

**BANKSTOWN BUSHWALKING CLUB INC.**  
**ACTIVITIES PROGRAM FOR SPRING 2020**



**COVID-19 SAFE WALKING** To help participants be COVID safe on club activities the club has developed a [COVID-19 Safety Plan](#). We ask that all members and visitors familiarise themselves with the club's [COVID-19 Safety Plan](#) before participating in any club activity.

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.

For more information on any event, contact the Club Membership Officer at [bankswalks@google.com](mailto:bankswalks@google.com).

### AUGUST 2020

**MON 31 ZOOM SESSION: USING LOCATOR BEACONS AND MOBILE PHONES TO ORGANISE A RESCUE**

Some leaders and other members who don't already have a locator beacon are thinking about buying one. Join Lynda on Zoom from 7.15 for a 7.30 start for a one hour talk and slide show. The session is suitable for **all walkers**, not just leaders, and will cover useful mobile phone apps and a discussion of the two main types of locator beacon used by bushwalkers. We'll also talk about the correct use of devices and the protocols used by rescue services. Please register by emailing [bankstownbushwalks@gmail.com](mailto:bankstownbushwalks@gmail.com) before 9am Monday morning.

### SEPTEMBER 2020

**SAT 5 GERRINGONG - KIAMA COASTWALK**

Meet in Kiama for a train to Gerringong to start the 17 km walk, then walk back on the spectacular coastal walk to Kiama.

**Grade:** 3     **Ascent/Descent:** 150m

**Map:** Kiama Coast Walk map

**Contact By:** Thu 3 September

**SUN 6  SOCIAL MYSTERY BIKE RIDE/LUNCH**

** NO HELMET NO GO!**

Lunch at Heart to Heart Merrylands and/or Mystery Bike Ride of about 35 km. The restaurant serves Lebanese Cuisine and if you feel like something sweet you will be well catered for here. The bike riders will meet the lunch socialites along the way. Limited numbers.

**Grade:** Cycling + Social

**Map:** Google Maps

**Contact By:** Thu 3 September

**SAT 12  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 stop. Return by M4 cycleway and then Duck Creek cycle way to Lidcombe. Approx. distance 40 to 45 kms. Some quiet roads and mainly cycle ways. Bring roadworthy bike, helmet, pump, spares, snacks, water.

**Grade:** Cycling

**Map:** Google Maps

**Contact by:** Wed 9 September

**Please ensure you contact the activity leader by the date indicated, or at least 48 hours before the activity date. Please show consideration and contact before 9pm.**

**SUN 13 ABSEIL PRACTICE DAY****🚫 NO HELMET NO GO**

Club members will be meeting at 9am and practising their abseil skills. The day will be run in accordance with the club's [COVID-19 Safety Plan](#). All attendees must comply with the plan, especially with regards distancing, hygiene practice and the wearing of masks. Please download the plan and read it prior to the day. Anyone not complying with the plan will be asked to leave. The group size will be capped in order to comply with COVID-19 Safety requirements and we have a limit of 6 beginners. To book and learn the location of the practice day contact the Club Membership Officer at [bankswalks@google.com](mailto:bankswalks@google.com). Please bring a \$5 note or the correct coins for rope money as we will not be providing change on the day.

**Please note: You must be a financial club member to participate in this activity.**

**SUN 13 BERRIMA HERITAGE WALK**

Join Shannon on a walking tour of Berrima. Keep an eye out for platypus along the Stone Quarry Walk and stroll along the Berrima River Walk and discover what the German Merchant Seamen built while interned during WW1. There are also plenty of gift/jam/pottery shops to explore!

**Grade:** 1      **Ascent/Descent:** <50m  
**Contact By:** Friday 4 September

**FRI 18 DUCK RIVER AND AUBURN BOTANICAL GARDENS**

A wander through this local bushland area and listen to the birds. Head back to the Auburn Botanical Gardens to enjoy the spring blooms in these stunning landscaped gardens and visit the animals. Enjoy a picnic in the gardens or get something at the nearby food truck. About 6 km.

**Grade:** 1      **Ascent/Descent:** 50m  
**Map:** Google Maps  
**Contact By:** Wed 16 September

**SAT 19 BEROWRA TO MT KU-RING-GAI VIA WARATAH BAY**

A moderate walk in the scenic Ku-ring-gai Chase National Park. We go through lovely bushland and enjoy great views from ridgetops and along Cowan Creek and Waratah Bay. Only 10 km but includes a moderate descent and ascent so will provide a decent workout. We start and finish at train stations.

**Grade:** 2      **Ascent/Descent:** 300m  
**Map:** Cowan & Hornsby  
**Contact By:** no deadline

**SUN 20 WISEMAN'S FERRY. OLD NORTHERN ROAD, RETURN VIA FINCHS LINE**

This walk is in Dharug National Park across the Hawkesbury from Wiseman's Ferry. The walk ascends Devine's Hill to inspect the World Heritage convict-built road from the 1820s, stops for lunch with views over the Hawkesbury, and returns down another even earlier track before looping back to the ferry. Distance about 11 km.

