



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 2007 Autumn program is
Friday, 12 January 2007

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 Autumn and Later Programs	
Saturday 19 May – Sunday 3 June	Drysdale River, Kimberley Maps: Carson, Collison 13 days exploring the magnificent Drysdale River National Park, the largest and least accessible area in the Kimberley. Fly to Kununurra then by charter plane and helicopter. We'll then make our way to Solea Falls, stopping and exploring a number of side creeks and rock art sites, then along Johnson creek system and Berkley river. Magnificent campsites. Must be able to swim. Limited party. Grade: Medium Leader: Rosemary McDonald (h) 9905 0601; rosemary.mcdonald@bigpond.com
9 - 23 July 2007	Five Mountains in Hokkaido Climb Rishiri, Rausu, Shari, Tomuraushi and Horoshiri. These mountains are all volcanic, and range between 1500 and 2200 metres. All on tracks. ↓↑6000m (in total). Eight days hiking and six days travelling, mostly on public transport. There will be an interesting variety of accommodation, from primitive to comfortable, with lots of hot springs. Contact leader for more info. Grade: M231 Leader: Leigh McClintock 8920 2386; mcclintock@unwired.com.au
25 August – 30 September	European Alps A number of 3 to 10 day walks from France to Austria. Ascent of Mont Blanc. Grade: M331E Leader: Neil Hickson (h) 9144 2469
NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons	
DEADLINES FOR FUTURE PROGRAMS: Autumn 2007 (Mar/Apr/May) – 12 January 2007	

SUMMER PROGRAM

Extended Trip -	
Friday 1 December - Tuesday 5 December	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
2 - 3 December	
1 - 3 December	Wollangambe - Mt Wilson - Canyoning Map: Wollangambe Saturday – Geronimo, Sunday – Crayfish and Serendipity. Base camp from cars at Cathedral Camping Ground. Grade: Medium – abseiling – Volleys, Wet Suit, Day Pack Leader: Ian Wolfe ianmcwolfe@hotmail.com ; (h) 9904 3370; (w) 02 9027 1825; (m) 0413 662 370

