

**BANKSTOWN BUSHWALKING CLUB INC.**  
**WALKS AND SOCIAL PROGRAM: \*AUTUMN 2017\***



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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 2017**

**FRI 3 AUBURN BOTANIC GARDENS**

Enjoy a relaxing stroll through the grounds of this hidden oasis. The gardens contain many attractive features including a fauna reserve and aviary, Japanese garden, native garden and rainforest.

Grade: 1

Map: Street Directory

**SAT 4  CYCLE RIDE: FOUR CANALS AND A GREENWAY  NO HELMET NO GO!**

Meet at Wolli Creek railway station 9.15 am for 9.30 am start. Approx 50km (Grade 4). Start and finish at Wolli Creek railway station. Some traffic and road riding. Enjoy water views, riverside pathways, inner city haunts and jaunts. Can take picnic lunch or purchase along the way. Bring drinking water and sun cream.

**SAT 4 CANYONING: NORTH BOWENS CANYON  NO HELMET NO GO!**

An incredibly beautiful canyon with multiple abseils and some short swims. Participants must be confident abseilers and used to off-track walking. Wet suit & abseil gear required.

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

Grade: Canyoning

Map: Mt Wilson

**SUN 5 CANYONING: JUGGLERS AND THE GRAND CANYON  NO HELMET NO GO!**

Two short but enjoyable canyons conveniently within walking distance of each other. Jugglers is a dry canyon with a few good abseils, and afterwards we'll go and do the Grand Canyon with only one abseil but some good swims. Suitable for beginners. Wetsuit needed for the Grand.

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

Grade: Canyoning

Map: Katoomba

**SUN 5  MOUNTAIN BIKE RIDE: OAKS FIRE TRAIL  NO HELMET NO GO!**

Meet at Woodford Rlwy Stn then cycle 30km along Woodford Ridge > The Oaks Fire Trail > Glenbrook Rlwy Stn. Bring roadworthy bike, lunch, spare tube, water & sunscreen. Well-graded fire trail - mountain bike preferable. Largely downhill (except for the uphill bits). 350m climb/descent. We'll also collect rubbish for Clean-Up Australia Day.

# BANKSTOWN BUSHWALKING CLUB INC. \*AUTUMN 2017\* PROGRAM

## MARCH 2017

### FRI 10 OCEAN FILM FESTIVAL AT SEYMOUR CENTRE

Great films which focus on ocean activities worldwide. Book direct with the venue. Also showing at other Sydney venues.

### SAT 11 CHIPPING NORTON LAKES

A brisk morning walk around Chipping Norton Lakes (approx. 1.5 - 2 hours). Includes a stop at the Farmer's Market on the way back to the cars.

Grade: 1

Map: Street Directory

### SUN 12 WALK TO RIVER CAVES CANYON

The River Caves is a short but spectacular canyon in upper reaches of Budgery Creek. It has no abseils, and the water in the canyon is knee-deep at its deepest. 3km walk with a 160m ascent. No wetsuit required. Possibly also do the Dry Canyon &/or Deep Pass if we get through River Caves quickly enough on the day.

Grade: 1

Map: Newnes Plateau

### SUN 12 ABSEIL TRAINING DAY: WAHROONGA



Club members will be meeting at 9am and practising 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.

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

### MON 13 ❖❖ ANNUAL GENERAL MEETING ❖❖

**THE AGM will be held at the Club Rooms at GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road, Georges Hall.**

**MANAGEMENT COMMITTEE 7.00 - 7.30 pm (for Committee members).**

**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.

### SAT 18 & SUN 19 CANYONING: CARRA BEANGA



Carra Beanga is a 2-day trip in the Kanangra-Boyd area. You will need to be confident in abseiling with a large heavy pack and have considerable canyon experience. Participants on this trip **MUST** be fit & experienced in canyoning. **Wetsuits essential.**

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

Grade: Canyoning - Experienced only

Map: Kanangra

### SAT 18 ROBERTS PASS > LINDEMAN PASS > COPELAND PASS

Come and explore some historic, less frequented tracks in the Wentworth Falls/Leura area. There will be some scrambling, slippery sections and exposure, as well as a steep up, so the walk is only suitable for experienced walkers.

