

**BANKSTOWN BUSHWALKING CLUB INC.**  
**\*SPRING 2017\* 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**

**SEPTEMBER 2017**

**SAT 2 – SUN 3 ROGAINE: FOOT/CYCLE. SOUTHERN HIGHLANDS**

ACT Rogaining Association is hosting this event in the Wingello State Forest. A twist on the traditional rogaing – 4 options: Day - 6hr by Cycle or on Foot, and Night - 5hr by Cycle or on Foot. Map provided at event and team selects route on the day. If interested, contact the club by Fri 18<sup>th</sup> Aug.

**SAT 9 OATLEY PARK > LIME KILN BAY CIRCUIT WALK**

Enjoy this walk along the Georges River through one of Sydney's finest areas of natural bushland. Oatley Park is noted for its trees, shrubs and native flowers, as well as the river beaches and prolific bird life. The walk will incorporate a number of tracks including the Jew Fish Bay track, Headland track and Lime Kiln Bay Circuit. Approx 7km.

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

**SUN 10 NARROW NECK TO TAROS LADDER & RETURN**

This walk follows the Glenraphael Drive management trail along Narrow Neck, enjoying plenty of great views of the Jamison Valley and across to Mt Solitary. A long 20km walk but all on fire trail so we will be walking at a good pace. One big up and down of about 250m, which has to be repeated on the way back! We will walk out to the end of the peninsula for lunch with views, then return the way we came.

**Grade:** 3                      **Ascent/Descent:** 340m                      **Map:** Katoomba

**MON 11 CLUB NIGHT - AT THE CLUB ROOMS**

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. New members are especially welcome to join us.

**MANAGEMENT COMMITTEE MEETING** 7:10 – 7:25pm (for Committee members)

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

**PRESENTATION** 8:30 – 9:15pm. A slideshow (Part 2) of 6-week pilgrimage journey late last year on the Camino Frances across Spain.

**WED 13 SOCIAL: WEEKDAY WANDER FOR HIDDEN SCULPTURES AT ROOKWOOD**

This will be a leisurely afternoon walk around Rookwood Cemetery to see the 45 outdoor sculptures hidden within this historic site (map supplied). This is the largest cemetery in the Southern Hemisphere and the largest Victorian-era cemetery in the world. A good opportunity to explore not only the artworks but this sleeping city itself. Contact Mary F on bankstownbush@gmail.com or check out the website [www.hiddeninrookwood.com.au](http://www.hiddeninrookwood.com.au). It runs from 24<sup>th</sup> Aug to 24<sup>th</sup> Sept.

**FRI 15 SOCIAL: EXPLORE THE ROCKS' HISTORIC BUILDINGS & PUBS**

Infuse your Friday night with a walk around The Rocks, visiting some of the historic buildings and pubs, then concluding the night with a drink and classic pub food. Contact Barbara J by Wednesday 13<sup>th</sup> Sept on bankstownbush@gmail.com.

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

## SEPTEMBER 2017

### SAT 16 – SUN 17 **CAMP: CAVING/WALKING AT BUNGONIA** **NO HELMET NO GO!**

Bungonia is a great cave system for beginners and experienced cavers alike. We will mix and match the caving parties to ensure a good weekend for them. Prior to being allowed to participate in caving, a member must be able to satisfy a member of the abseil committee that they have the skills to complete the trip safely.

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

It is a perfect weekend getaway for those who prefer just to relax, do some short walks and have an enjoyable weekend socialising with other club members as Bungonia is under 2hrs from Bankstown. The campsite has hot showers & a fully-equipped enclosed dining room. Vehicle entry fees apply so carpooling will have merit! Contact bankstownbush@gmail.com to express your interest.

### SUN 17 **GLADESVILLE > RYDE > LANE COVE**

This walk covers the Parramatta River foreshore including the old Gladesville hospital site, parks & some streets in Ryde and bushland walking in Lane Cove. We will start & finish at Huntley Point Wharf so you can meet there or catch the ferry with the Leader from the Quay. Approx. 14km.

