

BANKSTOWN BUSHWALKING CLUB INC.
***SUMMER 2017/2018* ACTIVITIES PROGRAM**

PHONE: 0422-089-606
E-MAIL: bankstownbush@gmail.com
WEB SITE: <http://www.bankstownbushwalkingclub.org.au>
POSTAL ADDRESS: PO Box 7061, Mt Lewis NSW 2190



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.

DECEMBER 2017

SAT 2 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 this activity.

SUN 3 OATLEY PARK > LIME KILN BAY CIRCUIT WALK

Enjoy this afternoon 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: <150m

Map: Google maps

WED 6



KAYAKING AT LANE COVE NP



PFD ESSENTIAL!

Meet at Lane Cove Boatshed at 10:00am and paddle upstream for 1-1.5hrs and then return to the boatshed for lunch. As it is mid-week, we'll need our own kayaks and PFDs.

Grade: Kayaking

Map: Lane Cove NP

SAT 9 GLENBROOK > LENNOX BRIDGE > MARGES & ELIZABETH LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIGZAG > GLENBROOK

Meet at the Glenbrook Info Centre. Visit the oldest Australian mainland bridge & lookouts, then 100m descent to an historic viaduct & back up through old rail cuttings.

Grade: 2

Ascent/Descent: <150m

Map: Penrith

SAT 9 CANYONING: CLAUSTRAL

 **NO HELMET NO GO!**

Claustral is known as one of the best canyons in the Blue Mountains. This trip is for a small group of canyoneers who want to visit this superb system. You will need to be fit, experienced & have all your own gear. It's a big day out so there will be a strict limit on party size.

Grade: Canyoning (wetsuits essential)

Map: Mt Wilson

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

BANKSTOWN BUSHWALKING CLUB INC. *SUMMER 2017/2018 * PROGRAM

DECEMBER 2017

SUN 10 CANYONING: DARGANS CREEK CANYON NO HELMET NO GO!

An excellent beginners with a reasonably sustained constriction. There are no abseils in this short canyon. Plenty of opportunities for fun with a couple of short wades, a few scrambles and an interesting exit up spikes on a tree.

Grade: Canyoning (wetsuits optional) **Map:** Lithgow

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

MON 11 CLUB CHRISTMAS PARTY!!!



This annual event will be held at our club rooms at the
GEORGES HALL COMMUNITY CENTRE
188 Birdwood Road Georges Hall.

Feast on a BBQ buffet, with pre-dinner munchies starting from 6pm.

THU 28 PADDLING/KAYAKING AT AUDLEY PFD ESSENTIAL!

Row a boat or paddle a canoe/kayak along the Hacking River. Aqua bikes are also available to hire. Early start to avoid the school holiday crowd. See www.audleyboatshed.com for price list.

Grade: Kayaking **Map:** Google maps

SAT 30 FAULCONBRIDGE > SPRINGWOOD

A nice shady 11 km walk for summer along Sassafras Creek to Perch Ponds and Martins Falls. After lunch we will head up to Springwood via Magdala Creek. Mostly on track but will include creek crossings and some rock hopping. Bring your cozzies for a dip and the Opal card for the train.

Grade: 3 **Ascent/Descent:** 240m **Map:** Springwood

SUN 31 CYCLE RIDE: SYDNEY OLYMPIC PARK NO HELMET NO GO!





A ride around the grounds of Sydney Olympic Park. Hire a bike (\$20 for 2 hrs, helmet included). Opportunity for coffee afterwards at the Waterview Café. Don't forget your sunscreen & water.

Grade: Cycling **Map:** Google maps

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.

