



Deadline for the 2007 Spring program is
Friday, 20th July, 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 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.

NPWS Party Limits
WILDERNESS AREAS: 8 persons
OTHER NATIONAL PARK AREAS: 20 persons

DEADLINES FOR FUTURE PROGRAMS:
Spring 2007 (Sept/Oct/Nov) – XXXX 2007

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 NOTICES & EXTENDED WALKS

26 Jun – 8 July	Carr-Boyd and Coburn Ranges 13 days in the dramatic gorges and hills of the Carr-Boyd and Coburn Ranges. Fly to Kununurra, then by helicopter into the Carr-Boyd ranges, for 6 days, back to Kununurra to re-stock and thence to the Coburns. Limited party. cunninghamp@bigpond.com Grade: Medium Leader: Peter Cunningham 9939 7427(h); 0439 357 427(m);
29 June - 10 July	Kakadu Barramundi Ck to Koolpin Gorge via all the beautiful creeks on the Southern Escarpment. If you like swimming this is bushwalking paradise. Swimming compulsory. Food party. Grade: Medium Leader: David Rostron 9451 7943
9 - 23 July	Five Mountains in Hokkaido Rishiri-dake 1721m, Shari-dake 1545m, Rausu-dake 1660m, Tomuraushi 2141m, Horoshiri-dake 2052m. This notice appears as a matter of record only, as the trip is fully booked. Grade: M231 Leader: Leigh McClintock 8920 2386; mcclintock@unwired.com.au
25 August – 30 September	European Alps The Haute Route Chamonix France to Zermatt Switzerland 28/8 to 7/9/2007. The Stubai Hohenweg circuit Austria 11/9 to 16/9/2007. Dolomites Italy 18/9 to 27/9 Grade: M331E Leader: Neil Hickson 9144 2469 (h)
6-10 September Long W/end 4 day XC Ski trip	 KNP, Munyang to Bulls Peak area Maps: 1:50,000 – Kosciusko, Eucumbene Munyang to Bulls Peak, Dead Horse Creek, Burrungubugge River, Alpine and Kidman's Hut sites. Note: this weekend may slide fwd 1 week dependant on snow conditions. Thursday pm to Monday pm. ianmcwolfe@hotmail.com Grade: Medium/Hard Leader: Ian Wolfe , 02 9904 3370 (h), 02 9027 1825(w), 0413 662 370
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
23-30 September	Queensland Border Parks A week of rambling in the mountains just over the border. Mostly car camping, but with a couple of overnight walks. Bald Rock, South Bald Rock, Mt Barney and the Main Range national Park. Details to be worked out with participants. Come for all or any part of the week. Grade: M222 Leader: Leigh McClintock 8920 2386 (ah) or mcclintock@unwired.com.au
4- 8 /10 Oct Long W/end 4 day XC Ski Trip	 KNP, Gray Mare Range Maps: 1:50,000 Kosciusko & Eucumbene 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. ianmcwolfe@hotmail.com Grade: Medium/Hard Leader: Ian Wolfe , 02 9904 3370 (h), 02 9027 1825(w), 0413 662 370
28 Oct – 16 Nov	Nepal Trek and Community Project 9 day trek and 4 days community project at Landrung - 14 nights camping, 5 nights hotel. The trekking component of this trip is the "Annapurna Machapuchare Trek". This trek offers the opportunity to escape Nepal's tourist trails, to venture into the deep forests and roam the high alpine pastures and villages that flank the Annapurna range. Contact: Tony Holgate for more details. 0434 968 793, tholgate@optusnet.com.au
Early January 2008	New Zealand - Milford Track and Kepler Track Maps: TBA When you call I will advise booking fee, payment to be made before end of June. Experience the most well known and popular track in New Zealand, huge snow capped mountains, glaciers and water falls. Grade: TBA Leader: David Trinder (h) 9943 3388; (m) 0417 113 006; dt28@tpg.com.au

