

SUMMER 2007 - 2008



SYDNEY BUSH WALKERS INC

P.O. Box 431 Milsons Point NSW

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

Deadline for the 2008 autumn program is
1 February 2008

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

Distance **F**itness **A**scents (and descents) **T**errain **E**xposure (to heights)

| Distance | | Fitness | | Ascent | | Terrain | |
|----------|------------|---------|--------------|--------|--------------|---------|------------------|
| S | Short | 1 | Beginners | 1 | Undulating | 1 | Formed tracks |
| M | Medium | 2 | Intermediate | 2 | 200 – 300m | 2 | Off track |
| L | Long | 3 | Strenuous | 3 | Steep / Many | 3 | Scrub / Exposure |
| X | Extra long | | | | | | |

D – Distance: S – Short under 10 km per day
 M – Medium 10 – 20 km per day
 L – Long 20 – 30 km per day
 X – Extra Long more than 30km per day

Note: If a two day walk had one 25km day and then a 8 km day the grade would be L with perhaps a note in the description about a short second day.

F – Fitness 1 beginners – frequent long rest breaks
 2 intermediate fitness – stand up regroup (wait for walkers) with morning tea, lunch and afternoon tea breaks and stops to take in any views
 3 strenuous, fit walkers only – stand up regroup, short breaks for morning and afternoon tea and lunch

A – Ascent 1 flat to undulating
 2 undulating with one or more 200m to 300m climbs
 3 climbs of 300m plus, or one or more large steep climbs

T – Terrain 1 formed tracks and / or open terrain, no scrub
 2 sections of rough track and / or off track and/or creek crossing and / or rock scrambling
 3 similar to 2 for long periods and / or thick scrub

E – Exposure mild to high exposure to heights

Q – Prospective members should note that qualifying walks are indicated on the program with a "Q". Other walks may count as qualifying walks but are not recommended for prospective members unless they have experience at a similar level.

| | | |
|--|--------------|--|
| Leaders – prior to your walk, you MUST contact the following for information on Park closures, fire bans and bushfire hazards: | | |
| National Parks & Wildlife Service | 1300 361 967 | www.npws.nsw.gov.au/news/firenews |
| Rural Fire Service (Fire Bans Recorded Info) | 9898 1356 | www.bushfire.nsw.gov.au |

The recommended amount for travel costs is 20 cents per kilometre shared by all the occupants in the vehicle. Individual drivers may suggest any amount they choose but the club encourages car sharing, as it is environmentally friendly and a good way to get to know other club members.

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

Maps: Maps are generally NSW Land and Property Information (LPI) 1:25000 unless noted otherwise.

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SEARCH AND RESCUE

Please ensure that relatives and friends are aware you may return home later than planned due to unforeseen circumstances such as bad weather, injury, illness, and vehicle problems. Emphasise that they should wait about 15 hours after your expected return before lodging a call with a Club Search & Rescue contact. For this programme, contacts are:

Rob Barrie:

(h) 9418 6704 (m) 0408 233 538

David Trinder:

(h) 9542 1465 (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

| | |
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| 8 January 2008 | New Zealand - Milford Track and Kepler 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: M221 and M331 Leader: David Trinder (h) 9542 1465; (m) 0417 113 006; dt28@tpg.com.au |
| Late January 2008 | EXPRESSIONS OF INTEREST Kiandra to Kosciusko (The 'other' K to K!) 8-9 day walking holiday in the NSW high country. Exact route and dates still to be confirmed. Some highlights could include: Happy Jacks Plain - Mt Jagungal - Rolling Grounds - Mt Tate - Mt Twynam - Blue Lake - Mt Townsend and Kosciusko. Please email your interest to justshootme@ozemail.com.au Leaders: Caro Ryan and Rosemary McDougal |
| Easter 2008 21 - 24 March | Morton National Park Map: Caoura LPIO 1:25000 Badgerys Lookout - Shoalhaven River - Fossickers Flat - Rotten Creek - the Plateau - top of Needles Pass - Tallowal Creek Falls - South Head - Billy Bulloo's Crown - Canoe Flat - Badgerys Lookout Rugged wilderness scenery, little known passes and two big waterfalls. Off track walking, steep ascents and descents, rock scrambling, river crossings Grade: M 333, 34 k Leader: Ron Watters 9419 2507, 0419617491 M, wattersr@bigpond.net.au |
| NPWS Party Limits WILDERNESS AREAS: 8 persons OTHER NATIONAL PARK AREAS: 20 persons | |
| DEADLINES FOR FUTURE PROGRAMS: Autumn 2008 (Mar/Apr/May) - 1 Feb 2008 | |


