

**BANKSTOWN BUSHWALKING CLUB INC.**  
**WALKS AND SOCIAL PROGRAM: \*SUMMER 2016/2017\***



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Please make sure you contact the person coordinating the activity you wish to participate in at least 48 hours before the scheduled date. **Please show consideration for others and call before 9pm.**

The activities on this program are peer based. Peers have equal rights and responsibilities but not necessarily equal skills and experience. Each participant in a peer based activity, including visitors, has the primary responsibility for their own well-being in each activity in which they participate. In addition all participants share responsibility (or must be prepared to) for the good and orderly conduct and safety of any club activity in which they participate. This extends to helping others in an emergency.

**DECEMBER 2016**

**SAT 3**      **CYCLE RIDE: M7 CASULA > ROOTY HILL**      **NO HELMET NO GO!**  
50km return trip for an undulating ride along bike path alongside the M7. Stop at Rooty Hill pub for lunch.

**SUN 4**     **BALMAIN PENINSULA**  
Explore the parks, foreshore and architecture of Balmain on a late afternoon walk. We'll start at Birchgrove wharf and finish at Balmain East wharf with time for coffee, maybe even dinner in the pub if we want. Maximum of 8 walkers. Streets are narrow! Around 12 km.  
Grade: 2                      Map: Street Directory

**SAT 10**     **GLENBROOK > LENNOX BRIDGE > MARGES & ELIZABETH LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIG ZAG > GLENBROOK**  
Visit the oldest bridge on the Australian mainland and the historic viaduct and railway cutting. Scenic views from the lookouts over the Nepean River and beyond. On a clear day we can see the Sydney CBD. 8km with 100m ascent and descent.  
Grade: 2                      Map: Penrith

**MON 12**     **CLUB CHRISTMAS PARTY!!!**  
This annual event will be held at our club rooms at the **GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall**. You will feast on a sumptuous smorgasbord buffet, with pre-dinner munchies starting from 6pm.

**JANUARY 2017**

**SAT 7**     **COOGEE > BONDI > COOGEE**  
This 12k coastal walk is one of Sydney's best known. The path will take us along the clifftops and beaches all the way to Bondi and back again and will guarantee great scenery. We can use public transport for this one, the coordinator will be catching the bus from Central Station. An early start and a steady pace if hot weather is predicted. We can also have a swim at the end or just take advantage of the cafes before we catch the bus home.  
Grade: 2                      Map: Street Directory

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## JANUARY 2017

- SAT 7 PADDLE / KAYAKING: WORONORA RIVER > THE NEEDLES, ENGADINE**  
12km return, starting at the boat ramp at Prince Edward Park. Sheltered, tidal, light traffic and some shallow areas. Bring lunch, snacks, morning tea and plenty of drinking water. There may be an opportunity for a swim. Personal Floatation Device (PFD) compulsory.
- SAT 14 CANYONING: GIRLS DAY OUT!**  **NO HELMET NO GO!**  
Sometimes at the beginning of the season you can lack the confidence to really enjoy your canyons. This woman-only trip is all about relaxing, taking our time and having a great day out as our confidence builds. We'll select one of the easier canyons to match the skills and fitness of participants. At the end of the day you should feel ready to tackle the more demanding trips.  
**Please Note: You must be a financial member of the club to participate in this activity.**
- SUN 15 GREAT UNCLE GEORGE CANYON**  **NO HELMET NO GO!**  
This is a nice canyon trip that our club explored a couple of years ago. A few short abseils down cascading waterfalls and creek walking, rounding it all up with a short climb. Wetsuits optional.  
**Please Note: You must be a financial member of the club to participate in this activity.**
- SAT 21 – SUN 22 MT WILSON BASE CAMP AND CANYON WEEKEND**  
Come for the canyons, or if you'd rather just camp and socialise that's fine too. If you aren't a canyoner, you could visit the Mt Tomah Botanical Gardens, sample produce from the farms along the Bells Line of Rd or do a day walk at Mt Banks.  
**Please Note: You must be a financial member of the club to participate in the canyon activity.**
- SAT 21 WOLLANGAMBE RIVER LILO TRIP**  
Explore the canyon-like lower section of the Wollangambe River, swimming through the gorges and scrambling over boulders. Wetsuits and lilo (or some other floatation device) are required as there are some long swimming sections. If you need to borrow a lilo or a dry bag let the coordinator know.
- SAT 21 CANYONING: WHUNGEE WHEENGEE**  **NO HELMET NO GO!**  
This long, constricted canyon is a club favourite. Some prior canyoning experience is required. Multiple abseils and some cold swims. Wetsuits and abseil gear essential. Limited numbers.  
**Please Note: You must be a financial member of the club to participate in this activity.**
- SUN 22 CANYONING: NORTH BOWENS CANYON**  **NO HELMET NO GO!**  
An incredibly beautiful canyon with multiple abseils and some short swims. Participants must be confident abseilers and used to off-track walking. Wet suit & abseil gear required.  
**Please Note: You must be a financial member of the club to participate in this activity.**
- SUN 22 THE ARMOURY**  
This will be a 7am start to beat the heat and enjoy the early morning. The walk covers the Parramatta River, Bicentennial Park, Rhodes foreshore, the Kokoda Track memorial and Rivendell House and gardens. We should be finished around lunchtime and it leaves time to do more exploring of the Armoury precinct if you want. Around 12kms.  
Grade: 2                      Map: Street Directory

