



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 2006 Spring program is
Friday, 14 July 2006

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 (typically 2L minimum).
 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 to ensure 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 **F**itness **A**scents (and descents) **T**errain **E**xposure (to heights)

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

On trips that involve abseiling, fees may be charged for use of the ropes. This fee might be higher for a trip with ten abseils than for a trip with two abseils. Two dollars is common. Check with the trip leader.

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 Winter Program (see relevant pages of this program for more details)	
29 May - 2 June	A Week at Robyn's Farm near Bathurst Grade: Relaxing Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
23 June - 5 July	Kakadu Walk - All the beautiful creeks of the Southern Escarpment. Food party. Walk full. Grade: M222 (Medium) Leader: David Rostron 9451 7943
7 - 10 July	4 day XC Touring Ski Trip - KNP: Kiandra/Long Plain Grade: Medium-Hard Leader: Ian Wolfe ianmcwolfe@hotmail.com ; (h) 9904 3370; (w) 9027 1825; (m) 0413 662 370
12 - 22 August	Flinders Ranges - Parachilna Gorge to Wilpena Pound. Mainly along the main range. Grade: M233 (Medium-Hard) About 4000m ↑↓ Leader: David Rostron 9451 7943
13 - 18 August	Perisher Blue (Smiggins Holes) Map: Ski Trail Map Leader: Caro Ryan justshootme@ozemail.com.au (all enquiries on email please)
18 - 21 August	4 day XC Touring Ski Trip - KNP - Mungyang to Bulls Peak area (Subject to snow) Leader: Ian Wolfe ianmcwolfe@hotmail.com ; (h) 9904 3370; (w) 9027 1825; (m) 0413 662 370
19 - 26 August	Overland Track in Deep Winter - Snowshoe walk, two leaders to provide two grade options. Grade: M222 & M332 Leaders: Stephen Dolphin (h) 9587 9686; (m) 0414 878 050 Terry Moss 9773 3526; terrymoss1@bigpond.com
In the Spring and Summer Programs	
Saturday 2 September	Blue Mountains NP Maps: Kanangra, Jenolan, Jamison Kanangra to Katoomba in a Day. 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
16 - 17 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 ↑↓ Leader: Wilf Hilder (h) 9587 8912
Approx 17 Sep 2006 for 7-8 weeks	WA Bibbulmun Track Maps: TBA Up to 30 km per day - details see www.bibbulmuntrack.org.au Grade: TBA Leader: Margaret Rozea (h) 9521 5997 (after May 19); mrozea@bigpond.com
23 - 30 September	Lodge-based day trips from Charlotte Pass Maps: TBA Enjoy the luxury of dry boots, skiing from the door, <u>fully catered</u> , day trips to places like Lake Cootapatamba, Mt Kosciuszko, Mt Townsend, Mt Lee, Mt Carruthers, Mt Twynam, Watson's Crags, Blue Lake, Club Lake, Twin Valleys, etc, or sharpen up your teles on the lifts. Experience the outrageously cooperative spring snow and choose the grade to suit yourself. Cost \$50/day. Come for some or all of the week. Early booking advised - several people missed out last year through booking to late. 50% deposit required on booking. Grade: Variable to suit. Coordinator: Kenn Clacher 9954 9708; kenn@pacific.net.au

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29 September - 2 October (Oct LWkd)	KNP, Gray Mare Range - 4 day XC Touring Ski Trip Maps: 1:50,000 Kossie & Eucumbene Subject to snow: Munyang, Valentines, Gray Mare Hut – base camp. ½ x day trip to N Gray Mare Range, 1 x day trip along the Gray Mare Range, Day 3 - back to Munyang. Grade: Medium-Hard Leader: Ian Wolfe ianmcwolfe@hotmail.com ; (h) 9904 3370; (w) 9027 1825; (m) 0413 662 370
Early January 2007	New Zealand - Milford Track and Cascade Saddle / Dart Valley Maps: TBA To book the Milford I must book and pay in early July. When you call I will advise booking fee, payment to be made by end of June. Experience the most well known and popular track in New Zealand, see huge snow capped mountains, glaciers and water falls. Grade: TBA Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au
NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons	
DEADLINES FOR FUTURE PROGRAMS: Spring 2006 (Sep/Oct/Nov) – 14 July 2006	

