

SPRING 2007 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, KIRIBILLI 1565



Deadline for the 2007 Summer program is
October 26th 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** may start Friday night and camp at the start or early Saturday morning. 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

The new grading system has four graded categories: D F A 1 and Yes / NO on L

<u>D</u> istance	<u>F</u> itness	<u>A</u> scents (and descents)	<u>T</u> errain	<u>E</u> 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) 9943 3388 (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 and EXTENDED Walks Notices

Dec 2007	New Zealand 8 - 10 days walking in the South Island of NZ starting before Xmas and be away walking for Xmas - beat the Xmas rush. You can be home for New Year. Depart week before Xmas Dec 07. Date TBA. Grade: Med - Hard Contact: Grace Martinez 9948 6238
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
21 - 31 October	Bibbulmun Track - South West WA Walking from Walpole to Albany - approx 11 days walking - depending on the group and option of rest day at Peaceful Bay or Denmark. This classic walk will take in the magnificent Valley of the Giants karri forests and interesting coastal walking. Caravan park accommodation at Peaceful Bay and Denmark. Foods drop can be organised to Peaceful Bay and Denmark. Shelter accommodation on the track at the designated campsites, but tents will be required if huts are full. Fuel stove cooking only. Party Limit. Grade: TBA Leaders: Kay Chan 9520 0266 Liz Wills 02 6546 8098
26 Dec - 1 Jan 2008	Coopracambra and Nungatta National Parks Six-day walk along the Genoa River in NE Victoria. Awkward going in places, so the pace will be slow but there will be lots of swimming to compensate. Leader: Kenn Clacher, 9954 9708,
Early January 2008	New Zealand - Milford Track and Keplar Track Maps: TBA When you call I will advise booking fee, payment to be made before acceptance. Experience the most well-known and popular track in New Zealand, huge snow capped mountains, glaciers and waterfalls. Grade: TBA Leader: David Trinder (h) 9943 3388; (m) 0417 113 006; dt28@tpg.com.au
26 th Dec to 2 nd Jan 2008	Kosciuszko National Park. Stay in Windarra Ski Lodge in the Kosciuszko National Park. Explore the main range with day walks and sleep in a comfortable lodge at night. Welcome the New Year in with a big party. Book and pay approx \$220 to secure your place. Leader: David Trinder, 9542 1465, 0417 113 006,
<div style="display: flex; justify-content: space-between;"> <div> NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons </div> <div> DEADLINES FOR FUTURE PROGRAMS: Summer 2007/2008 (Dec/Jan/Feb) - October 26th 2007 </div> </div>	

Have you ever thought about leading a walk?

Time to think of those walks you have always wanted to do. SBW needs your help! We need all trips, easy through to hard. And do you know of someone else that might be able to lead? There is always help available for new leaders. We have a particular need for easy introductory walks and these are a great way for new leaders to start. If you need information or help, contact: Tony Holgate 0434 968 793 (m),

(Sue) 9521-1182

Green

Meet 9am Brooklyn Car Park opp stn.

Sue

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7.45 SPRING PROGRAM

Forest Rd.