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), tholgate@optusnet.com.au

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SUMMER PROGRAM

| 1 - 2 December | |
|----------------|--|
| 1 - 2 Dec | Blue Mountains NP – Bungleboori Creek Tributaries Map: Wollangambe Waratah Ridge - Unnamed Creeks - Waratah Ridge. Exploratory wander up and down various side creeks of the Bungleboori. Likely to be rough. Possible compulsory swims and exposure. Grade: S223E (medium) 10km Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302 |
| 1-2 Dec | Kayaking Berowra Creek Map: Street Directory We start at the Berowra Creek ferry and paddle for about 3 hours at a leisurely pace following the left bank to a sandy beach near the mouth of Marra Marra Creek. Morning tea stop en route. Paddling options on Sunday include Marra Marra Creek, Barr Island and Muogamarra NP, which is on the opposite bank. Or just laze around. An advance party will be sent ahead on Thursday or Friday to secure the campsite, which is popular in summer, so choose your departure date. A combined trip with the "Cirrhosis of the River", a non-official group... Leader: Pamela Irving (h) 9971 4466 or (m) 0429 698 596, pamela.irving@optusnet.com.au |
| SUN 2 Dec | Sydney Harbour Foreshore. Maps: Sydney Heads, Parramatta River Manly - Sydney Harbour National Park - The Spit Bridge - Balmoral - Clifton Gardens - Cremorne - Harbour Bridge - Circular Quay. Meet at Manly wharf for an 8am start. See some of the great views of our beautiful harbour. Secluded beaches and inlets, magnificent homes and mansions and good company. Return to Manly by ferry for a well-earned meal to end the day. Grade: L211 (medium 26km) Leader: Mark Patteson (h) 9982 3945, mpatteson@qantas.com.au |
| Sun 2 Dec | Woronora Dam Bike Ride Map: Heathcote National Park  From Waterfall Railway Station to Engadine Railway Station. The transport is easily accessible via public transport (Illawarra Railway Line). Follow Woronora Dam Road to Woronora Dam with extensive views of the lake. Return via the Pipeline Track with opportunities for swimming at Lake Eckersley and pools along Heathcote Creek such as Minda, Myuna and Kingfisher. MOUNTAIN BIKE OR HYBRID PREFERRED Grade: 222, Length 33 km, Leader: Pam Campbell, |
| 8 - 9 December | |
| 8 - 9 Dec | Location Kanangra Boyd NP Maps: Kanangra, Yerranderie Route Kanangra Walls - Cottage Rock - Arabanoo Creek - Kowmung River - Christys Creek - Stonehag - Kanangra Walls. Panoramic views, pristine rocky creek with cascades, steep descents and ascents 1000m each, boulder scrambling, slippery in creek, wet feet guaranteed, early starts both days, beautiful camp site on Kowmung River. Wilderness at its best. Prospectives demonstrating relevant fitness and experience welcome. Grade: M333E hard Leader: Frank Hartigan 9553 6299, feral1231@yahoo.com.au |
| Sat 8 Dec | Macquarie Pass NP - Macquarie Rivulet Map: Robertson Carpark - Upstream past Rainbow Falls - Mulangong Falls - McAndrews Falls - Clover Hill Rd - Forest Route - Carpark. Follow creek upstream on foot track then rock hop, and later climb through rainforest. Impressive waterfalls, cascades, birds-nest ferns, rain forest. Possible wet feet. Swimming/showering opportunities if interested. Grade: M212 12km Leader: Stephen Brading brading123@optusnet.com.au (h) 9802 5566 |
| Sun 9 Dec Q | Brisbane Water National Park Maps: Broken Bay, Cowan Brooklyn - ferry to Little Wobby - clifftop tracks - Little Patonga Beach - Pacific Head - Horseshoe Trail - Little Wobby - ferry to Brooklyn. Great views of the Hawkesbury estuary. Includes one or two indistinct tracks. Part exploratory. Grade: Easy-medium, M221, 12 kms Leader: Nigel Weaver 9660 7672 (h), 9955 9779 (w) |
| Sun 9 Dec | Narrabeen Lakes The Admiral's Northern Voyage. Kayaking Narrabeen Lakes a relaxing and fun day that begins and ends with coffee and cakes, of course Ability to swim essential. PFD's compulsory, Kayak hire can be arranged Grade: from beginners to experts Leader: Admiral Ron Watters 9419 2507 (H), 0419617491 (M) wattersr@bigpond.net.au |

