

BANKSTOWN BUSHWALKING CLUB INC.

WALKS AND SOCIAL PROGRAM: AUTUMN 2016

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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.

1.

MARCH 2016

SAT 5 WINMALEE - SHAWS RIDGE - BLUE GUM SWAMP – WINMALEE

The walk starts along Shaw's Ridge via the Blue Gum Swamp track then up along the fire trail to enjoy the views from the lookout. Then we head back down to follow the Blue Gum Swamp Creek where we will be able to see how the bush has recovered from the 2013 fires. Approx 15 kms with an ascent/descent of 400m. We will carpool from the Glenbrook Information Centre.

Grade: 3

Map: Springwood

SAT 12 SPRINGWOOD - MAGDALA CREEK - BUNYAN LOOKOUT - LOST WORLD LOOKOUT - SPRINGWOOD

From Springwood we follow Magdala Creek 4kms to its junction with Glenbrook Creek, then downstream another kilometre before the 200m climb up to Bunyan and Lost World Lookouts. Great views from here and an interesting memorial. We return to the creek via the same track but return to the cars via Sassafrass Gully and Wiggins Track. Bring salt!!!! Total distance 14kms or so.

Grade: 3

Map: Katoomba

SAT 12 & SUN 13 BACKPACK: ANGORAWA CREEK

This trip looks good on the map!! You guessed it, we cannot find anyone who has done it before. Come along on one of the reputed top ten walks in the Blue Mountains. A good deal of off track walking in spiky bush country. Tumble down the ramparts of Angorawa Creek, sluice along the Colo Gorge then ascend an indistinct hidden pass before walking back home through more spiky bush country. Good gaiters or cricket pads advised. Distance 10km, 600m down 600m up.

Due to the nature of the terrain we will encounter this trip may not be suitable for all club members. Please consider your own suitability.

Grade: 4 exploratory

Map: Colo Heights

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. Approximately 8km with 160m ascent. Includes Pippas Pass track at the end to get to Blaxland Railway Station.

Grade: 2

Map: Springwood

2.

MARCH 2016

BANKSTOWN BUSHWALKING CLUB INC. *AUTUMN 2016* PROGRAM

MON 14 ** 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 19 CURRAMOORS – CURRACORANG – WATAMOLLA & RETURN

A walk through the heath land of the Royal National Park with a choice of fresh water pool or swim in the ocean if the weather is kind. Approximately 12kms all on track.

Grade: 2

Map: Royal NP

SUN 20 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.

FRI 25, SAT 26, SUN 27 & MON 28 BACKPACK OR BASE CAMP: BARRINGTON TOPS

It's been many years since we've last been to Barrington. The exact plans are yet to be decided, but it's most likely we will meet somewhere in the Scone area. We will walk in to one of the more remote bush camp sites and explore from there. If you are interested and have a preference for either car camping or pack walking please let me know what you prefer. Whatever we end up doing, we'll be camping away from the crowds. Barrington is an alpine area, so you'll need to have the appropriate tent and clothing to do this one.

Grade: 3






Map: Barrington Tops NP

3.

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4.