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Sunday 3 December	Royal NP Map: Otford Otford - Clifftop Track - The Squeezeway - Burning Palms - Figure 8 Pool - Palm Jungle - Otford. Spectacular coastal views. Includes a steep descent on an indistinct track. Optional swimming. Accessible by train. Grade: Easy - Medium M222 13km Leader: Nigel Weaver (h) 9660 7672; (w) 9955 9779 <i>0403 080 325, Central 8.40 am 59.1\$ am H. 9 am</i> <i>Mid-Week off 9.40</i>
Tuesday 5 December	Harbour Walk (evening) Meet at Milsons Point (6pm) for an easy walk past Luna Park and around the bay for dinner (BYO) on the grass at a waterfront park. Watch the boats go by and the harbour lights. Grade: (Easy) Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
9 - 10 December	
9 - 10 December	Coolana Toilet Construction Weekend This is the Club's major project to improve camping facilities at Coolana. Help us build the new composting toilet complete with solar powered electric light, water on tap and environmentally friendly waste composting. Not all work, there will be ample time for swimming and relaxing, families welcome. <p style="text-align: right;">Contacts: Patrick James 9567 9998 or David Trinder 9943 3388; 0417 113 006</p>
Saturday 9 December Q	Bell Creek Canyon Maps: Wollangambe, Mt Wilson Lilo trip, Mt Wilson to Du Faur creek then to Bell creek canyon, then down the canyon to the Wollongambe river and then back to Mt Wilson. No Abseils but a hand rope will be used for some tricky sections, Each person requires a Lilo for the long pool sections with scrambling, rock hopping and wading in the canyon. An outstanding easy-medium canyon. Grade: M222 12 km +/- 400m Leader: Terry Moss (h) 9773 3526; terrymoss1@bigpond.com
Saturday 9 December	Parramatta to the Tasman via the Hills – Stage 3 Map: TBA Planned around Public Transport. Stage 3 – Chatswood to Manly. Chatswood - Roseville - Middle Harbour - Flat Rock Beach - Bantry Bay - Natural Bridge - Manly Dam - Queenscliff Beach - Manly. Enjoy Sydney's beautiful bush-lined river valleys. Bring your swimmers for the beach. Finish with Christmas drinks. Party limit. Grade: M221 (Medium) Leader: Tony Holgate (h) 9943 3388 ; (m) 0434 968 793; tholgate@optusnet.com.au
Sunday 10 December Q	Blue Mountains NP Map: Penrith Nepean Lookout Fire Trail – Jack Evans Track – Erskine Creek – Dadder Cave - Pisgah Rock - Nepean Lookout Fire Trail. Lots of swimming opportunities. Grade: M212E (Medium) 12km Leader: Greta James (h) 9953 8384
16 - 17 December	
16 - 18 December Q	Jagungal Maps: Toolong Range, Jagungal Three days from Round Mountain, around the headwaters of the Tumut River and up to the top of Australia's northernmost 2000+m peak. Take Monday off, and beat the holiday crowds to one of the best parts of the Alps. Mostly on tracks. Grade: M222 (Medium) 42km 600m ↓↑ Leader: Leigh McClintock 8920 2386; mcclintock@unwired.com.au
Sunday 17 December	Georges River Bushland Map: Botany Bay; Street Directory Lugarno - Georges River National Park - Evatt Park - Gannons Reserve - Oatley Park - Myles Dunphy Reserve - Oatley Pleasure Grounds - Moore Reserve - Renown Park - Penshurst. Mostly bushland tracks and parklands, plus some streets. Good waterviews. Optional swimming at two river baths. 13 km. Grade: Easy M111. 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 17 December	Blue Mountains NP Map: Wollangambe Bell - Wollangambe River - Bell. Walk from Bell to the river, then walk / wade / swim (compulsory) downstream, then walk out again. The river gets canyon-like in sections, with towering walls, etc. Mostly off track, some rough going. Great for hot weather. Bring waterproof packs and thermals. If the weather isn't suitable we'll find something else in the same area. Experienced walkers only. Joint walk with NPA. Grade: M223 ~10km Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
Extended Trip - 22 December - 2 January	
22 December - 2 January	Christmas/New Year at Coolana Come to the Club's property at Coolana in the beautiful Kangaroo Valley and join others for relaxing days. Come for any, some or all of the days. Celebrate the New Year in SBW style. Your choice of easy walks, quiet reading, swimming and canoeing. – No need to phone.
Mid-Week	
20 December	Christmas party at Kirribilli Neighbourhood Centre 6 PM (see Social Program)
23 - 24 December	
23 - 24 December	Coolana Toilet Construction Weekend This is the Club's major project to improve camping facilities at Coolana. Help us build the new composting toilet complete with solar powered electric light, water on tap and environmentally friendly waste composting. Not all work, there will be ample time for swimming and relaxing, families welcome. Contacts: Patrick James 9567 9998 or David Trinder 9943 3388; 0417 113 006
Christmas - New Year Trips	
26 December - 1 January	NSW Far South Coast Maps: See Below Nadgee Nature Reserve, Ben Boyd National Park. Mallacoota to Discovery Bay and Green Cape. Coastal walk. Colourful headland cliffs line the only coastal wilderness in NSW, protecting one of the largest undeveloped catchments on the eastern seaboard. Lots of swimming opportunities and hardly any hills! Maps: Eden & Mallacoota 1:100,000 (Natmap) or Kiah, Narrabarra & Nadgee 1:25,000 (LPI) and Mallacoota 1:50,000 (Vicmap Outdoor Leisure Map). Grade: S-M1½ 1½ 1, about 60km Leader: Kenn Clacher (standing in for Maureen and David Carter) 9954 9708; kenn@pacific.net.au
26 December - 1 January	Blue Mountains NP - Upper Bungleboori Ck South Arm Maps: Rock Hill, Wollangambe Walk in from Waratah Ridge (2 hours downhill on track) to a base camp near the south arm of Bungleboori Creek, then do day walks and maybe an overnigher radiating out from there. Creek walking/swimming, ridge walking or lazing around depending on the temperature and the leader's inclination. Apart from the walk in to camp this will be all off-track. Mostly exploratory, and some thick bush and exposure likely from time to time. Grade: S233E (Medium - Exploratory) Leader: Ian Thorpe (h) 9922 4742; (m) 0402 913 302
26 December - 2 January	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
