

BANKSTOWN BUSHWALKING CLUB INC.

WALKS AND SOCIAL PROGRAM: AUTUMN 2015



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Please make sure you contact the person coordinating the activity you wish to participate in at least 48 hours before the scheduled date. **Please show consideration for others and call before 9pm.**

The activities on this program are peer based. Peers have equal rights and responsibilities but not necessarily equal skills and experience. Each participant in a peer based activity, including visitors, has the primary responsibility for their own well-being in each activity in which they participate. In addition all participants share responsibility (or must be prepared to) for the good and orderly conduct and safety of any club activity in which they participate. This extends to helping others in an emergency.

MARCH 2015

SUN 1 DEER POOL - WATTAMOLLA & RETURN

A lovely walk in the Royal National Park with a swim at Wattamolla and a paddle and munchies at Deer Pool. 10km return. Bring your swimmers!

SAT 7 BONNUM PIC

Bonnum Pic is an outcrop on the escarpment above the Nattai Valley with unbelievable views. A long 18km walk with some rock scrambling in places. Those who want can go an optional last 100m to the Pic via a 2m abseil.

SUN 8 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.

MON 9 ** 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 14 & SUN 15 CAVING: TUGLOW

 **NO HELMET NO GO!**

Tuglow is a spectacular cave with a stream in it and is suitable for experienced cavers with good abseil skills. 4WDs are needed so that we can reach the cave and spend the maximum amount of time underground. If any of the Club's 4-wheel drivers are interested in some company for a car camp you will be very welcome. **NB:** Date subject to confirmation of our permit.

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

BANKSTOWN BUSHWALKING CLUB INC. *AUTUMN 2015* PROGRAM

MARCH 2015

SUN 15 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 21 HEATHCOTE - HEAD OF NAVIGATION - AUDLEY & RETURN

A great walk in the Royal. From Heathcote down to Head of Navigation then up and over the hill to Audley. Have a coffee or drink here before retracing our steps. We may extend the walk and do a loop of Robertson's knoll too. Around 10ks with a height gain of 200m or so.

SUN 22 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.

SUN 22 ABSEIL PRACTICE DAY NO HELMET NO GO!

Club members will be meeting at Yellow Rock 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.

SUN 22 CAVING SRT TRAINING NO HELMET NO GO!

We will be running Caving SRT training at the abseil practice day for those that want to practice advanced techniques for caving, eg use of mechanical ascenders, crossing rebelayes etc. Attendees at this training will be able to do some of the longer, technical caves on our next visit to Bungonia which is planned for 30 & 31 May. If you want to participate in the caving SRT training please email the abseil committee at bbcabseil@gmail.com so we have an idea of numbers before the day. **All participants MUST have their own set of mechanical ascenders.**

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

SAT 28 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. If there is enough interest we may run a 2nd trip down Malaita Walls.

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

SUN 29 CYCLE RIDE: THE GREAT RYDE TO RHODES RIDE NO HELMET NO GO!

We will start our ride in Ryde and ride via Rydalmere to Rhodes before riding back to Ryde. An 18 km flat and easy ride.

BANKSTOWN BUSHWALKING CLUB INC. *AUTUMN 2015* PROGRAM

MARCH 2015

SUN 29 MINIGAIN - CENTRAL COAST

A minigaine is a short form of rogaine, which is a cross country navigation event in a bushland setting. Maps will be supplied. This event is a perfect introduction to navigation skills. Entry fees apply. Thais will be organising a team entry for this event. Organise your own team and register at <http://nswrogaining.org/index.php>.

APRIL 2015

FRI 3 – MON 6 EASTER BACKPACK IN NAMADGI NP AND THE BRINDABELLAS

It's been a few years since the club last did a walk in this area, which is known for spectacular views and its dingo population. This backpack visits some favourite places from previous walks and explores some new areas too. Numbers are limited.

SAT 4 HEN & CHICKEN BAY

We will be meeting at Abbotsford Wharf and walking via Quarantine Reserve, Wareema, Canada Bay and Cabarita then returning the same way. If you wish you can catch the ferry back from Cabarita wharf and walk 9 kms or the return trip will be 18 kms. A nice flat walk around the bay through parks, picnic areas and suburban streets. We can also have coffee at the Sydney Rowing Club afterwards.

SAT 11 COAST TRACK - JIBBON BEACH - JIBBON HEAD - THE BALCONIES - COAST TRACK

We'll walk behind the houses down to Jibbon Beach then around to Jibbon Head having a look at the Aboriginal engravings on the way. Then stroll round to Shelley Beach before taking the coastal cliffs to The Balconies. From there it's a short walk back to the cars. Distance 10kms.

MON 13 CLUB NIGHT - AT THE CLUB ROOMS

Club nights are held at the GEORGES HALL COMMUNITY CENTRE, 188 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.

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.

ASIAN OVERLAND TRIP 8.30 - 9.30 pm.