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| 15-16 December | |
|-------------------------------|--|
| 15 - 16 December Q | Royal National Park Maps: Otford and Port Hacking LPIO Otford to Bundeena over two days staying at Garie Beach Youth Hostel on night of 15 th . Classic walk via Burning Palms. Tracks, forests, beaches, rock platforms, rugged coastal cliffs, waterfall, climbs, swims, some rock hopping Time to relax and enjoy this beautiful part of the coast at a leisurely pace. Joint activity with Bush Club. Party limit. Grade: M211 28k Leader: Ron Watters 9419 2507, 0419617491 (M), wattersr@bigpond.net.au |
| 15 - 16 Dec | Wollangambe - Mt Wilson - Canyoning Maps: Wollangambe, Mt Wilson & Katoomba Saturday - Waterfall of Moss. Sunday - Koombanda Brook. Base camp from Cars at Cathedral Camping Ground. ianmewolfe@hotmail.com , Grade: Medium/Hard - abseiling - Volleys, Wet Suit, Day Pack Leader: Ian Wolfe, 02 9904 3370 (H), 02 8087 1825 (W), 0413 662 370 |
| Sat 15 Dec | Location Lower Blue Mountains Horseshoe and Terrace Falls Reserves Maps: Katoomba Route Hazelbrook -Burgess Falls - Terrace Falls -Victor Falls -Bedford Creek and Pool -Junction Falls -Adelina Falls -Lawson. Waterfalls galore ! on these loops north and south of the Great Western Highway. Tracks. Ideal introduction for new members. Swimming opportunities. No big hills. Grade: M212 Leader: Frank Hartigan 9553 6299, feral1231@yahoo.com.au |
| Sat 15 Dec | Northern Beaches Map: Street Directory Palm Beach - Whale Beach - Bangalley Head - Avalon Beach - Bilgola Beach - Newport Beach - Bungan Head - Mona Vale Beach - Warriewood - Narrabeen Beach - Collaroy Beach - Long Reef, Dee Why and Curl Curl beaches, Queenscliff and Manly beaches. This will be a long day but rewarding as there are some fantastic views along this spectacular coastline. There will be a mixture of street and beach walking and opportunities for swimming at our lunch stop. Leader will advise bus details to Palm Beach for start of the walk. Grade: X211(medium 30kms+) Leader: Mark Patteson (h) 9982 3945 mpatteson@qantas.com.au |
| Mid-Week | |
| Tue 18 Dec | 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 Waverton Park. Watch the boats go by and the harbour lights. Grade: (Easy) Leader: Bill Holland 9484 6636, 0418 210 290, billholland@bigpond.com |
| 22-23 December | |
| 22 -23 Dec | Blue Mountains NP - Bush Christmas Party Map: Penrith The Blue Labyrinth. Glenbrook -Kanuka Brook & return. Beautiful creek, yabbies (not to eat), platypus (if we're quiet), lots of swimming holes. Great campsite. Carry everything in. Gourmet feast, dress up if you like. tholgate@optusnet.com.au Grade: Easy/Medium 10 km Leaders: Tony Holgate & Jodie Dixon 0434 968 793, 0411 245 599 |
| Sat 22 Dec | Sydney Harbour National Park Maps: Sydney Harbour The Summer Solstice Walk. Spit Bridge North end - Manly via Clontarf - the Lookout - Forty Baskets Beach. Beginning late afternoon 4 pm ending 7 pm for fish and chips from Boatshed Fish. Brilliant harbour views, meet the sunbaking lizards, swim at Forty Baskets, tracks and walkway. Accessible by public transport. No big hills. Grade: S111 Leader: Patrick McNaught 9412 2281, pmcnaught@optusnet.com.au |
| Sun 23 Dec | Northern Illawarra Maps: Appin, Otford Stanwell Park station - Wodi Wodi Track - top of escarpment - Stanwell Park beach - Bulgo Beach - Otford. Panoramic coastal views. Swimming possible. Steep sections. Total ascents/descents: 390 metres/390 metres. Some rock hopping. Grade: Medium M221, 13 kms Leader: Nigel Weaver 9660 7672 (h), 9955 9779 (w) |
| Christmas Walks December 2007 | |
| 26 Dec - 1 Jan | Nungatta & Coopracambra National Parks - Genoa Wilderness Maps: Yambulla (Ipi), Combienbar - Wangarabell 1:50,000 (Survey & Mapping Victoria) Walimna Road - Yambulla Peak - Yambulla Peak Track - Genoa River - Wangarabell. A walk down the Genoa River, with lots of rock hopping and clambering around pools. Also much flopping in pools. Possible optional side trips depending on party members' inclinations. An undemanding walk down a magnificent river. Grade: M222. Leader: Kenn Clacher 9954 9708 kenn@pacific.net.au |