**Grade:** 2      **Ascent/Descent:** 200m  
**Map:** Lower Portland & Gunderman  
**Contact By:** Thu 17 September

**SAT 26 WOLLONGONG BOTANIC GARDEN**

Explore this spectacular 30 hectare botanic garden which features an impressive collection of native and exotic plants.

**Grade:** 1      **Ascent/Descent:** <50m  
**Contact By:** Thu 24 September

- SUN 27** 🚲 **MOUNTAIN BIKE RIDE: FAULCONBRIDGE STATION TO FAULCONBRIDGE POINT AND RETURN** 🚫 **NO HELMET NO GO**  
Spectacular views overlooking the Grose Valley. Total: 20 km. Moderate cycling, with some short, steep sections.  
**Grade:** Cycling  
**Map:** Springwood  
**Contact By:** Tue 22 September

## OCTOBER 2020

- SUN 4** **DOG-FRIENDLY BUSHWALK ALONG TWO-VALLEY TRAIL, EARLWOOD TO WOLLI CREEK**  
Bring your dog along (or come on your own) to this dog-friendly bushwalk along the Two-Valley Trail. The Wollie Creek Valley includes the 50 ha of remnant bushland of the Wollie Creek Regional Park, with rugged sandstone escarpments. A combination of native heath and forest provides shelter for many native birds, insects and lizards. The Trail runs along easy bush tracks and across grasslands, and gives occasional glimpses of the creek. Distance is approximately 10kms return trip.  
**Grade:** 2    **Ascent/Descent:** 50m  
**Map:** Google Maps  
**Contact By:** Fri 2 October
- MON 5** 🚲 **BIKE RIDE: BICENTENNIAL PARK - RHODES - PARRAMATTA - SILVERWATER - NEWINGTON - BICENTENNIAL PARK RIDE** 🚫 **NO HELMET NO GO**  
Start at Waterview, Bicentennial Park at 9am. Ride through Rhodes to Parramatta for coffee. Return via M4 cycleway to Silverwater and then through Newington to return to start. Approx. distance 40 kms. Some quiet roads and mainly cycle ways. Bring roadworthy bike, helmet, pump, spares, snacks, water.  
**Grade:** Cycling  
**Map:** Google Maps  
**Contact by:** Fri 2 October
- SAT 10** 🚲 **BIKE RIDE: THIRROUL TO WOLLONGONG LIGHTHOUSE AND RETURN** 🚫 **NO HELMET NO GO**  
40 km ride from Thirroul to Wollongong lighthouse and back. Some quiet roads and mainly cycle ways. Bring roadworthy bike, helmet, pump, spares, snacks, water.  
**Grade:** Cycling  
**Map:** Google Maps  
**Contact by:** Wed 7 October
- SUN 11** **TARONGA ZOO - BALMORAL**  
This walk offers spectacular views of the harbour, pristine stretches of bushland, sheltered beaches and lunch at Balmoral beach. We may do a detour to Middle Head historic precinct if the day is not too hot. About a 9 km walk and we will return by bus to Taronga Zoo ferry wharf.  
**Grade:** 2    **Ascent/Descent:** 160m  
**Map:** Google Maps  
**Contact By:** Thu 8 October
- THU 15** **ROYAL NP: CURRA MOORS CIRCUIT- EAGLE ROCK - CURRACORRANG AND RETURN**  
The Curra Moors is a top place to see wildflowers and many birds. About 12 km, mainly boardwalk and fire trail, so a rather relaxing day. Come and take in the views from Eagle Rock and Garie lookout, and splash in the water at Curracorrang.  
**Grade:** 2    **Ascent/Descent:** 100m  
**Map:** Royal NP  
**Contact By:** Tue 13 October

Please ensure you contact the activity leader by the date indicated, or at least 48 hours before the activity date. Please show consideration and contact before 9pm.

**SAT 17 6 / 12 HOUR LAKE MACQUARIE ROGAINE**

This 6 or 12-hour cross country navigation event is an excellent introduction to navigation skills. You can choose the level of difficulty you want. For more information, contact the organiser via the walks committee at [bankstownbushwalks@gmail.com](mailto:bankstownbushwalks@gmail.com). The organiser can help organise you into a team or answer any questions. Around two hours north of Sydney this year, the exact location will only be revealed closer to the date. To find out more about Rogaining and future events visit <https://nswrogainig.org/wpblog/>.