26 December - 1 January	Croajingolong NP Maps: ask leader Stretching 100 km along the East Gippsland Coast, Croajingolong was declared a UNESCO Biosphere Reserve in 1977 because it combined natural habitats for rare and significant plants and animals. Come walk the 'Wilderness Coast' from Bemm River to Mallacoota over the Xmas/New Year break. Permits obtained – Party Limit – Bus arranged to start of walk with cars left in Mallacoota. Grade: M212 (82km) Leader: Jan Roberts (h) 9411 5517; (m) 0404 003 966; janc.roberts@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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26 December - 1 January	Kosciusko to the Coast – Stage 1 Maps: TBA Thredbo - Mt Kosciusko - Ramshead Range - Dead Horse Gap - Cascade Hut - Tin Mine Hut - Ingeegoodbee River - Snow Gum Flat - Freebody's Hut - Pinch Pass Garden - Snowy River - Jacob's Ladder. From alpine fields to Snow gum forest to the Snowy River Gorge we will visit some historic huts and traverse the Pilot Wilderness and finish about 2000m lower than the summit. Party limit. Grade: M221 (Medium) 75km Leader: Tony Holgate (h) 9943 3388 ; (m) 0434 968 793; tholgate@optusnet.com.au
Tuesday 26 December	Ku-ring-gai Chase NP Waterways Map: Ku-ring-gai Chase NP Boating & Aquatic activities. Bobbin Head, Ku-ring-gai Chase NP waterways, Hawkesbury River, & return. Bring picnic/bbq food & drink & social clothing/swimwear for day & evening. 10am start, evening return. Grade: nil Leader: Michael Bickley (h) 9651 2412; (w) 9651 2496
30 December - 2 January	
Sunday 31 December	Royal NP Map: RNP Tourist Helensburgh – Burgh Track – Burning Palms – Otford. 7.40 Kiama train from Central to Helensburgh. Grade: Medium 13km 200m↓↑ Leader: Jim Callaway (h) 9520 7081
Monday 1 January	Ku-ring-gai Chase NP Waterways Map: Ku-ring-gai Chase NP Boating & Aquatic activities. Bobbin Head, Ku-ring-gai Chase NP waterways, Hawkesbury River, & return. Bring picnic/bbq food & drink & social clothing/swimwear for day & evening. 10am start, evening return. Grade: nil Leader: Michael Bickley (h) 9651 2412; (w) 9651 2496
Extended Trip - 5 - 15 January	
5 - 15 January	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 and will go from 11 th to 14 th January. Maybe you could come over the Tasman, do that walk and join up with some other members to do another track with them. Grade: Milford M222, Cascade Saddle L333 Leader: David Trinder (h) 9660 9945; (m) 0417 113 006; dt28@tpg.com.au
6 - 7 January	
5 - 7 January	Wollangambe - Mt Wilson - Canyoning Map: Wollangambe Saturday – Kelvinator, Sunday – Water Fall of Moss. Base camp from Cars at Cathedral Camping Ground. Grade: Medium/Hard – abseiling – Volleys, Wet Suit, Day Pack Leader: Ian Wolfe ianmcwolfe@hotmail.com ; (h) 9904 3370; (w) 9027 1825; (m) 0413 662 370
Sunday 7 January	Northern Beaches Map: Street Directory Narrabeen Lake and rainforest - Collaroy Plateau (views of the lake and coastline) - Collaroy - Narrabeen - Turimetta - Warriewood and Mona Vale beaches. Swims at rock baths and beaches, coffee shops en route. Some road walking. Grade: M111 Leader: Pamela Irving (h) 9971 4466; (m) 0429 698 596; pamela.irving@optusnet.com.au
Mid-Week	
Wednesday 10 January	Walk (Before Beach picnic) This walk is planned to start at 4pm and finish at Balmoral Beach at around 6 pm in time to join the others for the beach barbecue. The length of the walk and route depends on the heat of the day. Beach swimming is an option Grade: Easy. This will finish with Club beach picnic (see Social Program) Leader: Bill Holland (h) 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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Friday 12 January – Autumn Walks Program Deadline!	
13 - 14 January	
13 - 14 January	Coolana Maintenance Yes, I know it's hot at this time of the year but the weeds still grow and light maintenance is required. Lots of time to sit in the shade or swim in the river or just a quiet time in the heat of day. Contact: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Sunday 14 January Q	Bargo Gorge Maps: Bargo and Picton Rockford Bridge - Diesel Pass – Sugarloaf Gully – Bargo River – Nepean Junction – Bargo Gorge – Rockford Bridge. Lots of swims to keep cool. Long lunch at magnificent Junction Pool. Scenic gorge. Some off-track and creek crossings, some rock hopping. Post-walk dinner at Tahmoor Hotel bistro. Grade: M222 6hrs plus breaks Leader: Ron Watters (h) 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
Sunday 14 January	Ku-ring-gai Chase NP Map: Hornsby Mt Kurin-gai - Cowan Creek - Appletree Bay - Kalkari - Mt Colah. Good scenery and water views. Easy pace on a warm day. Accessible by train. Grade: Easy-Medium M221 12km Leader: Nigel Weaver (h) 9660 7672 (w) 9955 9779
Mid-Week	
Tuesday 16 January	Bondi and Beyond (Evening) Bondi Beach (6-00 pm) - Clovelly etc to Coogee with optional return. An easy walk on a summer's evening along the coastal pathway followed by dinner (fish and chips or BYO) in a beachside reserve. Grade: Easy Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Evening – walk Wednesday 24 January	The Rocks - Historic 'Houses' Walk Map: UBD/Gregorys Meet at the Club rooms for the annual pilgrimage across the bridge to the Rocks. Here we will visit some of Australia's oldest inns to sample their wares and soak up the atmosphere. The walk will finish up at the Quay for dinner, and walkers can then make their way home by ferry or foot. Bushwalking historians very welcome! Grade: B (beer)111 Leader: Jan Roberts (h) 9411 5517, (m) 0404 003 966 janc.roberts@bigpond.com
20 - 21 January	
Saturday 20 January	Hornsby to Hornsby (a swim at lunch and an evening barbecue) This walk is ideally suited to hot weather. Starting at Hornsby station we will walk via some interesting deviations on the Blue Gum walk (2 hours) to the Holland's house at Westleigh for a lunch and swim. From there we walk along the Great North Walk (2 hours) to the Brading's house at Hornsby for a swim and evening barbecue. Families welcome. Grade: Easy Leaders: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com Karen Brading (h) 9482 8083
Saturday 20 January	Serendipity Canyon Maps: Wollangambe, Mt Wilson Mt Wilson to the Wollangambe river via Serendipity canyon, then downstream to the big bend and return to Mt Wilson. A very nice medium grade canyon, five abseils up to 12m. Previous abseil experience required and all participants must have wetsuits, harness, descenders and helmets. (Limited numbers) Grade: M232E 9km 450m↓↑ Leader: Terry Moss (h) 9773 3526; terrymoss1@bigpond.com
Mid-Week	
Tuesday 23 January	Sydney Harbour Foreshore Map: Street Directory Taronga Zoo wharf - Taylor Bay - Clifton Gardens - Balmoral, then bus back to Taronga wharf. An easy summer walk of about 8 km with swims at Clifton Gardens and Balmoral. Grade: Easy 8km Leader: John Poleson 9663 2927