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

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|---------------------------|--|
| 26 Dec - 1 Jan | Kowmung River Maps: Kanangra, Yerranderie Megalith Ridge - lower Morong Deep - Rudders Rift - Hatchers Hollow - Black Snake Bend - Billys Point - Church Creek - Christys Creek - Bulga Dennis Canyon - Orange Bluff - Gingra Creek - Pages Pinnacle - Crafts Walls - Kilpatrick Causeway - Kanangra Tops. Kowmung country - exquisite pools, cool and clear, wild and free, overhung by casuarinas, cliffs, water-gums with smooth water sculptured rocks. One of the last great, untamed, wild rivers of NSW. Liloing, rock-hopping, walking and swimming. Must be able to swim. Party limit. Call for more information. Grade: M323, 80 km, +/- Leader: Tony Holgate, 0434 968 793, tholgate@optusnet.com.au |
| 26 Dec - 2 Jan | Kosciuszko National Park Stay at Windarra Lodge for 3 nights from the 26th December, explore the main range and then 4 nights car camping near Thredbo to explore the area further south. Welcome the New Year in with a party. Grade: M222 Leader: David Trinder (h) 9542 1465, (m) 0417 113 006, email dt28@tpg.com.au |
| 27 Dec - 1 Jan | Ettrema Creek Maps: Nerriga, Touga, Yalwal & Burrier A post-Christmas walk starting at Bullfrog Creek and walking the full length of Ettrema Creek. We should enjoy 6 days walking in creeks and canyons finishing at 'Coolendel'. Exact camping spots will be determined by our rate of travel, but should include Jones Creek and we could explore Tullyangela Creek/Dungeon Canyon and Deception Creek/Canyon as day walks. A car swap is required. This involves 6 days of creek walking, some of it quite difficult, so experience is essential. Thurs - Wed Grade: M313 Leaders: Maureen & David Carter (h) 9773 4637 |
| 22 Dec - 1 Jan | 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. Family groups will appreciate the new toilet. Your choice of easy walks, quiet reading, swimming and canoeing. - no need to phone. |
| 5 - 6 January 2008 | |
| 22 - 23 Dec | Blue Mountains NP - Post Christmas recovery walk Map: Penrith The Blue Labyrinth. Glenbrook -Kanuka Brook & return. Beautiful creek, yabbies (not to eat), platypus (if we're quiet), lots of swimming holes. Great campsite. tholgate@optusnet.com.au Grade: Easy/Medium 10 km Leaders: Tony Holgate & Jodie Dixon 0434 968 793, 0411 245 599 |
| Mid-Week | |
| Wed 8 Jan | Walk before Beach Picnic. This walk will commence around 4 pm and is planned to finish at Balmoral Beach at around 6 pm in time to join the others for the beach picnic. The length of the walk and route depends on the heat of the day. Beach swimming is an option. Grade: (Easy) Leader: Bill Holland 9484 6636, 0418 210 290, billholland@bigpond.com |
| 8 January 2008 | New Zealand - Milford Track and Kepler 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: M221 and M331 Leader: David Trinder (h) 9943 3388; (m) 0417 113 006; dt28@tpg.com.au |
| 12 - 13 January | |
| 12 - 13 Jan | Bungonia - Canyoning Maps: Bungonia Saturday - Mystery Canyon, Sunday - Jerrara & Bungonia. Base camp from Cars at Bungonia Camping Ground. ianmcwolfe@hotmail.com Grade: Medium - abseiling - Volleys, Wet Suit, Day pack, lilo Leader: Ian Wolfe, 02 9904 3370 (H), 02 8087 1825 (W), 0413 662 370 |
| 12 - 13 Jan | 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. Bill Holland 9484 6636, 0418 210 290, billholland@bigpond.com |
| Sat 12 Jan | Blue Mountains NP - North-East of Bell Map: Wollangambe Bell - Wollangambe River - Bell. Walk from Bell to the river, then walk / wade / swim (compulsory) downstream, and then walk out again. The river gets canyon-like in sections, with towering walls, etc. Some rough going. Great for hot weather. Bring waterproof packs and thermals. If the weather is cool we'll find something else in the same area. Joint walk with NPA. Grade: M223 (medium) 10km Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302 |