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2-3 June	
2-3 June	Kanangra Boyd -National Park Maps: Shooters Hill, Kanangra Budthingaroo Creek, Hollander River, Chardon Canyon and return by Box Creek and Black Banksia Falls. Exploratory of the upper part of Hollander River, car shuffle. Grade: M223E Leader: David Trinder 9943 3388 (h); 0417 113 006 (m); dt28@tpg.com.au
9-11 June Long Weekend	
Sat 9 June	Middle Harbour Bushland Maps: Parramatta River, street directory Castlecrag - Warners Park - Clive Park - Long Bay Bushland - Cammeray Bridge - Munro Park - Willoughby Market Gardens - Castlecrag. Pleasant views of Middle Harbour and nearby bushland. Some streets. Includes a steep descent on a rough track. Grade: S122 10 kms, Easy-medium Leader: Nigel Weaver 9660.7672 (h), 9955.9779 (w)
Sun 10 June	Browra Regional Pak and Kuringai NP Map: TBA A circular walk from Berowra Station - Sam's Creek - Lyrebird Gully - Mt. Kuringai RS - Cowan Creek - Berowra RS. A very pretty walk with lots of variety, climbs, creek crossings and all on track. A steady pace. Grade: M221 (~20km) Leader: Kathy Gero; 9130 7263 8 AM to 10 AM
Mon 11 June	Royal National Park Maps: Port Hacking Heathcote - Head of Navigation - Robertson's Knoll - Uloola Falls - Karloo Pool - Heathcote. Good views. Steep sections. Accessible by train. Grade: M222 16kms, Easy-medium Leader: Nigel Weaver 9660.7672 (h), 9955.9779 (w)
Mon 11 June	Upper Blue Mountains Maps: Mount Wilson; Katoomba Blackheath RS - Centennial Glen - The Grotto - Colliers Causeway - Fairy Bower Creek - Cox Cave - Horne's Point - Reinits Pass - Mt Victoria RS. Interesting passes with rough tracks. Good views. A few kilometres off-track. Grade: M232 12 km Leader: Ian Rannard 9958 1514
9-11 June	Kosciusko NP Snow Shoe Walk Maps: Perisher Valley, Chimney Ridge Chairlift from Thredbo to the Rams Head - Snowy River - Seamans Hut - camp on snow - Mt Kosciuszko - Rams Head spur - Dead Horse Gap track - camp in the tree line. Down to Dead horse gap and return to Thredbo. See a new perspective of the snowy mountains. The use of snow shoes is not overly difficult; they basically attach to your normal boots and can be hired at Jindabyne. Grade: M232 25-30 kms +500 -1000 mtr Leader: Terry Moss 97733526 (h)
9-11 June Q	Dharug National Park Maps: Gunderman: Mangrove 1:25000 Mill Creek, part 11 km track, Sugree Bag Creek and return via one of various options. Semi exploratory walk in top area. Mostly off track, some rock scrambling exposure and wet feet possible. Visit Clare's bridge on the old Great North Road if time permits. Experienced walkers only. Camp Mill Creek Friday night if preferred. Grade: M233E/semi exploratory 30 km Leader: Jim Rivers 4390 8279 or 4365 2254
9-11 June	Budawangs Maps: Corang, Brooman Wog Wog Car Park-East Cockpit Swamp-Yadboro River-Wirritin Mtn-Wirritin Ridge-Currockbilly Mtn-Mongarlowe Road. Significant exploratory component, need to carry water to camp, major league scrub expected so flak jackets or similar recommended. Suit experienced walkers with thick skins. Leader may be away up to a few days prior to walk so if unable to contact please call Bill Capon 93987820 to register interest. Grade: M333E (Medium-Exploratory) Leader: Bill Hope (h) 99601646
9-11 June	Kanangra to Katoomba in 3 days Maps: Kanangra A classic ridge walk and some big hills but some of the best views in the mountains. Water carry to last camp to enjoy sunset and sunrise. Some scrambling. Party limit. tholgate@optusnet.com.au Grade: M233E 55 kms, Medium Leader: Tony Holgate 0434 968 793
Mid-Week	
Thur 14 June	Walking and Whale Watching Cape Bailey Coast Walk Discovery Centre (Kurnell) - Tabbigai Gap - Cape Bailey lighthouse - Solander Trig - Muru Track. Along this coastal walk explore sand dunes and heathland and spectacular views of rugged coastline. In past years we have seen several whales as we walked and rested on the cliffsides. Grade: Easy 10 km Leader: Bill Holland 94846636 (m) 0418 210290 billholland@bigpond.com

