at Stokes Ck (pristine), one at Sirens Cavern pool. Grade: M112 (Easy) 14km Leader: Zol Bodlay (h) 9639 4606</p>
Sunday 20 November	<p>Blue Mountains NP Map: Mt Wilson Bells Line of Road - Bald Hills Fire Trail - Haystack Ridge - Mt Haystack - to 611881 - Mill Creek - Tomah Spur to Fire Trail - (near) Mt Tomah Botanic Gardens. The start of a quest to uncover secrets & surprises on the Mt Wilson map. All exploratory, map looks really interesting. Climbing tape may be required, possible wet feet. Rumours are that Mill Creek & this area are lovely. Experienced walkers and navigators welcome. Dinner at Windsor afterwards (or if we get out early... Mt Tomah Botanical Gardens Café!) Grade: S223E (Med/Hard/Exploratory) 8km Leader: Caro Ryan (h) 9909 1076 (6-9pm)</p>
26 - 27 November	
Saturday 26 November & Sunday 27 November	<p>Saturday: Seven Mile Beach National Park Map: Local Tourist Map Gerroa - Seven Mile Beach - Shoalhaven Heads. A long but interesting day of beach walking. We will follow the seven mile beach from start to end and return. Sunday: Kiama Map: Local Tourist Map A day exploring the local coastline around Kiama. Grades: Saturday: L211 (20+km); Sunday: M211 Overnight stay in Kiama for those interested. Leader: Jenny Paton (h) 9982 3945; mpatteson@qantas.com.au</p>

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26 – 27 November Q	<p>Goolara Peak – Quartpot Ridge – Cox River Qualifier 2 Map: Jenolan</p> <p>Preface: The overnight qualifying walk is seen by many new members as a real challenge. Successfully undertake this challenge in Blue Mountains National Park under the guidance of experienced leaders.</p> <p>Terrain: 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, campfire camaraderie.</p> <p>Invitation: If you have successfully completed the Nattai Valley / Coolana Training Experience 4 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, places reserved for New Members.</p> <p>Grade: M232 (Medium) 21km</p> <p>Co-ordinator: Register now with Ron Watters, Coordinator at (h) 94192507; (m) 0419 617 491; wattersr@bigpond.net.au to receive your walkers kit, with detailed walk description, how to get there, suggestions for gear and menus, leaders profiles.</p>
Saturday 26 November	<p>Bike Ride on bike tracks in suburban Sydney.</p> <p>Meadowbank Station, Olympic Park, Cooks River, Tempe, Botany Bay, then around the bay to Ramsgate and return. An interesting exploration of some pleasant parts of Sydney.</p> <p>Leader: David Trinder (h) 9660 9945; (w) 9299 1001; m 0417 113 006; david@gaarchitects.com.au</p>
Sunday 27 November Q	<p>Heathcote National Park Map: RNP Tourist</p> <p>Engadine – Woronora River – “Kingdom Come” – Waterfall. Walking along Woronora River – no track. Swimming in the big pools of the river. 07.21am (S) Central to Waterfall Train.</p> <p>Grade: M323 (Medium/Hard) 20km Leader: Jim Callaway 9520 7081</p>
MidWeek 4	
Tuesday 29 November	<p>Georges River Reserves Maps: Street Directory</p> <p>Macquarie Fields Train Station – Milton Park – Long Point – Georges River – Ingleburn Weir – Spectacle Pools – Redfern Creek – Ingleburn Train Station.</p> <p>Gloves and light gaiters or longs needed on the 4km off-track section along the Georges River, which has good views and swimming options.</p> <p>Grade: M212 (Medium) 14km Leader: Wilf Hilder (h) 9587 8912</p>

If you decide not to go on a walk, please contact the leader in time - this could give someone on a waiting 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 ♥

SPRING 2005 SOCIAL PROGRAMME

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

7 th Sep	7 pm	Committee Meeting Observers welcome
14 th Sep	8 pm	Monthly General Meeting This is a chance for members to hear about the latest developments and discuss committee proposals. Also two special resolutions have been proposed
14 th Sep	8 pm	New Members Night. Introduction to SBW for intending prospective members
Monday 19 th Sep	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
21 st Sep	8 pm	The Kimberley Club members Wayne Steele and Rosemary McDonald who have walked extensively in the area will give a wonderful insight into this rugged northern wilderness area. Hosted by Maurice Smith
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5 th Oct	7 pm	Committee Meeting Observers welcome
12 th Oct	8 pm	New Members Night. Introduction to SBW for intending prospective members
Monday 17 th Oct	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.
19 th Oct	8 pm	Hong Kong Slide Show Come and Join SBW member Richard Darke as he presents slides of his trip to this exciting island in November 2004 with other members. The focus will be on the walking part of the trip including a day on mainland China.
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2 nd Nov	7 pm	Committee Meeting Observers welcome
9 th Nov	8 pm	New Members Night. Introduction to SBW for intending prospective members
16 th Nov	8pm	Cooking Demonstration and Tasting Three wilderness chefs will prepare dishes suitable for camp dining. Please bring some happy hour nibbles to nibble whilst watching. The Club will provide refreshments.
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