Grade: 3

Map: Katoomba

## BANKSTOWN BUSHWALKING CLUB INC. \*AUTUMN 2017\* PROGRAM

### MARCH 2017

#### SUN 19 THE SPIT > MANLY WALK & DINNER

A lovely 9km, 4-hr afternoon walk to Manly with beautiful views over the harbour. We will meet at either Wynyard to catch the bus to the Spit, or at the Spit for those who prefer. Followed by dinner at Manly for those who choose to stay, then a ferry ride back to Circular Quay to travel home. Bring your Opal card!

Grade: 2                      Map: Street Directory

#### SAT 25 – SUN 26 BACKPACK: KANANGRA > GINGRA RIDGE > HUGHES RIDGE > KOWMUNG RIVER > ROOTS RIDGE > KANANGRA

A classic walk to the holy Kowmung with a guaranteed 5-star campsite. This walk has it all: stunning views, history and the most beautiful river in NSW. Walk includes an off-track section, river crossings and the occasional black snake as well as an 800m descent and ascent. Waterproofing of pack, gaiters and suitable footwear for the river crossings is required.

Grade: 4                      Map: Kanangra & Yerranderie

#### SAT 25 CONSERVATION HUT > NATIONAL PASS > UPPER WENTWORTH FALLS > CONSERVATION HUT

One of the most scenic walks in the Blue Mtns; taking us to Queen Victoria Lookout & Empress Falls then along National Pass to top of Slack Stairs and steps to Upper Wentworth Falls before heading back to Conservation Hut via the Shortcut Track. A total of 12km.

Grade: 3                      Map: Katoomba

#### SUN 26 BALMAIN PENINSULA

Explore parks, foreshore and architecture of Balmain on late afternoon walk. We'll start at Birchgrove wharf and finish at Balmain East wharf with time for coffee, maybe even dinner in the pub if we want. Max 8 only - streets are narrow! Around 12 kms.

Grade: 2                      Map: Street Directory

### APRIL 2017

#### SAT 1 CYCLE: LAKE GILLAWARNA > MYSTERY LOCATION NO HELMET NO GO

As daylight saving comes to an end why not go for an afternoon ride through parkland and on bike paths with a few road crossings. We will start around Lake Gillawarna and go along fairly flat terrain (and maybe a little hill) to wherever the group feels like riding to. Dinner at Lake Gillawarna on return trip so don't forget to pack something in your esky. Bike must be roadworthy. Bring water, snacks and bike repair kit ie tube, pump etc.

#### SAT 1 BUNDANOON IS BRIGADOON 40<sup>TH</sup> ANNIVERSARY

40<sup>th</sup> anniversary of the annual Highland Gathering at Bundanoon. Chieftain of the Day: Jimmy Barnes. Massed Pipe Bands, field events, food & Clan stalls. Toss the Caber & see the Strongmen lift the Bundanoon Stones of Manhood.

#### SUN 2 BUNDEENA > JIBBON HEAD > CRONULLA

After a short ferry ride from Cronulla to Bundeena (fares apply) we will walk along Jibbon Beach to the Aboriginal rock carvings and Jibbon Head. Return to Cronulla where our walk will continue (for those that are keen) and take in the sights along the esplanade.

Grade: 2                      Map: Royal NP / Street Directory

# BANKSTOWN BUSHWALKING CLUB INC. \*AUTUMN 2017\* PROGRAM

APRIL 2017

## SAT 8 & SUN 9 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 8 CYCLE: CRONULLA > FOX STUDIOS

 NO HELMET NO GO!

Meet at 9:15am for a 9:30am start. Start and finish at Sharkies Car Park, Cronulla. 62km ride. Some traffic, mostly on cycle paths/cycle ways. Must be confident riding on roads. Pack picnic lunch or purchase at Fox Studios. Bring water & sunscreen.

## SUN 9 ROGAINE: 3-HR MINIGAIN. SYDNEY NORTHERN SUBURBS

Rogaining is a sport of long distance cross country navigation, using map & compass only. Team selects route on the day. Individual entry is OK on this event. To join a beginner team contact the Club by Mon 27<sup>th</sup> Mar or ASAP. Run by NSWRA. Entry fees & deadlines apply.