WINTER PROGRAM

27 - 28 May	
27 - 28 May	Blue Mountains NP Map: Jenolan Carlons – Blackhorse Ridge – Mobbs – Mt Dingo – Splendour Rock (camp) – Mt Merrimerrigal – ‘wombat walk’ – Mt Mouin – Medlow Gap – Carlons. It’s the leaders birthday (21...again) and she can’t think of a better way to spend the night than a few bevies around the fire at Splendour Rock. Fabulous views and an amazing sunrise from your tent. Grade: M222 (Medium) Leader: Caro Ryan 0412 304 071; justshootme@ozemail.com.au
Mid-Week	
Monday 29 May - Friday 2 June	A Week at Robyn’s Farm near Bathurst When the weather is cold the big log fire in Robyn’s lounge room is very inviting. This will be five days of bicycle riding, a walk or two, perhaps picnic outings (weather dependent) and just enjoying the life on the farm. Come and join us for some or all of the five days. Limited number of beds but the lounge room floor is soft and warm. Grade: Relaxing Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
3 - 4 June	
3 - 4 June Q	Kanangra Boyd NP Maps: Kanangra, Yerranderie Uni Rover Trail – Wallarra Heights – Barralliers Crown – Wallarra Ridge, Bradbury Knoll – Camp at Christies Creek Junction – Amble Easy Ridge – Mt. Savage – Uni Rover Trail. Explore the magnificent Barralliers Crown. Great camp site at bottom of Amble Easy Ridge. Grade: M233 (Medium) 500m↓&↑ Leader: Tony Crichton (h) 9872 7195
Saturday 3 June	Ku-ring-gai Chase NP, Berowra Valley RP Maps: Cowan, Hornsby Brooklyn - Cowan - Berowra Waters - Berowra - Mount Kuring-gai – Berowra. All on track, early start. Grade: X321 (Hard) 42km Leader: Ken Smith 9808 4021
Saturday 3 June	Ku-ring-gai Chase NP Map: Cowan Great North Walk - Cowan Station – Jerusalem Bay - Brooklyn. Early start with fast pace and late lunch in Brooklyn to give you the afternoon to yourself! Grade: M121 Leader: Caro Ryan 0412 304 071; justshootme@ozemail.com.au
Sunday 4 June	Bike Ride Meadowbank station to the Olympic village and along the Cooks River to Botany Bay and around to Ramsgate, if the party is feeling fresh, and return. Interesting off road tracks most of the way through the heart of suburbia. Grade: Medium About 70km Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au

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

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Sunday 4 June Q	Blue Mountains NP Map: Mount Wilson Victoria Falls – Grose River – Blue Gum Forest – Perrys Lookdown. A scenic jaunt through the wonderful Grose Gorge combined with a visit to the sublime Blue Gum Forest. My return as a walks leader after several years in retirement. Car swap. Grade: M231 (Medium) 12km Leader: Greta James (h) 9953 8384
Mid-Week	
Thursday 8 June	Walking and Whale Watching Cape Bailey Coast Walk Map: TBA 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. In past years we have seen several whales as we walked and rested on the cliffsides. Grade: M111 (Easy) 10km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
10 - 12 June: Queen's Birthday Long Weekend	
10 - 12 June Q	Mount Colong Maps: Yerranderie, Kanangra, Bindook Uni Rover Trail - Kowmung River (Sat. Camp) - Billys Ridge - Mt Colong (lunch) - Mt Armour Fire Trail - Kowmung River (Sun. camp near Church Creek) - Cambage Spire - Kanangra. Enjoy spectacular forest and mountain scenery at a steady pace. Saturday morning start from Uni Rover trail. Grade: M231 (Medium) 39km Leader: Spiro Hajinakitas (h) 9332 4847; (b) 9681 4874; (m) 040 999 5181
Friday (night) June to Monday 12 June Q	Kanangra-Boyd NP – K 2 K in 3 Days! Maps: Kanangra, Jenolan, Katoomba The moon will be waxed fully on the 11 th and the perfect time to enjoy this spectacular classic walk across the Wild Dog Mountains. A mini bus will take us from Katoomba to Kanangra Walls NP on Friday night after dinner, with camping at the Dance Floor cave a short walk down the track. From there we will have 3 days to wander up and down the 'doggies', and enjoy the scenery back to Katoomba and our cars. Overnight camps on the Cox and atop Splendour Rock (for excellent howling opportunities) Sunday night. Grade: M232 (Medium) 45km Ascents 2400m Leader: Jan Roberts (h) 9411 5517; (m) 0404 003 966; janc.roberts@bigpond.com
9 - 12 June Q	Gundungura (Southern Blue Mountains) Map: Yerranderie, Bindook Batsh Camp - Acetylene Spur - Colong Caves – Green Gully - Billys Ridge - Big Rick (Mt Colong) – Tonnalli Gap - Yerranderie Peak – Colong Gap – Mootik Plateau - Little Rick (Square Rock) - Colong Creek - Rocky Point Pass - Myanga Mountain- Kooragang – Roaring Wind Mountain – Lannigans Creek – Carbide Spur - Batsh Camp. If there is enough interest, we could take an extra day and make this a 4 day walk. There will be some scrambling, some off-track and some creek walking. Party limit Grade: L233 (Medium) 45km Leader: Tony Holgate 0415 802 108
Saturday 10 June Q	Dharug National Park Map: Gunderman Mill Creek Picnic Area – Boronia Ridge – Matthew Ridge – Mill Creek Picnic Area. Mostly on ridgetops with great wilderness views. Gaiters/gloves useful. Steep sections. Part exploratory. 14km including 7km off-track. Grade: M222 (Medium) 14km Leader: Nigel Weaver (h) 9660 7672; (w) 9955 9779
Saturday 10 June	Blue Mountains NP - Faulconbridge to Linden Maps: Springwood, Katoomba Meet Faulconbridge Railway Carpark (Nth side) From the end of Highland Road down NW to Nth Ridge to Linden Creek, following the Joyce's Sawmill Tramway route. After exploring the remaining sawmill relics (this was a steam driven sawmill), climb generally W. ridge to Linden Ridge and exit via Linden Ridge Firetrail. Approach to Linden Ridge is <u>thick</u> scrub. Gaiters and gloves highly recommended. Distance 8km - 3km firetrail, 1km rough track, 4km off track. Grade: S222 (Medium) 8km 170m down / 230m up Leader: Jim Percy 4758 6009
Sunday 11 June	Blue Mountains NP Map: Katoomba Leura - Gladstone Pass - Lindemans Pass - Katoomba. Grade: S222 (Medium) 6km Leader: Ian Rannard 9958 1514

7:30 am

Greta

0404-051-108

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

out Fri evening.

