

BANKSTOWN BUSHWALKING CLUB INC.
***AUTUMN 2018* ACTIVITIES PROGRAM**

PHONE: 0422-089-606 E-MAIL: bankstownbush@gmail.com
WEB SITE: <http://www.bankstownbushwalkingclub.org.au>
POSTAL ADDRESS: PO Box 7061, Mt Lewis NSW 2190



Please make sure 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.

**** VISITORS ON CLUB WALKS OR OTHER ACTIVITIES ****

Any club member who invites a visitor to join them should ensure the guest is capable of participating in that particular activity.

MARCH 2018

SAT 3



ABSEIL TRAINING DAY: YELLOW ROCK



NO HELMET NO GO!

Club members will be meeting at Yellow Rock 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 have your own gear, you'll need to book in. There is no limit on experienced abseilers with their own gear.

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

SAT 3 - SUN 4 WOLLEMI BACKPACK: CANOE CREEK

This is a short but steep walk leading to a magic camping spot at the junction of Canoe Creek & the Colo River. After making camp, there will be ample time to explore the Colo River gorge although the weather and/or energy levels may give the adjacent spa & swimming hole more appeal. Limited numbers as the camp site is small. Good coffee is available at our after-walk stop.

Grade: 3

Ascent/Descent: 400m

Map: Colo Heights

SUN 4



CYCLE RIDE: SYDNEY OLYMPIC PARK



NO HELMET NO GO!

Meet at bike shop in Sydney Olympic Park (SOP) for an early start to beat the heat. Plenty of coffee shops from which to choose. SOP & return via Wilson Park. About 30-40km on 95% bikeway and quiet streets.

Essentials: helmet, spare tube, pump, repair kit, & sunscreen.

FRI 9



CYCLE RIDE: STEELE PK > DOLLS PT & RETURN



NO HELMET NO GO!

Avoid the weekend crowds for this ride along the foreshore of Botany Bay. We will start after the morning peak traffic clears and enjoy lunch in one of the cafes along the way. Ride is under 40kms. It is mostly cycle paths and fairly flat. If we feel we deserve it we can call in at Adora Chocolates afterwards.

Essentials: helmet, spare tube, pump, repair kit, & sunscreen.

SAT 10

GREAT NORTH WALK AT KU-RING-GAI CHASE NP: COWAN > BROOKLYN

Starting at Cowan station we will follow the Great North Walk past Jerusalem Bay and Brooklyn Dam to Brooklyn station on this 13km walk. Lots of ups and downs, steep sections and steps but you will be rewarded with great water views and a few lookouts. If we keep an eye out, we may find the alternative track for a different end to this walk. Bring the Opal card for the train back to Cowan, and loose change for the cafes at the end.

Grade: 3

Ascent/Descent: 220m

Map: Cowan

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SUN 11 ROSE BAY > WATSONS BAY

The walk brings you to secluded beaches, beautiful parks & picturesque bays while enjoying panoramic views of the city and the harbour. Highlights include Milk Beach, Parsley Bay, Nielsen Park & the Hermitage Foreshore track. Approx 8km. Once at Watsons Bay, we have the option of exploring The Gap and Hornby Lighthouse (this will add a few extra km to the walk).

Grade: 2

Ascent/Descent: 150m

Map: Google Maps

MON 12 ❖❖ ANNUAL GENERAL MEETING ❖❖

THE AGM will be held at the Club Rooms at GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road, Georges Hall from 7:30 – 8:45 pm.

SAT 17 CANYONING: BUNGONIA CREEK

 **NO HELMET NO GO!**

Advanced canyon trip, a long day adventure with some large abseils down into the limestone open canyon. While there are a few swims, wetsuits shouldn't be needed so our bags will be slightly lighter on the long way back to camp.

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

SAT 17 CIRCULAR QUAY > MILSONS POINT > TARONGA ZOO

'Twas so popular that we thought we'll do it again! After a hearty breakfast at Pancakes on the Rocks, we'll walk across the Harbour Bridge & make our way to Taronga Zoo ferry wharf. The 12km walk is mostly along footpaths & through parkland which offers magnificent views of Sydney Harbour.

Grade: 2

Ascent/Descent: 200m

Map: Google Maps

SUN 18 WARRIMOO > BLAXLAND VIA FLORABELLA PASS

Starting from Warrimoo Stn, we take the historical walking track winding along pretty Florabella Creek and onto Pippas Pass track at the end to get to Blaxland Stn. Approx 8km.

Grade: 2

Ascent/Descent: 160m

Map: Springwood

SAT 24 EVANS LOOKOUT > PULPIT ROCK RETURN

A scenic walk from Evans Lookout along the Cliff top track to Govetts Leap and onto Pulpit Rock. Continuous views of the Grose valley and the wonderful Pulpit Rock Lookout. Then we'll walk back again! About 13km with quite a few ups & downs.