## SUN 9 LINDFIELD > ROSEVILLE BRIDGE MARINA (GARIGAL NP)

A moderately easy 10km walk along the 'Two Creeks track' through Garigal National Park in Sydney's north, taking in nice bushland and views across the upper reaches of Middle Harbour.

Grade: 2

Map: Street Directory

## MON 10 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 leaders 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 Committee members).

**GENERAL MEETING** 7.30 pm start.

Club administration, finance & correspondence of interest to members.

**PRESENTATION: *Easier-to-read website & defined procedures.***

The Club has an updated and easier-to-read website; slightly revised forms and updated leader and activity participant procedures. We need all members to be aware of these easier-to-understand requirements so the Walks Committee will be running through them tonight. It will be a shortish and informative session for everyone; leaders through to new members alike. These improvements will make being in the great outdoors safer and more enjoyable so if you have tonight free we would love to see you there.

FRI 14 – MON 17      **\*\* EASTER HOLIDAY WEEKEND \*\*** (NO WALKS PLANNED)

## SAT 15 OTFORD > BURNING PALMS > GARIE BEACH > EAGLE ROCK > WATTAMOLLA > LITTLE MARLEY > BUNDEENA > (BY FERRY) CRONULLA


A classic and beautiful 24km walk with superb coastal scenery.

Grade: 3

Map: Royal NP

## BANKSTOWN BUSHWALKING CLUB INC. \*AUTUMN 2017\* PROGRAM

### APRIL 2017

- SAT 15 KU-RING-GAI CHASE NP: NORTH TURRAMURRA > BEROWRA**  
Following Cowan Creek for most of this 16km fast-paced walk, we start down the Sphinx track > Warrimoo track > Bobbin Head & Apple Tree Bay. After a break we will keep following the creek around Lords and Waratah Bays before making our way up the hill to Berowra station where we will catch the train back to the cars. Lots of nice water and bush views but there are ups and downs (about 220m). It could be a car shuffle or a bus to the start so don't forget to bring the Opal card. **Grade 3 walkers only please.**  
Grade: 3                                  Map: Hornsby and Cowan
- TUE 18 WALKS COMMITTEE MEETING**  
For members of the Walks Committee to co-ordinate activities for the **\*Winter Program\***.
- WED 19 SCENIC WORLD > FURBER STEPS > BOARDWALK > SCENIC WORLD**  
This 5km walk has a 250m descent to the rainforest boardwalk. View the Sculpture at Scenic World Exhibition before a 250m ascent on return. Other transport options available to boardwalk.  
Grade: 2                                  Map: Penrith
- SAT 22 & SUN 23 BASE CAMP / COASTAL WALKS: BATEMANS BAY**  
An invigorating 8km walk from Pretty Beach to Pebbly Beach offering coastal views, beaches, kangaroos and swimming opportunities; plus another walk to be determined. Camping at Depot Beach. A longish drive for a weekend but a nice area to explore.  
Grade: 2                                  Map: Murramarang NP (Sth Coast)
- SAT 29 ABSEIL TRIP: NARROWNECK BIG HOLE**  **NO HELMET NO GO!**  
We attempted this rarely done route off Narrowneck last year but had to pull out due to high winds. I think it's time to have another go. 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.  
**Please Note: You must be a financial member of the club to participate in this activity.**  
Grade: Abseiling (experienced only)          Map: Katoomba
- SUN 30 GLENBROOK > LENNOX BRIDGE > LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIGZAG > GLENBROOK.**  
Meet at the Glenbrook Info Centre. Visit the oldest Aust. mainland bridge & lookouts, then 100m descent to historic viaduct & up through old rail cuttings.  
Grade: 2                                  Map: Penrith

### MAY 2017

- THU 4 BANFF MOUNTAIN FILM FESTIVAL – AT SEYMOUR CENTRE**  
These amazing films highlight some incredible outdoor activities worldwide. Book direct with venue. Also showing at other Sydney venues.
- SAT 6 & SUN 7 WINGS OVER ILLAWARRA AIRSHOW**  
Airshow held at Illawarra Regional Airport near Albion Park Rail. Tickets already on sale. Book direct or buy at gate. Aerobatics, classic warbirds & vintage aircraft, ADF jets & formation flying, simulators & heli rides, classic cars & motorbikes.