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16 – 17 June	
Sat 16 June	Blue Mountains NP Maps: Katoomba and Blue Mountains Recreation Map Wentworth Falls - West Street - Edinburgh Rock - Asmodeous Pool - Lillian's Glenn - Empress Falls - National Pass - Wentworth Falls – Queen's Cascade – Undercliff Walk – Overcliff Walk. Spectacular valley views from one of the oldest tracks in the mountains. Good introductory walk. Grade: M222, Easy-Medium Leader: Jodie Dixon, 0411 245 599, jodes6@dodo.com.au
Sat 16 June Q	Blue Mountains NP Maps: Mt Wilson, Wollangambe Mt Wilson - Canyoners' track - confluence of Bell & Du Faur Creeks - ridge south - Du Faur Creek - ridge south - Du Faur side creek - fire trail - Mt Wilson. Here's a chance to see Bell Creek and Du Faur Creek from cliff tops and at creek level. Brief wet feet crossing Du Faur. Bring gaiters or long pants. 800m total ascent, but the biggest single climb is 230m. This is a shorter version of the walk I led in November, avoiding a climb and thick stuff. Joint walk with NPA. Grade: M223 Medium 11km Leader: Ian Thorpe 9922 4742 (h); 0402 913 302 (m)
Sun June 17 Q	Wollemi Maps: Mountain Lagoon Mountain Lagoon Firetrail - Colo River - Razorback Ridge - D'Arcy Range - Tootie Creek - Mountain Lagoon Firetrail. Mainly off track walk to little visited area of the Wollemi. Two steep climbs of 300M+, scrub and rockhopping. Grade: M233 Leader: Bill Hope (h) 99601646
Sun 17 June	Walking and Whale Watching Maps: Kurnell to Cronulla Coastal Walk Discovery Centre (Kurnell) - Tabbigai Gap - Cape Bailey lighthouse - Solander Trig - Muru Track – Cronulla. Spectacular views of rugged coastline. In past years we have seen several whales as we walked and rested on the cliffsides. Grade: Easy 12 km Leader: Bill Holland 9484 6636 0418 210 290, billholland@bigpond.com
16-17 June	Nattai NP Maps: Mittagong Box Vale Track Head - 40ft Falls - Kells Creek and Falls - BV Railway formation –Nattai River - Drapers Creek JCN (camp) - Stockyard Ck JCN - Mt Waratah -Transmission Line clearing. Waterfalls, scenic river, historic rail cuttings, tunnel, cable way descent ,on and off track. 300m ascent day 2. New walk. Grade: M222Q Leader: Ron Watters 94192507, 0419617491 wattersr@bigpond.net.au
Mid-Week	
Tues 19 June	Location: Bouddi N.P. Map: Broken Bay Woy Woy Train Station – ferry. – Hardys Bay – Marie Byles Lookout – Bushwalkers War Memorial (Bullimah Lookout) – Marie Byles Track – Maitland Bay – Gerrin Point – Kilcare Beach – Tallow Beach Lookout – Wagstaff – ferry – Ettalong – bus – Woy Woy Train Station – Great views on this historic walk. Grade: Medium 14km – 270 metres climbing Leader: Wilf Hilder, 9587 8912
23 – 24 June	
Sat 23 June	Sydney Coastal Maps: Street Directory Route then Description Maroubra Beach –Coogee- Bondi-Watsons Bay. Local coastal walk with great views. Morning tea and lunch in scenic locations. Afternoon tea or early dinner at Watson's Bay. Tracks plus a small amount of roads Grade: M111 Leader: Robyn Christie 9665 0761 (h), 0402403 622 (m)
Sat 23 June	Blue Mountains NP Maps: Katoomba and Blue Mountains R Wentworth Falls - Slack Stairs - Wentworth Pass - Roberts Pass - Moya Point - Valley of the Waters - National Pass - Undercliff walk - Wentworth Falls. An interesting walk with great views of Kedumba Valley and a few ups and downs. It doesn't look far on the map but you will know you have been on a walk at the end. Grade: S222 Leader: Peter Love (h) 9948 6238 (m) 0414 920 292
Sun 24 June	Mount Alexandria Maps: Mittagong 2nd ed Lake Alexandria - Sixty Foot Falls - Nattai River - Gibbergunyah Creek - Mount Alexandria - Katoomba Lookout - Lake Alexandria Grade: S221 Leader: Glenn Draper 6905 8071(h), 0413 831 286
23-24 June	Kanangra Maps: Kanangra, Yerranderie Kanangra - Gingra Track - Rootes Ridge - Kowmung River - Orange Bluff - Brumby Ridge - Gingra Track -Kanangra. Grade: Medium 26km Leader: Don Finch