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Sunday 11 June	Walking and Whale Watching Cape Bailey Coast Walk Map: TBA 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. In past years we have seen several whales as we walked and rested on the cliffsides. Grade: M111 (Easy) 10km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Monday 12 June	Botany Bay National Park Maps: Botany Bay NP map (ex NP&WS); street directory Maroubra Beach – Magic Point – Long Bay – Cape Banks – La Pouse. Great coastal scenery. Visit gun emplacements and an old shipwreck! Grade: M111 (Easy) 12km Leader: Nigel Weaver (h) 9660 7672; (w) 9955 9779
Mid-Week	
Thursday 15 June	Kincumba Mountain Regional Reserve Map: Gosford Gosford Train Station – bus – Kincumber – Glassons Trail – Yannina Walk – Colin Watson Lookout – Kanning Walk – Sid Pulsford Trail – Reservoir Track – return – Kincumber – bus – Gosford Train Station. An eight-lookout walk in a seldom visited forest area. Grade: M221 (Medium) 14km Leader: Wilf Hilder (h & w) 9587 8912
17 - 18 June	
17 - 18 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 ↑↓ Leader: Gail Crichton (h) 9872 7195
17 - 18 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
Sunday 18 June Q	Budderoo NP Maps: Robertson, Kangaroo Valley Carrington Falls - MissinghamPass - Kangaroo River - Diharowal Creek Cascades - Missingham Steps - Carrington Falls. Spectacular waterfalls, beautiful rain forest, steep 300 metre climb up the mossy rocks in the Missingham Steps Gorge with striking sandstone walls, river crossing, track and offtrack. Estimated 6 hours walking plus breaks. Grade: M222 (Medium) 15km Leader: Ron Watters 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
Sunday 17 June	Walking and Whale Watching Cape Bailey Coast Walk Map: TBA 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. In past years we have seen several whales as we walked and rested on the cliffsides. Grade: M111 (Easy) 10km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Extended Trip 23 June - 25 July	
23 June – 5 July	Kakadu Walk Kakadu - All the beautiful creeks of the Southern Escarpment. Food party. Walk full. Grade: M222 (Medium) Leader: David Rostron 9451 7943

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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24 - 25 June	
24 - 25 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
24 - 25 June 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) 20km 700m ↑↓ Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
Saturday 24 June Q	Blue Mountains NP – Wollangambe Crater Maps: Mt Wilson (2nd Ed), Wollangambe Mt Wilson – across Wollangambe River – Wollangambe Crater – across Wollangambe River – across Bell Creek – across Du Faur Creek – south along ridge – east across side creek – Mt Wilson. Mostly off track. No big hills but lots of little ones. Exploratory crossing of Wollangambe River with possible wet feet. Lovely Wollangambe scenery. A bit harder than an average walk, but not really medium-hard. Grade: M233 (Medium) 18km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
Saturday 24 June	5 Lands Walk - Macmasters Beach to Terrigal Map: ask leader or Gosford Council The 5 Lands Walk is a coastal cultural walk. The first major section of the 5 Lands Walk is opening on 24 June 2006. The program for the day, organised by Gosford Council, will include whale watching, Aboriginal cultural talks, and local arts and cultural activities, including a celebration of the 90th anniversary of the Avoca Surf Club. There will be an organised walk happening and SBW would like to have some of our members attending to represent this club. For more details contact Gosford Council via erla.ronan@gosford.nsw.gov.au or phone Kathy Gero 9130 7263 (h) or the leader. Grade: S111 (Easy) 9km Leader: Alan Doherty (h) 9456 5592
Sunday 25 June	Ku-ring-gai Chase NP Maps: Hornsby, KCNP Bobbin Head - Sphinx track - Murrua track - Lovers Jump creek - Gibberagong waterholes - Grosvenor track - Golf Links track - Chase Trail - Kalkari Track - Bobbin Head. Mostly undulating bush tracks, some off-track. Grade: Easy-Medium 16km 300m ↑↓ Leader: Michael Bickley 9651 2412
Sunday 25 June	Blue Mountains NP Map: Jamison Kings Tableland – Kedumba Pass – The Col – Mt Solitary – Koorowall Knife Edge – Ruined Castle – Golden Stairs. Picturesque classic Blueys walk with some minor exposure and big sense of achievement. Early start. Grade: L232 (Medium) Leader: Caro Ryan 0412 304 071; justshootme@ozemail.com.au
1 - 2 July	
1 - 2 July	Morton National Park Map: Corang This walk is in the Southern Budawangs. Visit The Castle, Kalia Ridge and Monolith Valley. Climb the Castle and camp overnight on Saturday (bring food for happy hour). Great views from top of The Castle overlooking Monolith Valley and Pigeon House mountain. Some exposure. Would suit prospective members. Grade: M232 (Medium) Leader: Pam Campbell (h) 9570 2885 (m) 0431 873 599
Saturday 1 July	Great North Walk – Berowra Valley Maps: Cowan, Hornsby 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. Grade: X331 (Medium-Hard) 33km Leader : Tony Crichton (h) 98727195
Sunday 2 July Q	Blue Mountains National Park Maps: Mount Wilson, Katoomba Victoria Falls - Grose Valley - Blue Gum Forest - Junction Rock - Evans Lookout. Car shuffle. A good stiff walk through beautiful country. Grade: L331 (Medium-Hard) Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au