# BANKSTOWN BUSHWALKING CLUB INC. \*AUTUMN 2017\* PROGRAM

MAY 2017

## SAT 6 ABSEIL: CASTLE HEAD

 **NO HELMET NO GO!**

This multi-pitch trip features great views of the Jamison Valley and Mt Solitary. Lunch on Ruined Castle before returning via Golden Stairs.

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

Grade: Abseiling                      Map: Katoomba

## SAT 6 KAYAKING: MIDDLE HARBOUR BEACHES

(Grade 4). Launch from Tunks Park, Lower Cliff Avenue, Northbridge. Return to start. Early start, approx 12 kms return. Open, tidal, heavy traffic. Sea kayaks required (check with coordinators). Paddle past sunken wrecks in Salt Pan Cove and historic houseboats in Pearl Bay, under Spit Bridge and onto the great beaches of Middle Harbour (Weather dependent).

## SAT 6 SCENIC WORLD > PRINCE HENRY WALK > THREE SISTERS > GIANT STAIRWAY > FEDERAL PASS > FURBER STEPS > SCENIC WORLD

A nice walk around the cliff edges with plenty of lookouts and great views across to Mt Solitary. Distance is around 8km but there is a steep 300m descent & ascent involved.

Hopefully we'll get to the Three Sisters before the tourist buses arrive. On the way up Furber Steps we'll visit Katoomba Falls and take the alternative finish back to the cars.

Grade: 3                                      Map: Katoomba

## MON 8 CLUB NIGHT - AT THE CLUB ROOMS

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**MANAGEMENT COMMITTEE** 7.00 - 7.30 pm (for Committee members).

**GENERAL MEETING** 7.30 pm start.

Club administration, finance & correspondence of interest to members.

**PRESENTATION:** An interesting presentation on *Map and Compass Navigation*.

Magnetic Deviation and Declination, Attack Points, Aiming Off, Resection, Lineal Features or Handrails. Field Boundaries, Leap Frogging, Catching (Gathering or Collecting) Features, Distance Travelled. Naismiths Rule. Transverse Mercator Projection.

If any of these terms seem strange to you, or if you're interested in brushing up on your navigation skills then perhaps this presentation is for you.

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

## SAT 13 CHARLES DARWIN > NATIONAL PASS > OVER/UNDER CLIFF WALK

A stunning albeit a very touristy and busy walk with spectacular views of the Jamison Valley, Wentworth & Empress Falls. The walk is about 10kms, with ascent and descent about 650m and should take about 5 hours depending upon stops. Meeting point will be at Wentworth Falls. After the walk we will enjoy a coffee at one of the many Wentworth Falls cafes.

Grade: 3                                      Map: Katoomba


## TUE 16 BUSHWALKING NSW GENERAL MEETING

Venue: Redfern Town Hall, 7pm. All are welcome. Guest speaker: Sharon Fulcher NSW NPA.

Topic: *What is the latest in minimal impact bushwalking and biosecurity?*

## BANKSTOWN BUSHWALKING CLUB INC. \*AUTUMN 2017\* PROGRAM

### MAY 2017

- SAT 20 WATTAMOLLA > WEDDING CAKE ROCK > WATTAMOLLA**  
A scenic walk along one of the most beautiful sections of the Coast Track. Approx 12km.  
Grade: 2 Map: Royal NP
- SUN 21 GORDON FALLS > BRIDAL VEIL FALLS > LEURA CASCADES**  
Lots of great views over Solitary and the Jamison Valley plus the brilliant escarpment falls. Quite a bit of upping and downing over a distance of 12kms in this one so bring your leg muscles. Distance wise a hardish grade 2, for the legs a 3.  
Grade: 2 - 3 Map: Katoomba
- SAT 27 GLENBROOK RAILWAY STN > RANGER STN > CAUSEWAY > RED HANDS CAVE > CAMPFIRE CREEK > RETURN**  
A pretty 10km walk along Glenbrook Creek and Campfire Creek, with a visit to ancient Aboriginal hand stencils.  
Grade: 2 Map: Penrith & Springwood
- SUN 28 ABSEIL TRAINING DAY: ALFORDS POINT**  **NO HELMET NO GO!**  
Club members will be meeting at 9am and practising 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.  
**Please Note: You must be a financial member of the club to participate in this activity.**