

BANKSTOWN BUSHWALKING CLUB INC.

WALKS AND SOCIAL PROGRAM: AUTUMN 2014

MARCH 2014

SAT 1 & SUN 2 **BACKPACK: MORONG DEEP**

An adventurous backpack down the upper reaches of the Kowmung River. Waterproof packs essential as there are swims and jumps. A considerable amount of downclimbing and rockhopping on wet granite is involved. There is also a possibly a few very small abseils will be encountered. Great views of polished pink granite ramparts and clear cool pools.

Grade: 4

Maps: Shooters Hill and Gurnang

SAT 1 & SUN 2 **A WEEKEND IN CANBERRA**

The aim is to see Enlighten Canberra, the Mapping our World exhibition at the National Library as well as the Aztec Gold exhibition at the National Gallery of Australia, or anything else you may want to see. The plan is to stay at the City YHA. The Mapping our World exhibition needs pre-booking but is free.

SAT 8 **EXPLORATORY ABSEIL TRIP: NARROWNECK**

 **NO HELMET NO GO!**

This is a re-run of an earlier reconnaissance trip of a rarely done route off Narrowneck that was cancelled due to high winds. Members of the abseil committee will get first opportunity to do this trip, with other experienced abseilers also welcome if there are enough places. If we like what we find the trip may appear on future club programs.

SUN 9 **GLENBROOK RANGERS STATION – RED HANDS CAVE – GLENBROOK RANGERS STATION**

Meeting at Glenbrook Railway Station. This 9km walk makes its way through pleasant eucalypt forest to a sandstone overhang which contains good examples of Aboriginal hand stencils. The track has been upgraded in recent years and the 250m ascent is gradual, except for the bit around the causeway at the start and end, which is on a bitumen road.

Grade: 2

Map: Penrith

Start: Contact Coordinator by Wed 5th

MON 10 **** ANNUAL GENERAL MEETING ****

MANAGEMENT COMMITTEE 7.00 - 7.30 pm. For members of the Management Committee.

ANNUAL GENERAL MEETING 7.30 - 8.45 pm.

The Annual General Meeting is the one meeting you should attend so that you can help shape a club that meets your needs. Come along and either nominate for a position or else vote for your preferred candidate. **The AGM will be held at the Club Rooms at GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.**

SAT 15 & SUN 16 **CAVING AT COLONG**

 **NO HELMET NO GO!**

Colong Caves is a very special place, with lots of lovely decoration. Last time it appeared on the program we had to cancel due to rain. We camp at Batsch Camp on Friday night and walk in to the cave early Saturday morning. After a full day in the cave we'll head back to camp for dinner and a good sleep. The caves don't require any abseiling, but you do need to be able to climb a bit and wiggle through the dirt. **NB:** Date subject to confirmation once we have applied for a permit.

Please Note: You must be a financial member of the club to participate in this activity.

Grade: Caving

Please make sure you contact the coordinator at least 48 hours before the programmed event date prior to joining any walk or social event. Please show consideration for others and call before 9pm.

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Walk in & out Grade 3

Map: Yerranderie

SAT 22 MERMAIDS POOL AND TAHMOOR CANYON WALK

We begin by walking along the Bargo River to beautiful Mermaids Pool. From there we take the Matilda Track descending into the Tahmoor Canyon via SugarLoaf Pass. We return along the floor of the Canyon and ascend 170 rock steps up Jack's Pass. A picturesque and exciting walk of 9.3 km. If it is hot we can have a dip in Mermaids Pool on the way back.

Grade: 3

Map: Bargo

SAT 22 BLUE DRUM CREEK

 **NO HELMET NO GO!**

This is more of a multi-pitch route that follows a creek than a true canyon. There is a bit of a description and some word of mouth information that says the canyon will be dry. The trip includes a bit of navigation and exploring, and a lot of scrub to bash through.

