

BANKSTOWN BUSHWALKING CLUB INC.
***AUTUMN 2020* ACTIVITIES ONLINE PROGRAM**

PHONE: 0405 644 757
E-MAIL: bankstownbush@gmail.com
WEB SITE: <http://www.bankstownbushwalkingclub.org.au>
POSTAL ADDRESS: PO Box 7061, Mt Lewis NSW 2190



*Following the recent bushfires, many parks are closed or may close at short notice. **Note:** club walks **MUST** be cancelled or moved to another location in the event of a park closure. Please remember to check your email or contact your trip leader the evening before a programmed activity as park closures are usually not announced until mid-afternoon the day before.*

MARCH 2020

SUN 1 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

WED 4  BIKE RIDE: THIRROUL > WOLLONGONG  NO HELMET NO GO!

Meet at Thirroul Surf Life Saving Club carpark off 'The Esplanade, Thirroul'. Other activities include outdoor or indoor swimming at Wollongong pool, morning tea and picnic at end of ride. You need to be able to ride **30km** with one steep hill.

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

Grade: Cycling **Map:** Google Maps

SAT 7 CANYONING: MACQUARIE RIVULET  NO HELMET NO GO!

A great trip on the Illawarra escarpment with lots of abseils, jumps and swim. A very different experience from our normal Blue Mountains and Wollemi canyons.

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

SUN 8 SPIT BRIDGE > MANLY

This 10km walking track boasts native bushland, harbour views, picturesque bays and panoramic harbour views. A few short but steep hills along the way, followed by refreshments in Manly.

Grade: 2 **Ascent/Descent:** 150m **Map:** Google Maps

MON 9 ** ANNUAL GENERAL MEETING **

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

Management Committee Meeting (for committee members)



**** ANNUAL GENERAL MEETING * starting at 7:30pm**

The AGM 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 vote for your preferred candidate.

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.

MARCH 2020

SAT 14 DEER POOL > WATTAMOLLA & RETURN

A lovely walk in the Royal National Park with a visit to Wattamolla and munchies at Deer Pool. 14km return. Be sure to bring your swimmers.

Grade: 2 **Ascent/Descent:** 200m **Map:** Royal NP

SUN 15 MIRAMBEENA REGIONAL PARK AT GEORGES HALL

Come along for an afternoon stroll in the Mirambeena Regional Park where we'll start from Garrison Point and make our way along the winding walkways through Lake Gillawarna, Flinders Slopes and Shortland Brush. All on concrete path. Mostly flat with a few good hills.

Grade: 1 **Ascent/Descent:** <50m **Map:** Google Maps

SAT 14–SUN 15**KAYAKING: MYALL RIVER****PFD ESSENTIAL !**

Paddle down to camp at the mouth of the Myall River then onto Mungo Brush via either Bombah or Tamboy depending on conditions. Kayaks can be hired in the Port Stephens area. A car shuffle will be required. Approx 24km.

Grade: Kayaking **Map:** RMS Myall Lakes & Upper Myall River area boating map

SAT 21 GREAT WEST WALK #1: PARRAMATTA > BLACKTOWN

Intro: The Great West Walk is a 65km walking route, stretching from Parramatta to the foot of the Blue Mountains which crosses a kaleidoscope of varying landscapes, traditionally owned by Dharug people, uncovering some of the secret stories and surprising vistas hidden in Western Sydney.

We'll be doing it by stages, starting with above where we will take in the historic landmarks at Parramatta Park like Old Govt House and the Old Dairy, before ducking through Wisteria Gardens to the head of Parramatta River. We then follow Toongabbie Creek past the Third Settlement Reserve at Winston Hills and onto Blacktown Station. Approx 17km. (**Note:** there are some options to bail out early if you would like a shorter walk).

Grade: 3 **Ascent/Descent:** <50m **Map:** Google Maps

SUN 22 CIRCULAR QUAY > MILSONS POINT > TARONGA ZOO

After a hearty breakfast at Pancakes on the Rocks, we'll walk across the Harbour Bridge and make our way to Taronga Zoo ferry wharf. The walk is mostly along footpaths and through parklands, and offers magnificent views of Sydney Harbour.

Grade: 2 **Ascent/Descent:** 200m **Map:** Google Maps

THU 26 CRONULLA BEACH > GUNNAMATTA PARK RETURN

Stunning views along Cronulla Esplanade taking in Bass & Flinders Point, Darook Park, Gunnamatta Bay. 8-10km. Some street walking and hills on the return. Optional lunch and movie at the end.

