

SPRING

2006

SYDNEY BUSH WALKERS INC

P.O. Box 431 Milsons Point NSW



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

Deadline for the 2006 Summer program is
Friday, 13 October 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 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 30 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 Summer and Later Programs	
Fri 1 Dec - Tue 5 Dec	Lower Franklin, Tasmania Maps: TBA Five-day exploration of 40km of this beautiful, wild river. Group size 4 - 10. Rafting, paddling, walking, seaplane, 4WD and coach. 'Water by Nature' \$1460. Starts and departs Hobart. For further information: www.franklinriver.com Grade: TBA Leader: Jeanne Klov Dahl (m) 0427 017 780; jeanneklov Dahl@hotmail.com
27 Dec - 4 Jan 2007	NSW Far South Coast Maps: TBA We intend to walk from Mallacoota (Vic) north to about Nadgee NP. Wonderful wild coastal walking. More information in Summer Walks Program once leaders have researched it! Grade: L212 Leader: David & Maureen Carter (h) 9773 4637; moz.carter@pacific.net.au
26 Dec - 1 Jan	Blue Mountains NP - Bungleboori Ck North & South Arms Maps: Rock Hill, Wollangambe The approximate plan is to walk down the north arm of Bungleboori Creek (mostly on the Rock Hill map) to the junction with the south arm and walk up that, with short side trips here and there. Start and finish at Waratah Ridge. Very much an exploratory, assistance welcome from walkers with experience of the area. Grade: S233E (Medium - Exploratory) 45km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
26th Dec 2006 to 2 nd Jan 2007	Snowy Mountains I intend to take a party to the Windarra Lodge at Smiggin Holes in the Snowy Mountains starting on Boxing Day 2006. We will be doing day walks on the main range and enjoying the comfort of the lodge at night. Please call if interested, there will be an accommodation charge of about \$230 for the week, please book and pay early. Grade: TBA Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au
Early January 2007	New Zealand - Milford Track (fully booked) and Cascade Saddle Maps: TBA I intend to lead walks on two tracks in New Zealand next January. One is the Milford Track which has been fully booked and the other is Cascade Saddle which is still available. Maybe you could come over the Tasman, do that walk and join up with some other members to do another track with them. Grade: TBA Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au
First weeks of July 2007	Five Mountains in Hokkaido Leigh McClintock will climb Rishiri, Rausu, Shari, Tomuraushi and Horoshiri during the first weeks of July next year. These mountains are all volcanic, and range between 1500 and 2200 metres. They are spread around Hokkaido, which is bigger than Tasmania, so the time will be split fairly evenly between hiking (total 8 days) and getting to, between and from the mountains (6 days). There will be an interesting variety of accommodation, from primitive to comfortable, with lots of hot springs. More info in subsequent walks programs. Leader: Leigh McClintock. Preliminary enquiries on 8920 2386 or mcclintock@unwired.com.au
NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons	
DEADLINES FOR FUTURE PROGRAMS: Summer 2006 (Dec/Jan/Feb) – 13 October 2006	