Grade: Exploratory

Map: Katoomba

SUN 23 WATERFALL TO HEATHCOTE VIA THE BULLAWARRING TRACK

A 12 km walk through rugged Heathcote NP. The Bullawarring Track runs through Heathcote Valley along the length of the park, passing by several waterholes before climbing up onto Woronora Ridge. We will park at Heathcote Station and catch the train to Waterfall Station to start our walk. There is 300m descent and 250m ascent on this walk.

Grade: 3

Map: Royal NP

SAT 29 JUGGLER (PILCHERS) CANYON

 **NO HELMET NO GO!**

A lovely short canyon near Katoomba. Unless there has been heavy rain recently, wetsuits aren't required. After the abseils we'll have lunch on the rocks near Beauchamp Falls before following the historic Pilchers track back to the cars. Participants will need to have previous multi-pitch or canyon experience.

Please Note: You must be a financial member of the club to participate in this activity.

Grade: Canyoning

Map: Katoomba

SAT 29 & SUN 30 REMOTE AREA FIRST AID RECERTIFICATION SKILLS MAINTENANCE

This course renews the comprehensive Remote Area First Aid course qualification for another 3 years. It is quicker and cheaper than the full course, but is only available for people who have done a BWRS Remote Area First Aid course within the last 3 years and 3 months. To be held at Rooty Hill. Registration opened on 25 January. For more information visit <http://www.bwrs.org.au/?q=first-aid-training>.

SUN 30 CARLINGFORD TO RYDALMERE

This walk starts at Carlingford Station and follows The Ponds Walk to Rydalmer Station. There are a couple of roads to cross but the walk is through bushland and parks and is 8km in length.

Grade: 2

Map: Street Directory

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APRIL 2014

SAT 5 DUNPHYS LEDGE AND HARMIL PASS

An exploration of some passes off Narrowneck with lots of superb views. The route is mostly off-track with challenging navigation, scrambling and scrub-bashing involved. One for experienced walkers who like to explore.

Grade: 4

Map: Katoomba

SUN 6 EXPLORING THE ENTRANCE

A 7km walk by the water with lots of entertainment and a large salt water pool available for a swim if the weather is hot. Ample coffee and ice-cream opportunities on this leisurely stroll.

Grade: 1

SUN 6 MOUNTAIN BIKE RIDE: LOWER BLUE MOUNTAINS NO HELMET NO GO!

The route for this ride is Woodford Railway Station – Woodford Ridge – The Oaks Fire Trail – Glenbrook Railway Station. Maps: Katoomba, Springwood, Penrith. Meeting at Woodford station. Bring bike, lunch, spare tube, water, sunscreen and helmet (compulsory). A mountain bike is preferable as the ride is mostly on gravel fire trail. Largely downhill (except for the uphill bits). This ride is a grade 2 of around 31kms with a 350m climb/descent.

SAT 12 BEROWRA VALLEY REGIONAL PARK

We'll start at Mt Kuring-Gai Station and walk to Berowra Station via Berowra Creek. The walk is 10km and 250m ascent. This walk will involve either a car shuffle or a train ride depending on the whim of the coordinator on the day.

Grade: 2

Map: Street Directory

SAT 12 TRIP COORDINATORS ABSEIL DAY

 NO HELMET NO GO!

This day is for abseil trip coordinators and abseil committee members. We will be covering some rescue techniques such as mid-rope rescues and discussing some of the issues we experience organising trips. If you think you have what it takes then e-mail the abseil committee at bbcabseil@gmail.com.

Please Note: You must be a financial member of the club to participate in this activity.

SUN 13 WARRIMOO - BLAXLAND VIA FLORABELLA PASS

Warrimoo Railway Station is the starting point for us to take this historical walking track winding along pretty Florabella Creek. Approx 8km with 160m ascent. Includes Pippas Pass track at the end to get to Blaxland railway station.