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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Mid-Week	
Wed 5 July	Blue Mountains NP - Dalpura and Jinki Gullies Maps: Mt Wilson 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 LoR, near the Mt Wilson turnoff (ring for detail) Occasional views into the Grose, each gully has beauty of its own, with frightful scrub between - Gaiters and gloves recommended. Distance 6km - 1km firetrail, 1km rough track, 4km off track. Grade: S222 (mostly Easy) 6km Leader: Jim Percy 4758 6009
Extended Trip 7- 10 July	
7 - 10 July	4 day XC Touring Ski Trip - KNP: Kiandra/Long Plain Maps: Lots: 1:25,000 Peppercorn, Denison, Tantangara, Rules Point etc Long Plain, Blues Water Hole, Cooninbil & Coolamine Huts?? Route subject to snow. Grade: M323 (Medium-Hard) Leader: Ian Wolfe ianmcwolfe@hotmail.com ; (h) 9904 3370; (w) 9027 1825; (m) 0413 662 370
8- 9 July	
7 - 9 July (Friday night start)	Wollemi NP Map: Gaspers Mountain Glen Davis – Colo River – Coorongooaba Creek – Running Stream Creek – Cattle Duffers Pass – exploratory and return. Relocating the aboriginal pass through the walls of Running Stream Creek, which was also used by cattle duffers. Grade: M212 (Medium) about 21km Leader: Wilf Hilder (h & w) 9587 8912
8 - 9 July	Blue Mountains NP – Wollangambe Exploratories Note - for those looking for a weekend walk with a car camp, Ian Thorpe is planning a car camp (say at Cathedral of Ferns at Mt Wilson) to make the day walks on Saturday and Sunday (see below) an overnight affair. When ringing please indicate whether you want to stay up overnight or not.
Saturday 8 July	Blue Mountains NP – Wollangambe Introductory/Exploratory Map: Wollangambe Bell – track – Pagoda – track - Bell. Two walks in one: Easy track in, then (i) optional exploration of some interesting gullies into December Creek; or (ii) lounge around enjoying pagoda and gorge scenery, then easy track out. Exploratory option requires experience with rock scrambling and a sense of adventure. Lounging option is suitable for prospectives and has 1km off-track section. Grade: M122 (Easy-Medium) 13km or M233E (Medium-Exploratory) 16km Leaders: Ian Thorpe (h) 9922 4742; (m) 0402 913 302 Rick Symons & Marie Rose (h) 9428 2849; (m) 0400 425 615; ricksymons@gmail.com
Sunday 9 July	Blue Mountains NP – North-East of Bell Maps: Mt Wilson (2nd Ed), Wollangambe Watertrough Hill – NE along ridge to 520897 – cross Bell Ck – explorations around the gully linking Bell Ck and Wollangambe River – return to Watertrough Hill. Call for more details of the route. Some on-track, some off-track, partly exploratory. Rock scrambling and exposure likely, some possible thick scrub. Handlines may be useful. Grade: M223E (Medium-Exploratory) 11km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
Mid-Week	
Thursday 13 July	Mid week Bicycle Ride Some very social mid-week bicycle riding. The route will be generally from Meadowbank along both banks of the Parramatta River with the length depending on the weather and the enthusiasm of those participating. Even the location may change so if you like a mid-week bike ride please phone. Grade: Easy Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
<i>Friday 14 July – Spring Walks Program Deadline! It's time to wake up and smell the everlasting daisies</i>	
15- 16 July	
15 – 16 July Q	Kanangra-Boyd NP Map: 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) 31km 800m ↑↓ Leader: Tony Crichton (h) 9872 7195
Saturday 15 July	Berowra Valley RP Maps: Cowan, Hornsby Cowan - Berowra Waters - Berowra - Mt Kuringai Station. (We shall either follow Sam's creek and Lyrebird Gully or Cowan creek for the Berowra - Mt Kuringai section depending on group preferences). Grade: L331 (Medium) 24km Leader: Kathy Gero (h) 9130 7263