1 - 2 September	
Sat 1 Sept	Kanangra To Katoomba In A Day Maps: Kanangra, Jenolan, Jamison Annual SBW classic. More details at end of program. Expressions of interest early please for fit walkers and helpers. Please ring early so I can book accommodation. Grade: X332 (hard) 43 km Huge ups and downs Leader: Tony Crichton (h) 9872 7195
Sun 2 Sept	Brisbane Water National Park Maps: Gosford, Gunderman, Cowan Brooklyn - Water Taxi to Cogra Point (\$10 each) - Cogra Hill - Pindar Cave - Wondabyne station. Spectacular views of Hawkesbury River. Includes 7 kms off-track. Gaiters/gloves recommended. Steep sections. Spring wildflowers. 14 kms. Grade: Medium M223 Leader: Nigel Weaver 9660.7672 (h) 9955.9779 (w)
Mid-Week	
Tues 4 Sept	Brisbane Water NP Maps: Gosford a Wondabyne Train Station - Lysippus Pass - Bahai Lookout - Pindar Cave - Iron Oxide Mine - Pindar Brook - return to Wondabyne Train Station. Great wildflowers, some off track. Grade: Medium 14km. Leader: Wilf Hilder 9587 8912
7 September APEC Public Holiday (Long Weekend for some)	
Sun 9 Sept	Ku-Ring-Gai Chase NP Map: Broken Bay Palm Beach Wharf - Ferry - The Basin - Currawong Beach - Great Mackerel Beach - West Head Beach - Koolewong Track - White Horse Beach - Resolute Beach - Great Mackerel Beach Wharf - Ferry - Palm Beach Wharf. Spring Wildflowers at their best. Grade: Medium 14km Leader: Wilf Hilder 9587 8912
6 - 9 Sept Q	Blue Mountains/Kanangra Boyd - Three Peaks in Four Days Maps: Kanangra, Jamison, Jenolan We will do the Three Peaks (Cloudmaker, Paralyser and Guouagang) starting from the Narrowneck gate on Thursday morning and take 4 days, finishing on Sunday. A number of steep ups and downs with distance both on and off-track. Great views and will give an excellent overall perspective of the Kanangra Boyd area. Will suit fit, experienced walkers especially those who may have an interest in doing the walk in 48 hours at some later date. Grade: L233 (Medium) Leader: Bill Hope (h) 99601646
7 - 9 Sept	Barrington Tops National Park Maps: Gloucester Tops The Mountaineer - Whispering Gully - Karuah River - Carcoar Creek - Buddigower Creek - The Pinicle - The Mountaineer. Explore the interesting mountain ranges north of Sydney. Beautiful rainforest and spectacular mountain stream. Mostly off-track. Gaiters advisable. Party limit. Grade: M331 Leader: Tony Holgate, 0434 968 793,
8 - 9 September	
Sat 8 Sept	Brisbane Waters National Park Map: Gosford Wondabyne - GNW - Scopas Peak - Leochares Peak - Piles Creek - Rat Gully - Lyre Trig - Koolewong Ridge - Woy Woy. Mostly on tracks, good views. Total 300m up & 300m down. Grade: M 221, Medium 15 km Leader: Tony Holgate 0434 968 793 (m),
8 - 9 Sept	GPS Workshop (optional one day or weekend) Maps: Hornsby Learn to use a GPS for more than just position finding. You'll learn how to pre-plan a route/track; record where you walked; use a computer for mapping and track record. <u>Saturday:</u> We will track a proposed route on a map shown on the computer (scan or from CD); download the route/track to your GPS and walk the route using way the GPS to guide us. We will then upload a track from GPS to computer and show a height/distance profile of the track walked. Print map showing track <u>Sunday:</u> Revision of above plus practical application of Oziexplorer software. Also go on a lengthy walk using above skills. You can attend for either or both days. Naturally, you will learn more by staying the weekend. Accommodation with barbecue on Saturday night. Grade: Easy Leader: Bill Holland (h) 9484 6636
Mid-Week	
Mon 10 th - Fri 14 th	Mid week walkers - Cabin Stay at Newnes Maps: Wallerawang This is area is full of history. As well as looking around the old township ruins there will be