**Grade:** Hard 2     **Ascent/Descent:** mostly flat     **Map:** Google maps

### SAT 23 **BUNDANOON GRAND CANYON VIA GLOW WORM GLEN**

A loop walk exploring the Morton National Park from Bundanoon. We will gaze on Fairy Bower Falls before traversing Nicholas Pass below the cliff line and then returning to Bundanoon via the Glow Worm Glen. This 9.3km circuit walk covers several tracks, creeks and lookouts. We could return to the glen in the evening to check out the glow worms.

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

### SUN 24 **GLENBROOK RANGER STATION > CAUSEWAY > RED HANDS CAVE > CAMPFIRE CREEK & RETURN**

Meeting at Glenbrook Railway Station, this is a pretty 10km walk along Glenbrook Creek and Campfire Creek, with a visit to ancient Aboriginal hand stencils.

**Grade:** 2     **Ascent/Descent:** 200m     **Maps:** Penrith & Springwood

### SAT 30 **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, then onto Berowra station. Lots of nice bush tracks & water views with a few ups and downs. A car shuffle to the start and the Opal card will be needed for the train back to the cars.

**Grade:** 3     **Ascent/Descent:** 200m     **Maps:** Hornsby & Cowan

## OCTOBER 2017

### SUN 1 **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 the above activity.**

### MON 2 **MT WESTMACOTT & MERMAID POOL**

This 10km walk in Heathcote NP visits Mt Westmacott and Mermaid Pool. There's a short easy climb to the top of Mt Westmacott which has good views over the surrounding area. Hopefully there will still be a great display of wildflowers.

**Grade:** 2     **Ascent/Descent:** 100m     **Map:** Royal NP

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

## OCTOBER 2017

### SAT 7     **ROBERTS > LINDEMANS > COPELAND PASSES**

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:** Hard 2     **Ascent/Descent:** 400m     **Map:** Katoomba

### SUN 8     **THIRLMERE NP: LITTLE RIVER FORD**

Following a fire trail from the back of Thirlmere Lakes down into the valley, through grey gum forests until we reach the crossing of Little River where we'll break for lunch before returning. Approx. 16km.

**Grade:** 3     **Ascent/Descent:** mostly flat     **Maps:** Nattai & Picton

### MON 9     **CLUB NIGHT - AT THE CLUB ROOMS**

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. New members are especially welcome to join us.

**MANAGEMENT COMMITTEE MEETING** 7:10 – 7:25pm (for Committee members)

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

**PRESENTATION** 8:30 – 9:15pm. *John Ebbott*, Community Engagement Coordinator with *CareFlight*, will let us know about this important service and its vital role in critical incident care. Opportunities to purchase *CareFlight* Bears and other merchandise, and/or make a donation, will be available on the night.

### TUE 10     **SOCIAL: TOUR & MORNING TEA AT CAMELLIA GARDENS, CARINGBAH.**

Take a leisurely stroll through the grounds of Camellia Gardens and enjoy morning tea at *The Teahouse* ([www.teahouse.com.au](http://www.teahouse.com.au)). To express your interest, contact Shannon by Sun 8<sup>th</sup> Oct on [bankstownbush@gmail.com](mailto:bankstownbush@gmail.com).

### THU 12     **LADY CARRINGTON DRIVE**

A fast-paced morning walk along Lady Carrington Drive. We'll start from Audley and follow the Hacking River through the heart of the Royal National Park. 20km return on wide track.

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

### FRI 14/SAT 15/SUN 16     **CYCLE RIDE: CANBERRA**     **NO HELMET NO GO!**

Various cycling day trips, mainly on bike paths, around Canberra and Queanbeyan. Planning to stay at Alivio Tourist Park, O'Connor which has a pool, tennis court, powered and unpowered sites. Opportunity for sightseeing too. Come for all or selected days. Contact Rob & Jayne on [bankstownbush@gmail.com](mailto:bankstownbush@gmail.com) by Fri 29<sup>th</sup> Sept.