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| Sun 13 Jan Q | Garigal NP Baha'i Temple to Beach Maps: Hornsby & Mona Vale Meanderings in Garigal NP.- eastern section. View extensive aboriginal rock engravings and waterfalls with a swimming opportunity at end. Some rock and boulder hopping/scrambling. Meet @ Narrabeen tramshed. Car shuffle. +/- 290m. poz@tullib.com.au Grade: Medium, 21 km, Leader: John Pozniak, wk 9240 5277 (w), 9913 2701 (h), 0403 068 511 |
| Sun 13 Jan | Wollemi National Park Map: Wollangambe, Mt Wilson Lilo trip, Mt Wilson - Joe's Canyon - Du Faur Creek Canyon - Bell Creek Canyon Junction - Wollangambe River - Mt Wilson. We will go at an easy pace to enjoy the beautiful canyon scenery. You must have your own lilo and be able to swim. 7 kms on track, 3 kms on water. Wetsuits needed. Grade: S121 Leader: Nigel Weaver 9660 7672 (h), 9955 9779 (w) |
| Mid-Week | |
| Tues 15 Jan | 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 9484 6636, 0418 210 290, billholland@bigpond.com |
| 19 - 20 January | |
| Sat 19 Jan Q | Blue Mountains NP - Birrabang Canyon Map: Mount Wilson Bells Line of Road - Birrabang Canyon - Birrabang Gorge - Birrabang Ridge - Bells Line of Road. A delightful canyon and spectacular gorge. Some rock scrambling. Compulsory wet feet. Party limit. tholgate@optusnet.com.au Grade: M212E, Medium, 14km Leaders: Tony Holgate & Jodie Dixon 0434 968 793, 0411 245 599 |
| Sat 19 Jan | 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. billholland@bigpond.com Grade: Easy, Leaders: Bill Holland 9484 6636, 0418 210 290, Karen Brading (h) 9482 8083 |
| Sun 20 Jan Q | Bargo State Conservation Area Maps: Bargo and Picton LPIO The Seven Swims walk. Rockford Bridge - Troopers Lookout - Bargo River Gorge - Nepean River Junction - the Plateau - See Through Pool - Rockford Bridge. Traverse the scenic Gorge with its striking walls and cascades to the Grand Junction Pool. Views and cooling breeze on the plateau Biggest climb 180 metres. Some rock hopping. 50%on track. Post walk dinner at Tahmoor Inn Bistro Grade: M212 Leader: Ron Watters 9419 2507, 9H), 0419617491 (M) wattersr@bigpond.net.au |
| Mid-Week | |
| Tues 22 Jan | Leura Falls and Wentworth Falls Map: Katoomba An easy day of messing about between the two cascades, both above and below the cliff line. 14k, $\uparrow\downarrow$ 200m Grade: M121 Leader: Leigh McClintock 8920 2386 (ah) or mcclintock@unwired.com.au |
| Wed 23 Jan | Summer Evening Walk Meet at Cremourne Wharf at 7:00pm. Potential and experienced members welcome. Walk back to Kirribilli, while discussing walking, gear and places we have been. Finish for dinner at the pub. Grade: S111 Easy |
| 26 - 27 January - Long Weekend for some | |
| Sat 26 Jan | The Blue Labyrinth Maps: Penrith The Oaks - Glen Doreen - Kanuka Brook - Red Hands Ridge. A beautiful walk along Kanuka Brook. Great swimming pools. Party limit. Grade: Medium 14Km Leader: Tony Holgate 0434 968 793 |
| Sat 26 Jan | Botany Bay National Park Map: Port Hacking Doughboy Head, the foreshore of Bate Bay, Cronulla Beach, Cronulla Peninsula, Gunnamatta Bay foreshore, Cronulla station. A beach walk with swimming opportunities. Grade: 11km M211 Leader: David Trinder (h) 9542, (m) 0417 113 006, email dt28@tpg.com.au |