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

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Mid-Week	
Wed 27 June Q	Blue Mountains -Rescheduled from 20 May Maps: Hampton Carlons Farm-Breakfast Creek-Blackhorse Ridge-Blackhorse Mt-Mt Mouin-Bellbird ridge-Carlons Farm. Some off track walking and steep descent off Mt Mouin, otherwise on track. Great ridgetop views. Grade: M222 18km Leader: Bill Hope 99601646
30 June - 1 July	
30 -1 June -July	Kanangra NP Map: Kanangra Kanangra Walls - Mt Berry - Mt Cloudmaker - Mt Marooba Karoo - Thunder Buttress - Kanangra Creek - South Paralyser Buttress - Mt Paralyser - Mt Cyclops - Mt Carra Mernoo - Mt Thurat - Kanangra Walls. Early start at the Walls on Saturday morning. Steep and rough ascents and descents - including a 900 metre ascent after breakfast on Sunday morning. michael.bradburn@gmail.com Grade: M333, 29km Leader: Michael Bradburn 0416 296 595
Mid-Week	
Tues 2 July	Location Illawarra Escarpment SRA Map: Bulli (Wollongong) Bulli Train Station – Memorial – Slacky Creek – Old Bulli Pass – Rixons Pass – Brokers Nose Trig Station – Corrimal Colliery's Funicular Woodline – Towradgi Train Station. Lush Illawarra rainforest and a great view from the escarpment on this rarely visited area. Grade: Medium 16km Leader: Wilf Hilder 9587 8912
7 - 8 July	
Sat 7 July Q	Blue Mountains NP Map: Jenolan Carlton's Farm & Creek-Blackhorse Ridge-Mobbs Soak-Mt. Dingo-Splendour Rock-Mt. Merrimerrigal-Medlow Gap-Carlton's Farm. Magnificent Wild Dog Mountains scenery. Descent & ascent 650m each including the steep hard climb up Blackhorse. All on tracks with fire trail to finish. Grade: Medium, 22km Leader: Chris Dowling 6331 5441
Sun 8 July	Blue Mountains National Park Map; Katoomba Neates Glen, Grand Canyon, Evans Lookout, Cliff Top Track to Govetts Leap. A good introductory walk through a canyon and see the great views of the valley and cliffs. The walk will demonstrate the pleasures of bushwalking. Grade: S122 Leader: David Trinder 9943 3388 (h); 0417 113 006 (m); dt28@tpg.com.au
Sun 8 July	Brisbane Water National Park Maps: Gosford, Gunderman Wondabyne - Pindar Cave - Pindar Creek - Wondabyne. Great views of Hawkesbury River and adjacent hills. Steep sections. Accessible by train. Grade: M121 13 kms, Easy-medium Leader: Nigel Weaver 9660.7672 (h)
7 - 8 July Q	Morton NP Map: Touga A lovely weekend walk in my favourite national park. Quiera Clearing, Transportation Spur, Ettrema Creek, camp at the junction with Jones Creek, depending on the weather exit by either Myall Creek or Jingles Pass, Quiera Clearing. A classic walk in a pristine wilderness with rockhopping skills needed. Several places reserved for prospective members who have recent relevant experience and a desire to enjoy an off-track walk in an interesting area. Gaiters and scrub gloves essential. mauricethewalker@ihug.com.au Grade: S233 Medium 20 km, 400 down & up Leader: Maurice Smith (h) 9587 6325, 0414 538 475
7 - 8 July	Mt Gudgenby (Namadgi NP) Maps: Yaouk Yankee hut car park to Gudgenby saddle then Sam creek camp. Sam Creek to Mt Gudgenby and to Yankee hut car park via Bogong creek. Fabulous views on Mt Gudgenby to the snowy mountains and ACT, a good introduction to alpine area with possibility of light snow. About half on track. Grade: M232E 20 kms +/- 700 mtrs Leader: Terry Moss 97733526 (h)
Mid-Week	
8-19 July	Western MacDonnell's Central Australia 12 days walking. Food Group. Party limit. Please ring for more information and to see if this walk suits you. Leader: Don Finch. 9452 3749..
Thurs 12 July	 Mid week Bicycle Ride Some very social mid - week bicycle riding. The route will be generally from Botany Bay along the banks of Cooks River so if you like a mid-week bike ride please phone. Grade: Easy, Leader: Fran or Bill Holland 9484 6636, 0418 210 290, billholland@bigpond.com
14 - 15 July	