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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Sept	opportunities to visit the Red Rocks area ; join in the weekend walks along the Pipeline Pass; follow the historic railway track along the valley and through the Glow Tunnel. Come for the six days or just some of the days. Grade: Medium Leader: Bill Holland 9484 6636 (m) 0418 210 290
12 - 17 Sept	Queensland Border Parks Six days of rambling in the mountains in the border region. Mostly car camping, but with one overnight pack walk. Mt Kaputar (just for a quick look on 12/9), Mt Barney (14 and 15/9), Bald Rock and South Bald Rock (16 and 17/9). Details to be worked out with participants. Come for all or any part of the week. Mt Barney is hard, but the other walks are easy. Grade: M222 Leader: Leigh McClintock 8920 2386 (ah) or
15 - 16 September	
Sat 15 Sept	Family Walk Numero Uno - Bobbin Head - Sphinx Track Map: Hornsby A walk aimed at families with young kids, but also suitable for anyone wanting an easy stroll. Walk to Bobbin Head in Ku-ring-gai National Park along the Sphinx Track and back along the ridge. Ice creams for those who behave themselves. Cappuccinos and other delights also available. Grade: Very Easy 8km Leader: Eddy Giacomel, 9144 5095 (h)
15-16 Sept	Kanangra - Mt Paralyser and Guouagang Map: Kanangra This walk takes us into Whalanian Deep. We start at Queen Pin and head out to Mt Paralyser along Thurat Ridge. There is a very steep and slippery 860m decent to Whalanian Creek where we will camp. After breakfast its up a very steep 1000m ascent to Mt Guouagang, with great views of the Deeps along the way. We then head back along the Krungle Bungle Range. Grade: M333, 27km Leader: Michael Bradburn 0416 296 595
15-16 Sept Q	Nattai NP Maps: Hill Top Starlights Track Head-Nattai river-Rocky Waterholes Creek-Iron Creek-Flat Top Mtn (camp)-Cliff top GR 606985 - RWH Ck - the plateau - Starlights Track Head. Significant exploratory component, views, scenic river, steep ascents, rock scrambling likely. Fit prospectives with a sense of adventure welcome. New Walk Grade: M222 Leader: Ron Watters 94192507, 0419617491,
Mid-Week	
Tues 18 Sept	Bicycle Ride - Botany Bay  An easy to medium length ride around part of the Bay, coffee stop options and length of ride to suit participants. Grade: Easy/Medium Leader: Bill Holland 9484 6636 (m) 0418 210 290
22 - 23 September	
Sat 22 Sept	Blue Mountains NP - North-East of Bell Maps: Mt Wilson, Wollangambe Bell Truck Weighing Station - east then north then east again along wiggly ridge to spot height 972 (GR497908) - north down ridge - explore along December Creek - return. A mostly off-track visit to some of the geomorphologically gifted (i.e. pagodas etc.) country between Bell and Wollangambe crater. May see some Waratahs. Some rock scrambling and scrub. No big hills. Grade: M223 (Medium) 11km Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302
Sun 23 Sept	Royal National Park Maps: Otford, Port Hacking Otford to Garie Beach and return with visit to Pie Shop at end. About 250m up and down. Public transport can be used. Features: great views, historic huts, beaches, palm jungle, rock platform with figure of 8 pool. Grade: Easy 14 km Leader: Christine McColl, 93491925 (h)
22 - 23 Sept	Coolana - Maintenance And Bush Regeneration 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: Barry Wallace,
22-23 Sept	Hundred man Cave - Kanangra Maps: Kanangra Kanangra Tops - Crafts Walls - Mt High and Mighty - Rip, Rack, Roar and Rumble Knolls - Mount Cloudmaker, camp in Hundred Man cave and return on Sunday. Beautiful scenery, great sleeping cave. Grade: M222 20 km Leader: David Trinder 9542 1465 0417 113 006 email:
Mid-Week	

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9484-3514 Don Matthews

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Thurs 27 Sept	Boudhi National Park Boudhi 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	Map: Broken Bay
29 September - 1 October Long Weekend		
Mon 1 Oct	Upper Blue Mountains Medlow Bath RS - Hydro Majestic - Sunbath - Valley Track - Blacks Ladder - Radiata Plateau - Megalong Trig - Katoomba RS. Historic tracks and passes. Mild exposure on steps and ladders. Some off-track sections. Grade: M232 13km	Map: Katoomba Leader: Ian Rannard 9958 1514 (h & w)
Sun 30 Sept	Blue Mountains NP Furbers Steps, Malaita Points, landslide, Ruined Castle Track to Ruined Castle and return. An easy walk with great views. Grade: M221 10 km Leader: David Trinder 9542 1465 0417 113 006 email:	Maps: Katoomba, Jamison
28 Sept to 1 Oct	Jervis Bay area Long weekend or the week - the route will cater for both. Jervis Bay has many interesting areas to explore with some possible surf practise. Your own kayak or hire. Double and single kayaks welcome. Honeymoon Bay - Dart Point - Point Perpendicular - Target Beach - Longnose Point - Montagu Point - Green Point - Carama Inlet - Callala Bay - Currumbene Creek - Huskisson - Myola - Plantation Point - Chinamans Beach. May also paddle St Georges Basin. Distance: approx 15km per day but negotiable with bribes of cream buns, mars bars and chocolate. You MUST be able to swim . Required safety equipment; buoyancy vest, torch, warm clothes, tow rope (for the leader). Grade: Medium Kayaking Leader: Captain Mark Dabbs 9638 0226	Maps: Ask leader
29 - 30 Sept Q	Morton NP Mount Bushwalker - Gadara Point - Pallin Pass - Mt Talaterang - Talaterang Creek south - Ngatyang falls. Spectacular views with a big Budawang moon from cave camp and blossoming orchids. Gloves, gaiters and camera useful. Party limit. Leaders: Paul Barton 9981 2647, John Pozniak, 9913 2701, 0403 068 511,	Maps: Tjanjara, Milton Grade: Medium-20km - 300m climbing
28 Sept - 1 Oct Q	Morton NP Blaydon's Pass - Boolijah Creek - Danjerri Plateau - Crawford Falls - Discovery Cave - Bundundah Creek - The Passages of Time. A fantastic walk, beautiful views, great cliff-lines, incredible passes, gorgeous creeks, orchids in flower, spectacular rock sculptures. Two nights in a stunning camp cave. Plenty of time to explore the Passages of Time. Some scrambling and off track walking. Party limit. Grade: M223 (Medium 30 km) Leader: Tony Holgate 0434 968 793 (m),	Map: Sassafras
6 - 7 October		
4- 8 Oct Long W/end 4 day XC Ski Trip	KNP, Gray Mare Range  Subject to snow: Munyang, Valentines, Gray Mare Hut - base camp. ½ day trip to N Gray Mare Range, 1 day trip along the Gray Mare Range, Day 3 - back to Munyang. Thursday pm to Monday pm. Grade: Medium/Hard Leader: Ian Wolfe, 02 9904 3370 (h), 02 9027 1825(w), 0413 662 370	Maps: 1:50,000 Kosciusko & Eucumbene
Sat 6 Oct	Andersons Fire Trail Loop Mountain Bike Ride  Queen Elizabeth Dr. Kings Tableland, Andersons Fire Trail, Ingar Picnic Ground, Ingar Fire Trail. A loop ride of 30-35 Kms that's all downhill, except for the uphill bits!!! Some very steep sections, both up hill and down hill. We will take time to look at the scenic views and the wild flowers. Grade: M222 Leader: Dennis Trembath 4735 6655	
Sat 6 Oct	Berowra Valley Regional Park Berowra - Benowie Track - Berowra Creek - Berowra Waters - Cowan. Walk through the relatively undisturbed bushland of Berowra Valley Regional Park following part of the Great North Walk. Excellent valley and water views. Accessible via public transport. Grade: M231, 14km, 400m ascent	Maps: Cowan Leader: Jodie Dixon, 0411 245 599
Sun 7 Oct Q	Location Morton NP Route then Description Tallowa Dam Road 575483 -South to 576467 -The Knobs -Spot height 208-Shoalhaven River downstream to large unnamed Creek at 580436 -Tallowa Dam Road. Off track	Maps: Burrier