APRIL 2016

- SAT 2 ABSEIL TRIP: MALAITA POINT**  **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.
Grade: Abseiling
Map: Katoomba
- SAT 2  MYSTERY BIKE RIDE**  **NO HELMET NO GO!**
Ride will start in the Homebush area and continue to where we decide to go on the day. It will be an easyish ride and we can ride to where we are going and return back to Homebush. Bring helmet, spare tube, pump, repair kit, sunscreen, water and of course a roadworthy bike in good working order.
- SUN 3 JAMISON TRAVERSE**
Starting from Kings Tableland we shall make our way into the Jamison valley, over Mt Solitary, and exit up the Golden Stairs. It will be a long day out in a beautiful area. 1,100m ascent and descent and 20kms makes this a challenging walk!
Grade: 4
Map: Jamison
- SAT 9 BUNDANOON IS BRIGADOON**
Participate in the highland games events after watching the street parade. Band competitions and the Bundanoon Stones of Manhood lifted by the best of the world's strongmen.
- SAT 9 & SUN 10 BACKPACK: WOLLANGAMBE CRATER**
Wollangambe Crater is a large bowl formed by the erosion of several small creeks. This walk traverses part of the Wollangambe Wilderness, so tracks are vague or non-existent and there are no cairns or markers. With some route finding over pagoda country navigation promises to be lots of fun!
Grade: 3
Map: Wollangambe
- SAT 9 & SUN 10  CYCLE CANBERRA - CAPTAINS FLAT**  **NO HELMET NO GO!**
A ride from Canberra to Queanbeyan and Captains Flat. Stay overnight at Captains Flat Pub (need to book rooms) or free camp nearby, returning to Canberra on Sunday. Sightseeing along the way. Approx. 65 kms each way. Option to stay overnight in Canberra Friday 8th for a 9:00 am start Saturday. Cycle paths and some road riding. C
- SUN 10 CUMBERLAND STATE FOREST**
Pack a picnic and take a leisurely stroll through the grounds of the Cumberland State Forest (95 Castle Hill Rd, West Pennant Hills). Explore the visitors centre, nursery and cafe, and walk along the three trails ranging from 350m to 1.3km. For those that are interested, finish the day off with a visit to the Koala Park Sanctuary (84 Castle Hill Rd - \$27 adult entry fee).
Grade: 1
Map: West Pennant Hills

5.

APRIL 2016

BANKSTOWN BUSHWALKING CLUB INC. *AUTUMN 2016* PROGRAM

MON 11 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 pm start.

Club administration, finance & correspondence of interest to members.

CLUB NIGHT – SLIDE NIGHT, TRAVELLING THE EAST COAST

Thais will be sharing some photos and stories from recent trips along the East Coast of Australia. Come along and get some inspiration for your next local holiday.

SAT 16 HEATHCOTE - GURRUMBOOLA RIDGE - LADY CARRINGTON DRIVE - AUDLEY - HEATHCOTE

A nice solid autumn walk. From Heathcote we'll wander down to Head of Navigation then up and along Gurrumboola Ridge to the old Peach Tree trig. Engraved into the sandstone here is the word Audley and an arrow pointing down. Perhaps there was a track down but there isn't any longer so we'll have to do a little bush bash before finding a place to cross the Hacking River. Then along Lady Carrington Drive to Audley and up over the hill back to Heathcote. Around 14kms with a couple of ups and downs to keep us keen.

Grade: 3

Start: Contact Coordinator

SUN 17 CYCLE RIDE: FROM MEADOWBANK

 **NO HELMET NO GO!**

“SEARCH FOR THE SOURCE OF THE PARRAMATTA RIVER”

This ride, so described in the book, alludes to the famous search for the source of the Nile River in the mid-1800s. So come along and help solve this mystery (which I believe might be Lake Parramatta!). It is a mostly easy ride along the upper Parramatta River foreshores, then through Parramatta Park and onwards. We return by a similar but more direct route. Total distance about 30 km.

Grade: 2

Map: Street directory

SUN 17 CAVING SRT TRAINING

 **NO HELMET NO GO!**

This is an advanced abseil practice day at Bangor for those that want to practice advanced techniques for caving, e.g. use of mechanical ascenders, crossing re-belays etc. If you are planning on doing the Wee Jasper caves on 30 April & 1 May then you need to come along. If you want to participate make sure you book. **All participants MUST have their own set of mechanical ascenders.**

If you don't have your own ascenders, make sure you talk to a committee member before buying any.

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

6.

APRIL 2016

TUE 19 WALKS COMMITTEE MEETING

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

REMINDER

Have you sent Thais your Bush Telegraph articles yet? Please e-mail them to soon so she can meet her print deadline.

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SAT 23 RED HANDS CAVE

An 8km loop track which winds through remote bushland and takes in some fine examples of Aboriginal stencil art and hand prints. We'll start from Glenbrook Information Centre, making the walk approximately 10km in total.

Grade: 2

Map: Penrith

SUN 24 LAMBETH RESERVE TO MORGANS CREEK VIA YERAMBA LAGOON

Meet at 9am in the car park at Lambeth Reserve, Picnic Point. We'll follow the track along the Georges River to Yeramba Lagoon (a 1.8km loop with scenic views and hopefully lots of birdlife) before making our way to Morgans Creek for a bite to eat. Return to cars via the same route. Approximately 10km.