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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26 - 28 January (Australia Day Long Weekend)	
26 - 28 January	Kayaking Tallowa Dam to Kangaroo River Map: Caoura Annual kayaking trip from Tallowa Dam along Lake Yarrunga towards Coolana to the usual brilliant campsite on the Kangaroo River. Beautiful river scenery. Kayak/canoe hire available from Kangaroo Valley. Personal Flotation Devices compulsory. A joint venture with Bill Holland (see walk below). <i>Kangaroo Valley Safarics</i> Grade: Medium Leader: Pamela Irving (h) 9971 4466; (m) 0429 698 596; pamela.irving@optusnet.com.au <i>*Bring own water - whole weekend meet 11am - leave 3-30 pm</i>
26 - 28 January	Kangaroo Valley "Easy Gourmet Walk" Map: Caoura An ideal summer activity including gourmet type eats and drinks. An easy walk of about one hour to a five star camp site on the Kangaroo River. Meet the others (see Kayaking Trip above) for an idyllic weekend of exploring, canoeing or just lazing around. Great swimming opportunities. Grade: Easy Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
26 - 28 January	Coolana Coolana camping on the flat we will walk to all the remaining property survey pegs wander around the tracks count birds wombats and wallaby, swim in the river and do no work at all. Contact: Don Finch 9452 3749; 0418 417 593
26 - 28 January	Coolana Toilet Construction Weekend This is the Club's major project to improve camping facilities at Coolana. Help us build the new composting toilet complete with solar powered electric light, water on tap and environmentally friendly waste composting. Not all work, there will be ample time for swimming and relaxing, families welcome. Contacts: Patrick James 9567 9998 or David Trinder 9943 3388; 0417 113 006
26 - 28 January	Brogo Wilderness, Wadbilliga NP. Maps: TBA A rugged coastal escarpment providing an isolated area where animal populations have remained relatively undisturbed. There is a diversity of birdlife here with 122 native bird species having been sighted. The park also contains fine examples of open forest, woodland, heath, swamp, bogs and numerous rainforest pockets. Grade: Exploratory Leader: Tony Holgate (h) 9943 3388 ; (m) 0434 968 793; tholgate@optusnet.com.au
Sunday 28 January	Royal NP Map: RNP Tourist Waterfall – Sebastapol Trig. – Kingdom Come – Lake Eckersley - Heathcote. 8.40am train from Central to Waterfall. Grade: Medium 13km 200m↓↑ Leader: Jim Callaway (h) 9520 7081
Sunday 28 January	Ku-ring-gai Chase NP Maps: Mona Vale+Gregorys Walk the Pittwater coast- West Head to Elvina Bay. Great views, low tide so 3 wades, if u don't want to swim. Some boulder, rock hopping. Lunch at Morning Bay Youth hostel. Visit Alex Colley's 1930's beach camp site and a WW2 defence pillbox along the way. Good way to start new year resolutions. Grade: M212 (Medium) Leader: John Pozniak (w) 9240 5277; (h) 9913 2701; poz@tullettprebon.com.au
Wednesday 31 January - First Aid for Prospective Members	
Wednesday 31 January	First Aid For Prospective Members Kirribilli Neighbourhood Centre See Social Program Booking: Maurice Smith (h) 958 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au