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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Sat 14 July Q	Royal National Park Otford to Bundeena. Enjoy this classic Royal NP coastal walk with its wide variety of scenery. Grade: L211	Maps: RNP Tourist Leader: Greta James (h) 9953 8384
Sun 15 July	Royal National Park Garrawarra - The Squeezeway - Burning Palms - Semi-Detached Point - Era - Thelma Ridge - Garrawarra. Spectacular coastal views. Mild exposure. Includes a long steep descent on a rough track. Grade: Medium M222, 12kms.	Map: Otford. Leader: Nigel Weaver, 9660.7672
14 - 15 July	Coolana – Maintenance And Bush Regeneration It's a wonderful property but needs some gentle care and maintenance. The weeds etc have slower growth in Winter but there are other tasks to be done. Join us for a pleasant weekend of light work and socialising around the evening campfire. Wine and cheese. Family and friends welcome. Bill Holland 9484 6636 0418 210 290: billholland@bigpond.com	
7 - 8 July Q	Kanangra Boyd NP Kanangra – Coal Seam Cave – Gingra Range – Hughes/Roots Ridge – Kowmung River – Orange Bluff – Brumby Ridge – First Top – Kanangra. Enjoy a great grassy campsite. A good introduction to the magnificent Kowmung River. Recommended for prospective members who have completed one non-qualifying overnight walk. Grade: M232 (medium) 25km 780m up/down	Maps: Kanangra, Yerranderie Leader : Tony Crichton (h) 98727195
14 - 15 July Q	Morton National Park Yadboro Flat – Kalianna Ridge – Nibelung Pass – Monolith Valley – Seven Gods – Dojon Pass – Mount Cole - Monolith Valley – Nibelung Pass – if time we will climb The Castle. The best of the Budawangs. Spectacular views. Some scrambling. Party limit. Grade: M233E 20 kms, Medium	Map: Corang tholgate@optusnet.com.au Leader: Tony Holgate 0434 968 793
12 – 16 July 4 day XC Ski trip	Location: Kosciusko NP, Kiandra/Long Plain  Subject to snow. Long Plain, Blues Water Hole, Cooninbil & Coolamine Huts. Thursday pm to Monday pm. ianmcwolfe@hotmail.com Grade: Medium/Hard	Maps: Lots: 1:25,000" Peppercorn, Deni Leader: Ian Wolfe , 02 9904 3370 (h), 2 9027 1825(w), 0413 662 370
21 – 22 July		
Saturday 21 July	Great North Walk – Berowra Valley Train or car shuffle Thornleigh to Cowan. Great North Walk from Cowan to Berowra Waters – Crosslands – Galston Gorge – Fishponds to Westleigh. All on track with some great scenery – great warm-up for the Six Foot Track on 20 th August Grade: X331 (medium/hard) 33km	Maps: Cowan, Hornsby Leader : Tony Crichton (h) 98727195
Sun 22 July	Dharug National Park A walk on the hills and ridges behind Spencer. Spectacular cliff top views of Hawkesbury River. Steep sections. Includes 7 kms off-track. Gloves/gaiters useful. Grade: S223 10 kms, Medium	Map: Gunderman Leader: Nigel Weaver 9660.7672 (h)
Sun 22 July	Blue Mountains NP Golden Stairs to Mt Solitary via Ruined Castle. A simple trip out to one of the Blue Mountains' best known icons, and back. Some rock scrambling and mild exposure. 600m climb. Grade: M232E (medium) 14km, Leader: Anne Parbury, 0415 580 187, aparbury@gmail.com	Maps: Katoomba, Jamison
21-22 July Q	Blue Mtns NP Black Range Road-Beefsteak CK- Cullenbenbong Ck-Table Mtn - Gibraltar Rocks traverse - 6ft track ridge - Black Range Road. Scenic views, ridge walking in open forests, off and on track,; ascents: 2 x 600,1 x 500 m. New walk. Grade: M332	Maps: Jenolan,Hampton wattersr@bigpond.net.au Leader: Ron Watters 9419 2507, 0419 617 491
28 – 29 July		
Sat 28 July	Blue Mountains NP Carlons Farm - Ironpot Mtn - Goolara Peak - Coxs River - Breakfast Creek - Blue Dog Spur - Blue Dog Ridge - Mobbs Soak - Splendour Rock - Dingo Gap - Mount Merrimerrigal - Warrigal Gap - Mount Warrigal - Blackhorse Gap – Blackhorse Ridge - Breakfast Creek - Carlons. Wild Dog Mountains scenery. Some off-track. Rock-hopping and creek crossings. Ascent & descent about 1400m each. Co-leader: Tony Holgate Grade: About 25km	Maps: Jenolan Leader: Jodie Dixon, 0411 245 599, jodes6@dodo.com.au