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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2 - 3 September	
2 - 3 September	MORTON NP (Northern BUDAWANGS) Map: Endrick Nerriga - Alum Fire Trail - Flat Top Mt - Castle Hill - Square Top - Fosters Mt - (Camp Cave) Fosters Mt - Round Mt - Running Ck - Nerriga. Good views of the northern Budawangs and a great camp site. Track/trackless. Grade: M222 18km Leader: Ian Starkey 9872 2342; 0408 111 283; listar@bigpond.net.au
2 - 3 September	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 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
Saturday 2 September	74th Gazetting Anniversary of The Blue Gum Forest - Gourmet Walk Map: Mount Wilson <i>On September 2nd 1932, Reserve Number 63521 of forty acres for public recreation was proclaimed by the NSW Government. This marked the end of the fight by Sydney Bush Walkers and the Mountain Trails Club of NSW to save The Blue Gum Forest from the axe.</i> Come and celebrate the start of Spring with this classic walk and share a gourmet lunch. We'll meet at Pierces Pass for the return walk and spectacular views down to the Grose River. Tree hugging optional. Grade: M231 15km <i>6:30 am. 52 Mons Ave. Maroubra</i> Leader: Jan Roberts (h) 9411 5517; (m) 0404 003 966; janc.roberts@bigpond.com <i>9440 - 9096.</i>
Sunday 3 September Q	Royal National Park Map: RNP Heathcote - Karloo Pools - Uloola Falls - Calala - Wises Track - Garie North Head - Burning Palms - Otford. 07.14 Waterfall train from Central. Meet leader at Heathcote. Grade: Medium 26 km Leader: Jim Callaway 9520 7081
Mid-Week	
Thursday 7 September	Bicycle Ride - Botany Bay to Homebush Map: Ask Leader Nearly all on tracks. A medium length ride but with some easy exit options. Grade: Easy-Medium Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
9 - 10 September	
9 - 10 September	Mystery Walk Map: Ask Leader The name says it all. Grade: Medium Leader: Bill Capon (h) 9398 7820
Saturday 9 September	Blue Mountains NP Map: Jenolan Carlons Farm - Breakfast Creek - Coxs River - lower Jenolan Gorge - Grand Bluffs - Goolara Peak - Tinpot & Ironpot Mountains - Carlons. Magnificent scenery all day. Trackless in parts. Creek and river crossings; rock-hopping. Includes a side-trip to the old mineshaft near Breakfast Creek (hopefully I can find it) and a sticky-beak up lower Jenolan Gorge. A bit exploratory. Also includes the steep 600m. Ascent of Grand Bluffs/Goolara etc. with exposure and significant rock scrambling. Grade: Medium ~16km Leader: Chris Dowling 6331 5441
Sunday 9 September	Bike Ride Map: road map Hornsby to Gosford on the Old Pacific Highway and return by train. Grade: Medium bike ride 50 km Leader David Trinder (h) 9660 9945; (m) 0417 113 006

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Mid-Week	
Mon 11 - Fri 15 September	<p>Mid Week at the Wombeyan Caves Map: Ask Leader</p> <p>Cave inspections, bushwalking and some very good bird watching as well. Dormitory style accommodation or a camping option. The cost will be very low somewhere near \$5 per night if we get a good number attending. Great socialising each evening. Early booking essential.</p> <p>Grade: Very Easy Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com</p>
16 - 17 September	
Saturday 16 September Q	<p>Parramatta to the Tasman via the Hills - Stage 2 Map: TBA</p> <p>3 stages planned around Public Transport. Stage 2 - Thornleigh to Chatswood. Thornleigh - Lane Cove River Valley - Blue Gum Creek - Chatswood. See one of Sydney's beautiful bush-lined river valleys. Party limit.</p> <p>Grade: M221 (Medium)</p> <p>Leader: Tony Holgate (w) 8972 4014; (m) 0415 802 108; aholgate@linvatec.com</p>
Sunday 17 September Q	<p>Blue Mountains NP Maps: Mt Wilson, Wollangambe</p> <p>Watertrough Hill - north across Bell Ck - explore gullies and rock formations in grid 490900 to 500910 - return to Watertrough Hill. Exploratory day walk, all off track. Rock scrambling highly likely. Exposure and wet feet possible. Experienced walkers only. Joint walk with NPA.</p> <p>Grade: M233E (Medium-Exploratory) ~10km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302</p>
Sunday 17 September Q	<p>Mittagong Map: Mittagong</p> <p>Lake Alexander - Nattai River - Mount Alexander - Katoomba Lookout - Gibbergunyah Creek - Nattai River - Forty Foot Falls - Boxvale track - The Skip - Boxvale Creek - Nattai River - Claude Lee Pass Track - Gibbergunyah Creek - Lake Alexander. Interesting walk in the Southern Highland with some steep accents and descents.</p> <p>Grade: L222 ~22km Leader: Glenn Draper 9605 8071; (m) 0413 831 286</p>
Extended Trip - Approx 17 September for 7-8 weeks	
Approx 17 Sep 2006 for 7-8 weeks	<p>WA Bibbulmun Track Maps: TBA</p> <p>Up to 30 km per day - details see www.bibbulmuntrack.org.au</p> <p>Grade: TBA Leader: Margaret Rozea (h) 9521 5997 (after May 19); mrozea@bigpond.com</p>
Mid-Week	
Tuesday 19 September	<p>Mount Annan Botanic Gardens Maps: Street Directory</p> <p>Campbelltown train station - bus - Mt Annan (Australian) Botanic Gardens - Woodland Area - Apple Gum track - Terrace Gardens - Lakeside walk - Sundial Hill - Wollemi Pine walk - Mt Annan - Banksia Garden - Wattle Garden - Bottlebrush Garden - Ridge track - Lake Nadungamba - Lake Gillinganadum - bus - Campbelltown train station. Spring wildflowers at their best in this circuitous traverse of the Botanic Gardens.</p> <p>Grade: Medium 14km Leader: Wilf Hilder (h & w) 9587 8912</p>
23 - 24 September	
23 - 24 September Q	<p>Kanangra Boyd NP Maps: Kanangra, Yerranderie</p> <p>Kanangra Walls Road - Unirover - Mt Goondel - Double Top Mountain - Christys Creek - Mt Great Groaner - Mt Colboyd - Pindari Tops - Kanangra Walls Road. Fantastic scenery, mostly on well graded track.</p> <p>Grade: 232 (Medium) 800m ↑↓</p> <p>Leader: Ken Collins (m) 0413 683 123; Ken.Collins@osr.nsw.gov.au</p>
Saturday 16 September Q	<p>Location Yalwal - Morton NP Map: Yalwal</p> <p>Yalwal - Bridle Track - Belmore Flat - Fletchers Spur - unnamed mesa - Danjera Dam - Yalwal. If I have the timing right the wildflowers will be out in abundance and will be a lovely sight. Come and join me for wildflower walk. One 400 metre hill and a few small inclinations.</p> <p>Grade: M232</p> <p>Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au</p>