THE SYDNEY BUSH WALKERS INC - Winter 2006 Program

Sunday 16 July Q	Morton NP Map: Bundanoon Mt Carrialoo - Yarrunga Creek - Griffins fire Trail Circuit. Views and attractive creek. 2 x 250 metre climbs - a steep one at the start. Some loose slopes, rock hopping and open scrub, some fire trail walking. Estimated 6 hours plus breaks. Grade: M222 (Medium) 16km Leader: Ron Watters 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
Sunday 16 July	Blue Mountains NP Map: Jenolan Carlons - Blackhorse Ridge - Blue Dog Ridge - Blue Dog Spur - Ironmonger - Ironpot - Carlons. Classic down, up, across, down, up, up. Grade: M322 (Medium-Hard) Leader: Caro Ryan 0412 304 071; justshootme@ozemail.com.au
Mid-Week	
Tuesday 18 July	Bicentennial Coastal Walk Maps: Street Directory Central - L90 bus - Warriewood Beach - Basin Bay - Hillcrest Lookout - Bungan Castle - Crown of Newport Reserve - Taylors Point - Angophora Reserve - Palmgrove Park - Bilgola Beach - Newport - L90 bus - City. Interesting traverse of the peninsula from Aboriginal relics to a heritage Walter Burley Griffin house. Grade: M2221 (Medium) 14km Leader: Wilf Hilder (h & w) 9587 8912
22 - 23 July	
22 - 23 July 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) 20km 700m ↑↓ Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
Saturday 22 July Q	Blue Mountains NP Map: Jenolan Carlons Farm & Creek, Breakfast Creek - Cattle Dog Ridge - Knights Deck - Cocks River - Breakfast Creek - Pots & Pans Spur - Ironpot Mountain - Carlons Farm. Magnificent Wild Dog Mountains scenery. Some off-track but no thick bush. Rock-hopping, creek crossings. Ascent & descent 1,050m each, including ascents of 420m & 470m and a 550m descent. Grade: M232 (Medium-Hard) 18km 1050m ↑↓ Leader: Chris Dowling 6331 5441
Sunday 23 July	Five Dams in One Day Map: RNP Western part of the RNP at Heathcote, Loftus and Waterfall. Start 0915 hours at Waterfall Station carpark, meet Sydney train departs Central at 0821 (top deck, second carriage from the front) ETA Waterfall 0914 hours. This will be an exciting ride and walk history event. Park near Waterfall station, walk to first dam for morning tea, to Heathcote station by cars and walk to second dam for lunch, then visit three dams at Loftus for afternoon tea. Notwithstanding the dams bring water for the whole day. Suitable for all, especially prospective members. Grade: S111 (Easy) 12.2km Leader: Patrick James 9567 9998
Wednesday 26 July - First Aid for Prospective Members	
Wednesday 26 July	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: Peter Love (h) 9948 6238
29 - 30 July	
29 - 30 July	Snowy Mountains Snow Shoe Walk Map: Chimneys Ridge Start at Dead Horse Gap and follow the Australian Alpine track south to Cascade Hut camp and return the following day. An easy to moderate walk with a great campsite in the cascade valley. Gain a new perspective of the Snowy Mountains and if conditions are right we will snowshoe the entire route. The use of snow shoes is not overly difficult; they basically attach to your normal boots and can be hired at Jindabyne. An ideal introduction for anyone going to the Overland track three weeks later. Grade: M222 (Medium) 16km 300m ↑↓ Leader: Terry Moss 9773 3526; terrymoss1@bigpond.com