In 1982 a club member travelled overland across Asia to Europe, mainly on a double decker bus, taking in Nepal, India, Jordan, Turkey and other countries. He then did further travel around Europe. Tonight he presents his slides from the trip, set to music. The presentation goes for less than 30 min.

SAT 18 CASTLE HEAD ABSEIL TRIP

 **NO HELMET NO GO!**

This multi-pitch trip features great views of the Jamison Valley and Mt Solitary. After abseiling down the head we'll wander up the Ruined Castle for lunch before heading back to the cars via the Golden Stairs. A great beginners trip for those who can lock off and prussic.

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SUN 19 GARIGAL NP

This walk in Garigal national park explores both sides of Middle Harbour Creek, with an optional side trip to The Cascades. It's about a 7 hour walk with the side trip.

TUE 21 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 to the walks committee by tonight, or they won't make it onto the program.

REMINDER

Have you sent your Bush Telegraph articles yet?

SAT 25 ABSEIL TRIP: 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.

SUN 26 OTFORD TO BURNING PALMS AND RETURN

A pleasant 12km walk through varied terrain as we wander down to Burning Palms beach for lunch and a dip in the ocean (weather permitting) before returning to Otford car park via the Palm Jungle. 150m descent and ascent. Don't forget your swimmers!

MAY 2015

SAT 2 MT KEIRA LOOKOUT AND ROBERTSONS LOOKOUT

Starting at Byarong Park we will follow the Mt Keira Track to climb Robertsons Lookout and then Mount Keira Lookout. We will descend via the Dave Walsh track and then back to the cars. A very picturesque 14km walk with stunning views and probability of seeing wildlife.

SAT 2 ABSEIL TRIP(S) DEVILS HOLE AREA

 **NO HELMET NO GO!**

There are many short abseil trips in this area, so we will have a variety of things we could end up doing. We'll definitely explore Whore's Bed (a small, dry canyon) and will find some other abseils too. There are a number of spectacular abseils we can choose from. Final trip details will be decided nearer to the day, but one thing is certain – it will be fun!

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

SUN 3 CYCLE RIDE: INNER WEST EXPLORER

 **NO HELMET NO GO!**

Spend a morning exploring the back streets and cycleways of the Inner West. This ride is mostly flat and around 30km long. There will be coffee in Leichhardt and we will have lunch at the Addison Rd Markets. Numbers will be limited. Some experience riding in traffic is necessary.

THU 7 BANFF MOUNTAIN FILM FESTIVAL

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

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MAY 2015

SAT 9 SCENIC WORLD - GIANTS STAIRWAY - DARDANELLES PASS - FEDERAL PASS-FURBER STEPS

A great walk covering all terrains of the Blue Mountains. From Scenic World we walk the cliff tops to the Three Sisters then down, down the Giants Stairway to get the legs wobbly. We'll then take Dardanelles Pass under the cliffs to join Federal Pass, then follow this around to the Furber Steps which we'll climb back up to the cars. A good solid mountain walk with a descent and ascent of around 300m. Our walk coincides with Sculpture at Scenic World, so we'll have an opportunity to wander through the exhibits as well.

SUN 10 MOTHERS DAY

MON 11 CLUB NIGHT - AT THE CLUB ROOMS

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MANAGEMENT COMMITTEE 7.00 - 7.30 pm.

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TREKKING WITH THE GURUNG HONEY HUNTERS 8.30 - 9.30 pm.

On a recent trip to Nepal, a club member organised a small group trek in a less-visited area near the Annapurna's to experience the Gurung villagers' traditional honey gathering. Come and see photos of this amazing experience and the rest of the trek, as well as find out how you could experience the same trip yourself.

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

SAT 16 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.

SUN 17 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.

SAT 23 THIRLMERE NP: LITTLE RIVER FORD

After seeing the views from Buxton Plateau on a previous walk, this walk will follow a fire trail within the narrow gully below. It is a mostly gentle downhill slope before it loops around the plateau, finishing off at the Little River ford. Approximately 16km return.

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MAY 2015

SUN 24 **CYCLE RIDE: PARRAMATTA RIVER** **NO HELMET NO GO!**

A leisurely ride, passing grassy parklands as well as colonial and heritage sites. The terrain is moderate with some inclines and we will be cycling on some quiet suburban streets. We will cycle through the portal under Church Street which makes cycling to Parramatta Park much easier now. Bring helmet, spare tube, pump, sunscreen, repair kit, water, lunch and of course a roadworthy bike that is in good working order.

SAT 30 & SUN 31 **CAVING & BASE CAMP AT BUNGONIA** **NO HELMET NO GO!**

A weekend for experienced and beginner cavers alike. Bungonia has some easy, moderate and challenging caves. This weekend will provide something for anyone who would like to explore the underground world at Bungonia. Winter is the best time do the deeper caves at Bungonia due to low levels of foul air during the cooler months.

If you aren't a caver, but would like to come camping and do some of the great day walks at Bungonia you are more than welcome to camp with the caving group.

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

ADVANCE NOTICE

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

14 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>.