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Sunday 24 September	<p>Narrabeen's nether end Maps: Mona Vale Hardly ventured Garigal NP. Meet Narrabeen Tramshed. Deep Creek reserve and old Wakehurst Parkway bridge. (1937-1939) rock carvings. Narrabeen Hill. Slippery dip fire trail. Moab pavement aboriginal whale and moon engravings. Deep creek waterfall. Panoramic views- camera useful. Grade: Easy 12km 200m ↑↓ Leader: John Pozniak (w) 9240 5277; (h) 9913 2701; poz@tullettprebon.com.au</p>
Extended Trip - 23 - 30 September	
23 - 30 September	<p>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 Crag, 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</p>
Mid-Week	
Thursday 28 September	<p>Kurnell to Cronulla Map: Port Hacking Botany Bay NP – Cape Solander (whales ?) Cape Bailey – North Cronulla. A clifftop and beachside walk. Bus connection between rail stations. Grade: Easy 12km Leader: Bill Holland 9484 6636 (m) 0418 210 290; billholland@bigpond.com</p>
Extended Trip - 29 September - 2 October	
29 September - 2 October (Oct LWkd)	<p>Kosciuszko NP, 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</p>
30 September - 2 October (October Long Weekend)	
30 Sep - 2 Oct (Sat-Mon) Q	<p>Blue Mountains NP Map: Wollangambe Bell – Dumbano Creek – the Mini-Arthurs – Bell. Walk to upper Dumbano Creek for base camp, day walk to explore the Mini-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. Booking <u>before</u> 15 September essential. Grade: M222 (Medium) ~27km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302</p>
29 (30?) Sep - 2 Oct (Sat-Mon) Q (for Saturday)	<p>Central Volcanic Ranges-Mt Canobolas SRA. Maps: Orange, Cudal Saturday: Mountain Tea House - Fern Gully Trail - Mt Canobolas Summit - Federal Falls - Nature Circuit Track - Mt Towac - Mountain Tea House. Explore the beautiful mountain country south west of Orange. We will see a variety of sub-alpine trees and plants, check out a small cave beneath a waterfall and visit several great viewing spots on the mountain. There are lots of short climbs throughout the day and some steepish fire trails to negotiate. 2 spots reserved for experienced prospectives. Grade: L221 (Medium) 23 km Sunday: A scenic and leisurely day touring the Orange district wineries. Taste some classic cool climate reds and whites. The leader will organise a shuttle bus at a very reasonable rate for the group (limit of 12 people). Grade: Depends on Consumption. Monday: An optional walk to Hopetoun Falls or a short walk around scenic Lake Canobolas before we head back to Sydney. Leader: Mark Patteson (h) 9982 3945; mpatteson@qantas.com.au</p>