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	walking, steep descent., views , exploratory along unnamed creek Descent and ascent 300metres. Gaiters and gloves desirable. Fit prospective members with a sense of adventure welcome. 7 hours walking plus breaks. Grade: M 222 Leader: Ron Watters 94192507 ,0419617491 (m)
Sun 7 Oct Q	Blue Mountains Maps: Kurrajong Paterson Ridge Firetrail - Brown's Ridge - Grose River - Engineers Track - Devil's Wilderness - Wilderness Ridge - Paterson Ridge Firetrail. A chance to see the Devil's Wilderness and walk on part of the historic 1858 Engineers Track. On track to start with then off track for the rest of the day. Steep descents and ascents in and out of the Grose River with some rock scrambling and swimming opportunities. Grade: M233 (Medium) Leader: Bill Hope (h) 99601646
Sun 7 Oct	Walking and Whale Watching Kurnell to Cronulla Coastal Walk "The Whales are Returning South" Discovery Centre (Kurnell) - Tabbigai Gap - Cape Bailey lighthouse - Solander Trig - Muru Track - Cronulla. Spectacular views of rugged coastline. Grade: Easy 12 km Leader: Bill Holland 9484 6636 (m) 0418 210 290
13 - 14 October	
Sat 13 Oct	Box Vale Railway Circuit Map: Mittagong Box Vale car park - Nattai Creek - 40' Falls - Nattai River - Natural Arch - The Incline - Box Vale Lookout - old railway formation - Box Vale car park. A scenic riverside walk and an exploration of an abandoned railway with cuttings and a tunnel. All on track. 10 km. Post walk dinner Mittagong RSL.. Grade: S111, Leader: Philip Worledge 0412 275 950 (M),
Sat 13 Oct Q	Blue Mountains NP Map: Katoomba Ridge to Urella Lookdown and Jims Creek Circuit. Meet at Lawson Station CP (Nth side) 9:00 am (Saturday 7:18 from Central) A walk along Lawson Ridge to a side ridge to great lookout with extensive views over Wentworth Creek to the Mt Hay ridge and its side ridges and continue to descend to hanging swamp fed, pristine creek. Good navigational opportunities. 5km off track - Steep ↓150M ↑140M km. Grade: M222, Medium, 15km Leader: Jim Percy, 4758 6009
Sun 14 Oct	Chasm Lookout-Rocky Waterholes Creek Look out-Ahearns Lookout Map: Hilltop 2nd ed 3 great lookouts with views of the Nattai river valley, Mount Jellore and Russells Needle. Mostly on track with some off track including a creek crossing. Some exposure to heights. Grade: M212E, 18km Leader: Glenn Draper 9605 8071, 0413 831 286
13 - 14 Oct	Ultralight (Freedom Walk) Weekend Maps: Jenolan Carlton's Farm - Black Horse Ridge - Splendor Rock - Camp - Knights Deck - Knights Pups - Pots & Pans - Carlton's Farm. Magic views and sunrise. Enjoy a new found freedom with ultralight walking. A chance to experiment with weight on this close to home walk. Leader has some spare gear, plus spreadsheets and websites for reference. Contact early to discuss options for weight reduction. Packs will be weighed - Bottle of wine for < 8 kg, maximum target 10 kg. Grade: M232, +/- 1100m Leader: Karl Miller, 9489 6607 (h), 0417 498 381,
13 - 14 Oct	Blue Mountains NP Map: Mt Wilson Hat Hill Rd - Hat Hill - Bald Head Ridge - Bald Head- Hat Hill Ck - Burromoko Hill - Burrumoko lookout - Hanging rock - Ridgewell Rd. Car swap required. No exposure or rope work. Propose to have dinner after walk in Blackheath. Grade: S222 Leader: Paul Barton, 9981 2647
13 - 14 Oct	Coolana - Maintenance And Bush Regeneration 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. Leader: Bill Holland, 9484 6636, 0418 210 290
13 - 14 Oct	Blue Mountains National Park Maps: Hampton, Jenolan Six Foot track at cemetery - Cox's River - Junction unction of Little River and Coxs River - Flaggi Clear - Goolara Peak - Ironpot Mt and ridge - Dunphys carpark. New walk for new leader so walkers with experience in the area are most welcome, as are prospectives. Grade: M222, 26km 400m ascent Leader: Melinda Turner, 4284 0616
Mid-Week	