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


Christine Edwards
9908-3668

THE SYDNEY BUSH WALKERS INC - Winter 2006 Program

Saturday 29 July	Blue Mountains NP – Bashing around the Bungleboori Map: Wollangambe Waratah Ridge - track south to cross Bungleboori Creek - ridge west of the mini Arthurs - Bungleboori Creek - ridge north - Waratah Ridge. Call for more details of the route. Explorations around ridges, gullies, passes and rock formations of the upper Bungleboori. Looks very interesting from aerial photo. Mostly off-track. Possibilities: wet feet crossing the creek, thick bush, exposure, unexpected cliff-lines and so on. Grade: M233E (Medium-Exploratory) 10km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
29 - 30 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 0418 417 593
Saturday 29 July Q	Parramatta to the Tasman via the Hills – Stage 1 Map: TBA 3 stages planned around Public Transport. Stage 1 - Parramatta to Thornleigh Parramatta - Lake Parramatta - Darling Mills Creek - Cumberland State Forest – Elouera Bushland - Thornleigh. Be surprised at the bush left within the city. Party limit. Grade: M221 (Medium) Leader: Tony Holgate 0415 802 108
Sunday 30 July	Nattai National Park Map: Hilltop Wattle Ridge Road - Starlights Track - McArthurs Flat - Nattai River - Russells Needle - Nattai River - McArthurs Flat - Troys Creek Trail - Nattai Trail - Wattle Ridge Road. 2 nd attempt to reach Russells Needle by this route. I now know where I went wrong the first time. Mostly on track but some rough scrambles where track gets over grown and wet feet possible. Grade: M222 (Medium) 26km 500m ↑↓ Leader: Glenn Draper (h) 9605 8071; (m) 0413 831 286
Sunday 30 July	Blue Mountains NP Map: Katoomba An easy walk for those easing into bush walking and others who would like a short walk. Neates Glen - Grand Canyon - Evans Lookout and the Cliff Top Walk to Govetts Leap. Grade: S121 Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au
Mid-Week	
Tuesday 1 August	Western Sydney Regional Park Map: Street Directory Fairfield Train Station – bus – Fairfield City Farm – Western Sydney Regional Park – Calmsley Tunnel – Moonrise Lookout – Prospect Reservoir – George Maunder Lookout – Greystanes Creek – Toongabbie Train Station. A scenic walk in Western Sydney. Grade: M211 (Medium) 18km Leader: Wilf Hilder (h & w) 9587 8912
5 - 6 August	
5 - 6 August	Coolana – Maintenance And Bush Regeneration It's a wonderful property but needs some gentle care and maintenance. The weeds etc have slower growth in Winter but there are other tasks to be done. Join us for a pleasant weekend of light work and socialising around the evening campfire. Wine and cheese. Family and friends welcome. Bill Holland 9484 6636; 0418 210 290; billholland@bigpond.com
5 - 6 August Q	Kanagra-Boyd NP Map: Kanangra Kanangra carpark - Kilpatrick Causeway - along the Gangarang Range to Mount Cloudmaker and hundred man cave, camp in the cave and return on Sunday. Party limit 100 (not really). Grade: M222 (Medium) 25km Leader: David Trinder 9660 9945; (m) 0417 113 006; dt28@tpg.com.au
Saturday 5 August	Blue Mountains NP Maps: Katoomba, Mt. Wilson 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. Fast pace. Grade: L331 (Medium/Hard) 30km 620m ↑↓ (optional extra 590m ↑↓) Leader: Tony Crichton (h) 9872 7195
Sunday 6 August	Ku-ring-gai Chase National Park Map: Cowan Brooklyn – Porto Ridge – hilltop near Mud Point – Peak Hill – Brooklyn. Fabulous views of the lower Hawkesbury River. Gaiters/gloves useful. Part exploratory. 13km including 6 km off-track. Grade: M222 (Medium) 13km Leader: Nigel Weaver (h) 9660 7672, (w) 9955 9779

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

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Sunday 6 August	Royal NP Bundeena – Maianbar – Anice Falls – Winifred Falls – Little Marley Beach – Bundeena. Enjoy the contrasts that the Royal has to offer. Grade: M211 (Medium) 16km Map: Royal National Park Leader: Greta James (h) 9953 8384
Extended Trip 12 - 22 August	
12 - 22 August	Flinders Ranges Parachilna Gorge to Wilpena Pound. Mainly along the main range with spectacular views. At least 3 high camps - water carries. Some rock scrambling and exposure. Food Party. Grade: M233 (Medium-Hard) About 4000m ↑↓ Maps: TBA Leader: David Rostron 9451 7943
Extended Trip 13 - 18 August	
Sun 13 – Fri 18 August	Perisher Blue (Smiggins Holes) Come for some (or all) days skiing the trails around Guthega, Blue Cow, Perisher and Smiggins. All levels welcome, even beginners! Looking to stay in a catered lodge at Smiggins, such as "Snowy Gums". Costs TBC. All people coming must organise their own gear and lift/lesson tickets, etc. Cosy nights around the fire and piano, telling stories, resting the quads! Visit www.perisherblue.com.au for further details. Grade: Green, Blue, Black Diamond! (easy, intermediate, advanced) Map: Ski Trail Map Leader: Caro Ryan justshootme@ozemail.com.au (all enquiries on email please)
12 - 13 August	
12 - 13 August	Coolana Training Weekend Fast Track Your Way to Full Membership 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
12 - 13 August	Weekend ride  Southern Tablelands to the Coast Bike Ride Bundanoon – Fitzroy Falls – Kangaroo Valley – Berry. Overnight in Kangaroo Valley. Spectacular views. Must be confident rider - sealed and unsealed roads, fire trail and steep hills. Party Limit. Map: TBA Grade: Medium Approx. 90km Leader: Tony Holgate 0415 802 108
Saturday 12 August Q	Morton NP Bullion Hill - Assay Buttress - Shoalhaven River - Backbender Buttress - Wine Glass Tor (spectacular views) - Poddy Dodger Spur - Shoalhaven River - Assay Buttress. Two x 500 metre climbs in the day. Good training for Six Foot Track and K to K walk. This is a new day walk, half on track and half off track. Several places reserved for prospective members who have recent relevant experience and a desire to enjoy some off-track walk in an interesting area. Grade: M332 (Medium) 10 km 1000m ↑↓ Map: Touga Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
Saturday 12 August	Blue Mountains NP Lockley Trackhead to Du Faur Head and return off track Maps: Katoomba, Mt Wilson Meet Mt Hay Road at School T 8:30 am Lockleys Track – Du Faur Head – Yardley Cave to Walford Gully - after climbing out, (great views of the Grose) and across the tops of Lycon Plateau, we descend to Rocky Points Ravine (Steep descent and Ascent). The ravine at this point has to be seen to be believed – pure magic and return to the Pinnacles (gentle up). After Du Faur Head all off track. Plenty of scrambling up and down and possibly some wet feet. Scrub will not be too bad but gaiters and gloves are recommended for one of the descents. Distance 11km - 5km on track, 6km off track. Total 230m down / 360m up. Grade: M223 (Medium) 11km Leader: Jim Percy 4758 6009
Sunday 13 August	Blue Mountains NP Carlons Farm – Blackhorse Ridge – Knights Deck, lunch – Coxs River – Ironmonger Spur – Carlons Farm. Two big climbs. Classic walk, fast pace. Grade: L332 (Medium-Hard) 20 km 1080m ↑↓ Map: Jenolan Leader: Tony Crichton (h) 98727195