Grade: 2

Ascent/Descent: 300m

Map: Katoomba & Mt Wilson

SUN 25 CYCLE RIDE: FAULCONBRIDGE POINT

 **NO HELMET NO GO!**

An easy 20km return cycle ride from Falconbridge R/Stn along the undulating fire trail until we reach the Point. Spectacular views over the Grose Valley. Great ride for beginner MTBers.

Essentials: helmet, spare tube, pump, repair kit, sunscreen, water & lunch.

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FRI 30 MAR – MON 2 APR

4-DAY BACKPACK: NEWNES > WOLGAN RIVER > ANNIE ROWAN CREEK

We will walk beside the Wolgan River to the junction with Annie Rowan Creek where we will set up camp. The next day we will explore the area, searching for a mysterious local landmark. Depending on the preferences of the group we may walk part way back or we might just laze around camp that afternoon. The walk in and out is mostly fire trail, but there are some scrubby and off-track sections. Our exploring day is mostly off-track.

Grade: 3

Ascent/Descent: 200m

Map: Mt Morgan

SAT 31 AUBURN BOTANIC GARDENS

Take a relaxing stroll through the grounds of this hidden oasis which feature a fauna reserve & aviary, Japanese garden, native garden and rainforest.

Grade: 1

Ascent/Descent: none

Map: Google Maps

APRIL 2018

THU 5 SOCIAL: DINNER AT ENZOS CUCINA

Enjoy a hearty Italian dinner at Enzos Cucina, Chipping Norton. The menu can be found at www.enzoscucina.com.au. Contact Shannon by Thu 29th March on bankstownbush@gmail.com.

SAT 7 EVANS LOOKOUT > HORSE TRACK > JUNCTION ROCK > GOVETTS LEAP

The Horse Track is a lesser-known route into the Grose Valley. We'll start from Evans Lookout and follow it down. Pleasant walking beside creeks follows before we slog it back up the hill at Govetts Leap. We'll be able to enjoy the views along the tops as we head back to our cars. Distance is 11kms, but the ascent and descent mean you will need to be fit for this one. Excellent bakeries and coffee in Blackheath will complete our day out.

Grade: 4

Ascent/Descent: 800m

Map: Katoomba

SAT 7 SOCIAL: BRIGADOON – THE ULTIMATE SCOTTISH EXPERIENCE!

An annual highland gathering at Bundanoon. Chieftain of the Day is Jimmy Barnes. Massed Pipe Bands, field events, food & Clan stalls. Toss the Caber & see the Strongmen lift the Bundanoon Stones of Manhood. Entry fees apply. For more details, contact Thaïs by Wed 4th April on bankstownbush@gmail.com.

SUN 8 ROGAINE: NSW MINIGAIN (3 HRS) AT SCHEYVILLE

A long distance cross country navigation sport, using map & compass only. Team selects route on the day. Individual entry is ok for this event. To join a beginner team, contact Thaïs by Mon 25th March on bankstownbush@gmail.com. Run by NSWRA. Entry fees & deadline apply.

MON 9 CLUB NIGHT - AT THE CLUB ROOMS

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.

A chance to chat, socialise, and meet other members. New members welcomed.

GENERAL MEETING 7:30 – 8:15pm. Club administration, finance & correspondence of interest to members.

PRESENTATION 8:30 – 9:15pm. Featuring 'Adamson Legacy Tour of Kenya' – a niche tour which followed the footsteps of George & Joy Adamson of Elsa the lioness (Born Free) and Christian the lion fame.

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SAT 14 WENTWORTH FALLS, BLUE MOUNTAINS NATIONAL PARK

We will explore the lookouts & waterfalls in the Wentworth Falls area, with the option of walking down to the base of the Falls. Recent track accidents & closures mean we probably can't do the desired circuit walks below the cliffs, but hopefully it will still be a rewarding day. A moderately easy 8km walk.

Grade: 2

Ascent/Descent: 200m

Map: Katoomba

SAT 14 CYCLE RIDE: THIRROUL > UNANDERRA

 **NO HELMET NO GO**

A mainly flat 45km ride follows a combination of cycle paths & lanes with some light traffic on roads. Must be confident riding on roads. Morning tea at North Wollongong cafe; picnic lunch or possibility to purchase lunch from 'take-away shop' along the way. You will be able to catch a train from Sutherland to Thirroul to meet for the start of the ride. Finish time is approx 2pm'ish and there is an end of trip train from Unanderra 2.31pm (and approx. every hour after that).