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29 Sep – 2 Oct	Wollemi NP Map: Gaspers Mountain Glen Davis – Coorongoba Creek – Running Stream Creek – Woradgery Falls – Devils Causeway (Cattle Duffers Pass) – Gaspers Knob – Geebung Ground – Uraterer Cave – Gaspers Mountain and return. A search for the Aboriginal and Cattle Duffers route to Gaspers Mountain using a “bum steer” of a map. Grade: Exploratory up to 40 + km Leader: Wilf Hilder (h &w) 9587 8912
30 Sep - 2 Oct (Sat–Mon)	Skiing - Main Range to Jugungal Maps: Jugungal and Kosi Depending on snow conditions. The aim is to ski in from Guthega, Up towards Kosi, along the main range and down to Schlink Hut. Depending on speed of party head out towards Mawsons. If the weather is bad we alternative ski up from the power station to Jugungal and back vi Grey Mare. There is the option to make this a longer ski trip if there is interest. I have all of the week 3-5 October off. Transport - Private cars. Cost: ? Grade: M Leader: Mark Dabbs 9638 0226. You must phone me before Monday 25 Sept.
Sunday 1 October Q	The Wolgan Railway and the Glow Worm Tunnel Maps: Cullen Bullen, Ben Bullen This is a walk full of history. We walk down “The Old Coach Road” to meet the abandoned Wolgan Railway Track and return via the Glow Worm Tunnel. Along the way we will see pagoda rock formations. Bring water for all day and a torch for the Glow Worm Tunnel. Grade: Medium 20km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Monday 2 October	MT VICTORIA (West) Maps: Mount Wilson, Hartley Mt Victoria RS - Wilsons Glen - Pulpit Rock - Little Zig Zag - Hornes Point - abandoned incline rail site - Coxs Cave - Mt Victoria RS. Good views. Beautiful, cool gullies with interesting passes. The route includes some off-track and rough track sections. Grade: M222 12km Leader: Ian Rannard (h & w) 9958 1514
Extended Trip - 3-8 and 7-12 October	
3 - 8 October and 7 - 12 October	Kayaking - Myall Lakes area Map: Myall Lakes The aim is to drive up to Myall Lakes and base camp for some of the time and overnight for a few days. Mungo Brush will most likely be the base camp site. Myal Lakes offers many areas to explore for both overnight and single day trips. I am planning on an overnight trip for the weekend 7/8th October to enable those with only the weekend to come participate. On the other side of the dunes is the surf if there are any kayakers who wish to try a bit of surf kayaking or general ocean kayaking. I'm thinking of having one day paddling in the surf - depending on wave size (I do not intend on getting wet if possible!!). Transport: Private vehicle. Kayak: You need to supply own. I think you can hire them from Raymond Terrace. Preferably get one in Sydney and bring it up. Even better buy one for all future usage! Leader/Rear Admiral: Mark Dabbs 9638 0226 (Note: I will be away from Wed 27th Sept so you will need to contact me prior to this).
7 - 8 October	
Saturday 7 October Q	Blue Mountains NP Map: Mt Wilson Tour the Norse Gods (the no nonsense Nordic Gods – see www.godchecker.com): The imaginative naming of these dramatic Heads underlines the grandeur of the scenery in this area. We'll go searching for Valkyries from Victoria Falls Road – Ikara (A goddess) Head – Girraween Cave – Valhalla Head (Norse heaven) – Thor (god of Thunder) Head – Asgard Mine – Asgard (God HQ) Head – Victoria Falls Road. Speccy views from escarpment tops across the upper Grose River towards the Bell Range. 1/3rd off-track, but not too scratchy. 8 hours out, including breaks. Grade: M222 (Medium) 15km Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; Richard_darke@yahoo.com.au