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Sun 29 July Q	Royal National Park Cronulla – ferry to Bundeena – Curra Brook – Garie Trig – Couranga Brook Track - Waterfall. Scenic views, ridge walking in open forests. 97% on track. 7:29 am train from Central. Grade: Medium, 26km Maps: Leader: Jim Callaway, 9520 7081
Sun 29 July	 SUNDAY CYCLING Wollongong Area Sunday Cycling down south. Nearly all off road on bicycle track. Picnic in the park if weather permits. Leader: Bill Holland, 9484 6636 0418 210 290, billholland@bigpond.com
28 - 29 July	Wollemi / Gardens Of Stone N.P – Mt Dawson Maps: Ben Bullen Overnight, Full Pack, Weekend Walk. Newnes camp ground to Mt. Dawson via Little Capertee Creek and adjoining escarpment. Good for your first overnight walk. 70% off track with a cave camp. So no tent required, unless you want to practice carrying one. Camera is a must, due to the spectacular scenery as well as being a very social event with sunset during happy hour. Bring a drink or two for happy hour and after dinner socialising around the camp fire. Numbers limited, so book in early. afm_sbww@exemail.com.au Grade: Easy - Medium / 12 km Return / 400m Ascent Leader: Tony Manes (h) 9520 0266
28 - 29 July Q	Morton NP Map: Yalwal Yalwal - Bridle Trail - Unnamed Ridge to highpoint GR574267 - Danjera Creek for a lovely camp site - Fletcher Spur - Unnamed Mesa - Myrtle Ridge - Danjera Dam. With a party limit several places reserved for prospectives with recent relevant experience and a desire to see a lovely part of Morton NP. mauricethewalker@ihug.com.au Grade: 222 Leader: Maurice Smith 9587 6325(h), 0414 538 475
4 – 5 August	
Sat 4 Aug	Blue Mountains NP Maps: Katoomba & Jamison Kings's Tableland (Wentworth Falls)-Kedumba Pass-Kedumba River-East Col-Mt. Solitary-Ruined Castle-Golden Stairs. Challenging day with several steep ups and downs. Great views. Car shuffle required so early start. Grade: L231, Medium/Hard, 26 km Leader : Tony Crichton (h) 98727195
Sun 5 Aug Q	Marramarra National Park Maps: Gunderman, Cowan Canoelands Ridge - Gentlemans Halt Track - Big Bay - Blake Ridge - Canoelands Ridge. Great cliff top views of Big Bay and Hawkesbury River. Steep sections. Includes 5 kms off-track. Scrubby, some rough and rugged. Gloves/gaiters useful. Grade: S223 13 kms, Medium Leader: Nigel Weaver 9660.7672 (h)
Sun 5 Aug	Royal National Park Maps: Port Hacking / RNP tourist Route then description Waterfall-Uloola Pools –Uloola Falls- Wattle Forest-Kangaroo Flats –Robertson Knoll-Uloola Pools –Heathcote. All on tracks, ascents 180m , Attractive riverside walking, lovely wattle forest, city views from Robertson Knoll, Waterfall. Grade: M211, Distance 15k Leader: Robyn Christie 9665 0761 (h) 0412 403 622 (m)
Sun 5 Aug	Wollemi NP Map: Rock Hill Galah Mountain Road - Rocky Creek - Mount Budgery - Budgery Creek and return. This is an exploratory trip to investigate part of the route of a longer walk planned for the future. The old map marks a fire trail down from Galah Mountain Road to Rocky Creek (upstream of the canyoning sections) and after that we will be going off-track, looking for routes east out of Rocky Creek and across to Budgery Creek. This is a trip for those who like exploring, with rock scrambling and exposure possible. 500m total ascent, but the biggest single climb is about 180m. Joint walk with NPA. Grade: M223E (Medium / Exploratory) 11km Leader: Ian Thorpe 9922 4742 (h); 0402 913 302 (m)
Sun 5 Aug	Old Northern Road Start at Wiseman's 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 (h) 9484 6636 (m) 0418 210 290 billholland@bigpond.com
4-5 Aug	Wollemi NP Maps: Six Brothers, Bob Bucks Hollow Rock fire trail – Pass 1, Crawfords L/O – Wollemi River – Colo River – out via Pass 6. More exploring the Colo with Bob Buck's sketch map. Spend the night at a great camp site on the Colo river. There are some rough parts of the track, a river crossing or two and an 'interesting' start to pass 6. Grade: M233E Leader: Peter Love 9948 6238; (m) 0414 920 292