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

SAT 28 GERRINGONG > KIAMA COASTWALK

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

Grade: 3 **Ascent/Descent:** 150m **Map:** Kiama Coast Walk

MARCH 2020

SUN 29

**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.

APRIL 2020

SAT 4

KURNELL > CRONULLA

A repeat of this lovely walk by special request.

Coast, cliff and beach walking. We will catch the bus from Cronulla to Kurnell to walk through Kamay Botany Bay NP and over the headlands to beautiful Boat Harbour for a swim. We will then follow the beaches on the sand back to Cronulla, walking through the water to keep cool if needed! Approx 16km. **Please note:** a lot of sand walking and no access to drinking water along the way.

Grade: 3**Ascent/Descent:** <50m**Map:** Kamay Botany Bay

SUN 5

HEATHCOTE > KARLOO POOLS > ULOOLA FALLS & RETURN

A lovely walk down to Karloo Pools then along to Uloola Falls. We will also seek out the elusive Uloola Turrets! Return to Karloo Pool before taking the alternative route back to Heathcote via the Bottle Forest path. Hoping for water in the pools and falls. Approx 16km.

Grade: 3**Ascent/Descent:** 150m**Map:** Royal NP

THU 9

BRIGHTON LE SANDS > CAPT COOK BRIDGE & RETURN

A leisurely walk mostly along the Promenade for this 14km or so flat walk from The Novotel to Captain Cook Bridge and return. There is also the option to duck out onto public transport if it's too hot. Time for a swim if anyone wants to; and also for fish & chips and ice cream.

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

SAT 11

CANOELANDS ROAD > GENTLEMANS HALT & RETURN

Starting from Canoelands Road in Marramarra National Park, we head out along the ridge with great view of the Hawkesbury and down to Gentleman's Halt on the waterfront then return. 20km return, with 8km of fire trail and the last 2km on bush track.

Grade: 3**Ascent/Descent:** 250m**Map:** Marramarra NP

SAT 18

WISEMANS FERRY > OLD GREAT NORTH RD > FINCHS LINE CIRCUIT

We walk through woodlands of the Dharug National Park taking in historic remnants of the convict-built Old Great North Rd and fine views of the Hawkesbury River and surrounding country. Only 10 km but includes moderate ascents and descents.

NB: This walk will be replaced by another in the Wisemans Ferry area if Dharug NP is closed.

Grade: 2**Ascent/Descent:** 350m**Map:** Lower Portland

SUN 19

GREAT WEST WALK: WESTERN SYDNEY PARKLANDS

Section in Western Sydney Parklands entering at Rosskelly Lane going south along Eastern Creek and ending with 7km loop in Nurraging Reserve. Approx 10-12km total.

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

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.

APRIL 2020

MON 20 CLUB NIGHT - AT THE CLUB ROOMS

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



Management Committee Meeting (for committee members)

**** SOCIAL EVENING ** starting at 7:30pm.**

Meet the new & existing committee members over supper.

THU 23 GREAT RIVER WALK: PENRITH

6km twilight walk on the loop of Nepean River from Tench Reserve to Yandhai Bridge and return via Nepean Valley (M4) Bridge. Dinner options afterwards.

Grade: 1

Ascent/Descent: <50m

Map: Penrith

SUN 26**ABSEIL: 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.

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

SUN 26 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 kilometres to the walk).

Grade: 2

Ascent/Descent: 150m

Map: Royal NP

SUN 26**BIKE RIDE: OLYMPIC PK > MEADOWBANK**

NO HELMET NO GO!

40km bike ride Sydney Olympic Park to Meadowbank, over Silverwater Bridge, along the Parramatta River back to the starting point at a relaxed pace. A coffee stop along the way.

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

Grade: Cycling

Map: Google Maps

MAY 2020

SAT 2 FOREST ISLAND & PALONA CAVE

The Forest Island track takes you into one of the finest remaining rainforests of the Sydney region. We'll also take a side trip to Palona Cave and marvel at the rocks and limestone formations. Start/finish at southern end of Lady Carrington Drive. Approx 10km total.

Grade: 2

Ascent/Descent: 100m

Map: Royal NP

SUN 3**BIKE RIDE: CAMDEN & MT ANNAN PATHS**




NO HELMET NO GO!

We'll follow the Camden Bike Path with a possible extension to Belgenny Farm. Then we'll head over to explore some of the Mt Annan bike paths. If re-opened we'll head onto the MTB paths instead. Approx 20km total.