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Sunday 8 October	SBW Stunned Mullets, Walk on Water Map: Ask Leader Day paddle from Cammeray along Middle Harbour Creek to Roseville Bridge, put-in at Tunks Park boat ramp, Cammeray. New and old paddlers welcome. Dust off your mothballed canoe or kayak. Caution: easy paddle with fine weather; however the wide unsheltered waters of Middle Harbour Creek plus wind, waves and swell can make the paddle difficult. PFD are compulsory for all participants. Paddle off at 9.00am. Tides: low- 0837 hours, 1.79 metres; high- 1456 hours, 0.14 metres. Grade: Easy-Medium(?) 16 km return Leader: Patrick James (h&w) 9567 9998; pjames28@bigpond.net.au
Mid-Week	
Mon 9 - Fri 13 October	Mid Week in New England National Park Map: Ask Leader Staying at "The Residence" at Banksia Point. Lots of walking, animal and bird watching in New England and other nearby national parks. The area is magnificent at this time of the year. Reasonably low cost for shared cabin accommodation. Early booking essential. Grade: optional Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
<i>Friday 13 October – Summer Walks Program Deadline! Get your walk in before all the good dates are taken!</i>	
14 - 15 October	
14 - 15 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's 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. Joint walk with NPA. Grade: S112 (Easy) 13km without exploring (S222 with the exploring) Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
Saturday 14 October 	River and History Bike Ride Map: TBA River Cat to Parramatta – historic tour of Parramatta (including Lake Parramatta), then ride back down the river and explore the tracks of Olympic Park. Party Limit. Grade: Medium ~50km Leader: Tony Holgate (w) 8972 4014; (m) 0415 802 108; aholgate@linvatec.com
Saturday 14 October	Mt York Map: Hartley Mt York picnic ground - Coxs Road - Collits Inn - Historic Cemetery - Lockyers Road - Lawsons Long Alley - Hartley Vale. This is an historical walk in the upper Blue mountains. It tells the story of the early explorers crossing the mountains. We will visit an old cemetery where the first settlers in the area are buried and explore the original roads off Mt York. Grade: M221 (Medium) 18km Leader: Mark Patteson (h) 9982 3945; mpatteson@qantas.com.au
Sunday 15 October	Blue Mountains NP Map: Penrith Glenbrook – Kanuka Brook – Red Hands Ridge – Campfire Creek - Glenbrook. Visit the pristine Kanuka Brook just a short distance from Sydney. Train travel is an option. Grade: M222 (Easy Medium) 12km Leader: Greta James (h) 9953 8384
Mid-Week	
Tuesday 16 October	Northern Beaches Maps: Street Directory Wynyard Park – bus – Dee Why – Stoney Range Flora Reserve – Greendale Creek – Badu Maru Walk – Bicentennial Walk – Dee Why Lagoon – Greenway - St. Mathew Farm Reserve – South Creek – Narrabeen Lagoon – Narrabeen – bus - Manly Wharf – ferry – (Semi) Circular Quay. Nice wildflowers on the Flora Reserve circuit of this unusual coastal walk. Grade: Medium 15km Leader: Wilf Hilder (h & w) 9587 8912

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21 - 22 October	
21 - 23 October (Sat-Mon) Q	Morton NP Maps: Milton & Tianjara Little Forest Carpark - Rusden Head - Wombat Fire Trail - Pigeon House Creek - Little Forest Carpark. Walk via Rusden Head (little exposure) to camp for 2 nights in a luxurious overhang with wonderful views. Explore Pigeon House Creek and beyond on Sunday with much rock hopping. Rock orchids should be in full flower. Party limit. Grade: M233 (Exploratory) 24km 500m ↑↓total Leaders: Maureen & David Carter (h) 9773 4637; moz.carter@pacific.net.au
21 st , 22 nd October	Coolana - Maintenance And Bush Regeneration Late spring means enthusiastic growth. We need to plant some trees and control weed growth. Our property needs care and maintenance. Join us for a pleasant weekend of light work and socialising around the evening campfire. Family and friends welcome. Contact: Bill Holland 9484 6636; 0418 210 290; billholland@bigpond.com
Saturday 21 October Q	Blue Mountains NP Maps: Katoomba & Mt Wilson Pulpit Rock - Govetts Leap - Braeside Walk - Neates Glen - Grand Canyon - Beauchamp Falls - Junction Rock - Blue Gum Forest - Perrys Lookdown. Magnificent scenery all day. All on tracks except for short fire trail and roadside sections. Creek crossings with some rockhopping. Steep hard 600 metre climb at the end. Car shuffle. Grade: Medium 18km Leader: Chris Dowling 6331 5441
Saturday 21 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
Sunday 22 October	Kingdom Come, Heathcote National Park Map: Ask Leader Easy walk Waterfall- Kingdom Come and return to Heathcote, 12 km, suitable for all. Bring water for the whole day. Swimming if hot and sunny. Gynea lilies should be in bloom to "give a scarlet glow to the gullies". Grade: Easy 12km Leader: Contact Patrick James (h&w) 9567 9998; pjames28@bigpond.net.au
Sunday 22 October Q	Budderoo Map: Kangaroo Valley Budderoo Track-Gerringong Falls -The Aperture -Falls Base -Gerringong Creek -Pensons Falls -Cox's Pass -Budderoo Track. Two spectacular waterfalls. Two great bracing swimming pools. Boulders, rapids, rainforest. Steep descents, ascents, rock scrambling, estimated walk time 7h plus breaks. Grade: M323 Leader: Ron Watters, 94192507; (m) 0419617491; wattersr@bigpond.net.au
Wednesday 25 October? - First Aid for Prospective Members	
Wednesday 25 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: Peter Love (h) 9948 6238
Mid-Week	
Thursday 26 October	Old Northern Road Map: Ask Leader Start at Wisemans Ferry. An easy walk in a historic area. Follow the convict built road, detour to a scenic view over the river at lunch and return via Surveyors Track. Grade: Easy 12km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@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