### SAT 14     **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 sausage sizzle lunch.

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

### SUN 15     **ROCK CLIMBING DAY: OUTDOORS AT BANGOR**     **NO HELMET NO GO!**

Bring your harness, carabiners, belay devices etc. Enjoy a day of climbing outdoors. We'll be using a top belay system. Regular gym climbers or climbers with outdoor climbing experience only. 9am start.

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

## OCTOBER 2017

### FRI 20 CLOVELLY > TAMARAMA > BONDI. SCULPTURE BY THE SEA

The Tamarama-to-Bondi section of this 7km walk features the 21<sup>st</sup> Annual Sculpture by the Sea Exhibition (runs from 19<sup>th</sup> Oct – 5<sup>th</sup> Nov).

**Grade:** 1

**Ascent/Descent:** 50m

**Map:** Google maps

### SAT 21 CYCLE RIDE: SANS SOUCI > KURNELL & RETURN NO HELMET NO GO!

This leisurely ride from Sans Souci to Captain Cook's landing place is fairly flat (on bike tracks/road cycleway). It is partly by the sea so we can keep cool. Essentials: helmet, spare tube, pump, repair kit, sunscreen, water & lunch. Contact Mary on bankstownbush@gmail.com for details.

### 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). Please contact Shannon on bankstownbush@gmail.com for details.

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

### FRI 27 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 looking at the water. Ride is around 30kms on cycle paths and fairly flat. If we feel we deserve it we can call in at Adora Chocolates too.

### SAT 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 club member to participate in the above activity.**

### SAT 28 LANE COVE RIVER FROM HUNTERS HILL, LANE COVE NP

We start our walk from Hunters Hill and make our way up the Lane Cove River in the National Park to Epping Road, then return on the other side. We will enjoy nice bushland with river views and minor urban streetscape. A moderately easy 12km walk.

**Grade:** 2

**Ascent/Descent:** mostly flat

**Map:** Google maps

### SUN 29 SEVEN BRIDGES CHARITY WALK

The Seven Bridges Walk provides a unique opportunity to explore Sydney on foot and cross all seven of its coastal bridges in one day. Bridges covered are: Pyrmont/ Anzac/Iron Cove/ Gladesville/Tarban Creek/ Fig Tree and Sydney Harbour. The course is a clockwise loop that is 27km long.

**We will start early at Wynyard Station. Online booking is \$35 plus booking fee (increases to \$60 depending how late you book - Book as a [Pyrmont start](#)).**

You can get a free bus part of the way if you get too tired, but the intent is to walk the whole course at a reasonable pace to be able to complete it. To express your interest, contact Carol on bankstownbush@gmail.com.

**Grade:** 3 (whole course), 2 (part course)

**Map:** supplied on entry

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

## NOVEMBER 2017

### SAT 4 ADVANCED ABSEIL: MIRRORBALL



Three large exposed pitches of 50m or more as we descend into the Grose Valley, returning via the Pierces Pass track. Numbers are limited. Prior to being allowed to do this trip, a member must be able to satisfy a member of the abseil committee that they have the skills to complete the trip safely.

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

### SUN 5 CYCLE RIDE: FAULCONBRIDGE POINT



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.

### SUN 5 HEATHCOTE > GURRUMBOOLA RIDGE > LADY CARRINGTON DRIVE > AUDLEY > HEATHCOTE

A nice solid spring walk. From Heathcote, we'll wander down to Head of Navigation then up along Gurrumboola Ridge to the old Peach Tree trig. There was a track here once but we'll have to do a bit of bush-bashing before finding a place to cross the Hacking River. Then along Lady Carrington Drive to Audley and up over the hill back to Heathcote. Around 14km with a couple of ups & downs to keep us keen.

**Grade:** 3

**Ascent/Descent:** 300m

**Map:** Royal NP

### FRI 10 SOCIAL: RADICAL REELS FILM FESTIVAL

Prepare to be amazed! This is a high adrenaline film fest of incredible outdoor activities world-wide. Venue: Seymour Centre, Sydney Uni.