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3 - 4 February	
Saturday 3 February	Lower Blue Mountains Map: Penrith Nepean Lookout Fire Trail – Jack Evans Track – Erskine Creek – Dadder Cave – Blands Pool. Return via Pisgah Rock to Firetrail and Erskine L/O carpark. Steep descent, rock-hopping up creek, excellent swimming, some off-track. Great scenery & a pleasant hot weather walk with swimming. Grade: M212 (Medium) 12km Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; Richard_darke@yahoo.com.au
Saturday 3 February	Canyoning - Blue Mountains NP Map: Rock Hill Sheep Dip Canyon / Rocky Creek Canyon. Start with Sheep Dip Canyon at 474130 (the name says it all, slippery dips and jump ins) than proceed through Rocky Creek Canyon at 480132. Several swims, gloves/wetsuit required, great fun on a hot Summer day. These are considered to be introductory canyons, no abseils, but you still need to be comfortable with rock scrambling and jumping into pools. Grade: M223 Leader: Chris Miller 9955 1547
Sunday 4 February	Royal National Park Map: RNP Heathcote station car park, via track to Karloo Pool, then downstream along beautiful Kangaroo Creek, returning via track to Heathcote. Lots of swimming opportunities in pristine pools. A lazy relaxed day, bring some lovely (gourmet) food to share with your fellow walkers. Slow pace, mostly on tracks, a few rough spots along the creek. For the uninitiated, Kangaroo Creek is one of the jewels of the Royal. Grade: M212 (Medium) 10km Leader: Maurice Smith (h) 958 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au
10 - 11 February	
10 - 11 February Q	Hellgate Gorge Map: Jenolan Black Range to Mount Warlock, to Jenolan river then down the Hellgate gorge to Sassafras creek camp, upstream to Diable Creek to Diable Pit then Hellcat Mountain and to Black Range. Predominately off track with some exposure on Hellcat Mountain. The river sections all have rock hopping and scrambling, no pack swims but you will be wading up to chest deep for short sections. Grade: M233E 19km 800m↓↑ Leader: Terry Moss (h) 9773 3526; terrymoss1@bigpond.com
10 - 11 February	Coolana Toilet Construction Weekend This is the Club's major project to improve camping facilities at Coolana. Help us build the new composting toilet complete with solar powered electric light, water on tap and environmentally friendly waste composting. Not all work, there will be ample time for swimming and relaxing, families welcome. Contacts: Patrick James 9567 9998 or David Trinder 9943 3388; 0417 113 006
Saturday 10 February	Blue Mountains NP – Canyoning Maps: Mount Wilson, Wollangambe Bell Creek Lower Section. Mt Wilson Bushfire Brigade, cross DuFaur creek, west to side entrance at 524898, Li-Lo Bell Creek, upstream DuFaur Creek, exit Joe's canyon at 542905. Lilo and wetsuit required. Rope at beginning of canyon. Grade: M222 Leaders: Kellie Rees (m) 0404 249 092; reesk09@yahoo.com.au / Dennis Trembath 02 4735 6655
Sunday 11 February Q	Dharowal SRA (Wedderburn) Map: Appin Victoria Road Locked Gate – O'Hares Creek – Waterfall and Pool (near Dhalia Ck Jcn) – Stokes Creek Weir – Victoria Road Locked Gate. Pristine creek, many swims to keep cool. Morning rock hop afternoon on track. Join your fellow walkers for dinner at Campbelltown Catholic Club. Grade: M212, 6 hrs plus breaks Leader: Ron Watters 9419 2507; (m) 0419 617 491; wattersr@bigpond.net.au
Sunday 11 February	Blue Mountains NP Map: Springwood Faulconbridge – Sassafras Creek – Glenbrook Creek – Bunyan Lookout – Lost World Lookout – Glenbrook Creek – Magdala Creek - Springwood. A lower Blue Mountains idyll. Train travel. Grade: M211 (Medium) 14km Leader: Greta James (h) 9953 8384