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28 - 29 October	
28 - 29 October Q	Blue Mountains NP Maps: Rock Hill, Wollangambe Deep Pass - Derailment Hill - Bungleboori North Arm - Waratah Ridge - Bungleboori South Arm (camp) - Shay Ridge - Wollangambe River - Bell. Exploratory morning on the first day, unless I do a reccie first. Deep gullies, rocky ridges, mostly offtrack. Party Limit. Grade: M233E (Medium-Exploratory) 21km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
28 - 29 October	Location Morton NP Map: Yalwal Yalwal - Bridle Track - Belmore Flat - Diggers Flat - Danjera Creek. An easy-ish week-end pack walk, especially suited to prospective members wanting some experience before their week-end qualifying walk. This walk takes us into some lovely camping flats with plenty of shade if the weather is hot and a creek nearby. All we need is some wombats to keep us company and we could be lucky as lots of wombats like this area. Grade: M211 Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
Saturday 28 October Q	Berowra Map: Ask leader Cowan Station - Berowra Waters - Lyrebird Gully - Mt Ku-ring-gai Station. Car shuffle, swimming possibilities, several climbs up to 500m. Grade: L221 (22km) Leader: Kathy Gero 9130 7263 8 am to 10 am
Sunday 29 October	Royal NP Map: Royal National Park Waterfall - Kangaroo Creek - Karloo Pool - Uloola Falls - Uloola Track - Waterfall. Pretty creek with swimming. Train travel is an option. Grade: M212 (Medium) 12km Leader: Greta James (h) 9953 8384
Mid-Week	
Tuesday 1 November	Bicentennial Coastal Walk Maps: Street Directory Railway Square - L90 bus - Warriewood - Basin Bay - Hillcrest Lookout - Bungan Castle - Crown of Newport Reserve - Taylors Point - Palmgrove Park - Bilgola Beach - Newport - L90 bus - Railway Square. Interesting variation of the Bicentennial Coastal Walk with Aboriginal and historical relics. Grade: Medium 14km Leader: Wilf Hilder (h & w) 9587 8912
4 - 5 November	
4 - 5 November	Morton & Conjola NP Maps: Tianjara, Milton & Sussex Inlet On the Saturday we will walk from the mountains to the ocean - Pigeon House carpark to Berrara Beach. Come and enjoy 48.5 km on-track walking through a variety of forests with a beach finish. Cottage accommodation on Saturday night and relax and recover on Sunday. Support welcome. Grade: X333 48.5km, 600m ascent total. Leader: Maureen Carter (h) 9773 4637; moz.carter@pacific.net.au
4 th , 5 th Nov	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 and provides an introduction to camping; however tents are optional, as there is a shelter on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. Transport assistance is available. Contact: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com Patrick James 9567 9998
4 - 5 November 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: Richard Darke 9960 6384 (h); 0402 413 299; Richard_darke@yahoo.com.au

