

BANKSTOWN BUSHWALKING CLUB INC.
***SPRING 2018* 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.

SEPTEMBER 2018

SAT 1 OLD FORD RESERVE > COX'S RIVER CAMPGROUND & RETURN

Check out part of this classic walk which covers part of the 6-Foot Track, with the highlight of crossing the Bowtells Swing Bridge. Roughly 15km return.

Grade: 3

Ascent/Descent: 300m

Map: Hampton

MON 3 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 by Fri 31st Aug if interested or check out more info on www.hiddeninrookwood.com.au. Reminder to pack water & snacks.

SAT 8 WISES TRACK > WALLUMARRA TRACK > PALONA CAVE > KARANI TRACK > WISES TRACK

These tracks were closed for a few months earlier this year due to the fires in the Royal. Let's go and see how the regeneration is going. This walk has a bit of everything. Mostly track, some road, 2 small waterfalls to climb (I'll set a rope if people need one) and approx 500m of off-track bush bashing from one track to another. This is not difficult and the forest may be clearer after the fires....but we may get black too!!

Grade: 3

Ascent/Descent: 300m

Map: Royal National Park

SUN 9  MTN BIKE RIDE: ANDERSONS FIRE TRAIL

 NO HELMET NO GO!

The Andersons Fire Trail runs for 31km between Wentworth Falls and Woodford. Plenty of great scenery with some steep uphill grades (200m). Starting at Wentworth Falls Station & ending at Woodford Station, this makes it a 40km ride.

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

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SUN 9 WATTAMOLLA > GARIE BEACH & RETURN

Another chance to do this one which was cancelled due to heavy rain last time. Walk along the top of the coastal cliffs via Curracurrong and Eagle Rock. Stunning coastal and beach views. Lunch at Garie Beach before returning to our cars at Wattamolla. Approx 15km return.

Grade: 3

Ascent/Descent: 300m

Map: Royal National Park

MON 10 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.

SAT 15 SYDNEY TRAMWAY > HONEYMOON TRACK > AUDLEY WEIR & RETURN

The Honeymoon Track was historically used by honeymooners and holiday makers staying in the Royal National Park. Following well-maintained bush tracks and service trails, this walk of around 10kms descends to the cafe and Royal National Park Information Centre. There will be a short guided tour of the museum at the start. Entry is free but please note that donations will be welcomed. We will walk from the tram museum at Loftus down to Audley, walking beside the tramline and down the Honeymoon Track. On our return ascent, and having reached the top of the Honeymoon Track, we will take the waiting tram from here which will take us back to the museum in Loftus. Please bring cash for the tram ticket.

Grade: 2

Ascent/Descent: 200m

Map: Royal National Park

SUN 16 WATSONS BAY > BONDI BEACH > COOGEE BEACH

This 14km coastal walk will take 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 16]

SUN 23]  MYSTERY BIKE RIDES

 NO HELMET NO GO!

SUN 30]

Distance: between 30-50km so a roadworthy bike is essential. A mix of cycle paths & roads. With an early start, we will have a coffee stop either along the way or at the end.

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

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SAT 22 & SUN 23 **BASE CAMP & CAVING AT WEE JASPER** **NO HELMET NO GO!**

Wee Jasper is one of the campsites on the Hume & Hovell Track and is a perfect weekend getaway. So if you prefer, just relax, do some short walks and have an enjoyable weekend.

If you would like to come on this weekend, whether for caving, or camping, walking and socialising, contact bankstownbush@gmail.com to express your interest.

Wee Jasper 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 member of the club to participate in caving.

SAT 22 **LADY CARRINGTON DRIVE**

This early morning walk along Lady Carrington Drive will follow the Hacking River through the heart of the Royal National Park. Start /finish at Audley. Enjoy a coffee at the Audley Cafe upon completion of the walk. 20km return trip.

Grade: 3

Ascent/Descent: 150m

Map: Royal National Park

SAT 29 **BOX VALE TRACK & 40FT FALLS**

This fascinating loop walk visits the nestled Forty Foot Falls plus a stretch of the Nattai River and then leads you up a steep incline to the route of the old Box Vale Railway. It is a formation of an historic railway line and passes through cuttings, along embankments and through a tunnel of 84 metres in length. Although much of the surrounding terrain is steep and rocky it is very pleasant and beautiful walk. A distance of 11km which will probably take 6 hours.