Grade: 2

Map: Springwood

MON 14 CLUB NIGHT - AT THE CLUB ROOMS

Club nights are held at the GEORGES HALL COMMUNITY CENTRE, 88 Birdwood Road Georges Hall. Meetings are a chance to chat, socialise, and meet activity coordinators and other members. You may also find out about other activities that members have arranged that didn't make it onto the program. New members are especially welcome to join us.

BANKSTOWN BUSHWALKING CLUB INC. *AUTUMN 2014* PROGRAM

MANAGEMENT COMMITTEE 7.00 - 7.30 pm.

For members of the Management Committee.

GENERAL MEETING 7.30 - 8.30 pm.

Club administration, finance & correspondence of interest to members.

SLIDE SHOW - TRAVELS IN THE USA 8.30pm

Jon Gray will present a slide show "movie" of his US trip some years ago. The show, which lasts about 20 minutes, is set to music and features some great photos from National Parks, Reserves and other famous landmarks from both sides of the country. Although happy to answer any questions Jon isn't planning to give an actual talk about the trip.

TUE 15 WALKS COMMITTEE MEETING

For members of the Walks Committee. Suggestions for the Winter program must be given to a member of the walks committee or e-mailed by tonight, or they won't make it onto the program.

REMINDER

Have you sent Thais your Bush Telegraph articles yet?



FRI 18, SAT 19, SUN 20 & MON 21 BACKPACK: MYSTERY EASTER WALK

Mike has the 4 days of Easter off this year (for the first time in 15 years!) and is open to suggestions. He has to work Thursday night until 7am-ish Friday morning so is limited by a latish start Good Friday. Current thinking is the Budawangs in from Nerriga. Anyone interested in a 3-4 day walk there or somewhere else not too far from Sydney??? If so give Mike a call and have a chat about where you'd like to go.

Grade: 3

Map: TBA

SAT 26 BONNUM PIC

Bonnum Pic is an outcrop on the escarpment above the Nattai Valley. The views from the top are spectacular! The plan is to reach a geocache on the Pic which will involve some scrambling. There are a couple of options for the route out and your coordinator will make up his mind closer to the date.

Grade: 4

Map: Nattai

SUN 27 COWAN - JERUSALEM BAY - GOVETT RIDGE - TAFFY'S ROCK & RETURN

If you look at a map and see this ridge you would say to yourself "That's where I'd put a track". Well there is sort of a track, but it is quite overgrown with some interesting finds along the way. Come and see Cowan Creek from a different perspective. You'll need to carry 2 litres of water.

Grade: 3

Map: Cowan

MAY 2014

SAT 3, SUN 4 & SAT 17, SUN 18 REMOTE AREA FIRST AID

The aim of this comprehensive Remote Area First Aid Course is to equip participants with the necessary skills to administer First Aid and ongoing care in the field where help will be hours, if not days away. This lively, practical and hands-on course will be held at North Wahroonga. Registration opens on 22 March. For more information visit <http://www.bwrs.org.au/?q=first-aid-training>.

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SUN 4 WATERFALL - KANGAROO CREEK - KARLOO POOL - ULOOLA FALLS - WATERFALL

A solid 14km walk through a lovely part of the Royal. We'll locate the "negotiable route" and follow Kangaroo Creek to Karloo Pool. If the water is up we'll have fun. After lunch at the Pool we take the track to Uloola Falls, which look great when the water is flowing. Then a bit of an uphill ramble back to Waterfall.

Grade: 3

Map: Royal NP

SAT 10 ABSEIL PRACTICE DAY

 **NO HELMET NO GO!**

Club members will be meeting at Wahroonga at 9am and practicing their abseil skills. We have a limit of 6 beginners, so if you are abseiling with the club for the first time or if you don't own your own gear you will need to book in. There is no limit on experienced abseilers with their own gear. If you don't know where the meeting place is or need to book in e-mail the abseil committee at bbcabseil@gmail.com.

Please Note: You must be a financial member of the club to participate in this activity.