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Thurs 18 th Oct	Ku Ring Gai NP Gordon bus to St Ives - Cascades - Middle Harbour Creek - Roseville - Lindfield - walk to Lindfield Station. A relaxing creek-side walk Grade: Easy Leader: Bill Holland 9484 6636 0418210 290
20 - 21 October	
Sat 20 Oct	Andersons Fire Trail and the Oaks Fire Trail Mountain Bike Ride  An early start to do both fire trails. Train from Glenbrook Station to Wentworth Fall Station. Then ride back to Glenbrook via both fire trails. Both you and your bike need to be fit. Grade: X332 Leader: Dennis Trembath 4735 6655
Sat 20 Oct	Blue Mountains NP Map: Jenolan Carlons Farm - Ironpot Mountain - Ironmonger Spur - Coss River/Breakfast Creek junction - downstream along the Coss for approx. 4km. - Blue Dog Buttress - Knights Deck - Cattle Dog Ridge - Breakfast & Carlons Creeks - Carlons Farm. Magnificent Wild Dog Mountains scenery. Ascent & descent 1,000m each, including the 580m trackless ascent of B.D. Buttress and a more gradual 300m ascent at the end. Trackless along the Coss; river crossings (wet knees). Grade: Medium/Hard 21km Leader: Chris Dowling, h 6331-5441; m 0419-975-266 (day of walk only)
Sun 21 Oct	80th Anniversary Celebrations SBW Day out at Manly Dam. 80 th Birthday Party - come along and have fun. The President, David Trinder will lead a walk! Party, talk, swim, canoe, cycle, walk or just lounge around. Whatever, just come along and catch up. Food and a glass of champagne provided. Contact: Patrick James, 9567 9998,
21 - 31 October	Bibbulmun Track - South West WA Walking from Walpole to Albany - approx 11 days walking - depending on the group and option of rest day at Peaceful Bay or Denmark. This classic walk will take in the magnificent Valley of the Giants karri forests and interesting coastal walking. Caravan park accommodation at Peaceful Bay and Denmark. Foods drop can be organised to Peaceful Bay and Denmark. Shelter accommodation on the track at the designated camp sites, but tents will be required if huts are full. Fuel stove cooking only. Party Limit. Grade: TBA Leaders: Kay Chan 9520 0266 Liz Wills 02 6546 8098
Mid-Week	
Tues 23 Oct	Location Blue Mountains Map: Katoomba Katoomba Train Station - Tramway Ruins - Devils Hole - Megalong Pub Site - Nellies Glen - Six Foot Track - Bonnie Doon Track - J.B. North Lookout - Ethal Falls - Birdies Bower - Therabulat Lookout - The Gully - Katoomba Train Station. Grade: Medium 16km Leader: Wilf Hilder 9587 8912
27 - 28 October	
27 - 28 Oct	80th Anniversary Celebrations Special Coolana Reunion. Come along, bring yourself, bring a friend, bring someone interested in joining. There will be a party, fine food, excellent wine, great company. Campfire, swimming and, of course, walking. BYO everything. Contact: Patrick James, 9567 9998,
Sun 28 Oct Q	Kangaroo Valley Maps: Bundanoon Jacks Corner - Mt Moollattoo ridge - cliff base to NW corner of Mt Carrialoo - Yurrunga Creek - Griffins Farm - Griffins Fire Trail - Jacks Corner Ascent. Extensive views from Moollattoo, Eucalypt and rain forest, attractive creek, meet the kangaroos at old Griffins Farm. Off track walking with track to finish, wet feet 20 minutes drive from Coolana or come from Sydney on the day. Grade: M222 Leader: Ron Watters 9419 2507 0419617491 (m)
3 - 4 November	
Sat 3 Nov	The Presidents walk. It is a magical mystery tour. Come along and be surprised. This is a repeat of the first walk of the club in the Royal National Park. Leader: David Trinder 9542 1465 0417 113 006 email: <i>Meet Helensburg 9.30am picnic lunch/swim.</i>
Sun	Blue Mountains NP - Bungleboori Map:

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 2007 Program

4 Nov	<p>Waratah Ridge – track to Bungleboori Creek – explore - return. A mostly off-track visit to check out the scenery near site of a camp site I used on an overnighiter last year. Pagodas. Dip in the creek if it's hot weather. Possibilities for rock scrambling and exposure. No big hills.</p> <p>Grade: M223E (Medium) 10km Leader: Ian Thorpe (h) 9922 4742, (m)</p>
3-4 Nov	<p>Wollemi National Park Map: Mt Lagoon</p> <p>Mt Lagoon – Tootie Creek and Colo junction -Tootie Creek Pools- Fire trail-Mt Lagoon. On track to Colo River, Camp by the magnificent Colo then up Tootie Creek before taking ridge up to join fire trail.</p> <p>Grade: S122 13km Leader: Jodie Dixon & Tony Holgate 0411 245 599</p>
Mid-Week	
Thurs 8 Nov	<p>Berowra Bushland Park</p> <p>We will have an interesting walk in varied bushland in the Berowra Valley - starting from Hornsby station. Route details will depend on the heat of the day.</p> <p>Grade: Easy 12 km Leader: Bill Holland 9484 6636 (m) 0418 210 290</p>
10 – 11 November	
Sat 10 Nov	<p>Kids Numero Due – Cycling – Sydney Olympic Park Map: Sydney Olympic Park</p> <p>An outing with bikes for kids and adults too. Hire bikes at Bicentennial Park or bring your own. Those with kids too young to cycle without trainer wheels can hire a "tag-along". Cycle around Sydney Olympic Park and neighbouring areas, including the Parramatta River and the Newington Armoury. Visit the "Brickpit" and reminders of the 2000 Sydney Olympics.</p> <p> Grade: Easy - distance to suit riders. Leader: Eddy Giacomel, 9144 5095 (h)</p>
Sat 10 Nov	<p>Lower Blue Mountains NP – Glenbrook Creek & Kanuka Brook Map: Penrith</p> <p>Glenbrook Causeway – Glenbrook Creek – Kanuka Brook – Red Hands Cave – Glenbrook Causeway. Contrast the open beauty of Glenbrook Creek with the hidden gems of Kanuka Brook like the overhang with iron stalactites. 15km - 60% rough footpad or off track with a 150m climb, track for remainder.</p> <p>Grade: - M222 Leader: Stephen Brading, (h) 9802 5566</p>
Sun 11 Nov	<p>Royal National Park Map: Audley Boat Hire</p> <p>Canoing all day (9am-5pm) Canoe or kayak hire available - \$40 per canoe. Contact leader by 26th October, please.</p> <p>Grade: Easy (no rapids) Leader: Jeanne Klov Dahl, 95185101(h); 0427017780</p>
Sun 11 Nov	<p>Blue Mountains National Park Maps: Katoomba, Jamison</p> <p>Golden Stairs - The Knife Edge - Mt Solitary as far as Melville's Lookout. Return via Ruined Castle. Panoramic views of the southern Blue Mountains. Steep sections. Mild exposure. 19 kms.</p> <p>Grade: Medium M221 Leader: Nigel Weaver 9660.7672 (h) 9955.9779 (h)</p>
Sun 11 Nov	<p>Blue Mountains NP Map: Penrith</p> <p>Glenbrook Station to Euroka Clearing, have lunch by the Nepean River then return. Coffee at the station to finish. Party Limit</p> <p>Grade: Easy, 11 kms Leader: Lucy Moore</p>
10 - 11 Nov Q	<p>Meryla Pass - Morton National Park Map: Bundanoon</p> <p>Meryla Pass - Old farm - Danjera Dam - Griffins Firetrail - Griffins Farm - Circuit Walk - Meryla Pass. An easy weekend walk and ideal for prospectives as a first weekend walk. Only half of the walk is with weekend packs, the rest with day pack. But there is a full pack option to make this a Qualifying Walk. Navigation training & tests can be given if required. Saturday morning start.</p> <p>Grade: Easy 25km. Leader: Bill Holland (h) 9484 6636</p>
10-11 Nov	<p>Narrowneck Pass Pentathlon Maps: Jenolan, Jamison, Hampton, Katoomba</p> <p>There is more than one Tarro's to skin a cat. Experience 5 other passes (and a staircase) that conquer Narrowneck. Redledge - Carlon's Head - Dunphy's Camp - Duncans Walls - Golden Stairs. Pack light. Must be comfortable with exposure.</p> <p>Grade: M232E, +/- 1500m Leader: Karl Miller, 9489 6607 (h), 0417 498 381,</p>
Mid-Week	
Tues 13 Nov	<p>Bike Ride Tempe - Homebush Bay – Meadowbank</p> <p>All on tracks away from roads; follow the Cooks river past parklands and playing fields. Easy paced bicycle ride.</p> <p> Grade: Easy Leader: Rick Angel 9415 1505 0414 252 672</p>