Essentials: helmet, spare tube, pump, repair kit, sunscreen, water & lunch.

SUN 15 ABSEIL TRIP: BOARS HEAD

 **NO HELMET NO GO!**

There are 5 abseils on this trip, including the spectacular "slot" abseil. This popular trip is a lot of fun! Strictly limited numbers so book early. If we finish early enough we may decide to play on some of the other abseils in the area.

This trip is suitable for beginners who can lock off, prusik and climb.

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

SAT 21 LOCKLEYS PYLON & FORTRESS RIDGE TRACKS AT BLUE MOUNTAINS NP

We'll attempt to do both tracks depending on the group, so will need to keep a good pace to complete the 14kms in total. Amazing 360° cliff and valley views! There are other side trips of interest if it doesn't look like we'll finish the 2nd one. Carpooling from Glenbrook.

Grade: 3

Ascent/Descent: 300m

Map: Katoomba

SUN 22 INDOOR CLIMBING: VILLAWOOD

Enjoy an afternoon of climbing at the Sydney Indoor Climbing Gym, Villawood. Beginners are welcome. \$28 for first-time visitors (includes joining fee, safety induction & harness hire).

***Note:** The club also climbs every Wednesday at Villawood from 6pm

WED 25 ** ANZAC DAY HOLIDAY **

FRI 27 COALCLIFF > AUSTINMER

17km walk from Coalcliff Stn to Austinmer Stn via the Wodi Wodi Track, Forest Walk & Sublime Point Track. Superb views from the escarpment as we walk through lovely forest. Steep ascent at the start, some cliff ledges. A coffee shop should be open at Sublime Point before we descend the steep metal ladders and many stairs back down to Austinmer.

Grade: 3

Ascent/Descent: 350m

Map: Bulli

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SAT 28 MYSTERY CYCLE RIDE

 NO HELMET NO GO!

At this stage we don't know exactly where we will ride to as we need to do a recce first. It will be more likely to be a ride we have not done before.

Essentials: helmet, spare tube, pump, repair kit, sunscreen, water & lunch.

SAT 28 HISTORIC MT PASSES: COXS RD > LOCKYERS RD > MT YORK RD

10km circuit starts from Mt York Lookout and follows Coxs Descent (the first road over the Blue Mts built in 1815) and the nature trail where we get to cross footbridges, balance along poles hammered into swampy ground to Hartley Vale. We return up Lockyers Rd, passing rocky outcrops at the top of the Pass. On the walk back via Mt York Rd, we'll side-step to view the valley & Victoria Pass from Bardens Lookout.

Grade: Hard 2

Ascent/Descent: 260m

Map: Hartley

SUN 29 ABSEIL TRIP: DEVILS HOLE AREA

 NO HELMET NO GO!

We'll tackle two short multi-pitch trips in the Devils Hole area. Plans are for the Chockstone abseils and Africa / Kilimanjaro. Both feature long drops, "interesting" aspects and spectacular views.

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

MAY 2018

SAT 5 – SUN 6 KANGAROO VALLEY WEEKEND BASECAMP

Come for the weekend to socialise or participate in the activities (see below). Permitted activities include fishing, swimming, bushwalking, canoeing and non-powered boating on the Kangaroo River and Lake Yarrunga. In the evening you can meet the local wombats that roam the area.

Bendeela is a rustic camping ground and picnic area set in natural bushland on the banks of the Kangaroo River arm of Lake Yarrunga (Tallowa Dam). Facilities include basic campsites (no power to the camping & picnic grounds), toilets & drinking water. No wood, charcoal or solid fuel barbecues or cooking devices can be used. Portable gas barbecues are permitted except during total fire bans.

***Note:** The picnic & camping sites are available on a 'first in first served' basis and cannot be reserved. <http://www.waternsw.com.au/supply/visit/bendeela-recreational-area>

SAT 5 & SUN 6 KAYAKING: KANGAROO VALLEY



PFD ESSENTIAL

We'll take to the water for a paddle downstream on both days, with a longer one being done on the Sunday. Bring your own kayak, or hire one (you'll have to book in advance).

SAT 5 FITZROY FALLS > KANGAROO VALLEY

From Fitzroy Falls we will follow the cliff edge taking in 4 lookouts before turning inland and walking along the Fitzroy Canal to the beginning of McPhails Trail. We will follow the trail past the site of McPhails farm and steeply down into Kangaroo Valley trying to avoid being run over by mountain bikers. A car shuffle will take us sensibly back up the hill! 12km.