## BANKSTOWN BUSHWALKING CLUB INC. \*SUMMER 2016/2017\* PROGRAM

### JANUARY 2017

#### TUE 24 WALKS COMMITTEE MEETING

For members of the Walks Committee. Suggestions for the **\*Autumn Program\*** must be given to a member of the walks committee or e-mailed by tonight or they won't make it onto the program.

#### SAT 28 – SUN 29 CANYONING: DAVIES CANYON



**NO HELMET NO GO!**

A spectacular canyon in the Kanangra wilderness. Big drops, breathtaking scenery and massive sprays of flowering rock orchids. Also wild pigs, stinging nettles and spartan bivy sites. Suitable for **experienced and fit** canyoneers only. Due to the challenging nature of this trip I will be assessing the suitability of individuals interested in this trip.

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

#### SAT 28 HANGING ROCK & BALTZER LOOKOUT

An iconic image, Hanging Rock is a huge, overhanging block of sandstone over 100m high, jutting out into the Grose Valley. We will drive to the start of the fire trail at Blackheath which has a few small uphill & downhill to the lookout, which is followed by a steep track down close to Hanging Rock. Approx 8km walk in total, from Blackheath. Meet at Glenbrook Info Centre at 8:30am. (Rescheduled from Spring Program)

Grade: 2

Map: Mt Wilson

#### SUN 29 CANYONING: FORTRESS CREEK



**NO HELMET NO GO!**

Experience the delightful Fortress Creek. This canyon has 1 or 2 short abseils, a jump and some swims and spectacular views at the end. Wetsuits essential.

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

### FEBRUARY 2017

#### SAT 4 - SUN 5 KANGAROO VALLEY KAYAK & BASECAMP

A 6km kayak trip from Hampton Bridge, down some small rapids to the free camping ground at Bendeela Recreation Area. Bring your own kayak, or hire one from Kangaroo Valley Safaris (for \$40 per person, and a return bus trip to your car). Then we will set up camp at Bendeela. Bring your fishing gear, swimmers and your camera for the bare-nosed wombats who live in the area.

#### SAT 4 MAGDALA CREEK > MARTINS FALLS/LOOKOUT > GLENBROOK CREEK

Setting out from Picnic Point (behind Springwood Station) the Sassafras Gully loop is a nice cool walk on shady footpaths leading down to swimming holes at the junction of Glenbrook and Sassafras Creeks, before winding back up to Springwood along Sassafras Gully Track. Includes a series of shallow but very pretty pools 11km circuit. Bring your cozzies.

