

**BANKSTOWN BUSHWALKING CLUB INC.**  
**\*AUTUMN 2019\* ACTIVITIES PROGRAM**

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**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 2019**

**SAT 2 – SUN 3**



**BASE CAMP & CANYONING WEEKEND AT KANANGRA**

Camping at Boyd River crossing and tackling a couple of Kanangra Canyons. Plan is to do Kanangra Main on Saturday and Dione Dell on Sunday. There will also be opportunities for day walks.

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

**SAT 2**

**CURRAMOORS > CURRACORANG > WATTAMOLLA & RETURN**

A walk through the heathland of the Royal National Park, with a choice of freshwater pool or swim in the ocean if the weather is kind. Approx 15kms all on track.

**Grade:** 2

**Ascent/Descent:** 150m

**Map:** Royal NP

**SUN 3**

**ROSE BAY > WATSONS BAY**

The walk brings you to secluded beaches, beautiful parks & picturesque bays while enjoying panoramic views of the city & 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 kms to the walk).

**Grade:** 2

**Ascent/Descent:** 150m

**Map:** Google Maps

**SAT 9 – SUN 10**



**BACKPACK: MOUNTAIN LAGOON**

Backpack Mountain Lagoon to Upper Colo via Mailes Ridge, camping at Colo Meroo. About 15km with 580m descent. Involves car shuffle.

**Grade:** 3

**Ascent/Descent:** 600m

**Map:** Mountain Lagoon

**SAT 9**

**CONCORD FORESHORE TRAIL**






This 8km 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:** 1

**Ascent/Descent:** none

**Map:** Google Maps

## MARCH 2019

- SUN 10**  **RIDE: SAN SOUCI > KURNELL & RETURN**  **NO HELMET NO GO!**  
The 30km ride is mainly on bike paths with a bit of quite road riding as well. Have lunch at Kurnell and return back to Sans Souci. **Essentials:** Roadworthy bike, helmet, spare tube, pump, repair kit & sunscreen.  
**Grade:** Cycling                      **Map:** Google Maps
- SUN 10** **GLENBROOK > LENNOX BRIDGE > LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIGZAG > GLENBROOK**  
Visit the oldest bridge on the Australian mainland. Walk visits spectacular lookouts, historical Whitton Memorial, Knapsack Viaduct & Lapstone ZigZag. 8km distance. Meeting at the Glenbrook Info Centre.  
**Grade:** 2                      **Ascent/Descent:** 100m                      **Map:** Penrith
- MON 11** **❖❖ 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 – 7:25 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 16** **ABSEIL TRAINING DAY: BANGOR**  **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 club member to participate in this activity.**
- SUN 17** **EXPLORATORY: WALLS PASS & CEDAR VALLEY**  
Walls Pass, an old miners' pass from 1889, is one of two passes on Narrowneck's east side. Leaving the cars on Glenraphael Drive we'll head to Bushwalkers Hill. We'll then have a 12 metre exposed scramble (with chains) down Walls Pass, with some route finding down to Cedar Creek for lunch. Then up to Ruined Castle, finishing at the top of the Golden Stairs. It will be an early start as this is a big day.  
**Grade:** 4                      **Ascent/Descent:** 600m                      **Map:** Katoomba
- SAT 23 – SUN 24**  **CANYONING WEEKEND: WOLGAN**  **NO HELMET NO GO!**  
Wolgan Valley is a beautiful camping spot approx. 2.5hrs' drive from Sydney.  
Pipeline Canyon is a very good canyon just off the Pipeline Track between Newnes and Glen Davis. It features two sections of canyon. Devil's Pinch Canyon is an excellent canyon on the north side of the Wolgan River downstream from Newnes. It has two constrictions, and the lower one is long and impressive.  
**Please Note: You must be a financial member of the club to participate in this activity.**

## MARCH 2019

**SAT 23 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

**SUN 24 DHARAWAL POOLS: MINERVA & JINGGA**

Explore the new Dharawal NP. We will walk to Minerva Pool and then continue down to the weir stopping for morning tea. We will then follow the Jingga walking track which is very steep down (walking poles useful) and then come to the Jingga Pool. 7km circuit.

**Grade:** 2                      **Ascent/Descent:** 230m/220m                      **Map:** Dharawal NP

**SAT 30 JERRARA CREEK CANYON**

**NO HELMET NO GO!**

The Bungonia area is famous for its limestone caves and canyons. The abseil down Jerrara Falls is around 80m in total. Jerrara Creek has a fair few swims, some of them fairly long. (Wetsuits optional) A long day; for experienced canyoneers only.