BANKSTOWN BUSHWALKING CLUB INC. *SUMMER 2017/2018 * PROGRAM


JANUARY 2018

- SAT 6 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 parkland, and offers magnificent views of Sydney Harbour. Approximately 12kms.
Grade: 2 Ascent/Descent: 200m Map: Google maps
- SUN 7 METRO MEANDER NUMERO TRES: REVESBY > YERAMBA LAGOON > CATTLE DUFFERS > REVESBY**
A nice metro walk of around 8kms. Mainly track walking with a short road bash. Not quite sure of the exact route yet as I have to check a couple of sections out but will have it sussed before we go. Will be a late start and early finish.
Grade: 2 Ascent/Descent: <150m Map: Google maps
- MON 8 ** NO CLUB MEETING ****
- SAT 13  CYCLE RIDE: FOUR CANALS & A GREENWAY  NO HELMET NO GO!**
Meet at Wollie Creek railway station at 9.15am for a 9.30 am start, 40kms, finishing between 3.00 – 4.00pm. Enjoy water views, riverside pathways, inner-city haunts & joints. Some traffic, but mostly cycle paths and quiet streets. Must be confident riding on the road. Bring water and sun cream. Can bring morning and afternoon tea and lunch, or plenty of places to purchase along the way.
Grade: Cycling Map: Google maps
- SAT 13 BOB TURNER TRACK**
A walk to the beautiful Colo River. There's a good swimming spot at the bottom of the hill, and a chance to get some exercise coming back up. 8kms all on track.
Grade: 2 Ascent/Descent: 280m Map: Wollemi NP
- SUN 14 SYDNEY HARBOUR NAT PARK: MOSMAN WHARF > BALMORAL BEACH**
After catching the ferry we start our walk from Mosman Wharf, then soon get on to the coastal path with its spectacular views out over the Harbour. We take in the historic WW2 gun emplacements at Middle Head before making our way to Balmoral Beach. From there we will catch a bus back to Taronga Zoo Wharf. Approx 10kms.
Grade: 2 Ascent/Descent: <150m Map: Google maps
- SUN 21  BIKE RIDE  NO HELMET NO GO!**
CARRAMAR > ABBOTSBURY VIA ORPHAN SCHOOL CREEK & RETURN
A nice relatively flat ride along Orphan School Creek. All bike track except for a shortish road section. We will return via an alternate option. Perhaps the cafe at the turnaround point will be open for Summer. We can extend this ride towards the end if people would like to add a few more kms. Essentials: helmet, roadworthy bike, spare tube, pump, repair kit, sunscreen, water & lunch.
Grade: Cycling Map: Google maps


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.

BANKSTOWN BUSHWALKING CLUB INC. *SUMMER 2017/2018 * PROGRAM

JANUARY 2018

- SUN 21 CANYONING: EMPRESS FALLS**  **NO HELMET NO GO!**
A short but fun constricted canyon, with a few climb-downs (or jumps) long swims, followed by a 30m abseil down a waterfall in full view of tourists! After which we'll stop in the Conservation Hut for coffee.
Grade: Canyoning (wetsuits essential) **Map:** Katoomba
Please note: You must be a financial club member to participate in this activity.

FEBRUARY 2018

- SAT 3 CANYONING: ROCKY CREEK & TWISTER**  **NO HELMET NO GO!**
A fun and easy canyon trip which involves numerous jumps and slides before reaching the beautiful constrictions of the lower Rocky creek. No abseils, but there is one hand over hand scramble down a waterfall.
Grade: Canyoning (wetsuits essential) **Map:** Mt Morgan
Please note: You must be a financial club member to participate in this activity.
- SUN 4 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 Taren 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:** dead flat **Map:** Google maps
- SAT 10 – SUN 11 MT WILSON WEEKEND BASECAMP**
Come for a weekend liloing or wet-walking or just camp and socialise. As well as the activities on the program (see below), there will be other canyons on offer. Watch your emails for details. Or you could visit Mt Tomah Botanic Garden, sample produce from the farms along the Bells Line of Road or do a day walk at Mt Banks. For more information about the camp site, contact bankstownbush@gmail.com
- SAT 10 MT WILSON: WOLLANGAMBE RIVER LILO ADVENTURE**
A beginners' canyon with no abseils, a lazy trip down the Wollangambe River through a high walled canyon. Bring your lilo mat, a kickboard or even your ring floaty to hang onto while going through the long swim sections, with some walk and rock scramble sections.
Grade: Liloing (wetsuits recommended) **Map:** Mt Wilson & Wollangambe
Please note: You must be a financial club member to participate in this activity.
- SUN 11 MT WILSON: WOLLANGAMBE WALKING ADVENTURE**
A beautiful walk with some great views of the Wollangambe Valley & even have a stroll in the Wollangambe waters, walking along the riverbed for one section (bring an old pair of sneakers for this). It is sandy-floored but there are a couple of spots where we will get wet above the waist.
Grade: 3 **Ascent/Descent:** 300m **Map:** Mt Wilson & Wollangambe

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.