SAT 10 & SUN 11 AUTUMN 6 / 12 HR ROGAINE – GIBRALTAR ROCKS

Cross country navigation event in a bushland setting near Jenolan. Maps will be supplied. Introduction to navigation skills. Entry fees apply. We will be organising a beginner (walking) team entry, with distance and difficulty being whatever we decide on the day,. Alternately organise your own team and register at <http://nswrogaining.org/index.php>.

SUN 11 MALAITA POINT ABSEIL TRIP

 **NO HELMET NO GO!**

Malaita Point is one of our favourite multi-pitch trips. It features spectacular views of the Three Sisters and a very pretty walk out – or the option of a ride up the Scenic Railway for the cashed-up lazy person. Participants will need to have previous multi-pitch or canyon experience.

Please Note: You must be a financial member of the club to participate in this activity.

Grade: Abseiling

Map: Katoomba

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For members of the Management Committee.

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CLIMBING MT EVEREST 8.30 - 9.30 pm.

In 2013 a club member climbed Mt Everest, reaching a point above the south summit before turning back because of bad weather. Come and hear all about her extraordinary adventure.

Winter Program & Bush Telegraph available at tonight's meeting!!!

THU 15 BANFF MOUNTAIN FILM FESTIVAL

Prepare to be amazed! These films highlight some incredible outdoor activities world-wide. Tickets already on sale. Book your own tickets and we can meet on the night. Venue: Seymour Centre, Sydney Uni.

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SAT 17 MIDDLE HARBOUR CREEK

We'll explore both sides of Middle Harbour Creek starting and finishing at the Roseville Bridge. The walk is 15km and is on track that is rough and indistinct in parts.

Grade: 3

Map: Street Directory

SAT 17 BIKE RIDE: BRIGHTON-LE-SANDS

 **NO HELMET NO GO!**

An easy bike ride along the bay from St George Sailing Club to Brighton-le-Sands and return. Enjoy fish and chips for lunch at Brighton or bring a packed lunch. Bring bike, spare tube, water, sunscreen and don't forget the helmet. Maybe have a drink at the club at the completion of the ride to cool down.

SUN 18 HEATHCOTE - MYUNA CREEK - BULLAWARRING TRACK - ??? - BULLAWARRING TRACK - HEATHCOTE

Many years ago I came across a large pool in a side creek off Heathcote Creek. I'd like to find it again. From Heathcote we'll take the rarely used Myuna Track to the Bullawarring Track on Heathcote Creek. Then see if we can locate the negotiable route to the pool. If we find the pool we'll continue further up that creek as I believe there are more good things further up. Return via the Bullawarring Track.

Grade: 3

Map: Royal NP

SUN 25 OLD NORTHERN ROAD, FINCHS LINE

This walk follows the original road north to the Hunter across the Hawkesbury from Wiseman's Ferry. The walk goes up the World Heritage convict-built road, returning down another track of similar 1820s vintage and looping back to the ferry.

Grade: 2

Map: Not sure – doesn't matter!

SAT 31 & SUN 1 BACKPACK: UNIROVER TRAIL – AMBLE EASY RIDGE – BADBURY KNOLL – WALLARA RIDGE – WALLARA HEIGHTS

Lots of off-track navigation including a delightful stroll down the aptly named Amble Easy Ridge. Lots of opportunities for exploration and poking around interesting features. The camp site is small so numbers will be limited.

Grade: 4

Maps: Kanangra & Yerranderie

ADVANCE NOTICES

More information about the activities below is available at club meetings....

15 JUNE PADDY PALLIN ROGAINE

Rogaining is an excellent way to learn or hone your navigation skills. The Paddy Pallin is the most popular event on the rogaining calendar. Start organising your teams now as the event is bound to fill quickly. Even if you can't already navigate, find a team mate who can and have a lot of fun mastering this essential walking skill. More information available at club meetings or on the NSW Rogaining Association web site at <http://www.nswrogaining.org/index.htm>.