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Sunday 5 November Q	Blue Mountains National Park Maps: Jamison, Katoomba Golden Stairs - Mt Solitary - Kedumba Valley - Kings Tableland. Fabulous views of the southern Blue Mountains. Long steep descents & ascents. For fit walkers only. Abundant wildflowers. Grade: L332 (Medium-Hard) 26 km Leader: Nigel Weaver (h) 9660 7672; (w) 9955 9779
Mid-Week	
Thursday 9 November	Boudhi National Park Map: Broken Bay Bouddi Spur to Little Beach. Views from top of the Cliffs across to Broken Bay. Swimming opportunities. Grade: Easy 12km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
11 - 12 November	
11 - 12 November Q	Blue Mountains NP Maps: Jenolan Carlons Farm - Goolara Peak - Cox's River - Merrigal Creek - Brindle Dog Ridge - Splendour Rock - Mobbs Soak - Cattle Dog Ridge - Carlons Farm. Classic walk with great views. Grade: Medium 232 Leader: Ken Collins (m) 0413 683 123; Ken.Collins@osr.nsw.gov.au
Saturday 11 November	Blue Mountains Map: Springwood Valley Heights - Upper Glenbrook Creek - Martins Lookout - Perch Ponds - Sassafras Gully - Springwood. Grade: Medium 8 km S222 Leader: David Trinder 9660 9945 or 0417 113 006
Sunday 12 November	SBW Stunned Mullets, Walk on Water Map: RTA <i>Illawarra Cycleways</i> map Day Paddle on Lake Illawarra, western side of Lake Illawarra, put in at 9.30AM at Kanahooka, possible short, sticky beak side trip up Duck Creek or Mount Marshall Creek, barbeque dinner on the foreshore at Kanahooka. Bring water to drink, plenty of water to paddle (the Lake is non to semi tidal), suitable for kayaks and canoes. 12 km return. Caution: easy paddle with fine weather; however the wide unsheltered waters of Lake Illawarra plus wind, waves and swell can make the paddle difficult. PFD are compulsory for all participants. Grade: ask leader Contact: Patrick James, 9567 9998 (H&W); pjames28@bigpond.net.au
Sunday 12 November	South Coast Bike Ride Kanahooka/Berkeley (near Dapto) Map: Ask Leader Pleasant level bike ride around Lake Illawarra whilst the canoes paddle (see above). Lake-side scenery. Finish with a picnic dinner in the park with the Stunned Mullets. Grade: Easy 12km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
18 - 19 November	
18 - 19 November Q	Morton NP Map: Touga Tolwong Road - Peach Tree Canal - Wineglass Spur - Wineglass Tor - Great Horseshoe Bend - Shoalhaven River - Poddy Dodger Spur - Tims Gully. Well suited to prospectives with recent relevant experience, appropriate equipment and desire for off track walking in challenging country. Help the leader celebrate a significant birthday. Grade: M233 20km 500m up & down Leader: Maurice Smith (h) 9587 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
Saturday 18 November	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