Grade: 3




Ascent/Descent: 200/400m

Map: Morton NP/Kangaroo Valley

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MAY 2018

- SAT 5 METRO MEANDER NUMERO TRES:
REVESBY > YERAMBA LAGOON > CATTLE DUFFERS > REVESBY**
A nice metro walk of around 8kms. Mainly track walking with a short road bash. Not quite sure of the exact route yet as I have to check a couple of sections out but will have it sussed before we go. Will be a late start and early finish.
Grade: 2 **Ascent/Descent: 100m** **Map: Google Maps**
- SUN 6 SCENIC WORLD > FURBER STEPS > BOARDWALK > SCENIC WORLD**
This 5km walk includes viewing the Sculpture at Scenic World 2018. Other transport options available to the boardwalk.
Grade: 2 **Ascent/Descent: 250m** **Map: Katoomba**
- THU 10 SOCIAL: BANFF MOUNTAIN FILM FESTIVAL 2018 AT SEYMOUR CENTRE**
The 2018 World Tour features a selection of short films shot in some of the most wild & remote corners of the world. Runs from 8th – 13th May at 7pm for almost 3 hrs. Book direct online or by phone (02-9351 7940) with the venue.
- SAT 12 ROGAINE: NSW AUTUMNGAINE (6-HR) AT WINGELLO**
More information available closer to the date. Contact Thaïs on bankstownbush@gmail.com by Mon 30th Apr. Run by NSWRA. Entry fees & deadlines apply.
- SAT 12  SEA KAYAKING: PORT JACKSON / WATSONS BAY  PFD ESSENTIAL!**
Early breakfast paddle, approx 15km return. Start & finish at the beach near Robertson Park, Military Road, Watsons Bay. Paddle past Camp Cove, Bottle Glass Point, Shark Bay, Steele Point, Shark Island, Rose Bay then back to Watsons Bay. Conditions: open water, tidal & some heavy traffic. **Sea Kayaks essential (contact Leader to discuss suitable kayak and experience).**
- SUN 13 ** MOTHERS' DAY ****
- SUN 13  ABSEIL TRIP: MALAITA WALLS  NO HELMET NO GO!**
Malaita Walls starts with a spectacular 55m drop and is one of our favourite multi-pitch trips. It features spectacular views and a very pretty walk out – or the option of a ride up the Scenic Railway for the cashed-up lazy person. To add to the fun, Paul Bowdler will lead Malaita Point; contact Ric for a spot on either trip or further details.
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MAY 2018

MON 14 CLUB NIGHT - AT THE CLUB ROOMS

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.

A chance to chat, socialise, and meet other members. New members welcomed.

GENERAL MEETING 7:30 – 8:15pm. Club administration, finance & correspondence of interest to members. *Autumn Program & Bush Telegraph available at tonight's meeting!*

PRESENTATION 8:30 – 9:15pm. Thaïs will complete her Part III slide show on her Camino pilgrimage journey across Spain in 2016.

TUE 15 BUSHWALKING NSW: GENERAL MEETING

Venue: Redfern Town Hall (Small Hall, Level 2), 73 Pitt St, Redfern at 7pm. All are welcome.

SAT 19 CONCORD FORESHORE TRAIL

This 12km walk begins with the Kokoda Track Memorial Walkway, then follows the Foreshore Walking Trail beside the mangrove-lined foreshores of Parramatta River past headlands & bays. We will visit historic Yaralla House and the former Thomas Walker Hospital which was built in 1891. Finish off with a coffee at the Kokoda Café.

Grade: 2

Ascent/Descent: none

Map: Google Maps

SUN 20 THE SPIT > MANLY

The Spit Bridge to Manly walk is a beautiful 10km hiking trail (with a few, short but steep hills along the way), boasting native bushland, harbour beaches, picturesque bays & panoramic ocean views. We will be starting in the afternoon, ending with an early dinner in Manly for those who would like to join the Leader!

Grade: 2

Ascent/Descent: 150m

Map: Katoomba & Mt Wilson

SAT 26 GLENBROOK > LENNOX BRIDGE > LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIGZAG > GLENBROOK

Meet at the Glenbrook Info Centre. Visit the oldest Australian mainland bridge & lookouts, then 100m descent to historic viaduct & up through old rail cuttings.

Grade: 2

Ascent/Descent: : <150m

Map: Penrith

SUN 27 BALTZER LOOKOUT & HANGING ROCK

A relatively easy 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 (aka The Finger). Approx 8km walk in total.

Grade: 2

Ascent/Descent: <150m

Map: Mt Wilson

SUN 27 ABSEIL: DEVILS HOLE AREA

 **NO HELMET NO GO!**

We will tackle another two short multi-pitch trips in the Devils Hole area. Whores Bed features a short canyon-like section and a spectacular long drop. Skinnies is long drops with an “interesting” traverse. As always, spectacular views are guaranteed.

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

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