THE SYDNEY BUSH WALKERS INC - Winter 2007 Program

Mid-Week	
Tues 7 Aug	Location: Blue Mountains NP Map: Katoomba (Jamison) Katoomba Train Station – The Gully – Devils Hole – Glen Shale Mine Village (ruins) – Redledge Pass – Crypt Cave – Kure Trig Station – Narrowneck Lookout -Katoomba Train Station. A hands (and feet) on visit to Katoomba's mining history - with great views as a bonus Grade: Medium 14km - 500 metres climbing Leader: Wilf Hilder 9587 8912
11 – 12 August	
Sat 11 Aug	Blue Mountains NP Map: Jenolan Carlons Farm – Blackhorse Ridge – Knights Deck, lunch – Coxs River – Ironmonger Spur – Carlons Farm. Two big climbs. Classic walk and great preparation for Six Foot Track on 18 th August and Kanangra to Katoomba on 1st September. Leader to be confirmed at a later date Grade: L332 (medium/hard) 20 km 1080m up/down Contact: Tony Crichton (h) 98727195
Sat 11 Aug Q	Blue Mountains NP Maps: Jenolan Carlon's Farm & Creek-Breakfast Creek-Cattle Dog Ridge-Knight's Deck-Coxs River-Breakfast Creek-Pots & Pans Spur-Ironpot Mountain-Carlons. Magnificent Wild Dog Mountains scenery. Some off-track but no thick bush. Lots of rock-hopping and creek crossings. Ascent & descent 1,050m each, including ascents of 420m & 470m and a 550m descent. Grade: Medium, 18kms Leader: Chris Dowling 6331 5441
Sat 11 Aug Q	Budderoo NP Maps: Robertson, Kangaroo Valley Carrington Falls - Missingham Pass - Kangaroo River - Diharowal Creek Cascades - Missingham Steps - Carrington Falls. Impressive waterfall, wonderful rainforest, steep-sided, rocky gorges, followed by a steep 300 metre climb up the old Missingham Steps. Some off-track/faint track, river crossing (may get wet feet) and slippery rocks in river bed. Beautiful, wild scenery, unique to this area. Participants welcome to stay in cabins at leader's property on Jamberoo Mountain overnight, and to join following Sunday walk. Richard_darke@yahoo.com.au Grade: M222 15km. 350m down & up Leader: Richard Darke 9960-6384(h), 0402 413 299 or email
Sun 12 Aug Q	Blue Mountains NP Map: Katoomba Katoomba, Landslide, Golden Stairs, Narrow Neck fire trail, Redledge Pass, Megalong Valley, Devils Hole, Katoomba. A day walk, about 50% off track, spectacular views, 1 * 200 metre up and 1 * 400 metre up. Several places reserved for prospective members who have recent relevant experience and a desire to enjoy a walk in an interesting area. mauricethewalker@ihug.com.au Grade: Medium-Hard 20 km, 600m ↑ and ↓ Leader: Maurice Smith (h) 9587 6325, 0414 538 475
Sun 12 Aug	Barren Grounds Nature Reserve, Illawarra Escarpment Maps: Kangaroo Valley Welcome to stay night before at leader's property on Jamberoo Mtn. Misty Lane - Qwerty Track & Pass onto Barren Grounds - Illawarra L/O - Flying Fox & Cooks Passes - Stone Bridge - Saddleback Trig - Noorinan Mountain - Paddy's Pass down escarpment to start at Misty Lane. Rainforest covered escarpment, lovely open heath walking, great views. Some off track. Richard_darke@yahoo.com.au Grade: M212 16km. 150m up & down. Leader: Richard Darke 9960-6384(h), 0402 413 299 or email:
11 - 12 Aug	Coolana Training Weekend Fast Track Your Way to Full Membership This weekend is ideal for New Members. It offers a pleasant social weekend at Coolana in the beautiful Kangaroo Valley. The weekend provides an introduction to camping with instruction in First aid, bushcraft and map reading. Best to supply your own camping gear however tents can be supplied and there is a shelter shed and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and finish about 4pm on Sunday. Transport assistance is available. Contact: Bill Holland 9484 6636 0418 210 290 billholland@bigpond.com Patrick James 9567 9998
11-12 Aug	Morton National Park - Byangee Mountain Map: Corang Castle Gap to Byangee Mountain and return. All off track with rock scrambling and exposure up Byangee walls. See the Castle and Pigeon House mountains from a different perspective.(Experienced walkers only) dt28@tpg.com.au Grade: M233E 12km +/- 550m Leader: David Trinder 9943 3388 (h); 0417 113 006 (m);