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 - Spring 2006 Program

17 - 18 February	
17 - 18 February	Coolana Training Weekend All new members are encouraged to attend this training weekend on the Club's property at Coolana in the beautiful Kangaroo Valley. It offers practical training in navigation, first aid and bushcraft. The weekend provides an ideal introduction to camping. However tents and other camping gear are optional as there is a shelter and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and transport assistance is available. Leaders: Bill Holland 9484 6636; 0418 210 290; billholland@bigpond.com Patrick James 9567 9998; 040 904 1515; pjames28@bigpond.net.au
Saturday 17 February	Northern Beaches Bash Map: UBD/Gregorys Forget the Saturday domestics and come and walk some of Sydney's magnificent beach from Newport to Manly. Essential coffee shop/swim stops on the way, with Happy Hour at the Bavarian Bier Café and Thai dinner at Manly afterwards to round off the day. Share taxi from Manly to start at Newport SLSC. Grade: M211 (18km) Leader: Jan Roberts 9411 5517; (m) 0404 003 966; janc.roberts@bigpond.com
Sunday 18 February	Munmorah SRA Map: Catherine Hill Bay Caves beach – Catho Hill Bay – Timber, Frazer & Red Ochre beaches. The leader's 4 th annual visit to this unspoiled coast. Very scenic walk on sand, rock platforms & clifftops. Many swims, & a huge sea cave, so expect to get wet. Bring suitable shoes & a torch. Afterwards to Catho Hill Bay pub for grub. Car shuffle. Party limit. Some rock scrambling & hopping with mild cliff exposure. Grade: M212 (Medium)16km Leader: Richard Darke (h) 9960 6384; (m) 0402 413 299; Richard_darke@yahoo.com.au
Mid-Week	
Tuesday 20 February	Berowra Valley (evening) Meet 6 pm at Hornsby Station and walk the Blue Gum Track to Leaders house at Westleigh for an evening barbecue. Grade: Easy Leader: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
24 - 25 February	
23 - 25 February	Bungonia - Canyoning Maps: Bungonia Saturday – Mystery Canyon, Sunday – Jerrara & Bungonia. Base camp from cars at Bungonia Camping Ground. Grade: Medium – abseiling – Volleys, Wet Suit, Day pack, lilo Leader: Ian Wolfe ianmcwolfe@hotmail.com ; (h) 9904 3370; (w) 9027 1825; (m) 0413 662 370
24 - 25 February	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 9452 3749; 0418 417 593
24 - 25 February	Coolana Toilet Construction Weekend This is the Club's major project to improve camping facilities at Coolana. Help us build the new composting toilet complete with solar powered electric light, water on tap and environmentally friendly waste composting. Not all work, there will be ample time for swimming and relaxing, families welcome. Contacts: Patrick James 9567 9998 or David Trinder 9943 3388; 0417 113 006
Saturday 24 February	Ku-ring-gai Chase NP Map: Cowan Cowan - Jerusalem Bay - Taffy's Rock - Campbells Crater - Jerusalem Bay - Cowan. Relatively slow & easy 15km. Mostly all on track. Grade: Easy 15km 350m↓↑ Leader: Michael Bickley (h) 9651 2412; (w) 9651 2496