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

**SUN 31 KANUKA BROOK**

We'll explore the Blue Mountains NP near Glenbrook in search of swimming holes. This walk explores the bottom section of Kanuka Brook, as well as visiting Red Hands Cave, a well-known site for Aboriginal hand paintings. There is a short section of off-track walking with some scrub involved. Don't forget your swimmers and towel.

**Grade:** 3                      **Ascent/Descent:** 170m                      **Map:** Penrith

**SUN 31 BRIGHTON BEACH**

Kick off your walking shoes (if you want to) and leisurely walk the ocean shore for most of this 14km or so flat walk from The Novotel to Dolls Point and return. There is also the option to duck out onto public transport if it's too hot. Plenty of opportunity to swim and also for fish & chips and ice cream. Well, we are beside the seaside! Don't forget sunscreen.

**Grade:** 2                      **Ascent/Descent:** none                      **Map:** Google Maps

## APRIL 2019

**SAT 6 – SUN 7****BACKPACK: SPLENDOUR ROCK**

A walk through the Wild Dog Mountains. There is a choice of routes depending on how adventurous people would like to be. The exact route will be determined once I know who is interested and what their preference is. Either way we'll be camping on top of Mt Dingo so we can view the sunset and sunrise from Splendour Rock. Will need to carry water for camp. If you want to influence the choice of route book in early and I'll let you know what the options are.

**Grade:** 3/4                      **Ascent/Descent:** 650m                      **Map:** Jenolan & Jamison

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## APRIL 2019

**MON 8 CLUB NIGHT - AT THE CLUB ROOMS**

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

**MANAGEMENT COMMITTEE** 7:00 – 7:30 pm (for Committee members).

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

**PRESENTATION:** 8:30pm. Come & see Jon's 20-minute audio visual presentation on his recent trip to Vietnam; that took in hiking through paddy fields in the mountainous Sapa region, cruising through the scenic Halong Bay and braving the chaotic traffic of Hanoi and Ho Chi Minh City!

**SAT 13 WATTAMOLLA > WEDDING CAKE ROCK > WATTAMOLLA**

This walk takes you along one of the most beautiful sections of the Coast Track – across the top of ocean cliffs to the protected cove of Little Marley, and onto Marley Beach. We'll continue to Wedding Cake Rock before returning to Wattamolla for a picnic lunch.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Royal NP

**SUN 14  RIDE: FAULCONBRIDGE STN > POINT & RETURN  NO HELMET NO GO!**

Cycling on an undulating fire trail until we reach Faulconbridge Point. Spectacular views over the Grose Valley. Great ride for beginner mountain bikers. 20km distance.

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

**Grade:** Cycling

**Map:** Springwood

**SAT 20 MANLY DAM RESERVE CIRCUIT WALK**

A scenic 7.3km circuit trail, surrounded by 377 hectares of native bushland, with great views from both sides of the dam. It is an hour's walk to & from the dam from Manly Walk, so it's about 5-6 hours walking in total. Remember your Opal card. Some ups & downs.

**Grade:** 2

**Ascent/Descent:** 125m

**Map:** Google Maps

**SUN 21 COWAN TO BROOKLYN, KU-RING-GAI CHASE NP**

This walk forms part of the Great North Walk. It takes in the wonderful woodlands of the national park, with fine views out over Jerusalem Bay and of course the Hawkesbury River. A moderate grade walk of approx. 11 km. We will catch the train back from Brooklyn.

**Grade:** 2

**Ascent/Descent:** 300m

**Map:** Cowan


**SAT 27 & SUN 28****OBERON: MAYFIELD GARDEN & COX'S RIVER AREA**

On Sat, we will explore the stunning scenery & plants of Mayfield Garden at Oberon (entry fee applicable), bright in Autumn colours. Reasonable fitness required as the whole garden (65 hectares) is open. 10km on fairly flat terrain. Grade 1.

We will be staying/camping overnight in the local area (details tbc).

Walking in the Cox's River area on the Sunday. Also 10km distance with 100m asc/des. Grade 2.