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| 2 - 3 February | |
|-----------------|--|
| 2 - 3 Feb | Blue Mountains NP – Bungleboori Creek Map: Wollangambe Waratah Ridge - Bungleboori Creek - Waratah Ridge. Walk / wade / swim down part of the Bungleboori. If the weather is cool we'll go to the Mini-Arthurs instead. Mostly exploratory. Joint walk with NPA. Grade: M223 (medium) 15km Leader: Ian Thorpe (h) 9922 4742, (m) 0402 913 302 |
| Sat 2 Feb | Blue Mountains NP Maps: Katoomba, Mt Wilson Pierces Pass - Grose Gorge - Blue Gum Forest – Evans Lookout. Unfolding views of length of Grose Valley. Lunch at Blue Gum Forest on the valley floor. Cooling off swim in pools coming up Govett Gorge. Car shuffle. tholgate@optusnet.com.au Grade: Medium, 15 km, +/-500m Leader: Tony Holgate & Jodie Dixon, 0434 968 793 |
| Sun 3 Feb | Blue Mountains NP – Canyoning Map: Katoomba Combines Juggler and Grand Canyons for a great day, with an excellent exit up the historic Pilcher track. Juggler is dry, as is Grand Canyon with the exception of a 30m swim at the end. Wetsuits not required. Moderate grade. Grade: S222 Leader: Karl Miller 9489 6607, 0417 498 381 |
| Sun 3 Feb | Royal National Park Maps: Otford Otford - Clifftop Track - The Squeezeway - Burning Palms - Figure 8 Pool - Palm Jungle - Otford. Panoramic coastal views. Swimming possible. Steep sections, including a rough descent. Total ascents/descents: 420 metres/420 metres. Grade: Medium M231, 15 kms Leader: Nigel Weaver 9660 7672 (h), 9955 9779 (w) |
| 9 - 10 February | |
| 9-10 Feb | Kanagra Boyd NP Maps: Jenolan Hellgate Gorge. 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, 19 kms, +/- 800m Leader: Terry Moss 97733526 (h) terrymoss1@bigpond.com |
| 9-10 Feb | 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 |
| Sat 9 Feb | Heathcote NP Map: Campbelltown & Appin Waterfall – Sebastopol Trig – Heathcote Creek – Kingdom Come – Lake Eckersley – Heathcote. 13km 8:14 am train from Central to Waterfall. Grade: Easy-Medium Leader: Jim Callaway, 9520 7081 |
| Sun 10 Feb Q | Macquarie Pass NP Maps: Robertson Foot of Macquarie Pass - Cascades Track - Forest Route - Rainbow Falls - Macquarie Rivulet - Goose Pimple Pool - MacAndrews Falls - Tall Timbers - Macquarie Rivulet - Foot of Macquarie Pass. On track / off track walking, wet feet guaranteed as we will be rock hopping, scrambling through cascades and up waterfalls in beautiful rainforest. Grade: M222 17km Leader: Melinda Turner 4284 0616 |
| Sun 10 Feb | Northern Beaches Map: Street Directory Meet at the Narrabeen Tram shed. Walk around Narrabeen Lagoon through the rain forest, then up onto Collaroy Plateau (views of the lagoon and coastline) and along Collaroy, Narrabeen, Turimetta, Warriewood and Mona Vale beaches, crossing the headlands in between. Swims at rock baths and beaches, cafés en route. Some road walking up Collaroy Plateau. pamela.irving@optusnet.com.au Grade: M111 Leader: Pamela Irving (h) 9971 4466, (m) 0429 698 596, |