Grade: 3

Ascent/Descent: 275m

Map: Mittagong

OCTOBER 2018

SAT 29, SUN 30 & MON 1 **BACKPACK: RETURN TO WOLGAN RIVER**

We explored this area over Easter and didn't quite make our objective, so we'll be going back to look for Annie Rowan Creek and the Totem Pole. It's a 19km walk in to camp, where we will set up home for the next two nights.

Sunday will involve some pretty "interesting" off track exploration to reach our objective. Relaxing at camp for a day is also a possibility, however priority will be given to those who are doing the Sunday exploratory.

Grade: 3







Ascent/Descent: 350m

Map: Ben Bullen & Mt Morgan

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OCTOBER 2018

- MON 1**  **BIKE RIDE: GEORGES HALL / MILPERRA**  **NO HELMET NO GO!**
An easy 15-20km ride through parklands in Georges Hall and Milperra including The Crest, Lake Gillawarna and Newland Reserve. Mostly on bike paths with a small section of road riding.
Essentials: helmet, spare tube, pump, repair kit, sunscreen, water and lunch.
- SAT 6** **MT WESTMACOTT & MERMAID POOL**
This 10km walk in Heathcote NP visits Mt Westmacott & 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 National Park
- SUN 7**  **ABSEIL PRACTICE DAY: ALFORDS POINT**  **NO HELMET NO GO!**
Club members will be meeting at Alfords Point 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.
- MON 8** **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: IAN'S TOUR OF INCREDIBLE AMAZING INDIA
"This is my custom tour of Incredible Amazing India with a driver to take me where I want to go. I have been to all the tourist sights plus many places western tourists don't go, like out of the way villages, the 8th wonder of the world and the only living working fort in India that hasn't changed much since the late 11th century. Also Varanasi India's Holy centre with The Ganges River, and the amazing Golden Temple. It's all about the places, the colours and the people that live there, and their simple way of life. You will be blown away by some of the sights."
- SAT 13**  **BIKE RIDE: HOMEBUSH BAY > BRIGHTON-LE-SANDS**  **NO HELMET NO GO!**
A moderately easy 40 km ride from Bicentennial Park, Homebush Bay, along Cooks River cycleway to Brighton-Le-Sands then return. The ride is almost all along virtually flat bike paths through riverside reserves. Cafes on offer at midway point and the end.
Essentials: helmet, spare tube, pump, repair kit, sunscreen, water & lunch.

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SUN 14 TARONGA ZOO

Spend a day at Taronga Zoo, home to over 4,000 animals. Visit the Tiger Trek exhibit and be delighted by the daily seal show. Wear comfortable shoes as there are a few hills and we'll be covering a lot of ground. Don't forget your Opal card, water, hat and sunscreen. Ticket prices available at taronga.org.au

Grade: 1

Ascent/Descent: <50m

Map: Google Maps

SAT 20 – SUN 21 BNSW ANNUAL BUSH CAMP: BUNGONIA WEEKEND

Bushwalking NSW's annual bush camp will feature a variety of walks, seminars/workshops, canyoning, & a fireside BBQ Sat night. Meet members of bushwalking clubs from across NSW / ACT. Come for 1 or 2 days. Best to book your campsite ASAP. Further info: Club Delegates or www.bushwalkingnsw.org.au

SUN 21 LEURA CASCADES > ECHO POINT CIRCUIT

Leura Cascades and Leura Forest, up at the Giant Stairs (about 1000 steps up) to 3 Sisters. Then returning via Prince Henry Cliff walk.

Grade: 3

Ascent/Descent: 320m

Map: Katoomba

SAT 27 & SUN 28



YERRANDERIE BASE CAMP

Come and explore the ghost mining town of Yerranderie. Check out the old buildings, mine shafts and go on a few short bushwalks nearby. Camp in the private campground. Camping fees are \$14 per person per night. The road can be rough in places, but a 2WD with good clearance should make it. AWD and 4WD vehicles won't have any problems at all.

If you would like to come on this weekend for camping, walking and socialising contact Paul at bankstownbush@gmail.com before Sat 20th Oct.