### SAT 11 – SUN 12 OVERNIGHT PADDLE: SHOALHAVEN RIVER

Tallowa Dam to Fossickers Flat and return. Paddling amongst trees submerged when Tallowa Dam was built and then between the spectacular cliffs of the Shoalhaven Gorge. End to end will take about 3 hours with distance of 14km each way. We will camp overnight at Fossickers Flat, a campsite only accessible by water or a difficult walk. Kayaks/canoes can be hired from Kangaroo Valley Safaris.

**Grade:** Kayaking

**Map:** Burrier

### SUN 12 TARONGA ZOO > BALMORAL

This walk offers spectacular views of the harbour, pristine stretches of bushland, sheltered beaches and lunch at Balmoral beach with a swim. People can choose to catch a bus back to the start or walk back. We may do a detour to Middle Head historic precinct if the day is not too hot. Bring your Opal card for ferry travel to Taronga Zoo. About 13km return walk. Some steps along the way.

**Grade:** 2

**Ascent/Descent:** 160m

**Map:** Google maps

### MON 13 CLUB NIGHT - AT THE CLUB ROOMS

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**MANAGEMENT COMMITTEE MEETING** 7:10 – 7:25pm (for Committee members)

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

**PRESENTATION** 8:30 – 9:15pm. An interesting slide show of our members' 2016 trip to the Kimberley region in WA.

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

### NOVEMBER 2017

#### SAT 18 EVANS LOOKOUT > GOVETTS LEAP VIA THE CLIFFTOP TRACK & RETURN

The Cliff Top Track is a breath-taking walk around the edge of the Grose Valley, between Govetts Leap and Evans lookouts. The many lookouts along this track show off the stunning Grose Valley. 6km return.

**Grade:** 2

**Ascent/Descent:** 220m

**Maps:** Mt Wilson & Katoomba

#### SAT 18 ADVANCED ABSEIL: KALANG FALLS



**NO HELMET NO GO!**

Kalang is in the Kanangra region and involves 10 abseils, mostly 30 metres plus, with no swims. Contact leader early to book a place as party size is strictly limited. You'll need to drive up on Friday night as we will have an early start Saturday morning.

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

#### SUN 19 SOCIAL: "AIM FOR FUN" ARCHERY

Come along and enjoy an "Aim for Fun" archery session at Sydney Olympic Park Archery Centre, Bennelong Parkway, Homebush (onsite parking). The cost is \$24 for a 90-minute session which includes safety & training induction before you get to shoot your arrows. Laughs guaranteed. We'll shoot our arrows from 10am - 11.30am. Bookings are essential – contact Vicki by Tue 24<sup>th</sup> Oct on bankstownbush@gmail.com. Afterwards we might take a stroll around Sydney Olympic Park if people are feeling energetic.

#### TUE 21 BUSHWALKING NSW: GENERAL MEETING

Venue: Redfern Town Hall, 73 Pitt St, Redfern at 7pm. All are welcome. Guest speaker: Carol Isaacs. Topic: Adventurous Conservation Expeditions.

#### SAT 25 PISGAH ROCK > ERSKINE CREEK > JACK EVANS TRACK

This walk starts with an adventurous scramble followed by a short walk on rough tracks down to Erskine Creek. After that we'll rock hop, wade and find our way through the scrub to a great swimming spot. Dunlop volleys or similar are essential as **we won't be stopping to remove our shoes**. Around 10kms, mostly off track. Don't forget your swimmers & towel.

**Grade:** 3

**Ascent/Descent:** 250m

**Map:** Penrith

#### SUN 26 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. Wetsuit needed for the Grand.

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

#### SUN 26 ROGAINE: 6-HR SOCIALGAINE AT NEWCASTLE

Great intro to cross country navigation + map & compass skills. Map provided at event and team selects route on the day. To join a beginner (walking) team contact Thaïs on bankstownbush@gmail.com by Mon 6<sup>th</sup> Nov or ASAP. Entry fees & deadlines apply.