Grade: Cycling

Map: Google Maps

MAY 2020

- WED 6 SCENIC WORLD > FURBER STEPS > BOARDWALK > SCENIC WORLD**
This 5km walk includes viewing the *Sculpture at Scenic World 2020*. If you prefer you can catch the Scenic Railway or Scenic Cableway (approx. \$14 for 1-way ticket). Free to view the boardwalk sculpture exhibition.
Grade: 2 **Ascent/Descent:** 250m **Map:** Katoombas
- SAT 9  BIKE RIDE: WOLLONGONG > WINDANG RETURN  NO HELMET NO GO!**
This is an easy scenic out and back ride mostly on shared path and back streets. The ride follows the coast and through the Port Kembla industrial area.
Essentials: helmet, pump, spare tube, repair kit, sunscreen, water & snacks.
Grade: Cycling **Map:** Google Maps
- SUN 10 DOG-FRIENDLY BUSHWALK AT LAKE PARRAMATTA RESERVE**
Bring your dog along or come and befriend a dog on this beautiful walk near Parramatta. The walk is a circuit loop through 75ha of bushland that circles the 11ha man-made lake. Approx 5km distance but there are additional trails we can explore which will add to the distance.
Grade: 2 **Ascent/Descent:** 100m **Map:** Google Maps
- MON 11 CLUB NIGHT - AT THE CLUB ROOMS**
Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road, Georges Hall.
 MANAGEMENT COMMITTEE MEETING (for Committee members)
**** GENERAL MEETING * starting at 7:30pm**
Club administration, finance & correspondence of interest to members followed by supper.
Winter 2020 Program & Bush Telegraph will be released at tonight's meeting.
- SAT 16 ILLAWARRA ESCARPMENT TRAVERSE**
We will catch a train from Austinmer to Stanwell Park and then walk back along the top of the escarpment. A variety of vegetation and great coastal views are a feature of this walk. The total distance is around 19km on a variety of track types.
Grade: 4 **Ascent/Descent:** 400m **Map:** Bulli
- SUN 17 EMU PLAINS > GLENBROOK**
Via Knapsack Bridge, old rail tunnels and Bluff Reserve. Spectacular views from the escarpments & discover remnants of rail history. 12km. Car shuffle may be required from train station to start of walk.
Grade: 2 **Ascent/Descent:** 200m **Map:** Penrith.
- FRI 22 ROYAL BOTANIC GARDENS > SYDNEY CBD**
Late afternoon 5km walk through Royal Botanic Gardens & Mrs Macquarie's Chair, followed by urban walking in the evening, around the CBD & Darling Harbour, viewing the VIVID Festival light displays.
Grade: 1 **Ascent/Descent:** <50m **Map:** Google Maps

MAY 2020

SAT 23 GREAT WEST WALK #2: BLACKTOWN > ROOTY HILL

This stage will take us along Breakfast Creek to the Western Sydney Parklands where we take the Parklands Track to Nurragingy Reserve with its ornamental lake and Chinese Gardens. We pass the Blacktown Olympic Park and cross the M7 before climbing to the top of Rooty Hill (the hill not the suburb) for views of the Blue Mountains, finishing at Rooty Hill station. Approx 16km.

Grade: 3**Ascent/Descent:** 70m**Map:** Google Maps**SUN 24  BIKE RIDE: GUILDFORD > ABBOTSBURY****NO HELMET NO GO!**

An approx. 30km ride mostly on off-road bike tracks. Starting in Guildford we'll follow the pipeline to the train line into Canley Vale before turning onto the Orphan School Creek cycleway. We ride this to Abbotsbury for a stop at the Parx Coffee House. We then take a shorter way back to the cars, following the bus transit way to Prospect and then the Prospect cycleway. Note: The café is very popular so we'll be starting the ride earlyish to get us there before the crowds (hopefully) and finish the ride by late morning.

Essentials: helmet, pump, spare tube, repair kit, sunscreen, water & snacks.**Grade:** Cycling**Map:** Google Maps**SAT 30-SUN 31 MYSTERY BACKPACK**

If you haven't tried an overnight walk yet, this walk will be the perfect one to start on. The exact location will be decided closer to the date of the walk when we know which areas are open and what the water availability will be like. More details will be sent to the club email address approx. 2 – 3 weeks beforehand.

Grade: 3**Ascent/Descent:** tba**Map:** tba**SUN 31 MAROUBRA BEACH > COOGEE BEACH > BONDI BEACH**

This 14km coastal walk will take in majestic views of the stunning cliffs overlooking the Pacific Ocean; from Maroubra Beach to Memorial Park and after that we will walk alongside Mermaid Ave and Cuzco St, where we will start the coastal walk again towards Coogee Beach and continue to Bondi Beach. Bring your Opal card as we will catch a bus from Circular Quay to Maroubra.

Grade: 2**Ascent/Descent:** 100m**Map:** Google Maps