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 - Summer 2007 - 2008 Program

| Mid-Week | |
|--------------------|--|
| Tues 12 Feb | Berowra Valley (evening) Meet 6 pm at Hornsby Station and walk the Blue Gum Track to Leaders house at Westleigh for an evening barbecue. Visitors welcome on walk and/or barbecue. Lift provided back to station at finish. Grade: (Easy) Bill Holland 9484 6636, 0418 210 290, billholland@bigpond.com |
| 16-17 February | |
| 16-17 Feb | Morton National Park Maps: Kangaroo Valley and Robertson LPIO The new Members Overnight Rain Forest Camping Experience Day 1 Gerringong Creek (Cedar Valley Farm) - Pensons Falls and return. Beautiful rain forest creek walk to the falls plunging 55 metres into large circular pool. Swimming opportunities, wading and rock hopping 6 hours return including generous breaks. Overnight camp on Burrawang Creek. Day 2 via creek and the multi stage Belmore Falls to Hindmarsh Lookout. wattersr@bigpond.net.au Grade: Day 1 S212 Day 2, M222 Leader: Ron Watters, 9419 2507, 0419617491 |
| Sat 16 Feb | Canyoning - Blue Mountains NP Maps: Rock Hill Sheep Dip Canyon / Rocky Creek Canyon. Start with Sheep Dip Canyon at 474130 than proceed through Rocky Creek Canyon at 480132 and return. Several short swims and plunging into pools. Gloves, wetsuit/ helmet 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 water. Grade: M223 Leader: Chris Miller 9955 1547 |
| Sat 16 Feb | Location Berowra Valley Bushland Reserve and Lane Cove NP Maps: Hornsby, Cowan Thornleigh -Berowra on the Great North Walk via Crosslands and Galston Gorge Beautiful valleys, attractive forests water views, a number of 200m climbs Grade: L322 Leader: Frank Hartigan, 9552 6299, feral1231@yahoo.com.au |
| Sun 17 Feb Q | Kuringai NP Map: Broken Bay West head to Elvina Bay via the coast. 3 compulsory wades (low tide 11.57) - maybe one short swim. Rock and boulder hopping/scrambling. Some scrubby sections. Great views. Car shuffle. Grade: Medium, 13 km, +/-260 m Leader: John Pozniak, 9240 5277 (w) 99132701 (h) 0403 068 511 poz@tullib.com.au |
| 23-24 February | |
| 23-24 Feb | Blue Mountains - Mt Wilson - Canyoning Maps: Wollangambe, Mt Wilson & Katoomba Saturday - one of the Bowens Creek, Sunday - Claustral. Base camp from Cars at Cathedral Camping Ground. ianmcwolfe@hotmail.com , Grade: Medium/Hard - abseiling - Volleys, Wet Suit, Day Pack Leader: Ian Wolfe, 02 9904 3370 (H), 02 8087 1825 (W), 0413 662 370 |
| Sat 23 Feb | Location Wollemi NP Maps: Colo Heights Drip Rock Fire Trail - Clews Cave - Bob Bucks Pass 24 (Clews short cut) - Colo Ricer - Wollongambie River Junction-explore lower reaches of Wollongambie - Colo River - Unnamed creek - DRFT. Picturesque wilderness river and escarpments challenging passes. Rock scrambling possibly with hand line, confidence with exposure to heights ,possible deep wading, off track walking. Grade: M333E Leader: Frank Hartigan 9553 6299, feral1231@yahoo.com.au |
| Sun 24 Feb | Royal NP Map: Port Hacking Leave cars at the Audley Kiosk Picnic area. Ascend on the Winifred Falls track to the beginnings of Muddy Creek and descend the ridge to the junction at the falls marked 8r. Then follow creek down past the falls marked 4r to the estuary then climb up the ridge 78 metres and back along the ridge to the Winifred Falls Kiosk and on to the head of Navigation for lunch. In the afternoon follow Engadine Creek upstream to Horseshoe Falls. Climb up the ridge, cross the heights and descend into Tuckawa Rill and return to Audley and the cars and of course refreshments. Features are waterfalls and swimming opportunities, views over Port Hacking. Grade: S211 Leader: Sue Bucknell 9521 1182 |

THE SYDNEY BUSH WALKERS INC - Summer 2007 - 2008 Program

| 1 - 2 March | | |
|-------------|---|---------------------------|
| 1 -2 Mar | Bouderee NP Lighthouse walk and Moes Rock-Stoney Creek-Steamers Beach circuit. Day 1: short walk to lighthouse near Jervis Bay after driving from Sydney to camp in commercial area at Hyams Beach or Jervis Bay. Saturday night cost about \$20 (no bush camping readily available). Day 2: A beautiful coastal circuit in Bouderee National Park. Features great rock platform, beach and forest walking with a little off track. Swimming opportunities. wattersr@bigpond.net.au Grade: S111 and M211 Leaders: Melinda Turner and Ron Watters, 9419 2507, 0419 617 491 | Maps: Sussex Inlet |

