

BANKSTOWN BUSHWALKING CLUB INC.
***SUMMER 2018/2019* 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.

DECEMBER 2018

SAT 1 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 rock and limestone formations. Start/finish southern end of Lady Carrington Drive. Approx 10km total.

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

SUN 2 NEPEAN GORGE ALONG RILEYS MOUNTAIN TRACK

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

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

SAT 8 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: 3 **Ascent/Descent:** 150m **Map:** Royal NP

SUN 9 PULPIT ROCK LOOKOUT > ZIG ZAG TRACK > BUSHRANGERS CAVE > RIENITS PASS > WILSONS GLEN > PULPIT ROCK

A wonderful view of the Kanimbla Valley across to the cliffs of Mt Blackheath & beyond as far as Kanangra Walls from Pulpit Rock. The walk from Mt Victoria involves rock scrambling up to Bushrangers Cave then continue downwards through rocks & fallen logs to lush rainforest, following a track under rock overhangs, along the clifftop and stone stairs back to Pulpit Rock. Approx 3km circuit (3.5hrs return).

Grade: 2 **Ascent/Descent:** 200m **Map:** Mt Wilson/Hartley

MON 10 ** NO CLUB MEETING **

SAT 15 CANYONING: HAT HILL

☠ NO HELMET NO GO!

A great opportunity to get your canyon legs back at start of the season. Hat Hill is straight forward and spectacular. **No abseils** in this one, but you will need to be fit and have good scrambling ability. This canyon has three distinct sections with some pretty creek walking in between.

Grade: Canyoning (wetsuits essential) **Map:** Mt Wilson

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DECEMBER 2018

SUN 16 MAROUBRA BEACH > COOGEE BEACH > BONDI BEACH

This 14 km 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 swimming gear if the weather is suitable. Bring your Opal card as we will catch a bus from Circular Quay to Maroubra.

Grade: 2

Ascent/Descent: 100m

Map: Google Maps

TUE 18 SOCIAL: HAZELHURST ARTS CENTRE, GYMEA

A morning outing incorporating art & food! We'll visit the Hazelhurst Arts Centre and take a look at the "Weapons for the Soldier" exhibition. This will be followed by a coffee and some retail therapy at Nina's Chocolates and The Grate Cheese Co. Contact Shannon at bankstownbush@gmail.com

SAT 22 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. Please note: You must be a financial club member to participate in this activity.

Grade: Canyoning (wetsuits essential)

Map: Katoomba

SUN 30 BIKE RIDE: SYDNEY OLYMPIC PARK

 **NO HELMET NO GO!**

An easy 2-hour ride through the grounds of Sydney Olympic Park. Bring your own bike or hire one at Bike Hire, Bicentennial Park. Early start to beat the heat. Opportunity for coffee afterwards at the Waterview Café.

Grade: Cycling

Map: Google Maps

JANUARY 2019

SAT 5 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.

SUN 6 GLEBE FORESHORE WALK

This 5km loop walk will start/end at the Sydney Fish Market. We will walk across the Anzac Bridge and stroll through parks along Rozelle Bay and Blackwattle Bay. The walk will also include a visit to Tramsheds, one of Sydney's most exciting food destinations.

Grade: 1

Ascent/Descent: <50m

Map: Google Maps

FRI 11 CRONULLA BEACH > BOAT HARBOUR & RETURN

Twilight walk along the beach! We'll be kicking off our shoes and walking on the sand. Approx 10km in total.

Grade: 2

Ascent/Descent: <50m

Map: Google Maps

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SAT 12 EXPLORE WALLS PASS & CEDAR VALLEY TRAVERSE

Join me on this 18km exploratory, exposed scrambling route-finding trek! From Narrow Neck, we'll scramble down Walls Pass, to Cedar Creek for lunch, then up to Ruined Castle, finishing at the top of the Golden Stairs. An early start to a big day!

Grade: 4 **Ascent/Descent:** 600m **Map:** Katoomba

SAT 12 BALTZER LOOKOUT & HANGING ROCK

A relatively easy 8km 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).

Grade: 2 **Ascent/Descent:** <150m **Map:** Mt Wilson

SAT 12 – SUN 13 KAYAKING AT MYALL LAKES PFD ESSENTIAL!

A paddle up the Myall River from Tea Gardens and then around Bombah Broadwater to Bombah Point. Camping on the river at Brambles Green. Approximately 32kms all up, with 22km on the Saturday. Sea kayak recommended which can be hired from Tea Gardens (bookings essential for this time of year). We may even get to share the river with some dolphins. Suggest contacting me before Christmas or earlier if hiring kayak.