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 - Spring 2006 Program

Saturday 24 February	The Blue Labyrinth Map: Penrith Red Hands Ridge - Kanuka Creek - Goonaroi Ridge - Tobys Rill - Kanuka Creek -Red Hands Ridge. Grade: M221 (Medium) 14 km Leader: Tony Holgate (h) 9943 3388 ; (m) 0434 968 793; tholgate@optusnet.com.au
Sunday 25 February Q	Royal NP Map: RNP Tourist Cronulla –ferry to Bundeena – Bundeena – Garie – Burning Palms – Otford. 7.29am train from Central suburban to Cronulla, 8.30am ferry to Bundeena. Grade: Medium 23km 400m↓↑ Leader: Jim Callaway (h) 9520 7081
Mid-Week	
Monday 26 February - Friday 2 March	Mid Week at The Beach We plan to spend this part of the warm end of summer staying in a cabin on a beach down south. Possibly at Berrara but other alternatives are being followed up. Opportunities for bushwalking and cycling. Contact: Bill Holland (h) 9484 6636; (m) 0418 210 290; billholland@bigpond.com
Wednesday 28 February - Navigation Training	
Wednesday 28 February	Navigation Training For Prospective Members Kirribilli Neighbourhood Centre Prospective members this is your chance to learn about navigation!!!! Come along to a training night that will give you the chance to learn and to pass your navigation test for your full membership. Bookings are essential as places are limited. Minimum requirement: be able to read a street directory and bring your own compass. Maps will be supplied. Time: 7:00pm to 9:30pm Booking: Maurice Smith (h) 958 6325; (m) 0414 538 475; mauricethewalker@ihug.com.au

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 ♥

SUMMER 2006/07 SOCIAL PROGRAM

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

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| 6 th December 7 pm | Committee Meeting
Observers welcome. . |
| 13 th December 8 pm | New Members Night.
Introduction to SBW for intending prospective members |
| 20 th December 6pm | SBW Annual Christmas Party
Come and celebrate the end of 2006. Please bring a plate of yummy food to share. The Club will provide all beverages and necessities. This event occurs in the outside rear courtyard of the KNC.. |
| 27 th December | <i>Club Room Closed</i> |
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| 3 rd January | <i>Club Room Closed (Committee meeting is on 17th)</i> |
| 10 th January 6pm | Balmoral Beach Picnic
Bring your own food (or buy fish and chips) and drink for an evening of relaxation under the trees at the south end of the beach -from 6m.
(If you're feeling a bit energetic, join Bill Holland and the mid week walkers at 4pm for a jaunt around Mosman locale, before finishing up at Balmoral Beach. See the walks program for more details.) |
| 10 th January | <i>Club Room Closed (come to the picnic - see above)</i> |
| 17 th January 7pm | Committee Meeting
Observers welcome. . |
| 8pm | Tasmania In All Seasons
Club member Alek Popouski will present a Winter Wonderland - The Overland Track AND the rugged beauty of the Western Arthurs, that he encountered on his summer trip last year. |
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| 7 th February 7 pm | Committee Meeting
Observers welcome. |
| 14 th February 8 pm | New Members Night.
Introduction to SBW for intending prospective members |
| 21 st February 8 pm | Organic Vitamins and Supplements
This will help you up Perrys or even the K to K ???
Prospective member Kerry Iozzi has offered the services of two friends - one a doctor, the other a nutritionist - to inform us of the real health benefits of these products, which are organic and contain phytonutrients. |
| 28 th February 7 pm
(Note early start) | New Members Training Night at the Clubrooms
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. |
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