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Sunday 19 November	Ku-ring-gai Chase NP Map: Cowan Brooklyn to Brooklyn, via the two railway dams which supplied water to Hawkesbury River station for the steam trains of yesteryear. On track most of the way, off track a little bit scratchy so bring gloves. Swimming if weather is fine or if thermally insensitive. A bit exploratory so bring a torch, beautiful weather guaranteed. Bring water for the whole day. There and back by train, second carriage from front, top deck. Grade: Easy 10.17km Leader: Patrick James, (h&w) 9567 9998; pjames28@bigpond.net.au
Mid-Week	
Mon 20 – Fri 24 November	Midweek Walking at Stanwell Park Map: Ask Leader This is a week of walking in the nearby Royal NP across the escarpment and along the beaches. Bicycle riding opportunities as well. Some accommodation available or camping. Grade: Easy 12km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
25 - 26 November	
25 - 26 November	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: Medium 24km 1160m ↑↓ Leader: Wilf Hilder (h) 9587 8912
25 - 26 November Q	Kanangra Maps: Kanangra, Shooters Hill ??? Camp at Budthingeroo on Friday night - Ben Lomond fire trail - Ben Lomond - Surprise Creek - Chardon Canyon - Box Creek - Box Creek Falls and Black Banksia Falls. Exploratory in new country. Grade: M223 Medium 15 km Leader: David Trinder 9660 9945 or 0417 113 006
Saturday 25 November Q	Royal National Park Map: RNP Map Otford to Bundeena. Our classic coastal walk with stunning views, walking through rainforests, along beaches, rock platforms and some hills. Dinner and snacks at Berowra Waters Café after walk. Grade: L221 (26km) Leader: Kathy Gero 9130 7263 (8 AM to 10 AM)
Sunday 26 November	Woronora River Map: Port Hacking Kayaking: Join the Admiral for another fun day on the water. Scenic and tranquil river. Socialise over lunch. Kayak hire arranged for those without own boat. Must be able to swim. Assistance from experienced paddlers in running the day welcome. Further details to be advised. PDF are compulsory for all participants. Grade: for the experienced and less so. Leader: Admiral Ron 9419 2507; 0419 617 491; wattersr@bigpond.net.au
Sunday 26 th Nov	Berowra Bushland Park Map: 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 for warmer weather. Grade: Easy 12km Leader: Bill Holland 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Mid-Week	
Tuesday 28 November	Great River Walk (Nepean Loop) Maps: Bargo & Picton Tahmoor train station – Bargo River – Jade Lake – Sanctuary Pass – Werrimbirra Sanctuary – Bargo train station. Early start with a late finish on this section of the Great River Walk (Nepean Loop). Grade: Medium 17km Leader: Wilf Hilder (h& w) 9587 8912

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THE SYDNEY BUSH WALKERS INC - Spring 2006 Program

Wednesday 29 November? - Navigation Training		
Wednesday 29 November?	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	Kirribilli Neighbourhood Centre Booking: Peter Love (h) 9948 6238

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 SOCIAL PROGRAMME - see next page *****

SPRING 2006 SOCIAL PROGRAM

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

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|----------------------------|---|
| 6 th Sept 7 pm | Committee Meeting
Observers welcome |
| 13 th Sept 8 pm | Six Monthly General Meeting
An open discussion between members and the Management Committee. All members and prospective members are invited to attend, and refreshments will be served before and after the meeting. Individual office bearers of the SBW Management Committee will provide an update report on their area of responsibility to the club and its membership. |
| 13 th Sept 8 pm | New Members Night.
Introduction to SBW for intending prospective members |
| 20 th Sept. 8pm | Los Cuatro Amigos en Chile Y Peru
Come & listen to club members, Susi Arnott, Mark Patteson, Jenny Patton and Margaret Rozea give a visual account of their recent trip in S. America. The written version of the July magazine article will come 'alive'.
<i>A short 'Club Update' will take place prior to the presentation on club matters together with upcoming walks announcements from leaders.</i> |
| 27 th Sept. 8pm | 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. |
| ----- | |
| 4 th Oct. 7 pm | Committee Meeting
Observers welcome |
| 11 th Oct. 8pm | New Members' Night
Introduction to SBW for intending prospective members |
| 18 th Oct. 8pm | "Wilderness Rafting" sideshow. Brett Fernon from Water by Nature will present on the Franklin River in Tasmania - its fauna, flora, rapids and mountains. If we are lucky, America's Colorado river may also be featured. A most exciting evening!!!!
<i>A short 'Club Update' will take place prior to the presentation on club matters together with upcoming walks announcements from leaders.</i> |
| 25 th Oct. 7pm | First Aid for Prospective Members –
Learn about healthy walking. NB early start
This is not a first aid course but offers the chance to learn and to pass your first aid test for full membership. Full details in Walks programme |
| ----- | |
| 1 st Nov 7 pm | Committee Meeting
Observers welcome |
| 8 th Nov. 8pm | New Members' Night
Introduction to SBW for intending prospective members |
| 15 th Nov 8pm | "Glenbrook or Bust".
Peter Christian will present an audio/visual of Roger Treagus and friends bike ride from Wentworth Falls to Glenbrook station earlier this year. The narration was in our magazine now come to see and experience all the joys and agony.
<i>A short 'Club Update' will take place prior to the presentation on club matters together with upcoming walks announcements from leaders.</i> |
| 22 nd Nov 7pm | New Members' Training Night at the Clubrooms NB early start
An opportunity for prospectives to learn the basics of the art and science of cross country navigation using a map & compass. See Walks programme for more details |