



COVID-19 SAFE WALKING - Participants need to comply with [all applicable government COVID safe requirements](#).

In particular:

- Do not participate in any club walk if you show any signs of being unwell.
- There will be no carpooling. All participants will need to make their own way to the activity starting point.
- Participants should stay at least 1.5m apart at all times.
- All participants should carry hand sanitizer and use it regularly, particularly before eating or during breaks after using handrails etc.
- Do not share food, water and equipment with others who are not from your household.
- Do not hand your mobile phone or camera to someone else to take a picture of you. Get them to use their own and send it to you.

JUNE 2020

SUN 6 BIKE RIDE: MEADOWBANK - BREAKFAST POINT - PARRAMATTA RIVER **⚠️ NO HELMET NO GO!**

An easy 15 km ride skirting the scenic mid sections of Paramatta River to help shake off some cobwebs. It includes a mixture of bike paths and undulating urban streets, with the short trip on the Mortlake punt. We will start and finish at Meadowbank Wharf, where we can enjoy a reviving coffee.

Grade: Easy Cycling
Start: Contact Leader

SUN 7 BALTZER LOOKOUT & HANGING ROCK

A relatively easy 8km walk mainly on fire trail, with a few small uphill & downhill, to Baltzer Lookout which offers spectacular views over the Grose Valley. An option to trek further 240m downhill which leads to even better views of Hanging Rock.

Grade: 2 **Ascent/Descent:** 150m
Map: Mt Wilson
Contact by: Friday June 5

MON 8 GEORGES RIVER NATIONAL PARK: PICNIC POINT - YERAMBA LAGOON - THE RIDGE TRACK - REVESBY BEACH

A nice zig zaggy local walk of around 12 kms to remind our legs and bodies of the pleasures of being outdoors again. We'll check out some local bush; see how the clean up of the lagoon is going and what birds are around. Note it will be a 10am start...ohhh, and you'll only need lunch as the walk is 3 hours max.

Grade: 2 **Ascent/Descent:** 50m
Map: Sketch
Contact by: Sat June 6

FRI 12 WINMALEE - BLUE GUM SWAMP - SOUTH GROSE LOOKOUT - SHAWS RIDGE - BLUE GUM CREEK - 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. Approx. 14 kms and we'll be setting a brisk pace, so be prepared for a workout on the day.

Grade: 2 **Ascent/Descent:** 250m
Map: Springwood
Contact by: Wed June 10

SAT 13 BIKE RIDE: LIDCOMBE - ROOKWOOD CEMETERY - RHODES - MEADOWBANK - RYDALMERE - LIDCOMBE RIDE**⚠ NO HELMET NO GO!**

Start in Lidcombe 9am. Ride through/explore Rookwood Cemetery then to Bicentennial Park, Rhodes, Meadowbank, Parramatta Valley cycleway for coffee. Return by M4 cycleway and then Duck Creek cycle way to Lidcombe. Approx. distance 40 to 45kms. Some quiet roads and mainly cycle ways. **Bring helmet, pump, spares, snacks, water.**

Grade: Cycling**Map:** Google Maps**Contact by:** Saturday 6 June by email**SUN 14 BRIGHTON BEACH**

Walk the ocean shore for most of this 14km or so flat picturesque walk from The Novotel to Captain Cook Bridge and return. Plenty of opportunity to paddle and for fish & chips and ice cream!

Grade: 2 **Ascent/Descent:** <50m**Map:** Google Maps**Contact by:** Friday 12 June**TUE 16 WALKS COMMITTEE MEETING**

Suggestions for the **July - August** Program must be given to a member of the walks committee or e-mailed to bankstownbushwalks@gmail.com by **Monday 15 June 2020** or they may not make it onto the program.

THU 18 PHOTOWALK. KARLOO TRACK AND BOTTLE FOREST TRAIL LOOP

This walk being jointly led by Rex and Donna Maree Avery is an opportunity to take photos and get some tips along the way.

The 9kml loop located near Heathcote, takes us onto Kangaroo Creek and will probably take us about 5 hours, as we will discuss lighting, composition, and using your camera in different situations. Those with mobile phones could gain from this as well.

Grade: 2 **Ascent/Descent:** 300m**Map:** Royal National Park.**Contact by:** Tuesday 16 June**SAT 20 WODI WODI TRACK – ILLAWARRA ESCARPMENT LOOKOUTS - STANWELL PARK**

We'll start with the Wodi Wodi track and then head up onto the escarpment to visit lookouts and do an exploration of some of the other tracks up there. This walk has spectacular coastal views, lush forest, and a variety of vegetation types. The walk will probably be about 15kms long depending on what we find.

Grade: 3 **Ascent/Descent:** 400m**Map:** Bulli**Contact by:** Wed 17 June**MON 22 KURNELL > CAPE BAILY LIGHTHOUSE & RETURN**

We'll set out on this stunning coastal walk from the Kurnell Visitor Centre. Along the way you'll see great cliff top views, diverse wildlife, and Cape Baily Lighthouse. The walk will include a stop at Cape Solander, one of Sydney's best whale watching spots. Don't forget your binoculars.

Grade: 2 **Ascent/Descent:** <100m**Map:** Kamay Botany Bay NP**Contact by:** Friday 19 June

- MON 22 ZOOM SESSION: MUNDA BIDDI TRAIL CYCLE TRIP - 1000KM PERTH TO ALBANY**
The Munda Biddi Trail is a cycle tour trip from Perth to Albany. It roughly parallels the bush walking trail, the Bibbulmun Track. This cycle trip was done in September 2018. The trail offers some beautiful scenery, spectacular wildflowers and some challenging mechanical issues in remote areas that needed to be overcome. Come and join our host for this Zoom session where he shares his screen with you and takes you through this 3 week adventure that you may want to add to your bucket list. If you would like to join this Zoom session at 7:30pm, please email the club at bankstownbushwalks@gmail.com and the organiser will send you an invitation/link prior to the session.
- TUE 23 DINNER AT DAVO'S TRATTORIA ON NUWARRA ROAD, MOOREBANK**
Enjoy a night of authentic Italian food and great company! The menu can be found at www.davostrattoria.com.au. Please email the club at bankstownbushwalks@gmail.com and the organiser will contact you.
- SAT 27 HEATHCOTE - HEAD OF NAVIGATION - ROBERTSON'S ROUNDABOUT - AUDLEY - HEATHCOTE**
From Heathcote we'll walk down to Head of Navigation and up the other side to Robertson's Roundabout. Then along Gurrumbola Ridge before heading down to Wattle Flat and along to Audley. Maybe a coffee here? Then back the shorter way to Head of Navigation before the steady climb up to Heathcote. Approx 10km.
Grade: 2 **Ascent/Descent:** 200m
Map: Royal NP
Contact by: Thurs 25 June
- SUN 28 WATSONS BAY - BONDI BEACH - COOGEE BEACH**
This 14km coastal walk takes in majestic views of Sydney Harbour and the stunning cliffs overlooking the Pacific Ocean. We head straight to The Gap, up to Christiansen Park past the lighthouses and onto the boardwalk, following the coastline towards Bondi Beach (7km) & to Coogee Beach (7km). We will catch the ferry from Circular Quay to Watsons Bay and return from Coogee by bus to Central Station so don't forget to bring your Opal card.
Grade: 2 **Ascent/Descent:** 200m
Map: Google Maps
Contact by: Friday 26 June