Grade: Kayaking **Map:** Myall Lakes NP

MON 14 ** NO CLUB MEETING **

SAT 19 BICENTENNIAL PARK AT HOMEBUSH BAY

A 40-hectare parkland situated on the shores of Homebush Bay. We will walk from the bike shop, through park, over bridge, along Homebush Bay, over pedestrian bridge at Rhodes, & back through the park, with a stop for bird watching (bring your binoculars) & mangrove appreciation. An easy 5-6km walk on flat ground. Please bring good walking shoes, sun protection, water & snacks. There will be time for coffee after the walk at the café for those inclined.

Grade: 1 **Ascent/Descent:** none **Map:** Google Maps

SAT 19 – SUN 20 BASE CAMP WEEKEND AT BARCOO SWAMP ON NEWNES PLATEAU

Barcoo Swamp is an informal canyons camp ground with no facilities. We will use it as a base for doing some canyons in the area. Come and camp and socialise, or if you prefer organise a canyon or day walk and email the club list. For more information about the camp site or to find out what other activities are available in the area contact Paul at bankstownbush@gmail.com

SAT 19 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

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SUN 20 CANYONING: ALCATRAZ CANYON NO HELMET NO GO!

This canyon is off the beaten track and rarely visited. It is a short, dry(ish) canyon with one abseil. We will be doing this one on the way home from the base camp, so you'll need to camp at Barcoo the night before if you want to come along.

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

Grade: Canyoning **Map:** Cullen Bullen

SUN 20 MAROUBRA BEACH > LA PEROUSE

Enjoy fine coastal scenery on this invigorating walk from Maroubra Beach to La Perouse. It takes in cliff tops, rocky headlands, sandy beaches, coastal bushland, golf courses, historical features and more. A moderate grade walk of approx. 12 km with variable track quality. We will catch a bus from La Perouse back to near the start.

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

SAT 26 – MON 28 ** AUSTRALIA DAY LONG WEEKEND ** - NO ACTIVITIES PLANNED

FEBRUARY 2019

SAT 2 GERRINGONG FALLS

This 17km walk in Budderoo NP is on mostly level fire trails. We will be moving at a quick pace to maximise our swimming opportunities at the top of the falls. Bring a towel and some swimmers if you don't want to scare your fellow walkers. We'll check out Robertson Pie Shop before the drive home.

Grade: 3 **Ascent/Descent:** 150m **Map:** Kangaroo Valley

SAT 2 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

SUN 3 CANYONING: EMPRESS FALLS 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 club member to participate in this activity.

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

SUN 3 SYDNEY TRAMWAY > HONEYMOON TRACK > AUDLEY WEIR & RETURN

Following well-maintained bush tracks & service trails, this walk of around 10kms descends to the cafe & RNP Info Centre. We will start with a short guided museum tour. (Free entry but donations welcomed). We will walk from the tram museum at Loftus down to Audley, walking beside the tramline & down the Honeymoon Track. On our return ascent, & having reached the top of the Honeymoon Track, we will catch the waiting tram which will take us back to the museum in Loftus. Please bring cash for the tram ticket.

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

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- SAT 9 SAT 9 DOG-FRIENDLY BUSHWALK AT GANNONS PARK, PEAKHURST**
Bring your dog along (or come and befriend a dog!) to this dog-friendly bushwalk starting from and ending at Gannons Park, Peakhurst. It is approximately 5km along Boggywell Creek and includes some fire trail and bush paths. There are a couple of steep sections but you will enjoy a mostly flat walk with water views and a range of bush from scrubby to wetlands to rainforest-like vegetation.
- Grade:** 2 **Ascent/Descent:** >50m **Map:** Google Maps

SAT 9 – SUN 10  BACKPACK: ETTREMA GORGE

QUIERA CLEARING TO JINGLES PASS – ETTREMA CREEK – JONES CREEK – TRANSPORTATION SPUR – GALLOWS GULLY – QUIERA CLEARING

A great walk in a real wilderness atmosphere. Two very long days with 17 kms of challenging navigation and off track walking. Highlights are the clear deep pools of Ettrema Creek, vistas of sandstone escarpments, magnificent South Coast flora and fauna. Lowlights are bush bashing through thick scrub, steep descents and ascents of some 900m total and hoping Ettrema Creek is not too high.