Grade: 2

Map: Georges River NP

SAT 30 & SUN 1 BASE CAMP & CAVING AT WEE JASPER

 **NO HELMET NO GO!**

Wee Jasper is a great cave system for beginners and experienced cavers alike. We will mix and match the caving parties to ensure a good weekend for anyone who wants to come caving.

Wee Jasper is one of the campsites on the Hume & Hovell Track and is a perfect weekend get-a-way. So if you prefer, just relax, do some short walks and have an enjoyable weekend.

Prior to being allowed to participate in caving a member must be able to satisfy a member of the abseil committee that they have the skills to complete the trip safely.



Please Note: The club's  NO HELMET NO GO! Policy applies when doing the caves.

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

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MAY 2016

- THU 5 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. More info including a trailer at <http://banffaustralia.com.au/>
- SAT 7 ABSEIL TRIP: CAMP CAVE CREEK**  **NO HELMET NO GO!**
Come and explore this rarely-visited tributary of Waterfall Creek off Kings's Tableland. Camp Cave Creek is very pretty. There are three abseils and a bit of navigation involved.
Please Note: You must be a financial member of the club to participate in this activity.
Grade: Abseiling
Map: Katoomba
- MON 9 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 pm.
Club administration, finance & correspondence of interest to members.
CLUB NIGHT - BEAUTIFUL BIRDS
Mike has a new camera which is tagged as being very good for taking bird photos. He is still working out how to use it best but will hopefully have some nice photos to show us. So come along and have a look at some of our beautiful birds.
Winter Program & Bush Telegraph available at tonight's meeting!!!
- SAT 14 PADDLE ON THE WORONORA RIVER**
A paddle on the Woronora River from Como to The Needles. Approx. 16 kms return. Conditions: Sheltered, tidal, light traffic. Bring hat, sun cream, water, morning/afternoon tea, lunch.
- SUN 15 ABSEIL TRIP: NARROWNECK BIG HOLE**  **NO HELMET NO GO!**
We've completed a reconnaissance of this rarely done route off Narrowneck and now it's time to share the fun. Come along and visit this special place. There are two magnificent abseils of 55m and 63m and a number of interesting features to visit on the way in and the way out. Experienced abseilers only.
Please Note: You must be a financial member of the club to participate in this activity.
Grade: Abseiling
Map: Katoomba

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MAY 2016

- SAT 21 MEGALONG VALLEY TO COX'S RIVER CAMPGROUND AND RETURN.**
This walk will cover part of the 6 Foot Track and will be roughly 12km long. Come and play on the swing bridge and check out part of this classic walk.
Grade: 2
Map: Jenolan
- SUN 22 GLENBROOK INFO CENTRE - LENNOX BRIDGE - ELIZABETH AND MARGE'S LOOKOUTS - LAPSTONE ZIG ZAG - GLENBROOK INFO CENTRE**
Visit the oldest bridge on the Australian mainland and the historic viaduct and railway cutting. Scenic views from the lookouts over the Nepean River and beyond. On a clear day we can see the Sydney CBD. 8kms with 100m ascent and descent.
Grade: 2
Map: Penrith
- SAT 28 SCENIC WORLD - GIANTS STAIRWAY - LEURA FOREST - FURBER STEPS - SCENIC WORLD**
A great mountains walk. From Scenic World we walk the cliff tops around to the Three Sisters then down the steep but spectacular Giants Stairway. Once down into the valley we'll walk the Dardenelles Track to the beautiful Leura Forest. After soaking in the atmosphere we walk the Federal Track under the cliff line around to the Furber Steps before the up up up back to Scenic World. Total distance around 12ks with down and up height of around 400m. We should be finished early afternoon giving us plenty of time for an after walk hot chocolate.
Grade: 3
Map: Katoomba
- SUN 29 IRON POT RIDGE TO COXS RIVER AND RETURN VIA BREAKFAST CREEK.**
Starting from Carlons Farm this walk takes us past aboriginal grinding grooves, with lunch by the Coxs River and return via Breakfast Creek. 600m ascent and descent.
Grade: 3
Map: Jenolan

9.