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17 - 18 November	
Sun 18 Nov	Blue Mountains NP Maps: Katoomba, Jamison Kings Tableland - Kedumba Hill - Kedumba River - Mount Solitary - Ruined Castle Track - Golden Stairs with car shuffle. An interesting track from Wentworth Falls to Mount Solitary and Katoomba with great views. <i>8:30am Golden Stairs.</i> Grade: M232 10 km Leader: David Trinder 9542 1465 0417 113 006 email:
17 - 18 Nov	Shoalhaven River Bungonia Gorge Map: Caoura Long Point - Kingpin Mountain - Barbers Creek - Shoalhaven River - Side trip up Bungonia creek to Gorge if time - a must see (fabulous) - Talwong Creek (Chimneys) - Talwong Creek - Tryers Ridge - with a bit of an up here - Renns Bluff - Rainbow Ridge for some absolutely terrific views and walking along rock ridge - Shoalhaven River - Long Point. A rarely walked side of the river but once up it is relatively easy across the tops and great views. Grade: Medium Leader: Mark Dabbs 9638 0226,
17 - 18 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, Patrick James, 9567 9998,
Mid-Week	
Tues 20 Nov	Blue Mountains NP Map: Katoomba Lawson Train Station - Walkers Glen - Bruces Walk - Claire Glen - Podgers Glen - Blue Mountains Creek - Lees View - Water Nymphs Dell - Wentworth Falls Train Station. Hilly historical walk. Grade: Medium 15km Leader: Wilf Hilder 9587 8912
24 - 25 November	
Sun 25 Nov Q	Morton NP Maps: Robertson and Kangaroo Valley Route then Description Carrington Falls - Izzards Lookout and Pass - Kangaroo River - Dharowal Creek - Bridal Veil Falls lower and upper - Dharowal Creek West - Lorna Doone Pool - track to Carrington Falls. Spectacular waterfalls and cascades. Boulder scrambling, wading possibly up to waist deep, attractive rain forest. Off track walking, Steep descent 300 metres. Grade 323 Leader: Ron Watters 9419 2507, 0419617491 (m)
Sun 25 Nov	Harbour Walk - Cremorne to the Spit Ferry or bus to Cremorne Point. Then follow the coastline of Sydney Harbour National Park around Mosman - Bradleys Head - Chowder Bay - new walkway to Balmoral Beach and on to The Spit. See the historic forts at Georges Heights. Coffee stops and swimming opportunities. Grade: Easy 12Km Leader: Bill Holland 9484 6636 (m) 0418 210 290
Sun 25 Nov Q	Wollemi Maps: Mountain Lagoon Mountain Lagoon Firetrail - Colo River - Razorback Ridge - D'Arcy Range - Tootie Creek - Mountain Lagoon Firetrail. Original walk on the Winter program was replaced by an alternate walk due to high creek levels. Mainly off track walk to a little visited area of the Wollemi. Two steep climbs of 300M+, scrub and rockhopping. Swimming opportunities. Grade: M233 Leader: Bill Hope (h) 99601646
24 - 25 Nov	Kids Numero Tre - Deep Pass Map: Rock Hill An easy walk into the Deep Pass camp site (near Lithgow) for an overnight camp suitable for kids and adults. Explore the local area or rest at the camp site. Grade: Easy Leader: Eddy Giacometti
24 - 25 Nov	Circumnavigation of Narrow Neck Maps: Katoomba, Jamison, Jenolan, Hampton You might have walked along it, but have you walked around it? See Narrow Neck from a different perspective. Golden Stairs - Ruined Castle - Cedar Creek - Bunba Yaka Creek - Caros Knob (Jamison GR 486558) - Little Cedar Gap - Breakfast Creek - fire trails before climb up Devils Hole. Day 1: about 10 km mainly off track in little visited creeks. Gloves & gaiters desirable. Likely campsite on fire trail above Bunba Yaka Creek. Day 2: about 20 km mainly on fire trails. Short car shuffle so early start. Grade: M223, Leader: Philip Worledge 0412 275 950 (M),