BANKSTOWN BUSHWALKING CLUB INC. *SUMMER 2017/2018 * PROGRAM

FEBRUARY 2018

SUN 11 CANYONING: NORTH BOWENS

 **NO HELMET NO GO!**

An incredibly beautiful canyon with multiple abseils. This canyon is suitable for fit beginners who have attended recent abseil practice days.

Grade: Canyoning (wetsuits recommended)

Map: Mt Wilson

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

MON 12 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 7.10 - 7.25pm (for Committee members)

GENERAL MEETING 7.30 – 8:15pm. Club administration, finance & correspondence of interest to members. ***Autumn Program & Bush Telegraph available at tonight's meeting!***

**** BUY, ** SELL, ** SWAP or ** GIVE AWAY**

Are you looking for good, used gear? Do you have anything that you'd like to get rid of?

Tonight is an opportunity for club members to find good homes for their old gear, or to pick up a bargain. Just turn up with any items you want to find a good home for and enough money to buy what you are looking for. If you are planning on selling a more expensive item please 'advertise' via the club's e-mail list prior to this meeting so people will know it's on offer and bring their cash.

WED 14 LAKE GILLAWARNA AT GEORGES HALL

A mid-week late afternoon walk (1.5 to 2 hour duration). Meeting time is 4.45pm but make sure you add extra time to arrive due to the heavy traffic. Meeting place tba prior.

Grade: 1-2

Ascent/Descent: <150m

Map: not required

SAT 17 BICENTENNIAL PARK AT HOMEBUSH BAY > RHODES

Walk through Bicentennial Park, Homebush Bay to Rhodes, over rail bridge and back along Parramatta River. Flat but long – possibly up to 15kms. Bring usual (hat, sunblock, lunch, copious water, humour) with good walking shoes. Start from coffee shop (recognised by nearby bike hire shop) in Bicentennial Park where the parking has untimed spaces on week-end.

Grade: 2

Ascent/Descent: <150m

Map: not required

SUN 18 GREAT NORTH WALK: THORNLEIGH > HORNSBY

A 10km walk along a small section of the Great North Walk. It takes in some lovely woodlands surrounding the upper reaches of Berowra Creek. We start from Thornleigh station and finish at Hornsby so public transport is an option.

Grade: 2

Ascent/Descent: <150m

Map: Hornsby

TUE 20 BUSHWALKING NSW: GENERAL MEETING

Venue: Redfern Town Hall (Small Hall, Level 2), 73 Pitt St, Redfern at 7pm. All are welcome. Keynote presentation: *Keeping Your Club on Track. (Tips for the smooth running of bushwalking clubs).*

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.

BANKSTOWN BUSHWALKING CLUB INC. *SUMMER 2017/2018 * PROGRAM

FEBRUARY 2018

SAT 24 CANYONING: FORTRESS CREEK NO HELMET NO GO!

An easy canyon with a couple of small abseils. There are a number of long swims in some pretty constrictions. The lunch spot at the end of the canyon is a highlight, looking across to Lockley Pylon at the top of the cliffs above Govetts Gorge.

Grade: Canyoning (wetsuits essential) **Map:** Katoomba

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

SUN 25 THE SWIMMING HOLES OF KANGAROO CREEK: HEATHCOTE > KANGAROO CREEK > HEATHCOTE

A nice summer walk with a couple of opportunities for a freshwater swim. From Heathcote we'll walk down to Karloo Pool to test the waters temp. We'll then leave the potential crowd here and follow Kangaroo Creek the 6kms to Head of Navigation. This section is a mix of track and off-track though we do have 2 or 3 lovely swimming holes along the way to play in. From Head of Navigation it's a 300m ascent back to the cars.

Grade: 2 **Ascent/Descent:** 300m **Map:** Royal NP

SUN 25 METROGAINE – 6 HOURS

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. For a beginner (walking) team entry, with distance and difficulty being whatever we decide on the day, contact Thaïs on bankstownbush@gmail.com by Mon 12th Feb.

ADVANCE NOTICE – MONDAY 12TH MARCH 2018

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!

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.