**SUN 18 CAHILLS LOOKOUT - NELLIES GLEN - DEVILS HOLE**

After checking out the views from the cliff tops we descend the first part of the Six Foot Track into the valley where we will do a little exploring to see if an old film set is still there before returning up the escarpment via the Devil's Hole track. Although all on track, the top part of the Devil's Hole track is quite eroded and isn't easy going.

**Grade:** 3      **Ascent/Descent:** 500m

**Map:** Katoomba & Hampton

**Contact By:** Wed 14 October

**SUN 18 DHARAWAL NATIONAL PARK - O'HARES CREEK AND MINERVA POOL**

Explore the new Dharawal NP near Wedderburn and Appin. We will walk to O'Hares creek lookout and then to Minerva Pool stopping here for lunch. Approx. 7 km circuit.

**Grade:** 1      **Ascent/Descent:** <150m

**Contact By:** Fri 16 October

**SAT 24 TRIP LEADERS TRAINING DAY**

A day for leaders and those thinking of becoming leaders to come and share best practice and learn from each other. We will do a Grade 2 walk and members of the walks and abseil committees will lead some discussions, share information and answer your questions. To find out more, contact the walks committee by email at [bankstownbushwalks@gmail.com](mailto:bankstownbushwalks@gmail.com). You will be sent an information pack with details of the walk, an outline of the topics we will be covering and a couple of quick activities to do prior to the day.

**SUN 25 ABSEIL: BOAR'S HEAD**

**🚫 NO HELMET NO GO**

There are 5 abseils on this trip, including the spectacular "slot" abseil. This is a spectacular and popular trip. Strictly limited numbers so book early. To book, contact the Club Membership Officer at [bankswalks@google.com](mailto:bankswalks@google.com).

**Please note: You must be a financial member to participate in this activity.**

**Contact By:** Wed 21 October

**Map:** Katoomba

**SUN 25 GLENBROOK INFO CENTRE - ELIZABETH LOOKOUT - KNAPSACK BRIDGE - DARKS COMMON - BLUFF RESERVE - GLENBROOK INFO CENTRE.**

This circuit walk includes Lapstone's historic rail tunnels north and south, the old tramway track, views of the current rail tunnel and Glenbrook Gorge, and the old funicular line. Numerous steps descend steeply from Elizabeth Lookout to Knapsack Bridge. Total 12 km.

**Grade:** 2      **Ascent/Descent:** 200m

**Map:** Penrith

**Contact By:** Tue 20 October

**SAT 31 BYO BARBEQUE AND CLUB MEETING AT BASS HILL**

The BYO barbeque (precise location TBA) will be at 12 midday, followed by a Club Meeting. To follow COVID-19 guidelines, a maximum of 20 people can attend, so please register your interest in attending, along with any Agenda items you would like listed, with our Club Secretary at [bankstownbush@gmail.com](mailto:bankstownbush@gmail.com) as soon as possible.

## NOVEMBER 2020

- SUN 1 LADY CARRINGTON DRIVE - PALONA CAVE - WISES TRACK - WOLLUMARRA TRACK - LADY CARRINGTON DRIVE**  
 From the start we walk a short distance and cross the Hacking River. (If the stepping stones are covered we may have to wade a little). We'll then follow Forest Path and Lady Carrington up to Palona Cave. A short climb up a waterfall is followed by an 800m off-track walk up the ridge to a fire trail. We then follow different tracks back down to Lady Carrington before recrossing the Hacking River.  
**Grade:** 3    **Ascent/Descent:** 150m  
**Map:** Royal NP  
**Contact By:** Thu 29 October
- SAT 7 GARAWARRA TO GARAWARRA VIA BURNING PALMS**  
 From the old horse-riding ranch of Garawarra we meander through open eucalypt forest, passing Bulgo Hill and onto Werrong Point lookout for a cuppa. From there it's all downhill through the Palm Jungle crossing the Rills of Ree, Robbin, Whip and Wren into Burning Palms beach for some lunch and get some sand between the toes before heading back to Garawarra carpark via the challenging Burgh Ridge track. Overall distance approx. 10 km with a consistent 2 km uphill walk out from Burning Palms.  
**Grade:** 2    **Ascent/Descent:** 250m  
**Map:** Royal NP  
**Contact By:** Thu 5 November
- SUN 8 ABSEIL: 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 second trip down Malaita Walls. To book contact the Club Membership Officer at [bankswalks@google.com](mailto:bankswalks@google.com).  
**Please note: You must be a financial club member to participate in this activity.**  
**Contact By:** Wed 4 November  
**Map:** Katoomba
- TUE 10 WALKS COMMITTEE MEETING**  
 Suggestions for the **Summer 2020-2021** Program must be given to a member of the walks committee or emailed to [bankstownbushwalks@gmail.com](mailto:bankstownbushwalks@gmail.com) by **Monday 9 November 2020** or they may not make it onto the program.
- SAT 14 CARRINGTON FALLS - MISSINGHAM STEPS - STEVO'S TRACK**  
 After checking out the spectacular Carrington Falls we'll follow an historic track down to a creek through a lovely forest. There is a track all the way, but it can be slippery in places. After we reach the bottom of Missingham Steps we'll head downstream and look for the route up the other side. There will be an off-track element to our adventures, and a steep ascent with lots of scrambling. If it's hot there will be a chance for a swim after the walk.  
**Grade:** 4    **Ascent/Descent:** 420m  
**Map:** Robertson & Kangaroo Valley  
**Contact By:** Wed 11 November
- SUN 15 SPRINGWOOD - SASSAFRAS GULLY - PERCH PONDS - MAGDALA CREEK - SPRINGWOOD**  
 From Springwood we walk to Sassafras Gully, then follow this track down to its junction with Glenbrook Creek and then down to Perch Ponds. Return to Springwood by ascending the Magdala Creek track. A walk of pretty waterfalls and shaded bushland.  
**Grade:** 2    **Ascent/Descent:** 200m  
**Map:** Springwood  
**Contact By:** Thu 12 November