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

December

- 5 Dec **Committee Meeting**
- 7pm Observers welcome
- 12 Dec **New Members Night**
- 8pm Introduction to SBW for intending prospective members
- 19 Dec **SBW Annual Xmas Party.** Come and celebrate the end of 2007. Please bring a plate of yummy food to share. The Club provides all beverages & necessities. This event occurs in the outside rear courtyard of the KNC (or inside if wet).
- 6:30pm
- 26 Dec KNC Closed

January

- 2 Jan KNC Closed
- 9 Jan **Balmoral Beach Picnic.** Bring your own food and drinks for an evening of relaxation under the trees at the south end of the beach. Sit on the grass or bring a chair. Have a swim or just relax. Bill Holland will be leading a walk around the Mosman locale, finishing at the beach. Starting at 4pm. Details in Walks Program.
- 6pm
- 16 Jan **Committee Meeting**, followed by
- 7pm **8pm "The Royal" - A pie with a View!!**
Club member, Peter Christian, will give audio/visual presentation on our Royal NP – the world's 2nd oldest. The huge variety as well as historical aspects and many 'secret gems' will be shown.
- Wed Summer Evening WalkMeet at Cremourne Wharf at 7:00pm. Potential and experienced members
- 23 Jan welcome. Walk back to Kirribilli, while discussing walking, gear and places we have been. Finish for dinner at the pub. Grade: S111 Easy

February

- 6 Feb **Committee Meeting**
- 7pm Observers Welcome
- 13 Feb **New Members Night**
- 8pm Introduction to SBW for intending prospective members
- 20 Feb An Introduction to the **Bushwalkers Wilderness Rescue Squad.** Join club members Caro Ryan and Mark Dabbs as they inform and excite you about what life in the squad is all about. Then watch their exciting IMAX DVD.
- 8pm
- 27 Feb **New Members Training Night**
Please check the New Members' Page or contact the secretary

New Members Training Information

All Training is held at the Kirribilli neighbourhood centre 16 Fitzroy St, Kirribilli or at the Club's property, Coolana in the Kangaroo Valley. Please note that it is essential to book for all training sessions. To book for these evenings please contact the New Members Secretary on newmembers@sbw.org.au

December

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|---------------|---|
| 12 Dec 8pm | New Members Night Introduction to SBW for intending prospective members |
|---------------|---|

January

| | |
|---------------|---|
| Wed 23 Jan | Summer Evening Walk Meet at Cremourne Wharf at 7:00 pm. Potential, prospective and experienced members welcome. Walk back to Kirribilli, while discussing walking, gear and places we have been. Finish for dinner at the pub. Grade: S111 Easy |
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February

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|-------------|--|
| 9-10 Feb | 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 |
| 27 Feb | New Members Training Night – 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. Please check the New Members' Page or contact the secretary |

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

NATURAL HISTORY WALK

2 February, 2008

Walk in Garigal National Park and visit the St Ives Blue Gum High Forest (Rosedale Road)

The St Ives Blue Gum High Forest is an endangered ecological community which is the last remnant of its kind in the world. It has survived under remarkable odds. Members from the South Turrumurra Environment Protection group (STEP) will lead the tour and talk about the unique features of the forest and the campaigns under way to preserve what is left.

The walk starts at St Ives (Cnr Douglas Ave and Acron Rd) and includes the Cascade Track, Middle Harbour Track and Bungaroo Track back to St Ives to visit the St Ives Blue Gum High Forest. There will be a car shuffle between the start and end of the walk.

On the walk, STEP members will give an update on the local history which will include where Governor Phillip camped in 1788 and a flora and fauna commentary.

There will be a limit of 15 people

More information will be available in the Summer Walks Program

Bring: BINOCULARS, LUNCH AND WATER

To find out details and book for the walk contact:

**Nancy Pallin (STEP) 9416 7334 (h)
Pam Campbell (SBW) 9570 2885 (h)
or 0431 873 599 (m)**