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Mid-Week	
Mon -Fri 26 -30 Nov	Dunns Swamp Dunns Swamp is a popular camping area situated right on the Cudgegong River. It boasts as one of the cleanest waterways in NSW, making it great for a swim or canoe paddle. We plan to base camp during the week and avoid weekend campers. There are many walking tracks and large rock formations which offer spectacular views of the river and surrounding bush. Basic facilities for campfires and toilets are available in the camping reserve Grade: Easy Leader: Bill Holland 9484 6636 (m) 0418 210 290

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 ♥

Social Program

September

- 12th New Members Night
- 19th Club Auction – Any gear you want to sell, come along for a bargain. Bring your sense of humour and have some fun. The Auctioneer will be Patrick James.
- 26th New Members Training Evening - Please check with New Members Secretary at or check the New Members Page for details

October

- 10th New Members Night
- 21st (Sunday) 80th Birthday Party at Manly Dam - come along and have fun. The President, David Trinder will lead a walk! Party, talk, swim, canoe, cycle, walk or just lounge around.
- 24th 80th Birthday Bash and Nostalgia Night Party, cake and more fun! Bring any old photographs or memorabilia you have so we can see how they used to do it.
- 27-28th Coolana Reunion.
- 31st New Members Training Evening - Please check with New Members Secretary at or check the New Members Page for details

November

- 14th New Members Night
- 21st Japan – Five mountains in Hokkaido (armchair style). Leigh McClintock recounts his recent trip to the mountains on Hokkaido, Japan.
- 28th New Members Training Evening - Please check with New Members Secretary at or check the New Members Page for details

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

New Members Training Information

All Training is held at the Kirribilli neighbourhood centre 16 Fitzroy St, Kirribilli. Please note that it is essential to book for all training sessions. To book for these evenings please contact the New Members Secretary on

September

26th Training – Navigation. The Navigation training evening starts at 7:00 pm This session covers basic and practical navigation You will need to bring an oil filled base plate compass and a sense of humour.

October

31st Training – How to Pack for an Overnight Walk. This session starts at 8:00 pm. Covers topics such as gear for different seasons. What to carry, what to leave in the car and how to keep your pack weight to a minimum.

November

17-18th Coolana Training Weekend - see walks program for booking details
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.

28th Training – First Aid. This covers basic first aid skills relevant to bushwalking. Starts at 7:00 pm.

If you are relatively new to bushwalking or still building your fitness levels, some suitable introductory walks on the program are listed below. Please see the program for more details.

Date	Location
September 2 nd Sunday	Brisbane Water National Park
September 4 th Tuesday	Brisbane Water National Park
September 9 th Sunday	Ku-Ring-Gai Chase Nation Park
September 15 th Saturday	Bobbin Head - Sphinx Track
September 23 rd Sunday	Royal National Park
September 27 th Thursday	Boudhi National Park
September 30 th Sunday	Blue Mountains National Park
October 6 th Saturday	Berowra Valley Regional Park
October 7 th Sunday	Walking and Whale Watching
October 13-14 th Weekend	Blue Mountains National Park
October 18 th Thursday	Ku-Ring-Gai Chase Nation Park
November 3 -4 th Weekend	Wollemi National Park
November 8 th Thursday	Berowra Bushland Park
November 11 th Sunday	Blue Mountains National Park
November 10-11 th Weekend	Meryla Pass - Morton National Park
November 18 th Sunday	Blue Mountains National Park
November 20 th Tuesday	Blue Mountains National Park
November 25 th Sunday	Harbour Walk - Cremorne to the Spit
November 24-25 th Weekend	Deep Pass