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

THE SYDNEY BUSH WALKERS INC - Winter 2006 Program

Sunday 13 August Q	Barren Grounds, Illawarra Escarpment Map: Kangaroo Valley Jamberoo Mtn Rd at Ben Ricketts – Qwerty Pass – Illawarra L/O – Barren Grounds – Cooks Nose – Natural Stone Bridge – Kangaroo Ridge – Drawing Room Rocks – Woodhill. A beautiful, mainly open heathland walk with excellent views from various escarpment lookouts. One steep rainforest ascent. 3 km off-track, some could be quite dense to judge from last visit to area. Take gaiters. Car shuffle. Grade: M222 (Medium) 19km 200m ↑↓ Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; Richard_darke@yahoo.com.au
Mid-Week	
Tuesday 15 August	Royal National Park Map: RNP Tourist Waterfall Train Station – Lake Tooloma – Heathcote Creek – Kingfisher Pool – Bullawaring Track – Miara (MTC campsite) - Friendly Road – Heathcote Train Station. Another classic RNP walk. Grade: M221 (Medium) 13km Leader: Wilf Hilder (h & w) 9587 8912
Extended Trip 18 - 21 August	
18 - 21 August	4 day XC Touring Ski Trip - KNP - Mungyang to Bulls Peak area (Subject to snow) Maps: 1:50,000 - Kossie & Eucumbene Mungyang to Bulls Peak, Dead Horse Creek, Burrungubugge River, Alpine and Kidman's Hut sites?? Grade: M323 (Medium-Hard) Leader: Ian Wolfe ianmcwolfe@hotmail.com; (h) 9904 3370; (w) 9027 1825; (m) 0413 662 370
Extended Trip 19 - 26 August	
19-26 August (Saturday to Saturday)	Overland Track in Deep Winter Maps: Cradle Mountain Lake St Clair This walk has two leaders with two different routes which will meet up every second night Both groups will start at Dove lake and finish at Lake St Clair over 8 days. See a unique side of Tasmania that most will never see. Early bookings required to arrange transport. Due to this being held in winter snowshoes are required. The use of snow shoes is not overly difficult; they basically attach to your normal boots and can be hired (a introduction snow shoe trip is on 29-30 July) The Adventure group will walk 10-20km a day on and off track and will camp out every second night on the snow or bush, includes Cradle Mountain, Barns Bluff, Mt Ossa, The Acropolis Grade: M332 85km, +500m/day Leader: Stephen Dolphin (h) 9587 9686, (m) 0414 878 050 The Hut based group will walk approx 8-14km a day along the overland track and camp in huts, there are a number of optional side trips such as Cradle Mountain, Lake Well, Mount Oakleigh, East Pelion, Harnett falls, The Labyrinth and The Parthenon. Grade: M222 65km, 400m/day Leader: Terry Moss (h) 9773 3526, terrymoss1@bigpond.com
19 - 20 August	
19 - 20 August Q	Colo River Map: Mountain Lagoon Mt. Lagoon - Bob Buck Track No 34 - Colo River - Tootie Creek - Mt Lagoon. A little used and not well known entry into the Colo River. Off-track descent of 500 metres into a rather slippery creek (if it rains) and about 5km riverside walking. Prospectives welcome. Grade: M232 (Medium) 25km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Saturday 19 August	Six Foot Track In A Day Maps: Katoomba, Hampton, Jenolan. 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. Final details of accommodation and costs will be advised when you call me. I look forward to your support. I encourage experienced prospectives to apply. Grade: X331 (Hard) 45km Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au
Sunday 20 August Q	Bungonia State Conservation Area Map: Caoura Bungonia SCA car park - Eflux track -Bungonia Gorge and Creek -Shoalhaven River - Mt Ayre - Bungonia car park. See magnificent Bungonia Gorge, traverse the boulder maze, beautiful casuarina- lined Shoalhaven River, views on ascent to Mt Ayre. Steep descent and ascent 500 metres each, boulder clambering. Half off track. Estimated 7 hours plus breaks. Grade: M333 (Medium-Hard) 500m ↑↓ Leader: Ron Watters 9419 2507, (m) 0419 617 491; wattersr@bigpond.net.au