## MAY 2019

- WED 1 SCENIC WORLD: FURBER STEPS > RAINFOREST BOARDWALK & RETURN**  
 Steep descent to Rainforest boardwalk. See the Sculpture at Scenic World Exhibition. Steep climb after, but there are other transport options to and from the boardwalk. 5km distance. Exhibition is open from 12<sup>th</sup> Apr to 12<sup>th</sup> May.  
**Grade:** 2                      **Ascent/Descent:** 250m                      **Map:** Katoomba
- SAT 4 ADVANCED ABSEIL: NARROWNECK BIG HOLE**  **NO HELMET NO GO!**  
 A little known abseil trip into a large cavern looking out above Megalong Valley, with a long scramble and exit out Redledge Pass. Two large descents of about 40m and 60m.  
**Please note: You must be a financial club member to participate in this activity.**
- SUN 5 GRAND CANYON CIRCUIT: NEATES GLEN > GRAND CANYON > BEAUCHAMP FALLS > EVANS LOOKOUT**  
 One of the prettiest walks in the Blue Mountains, with bush, ferns, mossy sandstone cliffs and waterfalls. A well-defined track is followed. Lunch is at Beauchamp Falls watching the water dragons. Enjoy the beauty of a canyon without the abseils or swims. Approx 5.5km / 3.5 hours.  
**Grade:** 2                      **Ascent/Descent:** 350m                      **Map:** Katoomba & Blackheath
- SAT 11 SASSAFRAS GULLY > VICTORY TRACK > FAIRY DELL TRACK**  
 Setting out from Fairy Dell (behind Springwood Station), we cut across to the Sassafras Gully track which leads down to swimming holes at the junction of Glenbrook & Sassafras Creeks, before winding back up to Springwood along Fairy Dell Track. Includes a series of pretty pools and small waterfalls. Approx 12km circuit. *Optional: Depending on the ability of the walkers, the 1.7km 1-hr loop to Martin's Lookout would be the hard part, taking in the 170m vertical Short Track to the lookout and returning down the Long Track.*  
**Grade:** Hard 2                      **Ascent/Descent:** 250m                      **Map:** Springwood
- MON 13 CLUB NIGHT - AT THE CLUB ROOMS**  
 Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.  
**MANAGEMENT COMMITTEE** 7:00 – 7:25 pm (for Committee members).  
**GENERAL MEETING** 7:30 – 8:15pm. Club administration, finance & correspondence of interest to members.  
**PRESENTATION:** 8:30pm. An interesting presentation on **Map & Compass Navigation.**  
*\*Leap Frogging \* Aiming Off \* Magnetic Declination \* Resection \* Lineal Features or Handrails \* Naismith's Rule \* etc.*  
 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. (Check out bottom page 6 for definitions of the above)
- SAT 18 WOMBAT HILL LOOKOUT**  
 An easy walk on an undulating fire track & out along a finger of sandstone country high in Morton NP. It offers excellent views off both sides: east over the Yarrunga Creek Valley & beyond to Kangaroo Valley & Lake Yarrunga, as well as west over the Sandy Creek Valley. The dry forest along the way provides shade and sprays of wildflowers in season. 11.5 km circuit  
**Grade:** 2                      **Ascent/Descent:** 200m                      **Map:** Morton NP / Bundanoon

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## MAY 2019

**SUN 19 GLENBROOK STN > RANGER STN > CAUSEWAY > RED HANDS CAVE > CAMP FIRE CREEK & RETURN**

A pretty 10km walk along Glenbrook Creek and Campfire Creek, with a visit to ancient Aboriginal hand stencils.

**Grade:** 2**Ascent/Descent:** 100m**Map:** Springwood**SAT 25 HAZELBROOK > ADELINA FALLS > TERRACE FALLS > HAZELBROOK**

Wander down from Hazelbrook and into the gully seeing several waterfalls & creeks on the way. There are rock pools so if it's warm (and there's water), you might be able to go for a swim. The 10km is on track with several creek crossings, including lots of steps to work up a sweat!

**Grade:** 2**Ascent/Descent:** 220m**Map:** Katoomba**SUN 26 DOG-FRIENDLY BUSHWALK AT GANNONS PARK, PEAKHURST**

Bring your dog along (or come and befriend a dog!) to this dog-friendly bushwalk starting from and ending at Gannons Park, Peakhurst. It is approximately 5km along Boggywell Creek and includes some fire trail and bush paths. There are a couple of steep sections but you will enjoy a mostly flat walk with water views and a range of bush from scrubby to wetlands to rainforest-like vegetation.

**Grade:** 2**Ascent/Descent:** <50m**Map:** Google Maps

### Definition of some terms on Map & Compass Navigation

***Magnetic Declination.***

Why your compass **does not** exactly point to the North Pole.

***Attack Points.***

A prominent object you can see.

***Aiming Off.***

Sometimes aiming for an object next to your destination is smarter and quicker.

***Resection.***

Using visible features to triangulate your position.

***Lineal Features or Handrails.***

A river or road, something lineal to walk along.

***Field Boundaries.***

Farmer's fence or Forest boundary.

***Leap Frogging.***

A technique of keeping to a bearing in limited visibility.

***Catching (Gathering or Collecting) Features.***

Using a known feature to check your position and stop you overshooting your mark.

***Distance Travelled. Naismith's Rule.***

A system used to estimate time to cover distances.

***Route or Navigation Plan.***

Your written plan to keep yourself on course.