THE SYDNEY BUSH WALKERS INC - Winter 2007 Program

11-12 Aug	Cascade hut (Kosciusko NP) Snow shoe walk Start at Dead Horse Gap and follow the Australian Alpine track south to Cascade Hut camp and return the following day, A moderate walk with a great campsite in the cascade valley. Gain a new perspective of the Snowy Mountains and if conditions are right we will snowshoe the entire route. The use of snow shoes is not overly difficult; they basically attach to your normal boots and can be hired at Jindabyne. Grade: M222 16 km +/- 300 mtrs Maps: Chimneys Ridge Leader: Terry Moss 97733526 (h)
18 - 19 August	
Saturday 18 August	Six Foot Track In A Day Katoomba to Jenolan Caves. This is one of the club's traditional and classic walks. Helpers are very welcome and in fact essential to the success of this walk. Final details of accommodation and costs will be advised when you call me. I look forward to your support. I encourage experienced prospectives to apply. Grade: X331 (Hard) 45km Maps: Katoomba, Hampton, Jenolan. Leader: David Trinder (h) 9943 3388; 0417 113 006; dt28@tpg.com.au
Sat 18 Aug	 MORNING BIKE RIDE TO BUNDEENA (OPTIONAL RIDE TO KURNELL) Sutherland Station – Audley – Lady Carrington Drive – Bundeeena - ferry to Cronulla (40kms). Optional ride to Kurnell for possible whale sightings (60kms) Terrain: Hilly to Bundeeena but flat to Kurnell; on-road and fire trail Leader: Melanie Freer 9521 1620, illait@bigpond.com
Sunday 19 August	Blue Mountains NP Deep Pass South Access Road - various unnamed ridges and gullies - Deep Pass South Access Road. An expansion of the walk done earlier this year, to check out more of the gullies, ridges and pagodas south of Deep Pass. An off-track trip for those who like exploring, with exposure and rock scrambling possible. Outstanding views of Derailment Hill and environs. Joint walk with NPA. 500m up and down. Grade: S223E (Medium / Exploratory) 8km Map: Rock Hill Leader: Ian Thorpe 9922 4742 (h); 0402 913 302 (m)
Sunday 19 August	Royal National Park Heathcote -Karlool Pool -Kangaroo Creek -Uloola Falls -Whaleback Rocks -High Point 189 -Ridge - Kangaroo Creek -Yaala Rdge – Heathcote. Ascents 180 metres. Track and off track walking. some rock scrambling Scenic creeks, lovely forested ridges Map: Port Hacking Grade: M222, 12k Leader: Sue Bucknell 9521 1182
25 - 26 August	
Sun 26 Aug Q	Muogamarra Nature Reserve Brooklyn - Water Taxi to Milsons Passage - Muogamarra Ridge -.Pacific Highway near Peats Ferry. Spectacular clifftop views of Hawkesbury River. Abundant wildflowers. Steep sections. Includes 6 kms off-track. Thick scrub in a few places. Gloves/gaiters useful. Grade: M223 13 kms, Medium Maps: Cowan Leader: Nigel Weaver 9660.7672 (h)
Sun 26 Aug	Macquarie Pass NP Lees Road Lookout - Caloola Pass - Tongarra Valley - Tongarra Creek & Falls - Greens Pass - Lees Road Lookout. Sweeping views to sea, cascades and waterfall. Meet friendly draught horses in tranquil verdant valley, bring apple for the horses? View historic hut. Track and off track walking, rock scrambling, steep descent with mild exposure to heights, new. Party limit 12. Grade: M223E Maps: tba Leader: Melina Turner 4284 0616
Next Program	
Sat 1 Sept	Kanangra To Katoomba In A Day Annual SBW classic. Camp at Unirol trail 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) 43 km Huge ups and downs Maps: Kanangra, Jenolan, Jamison Leader: Tony Crichton
15-16 Sept Q	Nattai NP 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 Maps: Hill Top Leader: Ron Watters 9419 2507, 0419 617 491 wattersr@bigpond.net.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 ♥

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

WINTER 2007 SOCIAL PROGRAM

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

6 June 7pm Committee Meeting
Observers welcome

13 June 8pm New Members Night
Introduction to SBW for intending prospective members

20 June 8pm Mid- Winter Feast
Please bring a plate of delicious food to share. The Club provides beverages, plates, cutlery and serviettes.

27 June 7pm New Members' Training Night at the Clubrooms - FIRST AID

4 July 7pm Committee Meeting
Observers Welcome

11 July 8pm New Members Night
Intro.to SBW for intending prospective new members

18 July 8pm Experience Bhutan
Ever wondered about this 'romantic' destination?? If so, then come and be enlightened by the Bhutan Booties who ventured there at the end of 2006 (a group of 4 SBW lady venturers)

25 July 7pm New Members Training Night at the Clubrooms - NAVIGATION
An opportunity to learn the basics of the art and science of navigation using map and compass.

1st August 7pm Committee Meeting
Observers Welcome

8th August 8pm New Members Night
Intro. to SBW for intending prospectives

15th August 8pm "Glenbrook or Bust"
Club member and audio-visual wiz, Peter Christian will take you on a 'bike ride' from Wentworth Falls to Glenbrook, encompassing Blue Mountains vistas, forested gullies and rock carvings.
Grade: seated

29th August 8pm New Members Traing Night at the Clubrooms -
PACKING FOR YOUR 1ST OVERNIGHT WALK and other bush-craft tips

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