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

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Sunday 20 August	Royal NP Waterfall - Couranga Brook track - Forest Island - Calala - Uloola Falls - Karloo Pool - Heathcote. 8.21 waterfall train. Grade: M221 (Medium) 13km Map: RNP Tourist Leader: Jim Callaway 9520 7081
Wednesday 23 August - Navigation Training	
Wednesday 23 August	Navigation Training For Prospective Members 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: Peter Love (h) 9948 6238 Kirribilli Neighbourhood Centre
26 - 27 August	
26 - 27 August	Blue Mountains NP Kanangra Walls - Crafts Wall - Mt Stormbreaker - Mt Cloudmaker - Dex Creek. Camp. Return Sunday. Bit of time to enjoy and explore in and around Dex creek, instead of just passing through. Optional exploratory side trip to Mt Bolworra. Mainly ridge walking, approx 600m total climb per day. Grade: M222 (Medium) 26km 1200m ↑↓ Map: Kanangra Leader: Chris Miller (h) 9955 1547
26 - 27 August	Shoalhaven Gorge Down Badgery's Spur, then follow the river upstream to Long Point, where we will climb back out of the gorge. Beautiful river flats and towering sandstone cliffs throughout. Car shuffle. We'll have to cross the river a couple of times, which may involve getting wet. Grade: M222 (Medium) 18km 500m ↑↓ Map: Caoura Leader: Leigh McClintock 8920 2386; mcclintock@unwired.com.au
Saturday 26 August	Blue Mountains NP - Dodging Around Dumbano Shay ridge - upper Dumbano Creek - Shay ridge. Call for more details of the route. Explorations in and around one small section of Dumbano Creek. Looks very interesting from aerial photo - deep narrow gullies. Mostly off-track. Possibilities: wet feet in the creek, thick bush, exposure, unexpected cliff-lines and so on. Leader needs member(s) with 4WD(s) to access the start. Grade: M233E (Medium-Exploratory) 10km Map: Wollangambe Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
Sunday 27 August	Berowra Creek Bushland Cowan - Bujwa Ridge - Bujwa Bay - Cowan. Great clifftop views of Berowra Creek and nearby hills/valleys. Gaiters/gloves useful. 13km including 6km off-track. Grade: M222 (Medium) 13km Map: Cowan Leader: Nigel Weaver (h) 96607672; (w) 9955 9779
Sunday 27 August	Bargo River Tahmoor Explorers Ford Crossing Reserve - The Bridging Track - The Naked Way - Mermaids Pool - Matilda Track - Sugarloaf Pass - Tahmoor Canyon - Jacks Pass - Diesel Pass - The Bridging Track - Explorers Ford Crossing Reserve. This walk follows a route described in one of Robert Sloss's books. Grade: M212 (Medium) 20km approx. Maps: Bargo Leader: Glenn Draper (h) 9605 8071; (m) 0413 831 286
September	
Saturday 2 September	Kanangra To Katoomba In A Day 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. I am also looking for a fit group of supporters for this walk. Please ring early so I can book accommodation. Grade: X332 (Hard) 43km Huge ups and downs Maps: Kanangra, Jenolan, Jamison 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 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 ♥

WINTER 2006 SOCIAL PROGRAMME

All meetings are on a Wednesday night at the Kirribilli Neighbourhood Centre unless otherwise indicated

- 7th June 7 pm **Committee Meeting**
Observers welcome
- 14th June 8 pm **New Members Night.**
Introduction to SBW for intending prospective members
- 21st June 8 pm **The Challenge of Ama Dablam**
Trevor Kloeden will once again amaze everyone with his exhilarating trips - this time his climb of Ama Dablam to 6,856m.
- 28th June 8 pm **Preparing For Your First Weekend Walk -**
Your backpack, what to pack, what to leave at home, what to leave in the car, how to do it comfortably.



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- 5th July 7 pm **Committee Meeting**
Observers welcome.
- 12th July 8 pm **New Members Night.**
Introduction to SBW for intending prospective members
- 19th July 8 pm **Xmas in July/Mid Winter Feast.**
Please bring a plate of yummy food to share. Some hot finger food or Christmas treats. The Club will supply hot gluhwein to warm against winter chills and other liquid refreshments.
- 26th July 7 pm **First Aid For Prospective Members**
(Note early start) Prospectives members - this is your chance to learn about healthy walking. It is not a first aid course but offers the chance to learn and to pass your first aid test for your full membership. See Walks Programme (page 9) for more details
- 26th July 8 pm **New Walks - New Challenges - New Opportunities**
A night for leaders and other members to review the draft copy of the Spring Walks Programme, fill in the blanks and create new walking, skiing, cycling and canoeing opportunities. We will be looking at some memorable walks from the past, - not forgotten, just overlooked in recent times.
There will be old maps and walk records from the 1930's, 1940's through to more recent times. See what the old timers did and plan your walks for the Club's 80th year



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- 2nd August 7pm **Committee Meeting**
Observers welcome.
- 9th August 8 pm **New Members Night.**
Introduction to SBW for intending prospective members
- 16th August 8 pm **Walking and Travelling in China.**
Hans Britz is a guide/ tour leader with Onda Travel who has led many trips to this huge and still relatively unvisited country. Come and be enlightened and awakened
- 23rd August 7 pm **New Members Training Night at the Clubrooms**
(Note early start) An opportunity for prospective members to learn the basics of the art and science of cross country navigation using a map and compass. See Walks Programme (page 13) for more details.