Grade: 4 **Ascent/Descent:** 900m **Map:** Touga

SUN 10 FAIRY BOWER > COXS CAVE > MT PIDDINGTON > WITCHES GLEN > WILSONS GLEN > ROSS CAVE > FAIRY BOWER GROTTO

A variation to our previous walk; going to Witches Glen lunching at Sundeck Cave (camping spot for rock climbers) which will lead us up the Pulpit Rock track detouring back to Mt Piddington. Start from Mt Vic village. Hard uphill trek from Coxs Cave to Mt Piddington.

Grade: 2 **Ascent/Descent:** 250m **Map:** Mt Wilson/Hartley

MON 11 CLUB NIGHT - AT THE CLUB ROOMS

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

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

Autumn 2019 Program & Bush Telegraph available at tonight's meeting!

PRESENTATION: 8:30pm. Keith Muir from the Colong Foundation for Wilderness will talk about several important environmental campaigns of interest to club members.

FRI 15 SOCIAL: DINNER AT JASMINE 1, CHESTER HILL

Enjoy Arabic food at Jasmine 1 Restaurant, 174 Waldron Rd, Chester Hill. The menu can be found at <https://www.zomato.com/sydney/jasmin-1-chester-hill/menu>. Meet at around 7pm. Contact Abdul at bankstownbush@gmail.com

SAT 16  CYCLE RIDE & SWIM: THIRROUL > WOLLONGONG  NO HELMET NO GO!

We'll ride from Thirroul to Wollongong for a coffee and then head back for a swim at Thirroul Beach followed by lunch at the Thirroul Beach Pavilion. An easy ride, of around 30kms, all on cycleways. We may go a little further if the group wants to on the day. Make sure you bring your swimmers and towel.

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

Grade: Cycling **Map:** Google Maps

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SAT 16 – SUN 17 BASECAMP WEEKEND AT MT WILSON

Come for a weekend of canyoning, liloing or walking or just camp and socialise. As well as the activities on the program (see below), there may be other canyons on offer. Watch your emails for details. Or you could visit Mt Tomah Botanic Garden and sample produce from the farms along the Bells Line of Road. For more information about the camp site, contact bankstownbush@gmail.com

SAT 16 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 essential)

Map: Mt Wilson & Wollangambe

SUN 17 CANYONING: SERENDIPITY

 **NO HELMET NO GO!**

This is one of our favourite trips, with a relatively easy walk in and exit and lots of abseils and swims. A very pretty canyon to visit, not to mention a great jumping rock at the exit.

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

Grade: Canyoning (wetsuits essential)

Map: Wollangambe

SUN 17 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

TUE 19 BUSHWALKING NSW GENERAL MEETING

7pm at Redfern Town Hall, 73 Pitt St, Redfern. All are welcome.

SAT 23 CLAUSTRAL BROOK ADVENTURE

Ever wanted to venture down into Claustral's wonderland without having to do the abseils, then this is your chance. We will walk down the access track into Claustral Brook and head downstream to look at the first abseil. Then we'll walk upstream as far as the old access point. This is a beautiful brook enclosed within sandstone cliffs and full of ferns and rainforest. Wear your daggy cloths and grippy shoes as this trip will involve getting wet (ie into small pools of water), short scrambles, climbing tree roots, creek walking through water and negotiating forest. Distance around 10kms

Grade: 3

Ascent/Descent: 200 m

Map: Mt Wilson

SUN 24 ROGAINE: NSW MINIGAIN (3 HRS) – LOCATION TBA

A long distance cross country navigation sport, using map & compass only. Maps are supplied so team can select route on the day. Individual entry is available for this event. To join a beginner (walking) team entry, contact Thaïs at bankstownbush@gmail.com by Mon 11th Feb or ASAP. Event managed by NSWRA. Entry fees & deadline apply.

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SUN 24 BIKE RIDE: OLYMPIC PARK > P'MATTA RETURN NO HELMET NO GO!

Start from Waterview Café (was Lilies on the Park) in Bicentennial Park. Must have roadworthy bike. Contact Vicki for start time.

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

Grade: Cycling

Map: Google Maps

ADVANCE NOTICE on AUTUMN PROGRAM

2-3 MAR BASE CAMP AND CANYONING WEEKEND AT KANANGRA

Camping at Boyd River crossing and tackling a couple of Kanangra Canyons. Plan is to do Kanangra Main on Saturday and Dione Dell on Sunday. There will also be opportunities for day walks. If you are interested in participating or willing to lead a day walk or other canyon over the weekend please contact a member of the Walks Committee.

9-10 MAR BACKPACK MOUNTAIN LAGOON TO UPPER COLO VIA MAILES RIDGE

Camping at Colo Meroo. About 15km with 580m descent. Involves car shuffle. If interested please contact a member of the Walks Committee. ;lkdsa

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