SAT 27 EVANS LOOKOUT > GOVETTS LEAP VIA THE CLIFF TOP TRACK & RETURN

The Cliff Top Track is a breathtaking 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

Map: Mt Wilson & Katoomba

SUN 28 MIKE'S METRO MEANDER #4: TWO VALLEYS WALK

From Bexley North we follow Wolli Creek via forest tracks to near Tempe. We then walk the Cooks River walkway/cycleway back to near Hurlstone Park. Then a couple of parks before; unfortunately, the last 3km is street walking. 13km all up. But note half this walk is on concrete paths which can be hard on the feet. For those that would like a coffee after, there are a couple of cafes to choose from.

Grade: 3

Ascent/Descent: <50m

Map: Google Maps

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WED 31 CLOVELLY > TAMARAMA > BONDI

The Tamarama-to-Bondi section of this walk features the 22nd annual Sculpture by the Sea Exhibition (runs from 18th Oct – 4th Nov). Contact the club for meeting place & time.

Grade: 1

Ascent/Descent: 50m

Map: Google Maps

NOVEMBER 2018

SAT 3 SHORT WALKS: RED COW FARM GDN (SUTTON FOREST) & MORTON NP

Explore all the pathways & pretty spring blooms at Red Cow Farm Garden (\$10 entry fee). Then onto Morton NP at Bundanoon to explore heathland blooms & scenic lookouts. Approx 7km total. Option to camp (free) overnight in Wingello State Forest.

Grade: 1 - 2

Ascent/Descent: 5 – 50m

Map: Southern Highlands

SUN 4 NEPEAN GORGE ALONG RILEYS MOUNTAIN TRACK

Rileys Mountain Track is a 12km on track walk with panoramic views of the Nepean River & Blue Mtns NP. Start at Nepean Gorge picnic area and onto Nepean Narrows Lookout & return.

Grade: 2

Ascent/Descent: 200m

Map: Penrith

SUN 4 MTN BIKE RIDE: DHARAWAL NP

 NO HELMET NO GO!

An easy to medium 25km return cycle ride through Dharawal NP near Campbelltown. This ride along well maintained fire trails is fairly flat with some steep ups and downs of about 150m as we cross a couple of creeks. If we have the time and energy we may explore some other trails and lookouts in the area. The area has only been declared a National Park a few years ago and NPWS have done a considerable amount of upgrade work; as a result the area is becoming very popular. This ride is best suited to mountain bikes.

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

THU 8 SOCIAL: RADICAL REELS FILM FESTIVAL

Prepare to be amazed! These films highlight some incredible outdoor activities world-wide. Venue: Seymour Centre, Sydney Uni.

SAT 10 MANGROVE CREEK - TEN MILE HOLLOW & RETURN VIA SIMPSONS TRACK

This walk starts at the pumping station on Mangrove Creek and follows an old bridle track and road to join the Old Northern Road south of Clares Bridge. Lots of interesting history and a chance to meet a few of the local black snakes. About 16 km.

Grade: 3




Ascent/Descent: 250m

Map: Mangrove

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- SUN 11**  **BIKE RIDE: MENAI > COMO & RETURN**  **NO HELMET NO GO!**
This is a lovely ride of about 40 km with a few hills (of course you can always walk up them if you choose). It is on good roads and cycle paths. Contact Mary or Owen at bankstownbush@gmail.com by Wed 7th Nov.
Essentials: helmet, spare tube, pump, repair kit, sunscreen, water & snacks. Lunch: BYO if you want to picnic in the park or we can lunch at Oatley pub.
- MON 12** **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: Thaïs (with input from Barbara) will be presenting a final slide show (Pt 4) of their Camino de Santiago pilgrimage journey across northern Spain in 2016.
SUMMER PROGRAM & BUSH TELEGRAPH AVAILABLE AT TONIGHT'S MEETING!!
- SAT 17** **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 18** **KURNELL > CRONULLA**
A 13km coastal walk. We will meet at Cronulla Station and catch the bus to Kurnell. From there we will walk through Botany Bay National Park to Boat Harbour and then walk across Cronulla Beach (optionally kicking off your boots to feel the sand between your toes); ending back at Cronulla for coffee, before catching the train home.
Grade: 2 **Ascent/Descent:** 100m **Map:** Kamay Botany Bay NP
- TUE 20** **BUSHWALKING NSW GENERAL MEETING**
7pm at Redfern Town Hall at 73 Pitt St, Redfern. All are welcome.
- SAT 24** **CANYONING: JUGGLERS & 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 this activity.
- SUN 25** **ROGAINE: 6-HR SOCIALGAINE AT BEROWRA**
Great intro to cross country navigation + map & compass skills.

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