**SAT 21 - SUN 22 MYSTERY EASY BACKPACK**

With the current closure of many areas in our favourite parks it is a bit difficult to nominate a spot to reacquaint ourselves with backpacking. Over the next couple of months, I'll see what is open and decide where to go. Aiming for around a 10-12 km walk in with overnight camp. Hopefully, we'll remember how to put our tents up!

**Grade:** 3      **Ascent/Descent:** 150m

**Map:** To be decided

**Contact By:** To be advised

**SAT 21 6 HOUR METROGAINING AT WILLOUGHBY**

This event is a perfect introduction to navigation skills in an urban setting. For more information, contact the organiser via the walks committee at [bankstownbushwalks@gmail.com](mailto:bankstownbushwalks@gmail.com). The organiser can help organise you into a team or answer any questions. Our club's teams will compete at this event for our coveted BBC Paddy Pallin trophy. Maps will be supplied on the day. Entry fees apply. Make sure you register early as this is a very popular event. To find out more about Rogaining and future events visit <https://nswrogaining.org/wpblog/>

**SUN 22 CIRCULAR QUAY - MILSONS POINT - TARONGA ZOO**

This walk will explore much of the foreshore linking Circular Quay to Taronga Zoo Ferry wharf. The 12 km walk is mostly along footpaths sometimes beside roads and other times through parkland which offers magnificent views of Sydney Harbour.

**Grade:** 2      **Ascent/Descent:** 100m

**Map:** Google Maps

**Contact By:** Thu 19 November

**SUN 22  BIKE RIDE: BICENTENNIAL PARK - RHODES - PUTNEY - GLADESVILLE BRIDGE - DRUMMOYNE - CABARITA - CONCORD - BICENTENNIAL PARK**

** NO HELMET NO GO!**

50 km ride from Waterview, Sydney Bicentennial Park to Gladesville Bridge through Rhodes and Putney. Return via Drummoyne, Cabarita, Breakfast Point and Concord. Some quiet roads and mainly cycle ways. Bring road worthy bike, helmet, pump, spares, snacks, water.

**Grade:** Cycling

**Map:** Google Maps

**Contact by:** Wed 18 November

**FRI 27 SPHINX TRACK - WARRIMOO TRACK - BOBBIN HEAD - GIBBERAGONG TRAIL - MURRUA TRAIL**

This 15 km walk follows two beautiful creeks in Ku-Ring-Gai Chase National Park. Although the walk is all on track the track can be a little rough in places and some scrambling may be required.

**Grade:** 3      **Ascent/Descent:** 300m

**Map:** Ku-Ring-Gai Chase NP

**Contact By:** Wed 25 November

**SAT 28 GREAT RIVER WALK, PENRITH**

After meeting for breakfast, this easy 7 km loop passes through Penrith at the foot of the Blue Mountains providing amazing scenery along the Nepean River. Watching boats/birds/wildlife we can also see FREE contemporary art at Penrith Regional Galley (if open) or just pause at the café.

**Grade:** 1      **Ascent/Descent:** <50m

**Contact By:** Fri 26 November

**SUN 29 ABSEIL: GRAND CANYON**

**🚫 NO HELMET NO GO**

The Grand Canyon is a short and enjoyable canyon that runs parallel to the famous Grand Canyon walk near Blackheath. With only one abseil, it is a good first canyon for new canyoneers. Wetsuits and abseil gear essential. If there is enough interest we may also run a trip at nearby Jugglers Canyon as well as the Grand. Let your leader know if you are interested in this option. To book contact the Club Membership Officer at [bankswalks@google.com](mailto:bankswalks@google.com).

**Please note: You must be a financial club member to participate in this activity.**

**Contact By:** Wed 25 November

**Map:** Katoomba