Grade: 2

Map: Springwood

#### SAT 11 CIRCULAR QUAY > SOUTH HEAD & WATSONS BAY

Let's explore our harbour beaches, coffee shops and Sydney's most expensive real estate. We'll meander through the Eastern Suburbs visiting as much bush and parkland as we can find. Walk will be at least 15kms long, with the occasional coffee or swim stop. The exact route will be determined on the day. We'll most likely get the ferry back, so make sure you bring your Opal card and money for coffee and gelato.

Grade: 3

Map: Google Maps

# BANKSTOWN BUSHWALKING CLUB INC. \*SUMMER 2016/2017\* PROGRAM

## FEBRUARY 2017

### SUN 12 CANYONING: EMPRESS CANYON

 **NO HELMET NO GO!**

A short but impressive canyon in the Valley of the Waters, involving a few jumps and swims, finishing off with a 30m abseil down a waterfall. Afterwards we'll have a coffee at the Conservation Hut.

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

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

Club nights are held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall. Meetings are a chance to chat, socialise, and meet activity coordinators and other members. You may also find out about other activities that members have arranged that didn't make it onto the program. New members are especially welcome to join us.

**MANAGEMENT COMMITTEE** 7.00 - 7.30 pm.

For members of the Management Committee.

**GENERAL MEETING** 7.30 pm start.

Club administration, finance & correspondence of interest to members.

**PRESENTATION: NZ Great Walks**

A 20-minute video featuring stunning scenery in the walks which includes Tongariro Circuit, Whanganui Journey, Abel Tasman Coastal Walk & Heaphy Track.

**Autumn Program and Bush Telegraph available at tonight's meeting!!!**

### WED 15 LAKE GILLAWARNA AT GEORGES HALL

A mid-week afternoon walk for those who can't find the time to get to the bush. You can decide how far you wish to go, but the plan is to walk for about 1.5 to 2 hours. We'll meet at 4.30pm.

Grade: 1-2

Map: Not required

### SAT 18 – SUN 19 BASE CAMP & CANYONING WEEKEND AT NEWNES

Newnes is a favourite camping spot for walkers and canyoneers alike. Come and explore the ruins or do one of the many day walks. Or if you prefer there will be at least one canyon on offer each day. More details of which canyons will be on offer will be emailed to the club list in late January / early February.

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

### SUN 19 RAMSGATE > TAREN POINT

An easy 13 km walk along the foreshores of Botany Bay, suitable for a hot summer's day. We will cross over Captain Cook Bridge and get good views across to the nearby Towra Point Nature Reserve. We may include some suburban parkland.

Grade: 2

Map: Street Directory

### SAT 25 METROGAINE – 6 HRS

This urban cross country navigation event is a great introduction to navigation skills. Maps will be supplied. NSWRA usually reveals exact location 1 week prior. Entry fees apply.

## BANKSTOWN BUSHWALKING CLUB INC. \*SUMMER 2016/2017\* PROGRAM

### FEBRUARY 2017

#### SAT 25 OTFORD > PALM JUNGLE > BURNING PALMS > GARRAWARRA RIDGE > OTFORD

A pleasant 12km walk through varied terrain as we wander down through humid Palm Jungle to Burning Palms Beach for lunch and a swim. This beach is patrolled but no shark nets as far as we know. Then up the ridge to Garrawarra Farm before the flatish walk under the trees back to Otford. 150m descent and ascent. A stop at the Otford Café after the walk is always nice. Don't forget your swimmers!

Grade: 3                      Map: Royal NP

#### SAT 25 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. However, being an open canyon the water in summer is fairly warm, so wetsuits are 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 26 NEUTRAL BAY > MOSMAN

After a short ferry trip from Circular Quay, the first kilometre of this walk is along roads, then a wide path runs through harbourside reserves. An easy walk of 10.4km return. Great views of Sydney Harbour and the opportunity to visit Nutcote, home and garden of May Gibbs.

Grade: 1                      Map: Street Directory

### ADVANCE NOTICE – MONDAY 13<sup>TH</sup> MARCH 2017

#### BBC ANNUAL GENERAL MEETING

It's time to think about how you can contribute to the running of the club.

Put the date for the AGM in your calendar now!