

BANKSTOWN BUSHWALKING CLUB INC.
WALKS AND SOCIAL PROGRAM: *WINTER 2016*



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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.

JUNE 2016

THU 2 VIVID FESTIVAL: ROYAL BOTANIC GARDENS > SYDNEY CBD

Enjoy a late afternoon/twilight leisurely walk in the Royal Botanic Gardens before sharing a meal. Then we'll stroll around the many venues in the Sydney CBD to view the amazing lighting displays & illuminations of the VIVID Festival. Joint walk with Catholic Bushwalking Club.

SAT 4 – SUN 5 BACKPACK: WOLLANGAMBE CRATER

Wollangambe Crater is a large bowl formed by the erosion of several small creeks. This walk traverses part of the Wollangambe Wilderness, so tracks are vague or non-existent and there are no cairns or markers. With some route finding over pagoda country navigation promises to be lots of fun!

SAT 4 PULPIT ROCK > POPES GLEN > PULPIT ROCK

We start from Pulpit Rock, trekking past Cripps Point and Boyd Lookout. The lookouts at Pulpit Rock are at 3 levels and the view varies at each. About 8km return, with a few ups & downs and stairs at the lookout. We stop at Popes Glen Creek for lunch before our return. We will carpool from the Glenbrook Information Centre.

SAT 11 CANYON/CAVE RESCUE DAY: ALFORDS POINT

 **NO HELMET NO GO!**

This day is for club members who lead canyon or cave trips, rig canyon and cave descents and are the first or last person down a rope on trips. It is an advanced rope rescue practice day. We will be using parallel 6:1 systems, concentrating on edge management as well as mid-rope pick offs. Bring along your pulleys, Prussik loops and a Gri Gri if you have one.

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

SUN 12  CYCLE RIDE: BICENTENNIAL PARK >

 **NO HELMET NO GO!**

RHODES > MEADOWBANK > OLYMPIC PARK

Come along for an enjoyable 30-40km cycle ride starting at Bicentennial Park, through Rhodes over the John Whitton Bridge to Meadowbank. Then follow the PVC to Silverwater Bridge, which we will cross on the shared foot/cycle path and come back along the cycle path stopping at the Armory Cafe for coffee. Then through Sydney Olympic Park back to the start. Essential – a roadworthy bike, helmet, pump, spare tubes and repair kit and water.

*Note: Ride cancelled if raining.

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SAT 18 – SUN 19 BUNGONIA: CAVING & CAMPING

 **NO HELMET NO GO!**

A weekend of Caving, both Vertical & Horizontal; or just plain walking and enjoying the surrounds. The usual will be on offer: Acoustic Pot [V], Blowfly [V], Grill [H], College [H], B4-B5 [H]. With luck we may have something special for those deemed competent enough. There will be charges for Park entry and camping; carpooling will have merit! If you are going, you will need to book your camping in advance.

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

SAT 18 WINTER MAGIC FESTIVAL: KATOOMBA

Annual parade and festival events at Katoomba. Come along and enjoy the atmosphere. Public transport is a good option. The train trip through the Blue Mountains is an added bonus. Also think about visiting the Cultural Centre, Art Gallery and Blue Mountains Heritage & Environment exhibition.

SUN 19 GREAT NORTH WALK: THORNLEIGH > HORNSBY

A moderately easy 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 and finish at train stations so public transport is an option.

SUN 19 PADDY PALLIN ROGAINE

This cross-country navigation event in a bushland setting is an excellent introduction to map & compass navigation skills. North of Sydney at Catherine Hill Bay. 6-hour event, starts 9am. Entry fees apply and maps are supplied on the day.

New to rogaining? Join the club team (max 5 people). Distance and difficulty will be whatever we decide on the day, and we'll go at walking pace.

MON 20 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. Supper provided.

VIDEO NIGHT: WALKING THE HIMALAYAS 8:30 – 9:15 pm

We'll be sharing part of a documentary series made by Levison Wood (English writer, photographer and explorer) who went on a six month journey of over 1700 miles walking the length of the Himalayas, from Afghanistan to Bhutan. The final series features his journey from Southern Bengal to Bhutan, showing its scenery, festivals and monasteries and meeting the people.

SAT 25 WINMALEE > SPRINGWOOD RIDGE > BLUE GUM SWAMP > WINMALEE

This time we will follow Springwood Ridge to reach the Grose Mountain lookout, then also explore where the track from there ends up. After lunch at the lookout we head back down to follow Blue Gum Swamp Creek back to the cars. Approx 15 kms or so. We will carpool from the Glenbrook Information Centre.

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SUN 26 ABSEIL TRIP: MIRRORBALL

 **NO HELMET NO GO!**

Three large exposed pitches of 50m or more as we descend into the Grose Valley, returning via the Pierces Pass track. Experienced abseilers only. Numbers are limited.

Prior to being allowed to participate in this activity, 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 this activity.

JULY 2016

SAT 2 FEDERAL ELECTION

Make sure you organise a pre-poll or postal vote if you are planning on being out in the bush today!

SAT 2 - SUN 3 2016 NAVSHIELD EMERGENCY SERVICES ROGAINE

The Bushwalkers Wilderness Rescue Squad is once again hosting the NavShield. The event is always run in the wilderness approx 2-3 hours drive from Sydney - for further info go to: <http://www.bwrs.org.au/?q=NavShield>. 1 or 2 day event to choose from. Fees and deadlines apply.

SUN 3 KINGS TABLELAND > MT SOLITARY

Starting at the locked gate off Kings Tableland Road, the initial walk into the Kedumba Valley takes you down a fire trail. A log crossing of the Kedumba River then a steep climb up to Mt Solitary return.

TUE 5 DINNER AT THE BUDDHA RAKSA

Join us at our favourite Thai restaurant for an evening of good food and good company. Always an enjoyable evening.

FRI 8 CUMBERLAND GANG SHOW & DINNER IN PARRAMATTA

Meet for dinner at City Extra, Church St, Parramatta before the Show at 7:30pm at Parramatta Riverside Theatre. The show is a theatrical performance with a cast of youth and adults from the Scouting and Guiding Movements. A night of great value entertainment. Full price adult ticket approx \$35, with various other pricings available. Alternatives are – book own tickets, just meet for dinner or just meet direct for show.

SAT 9 ADVANCED ABSEIL DAY – ALFORDS POINT

 **NO HELMET NO GO!**

This is a day for club members who are proficient at abseiling and want to improve their skills. We will be covering knot tying, rigging, abseil/Prussik changeovers and Prussiking over difficult edges.

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

SUN 10 WATERFALL > COURANGA TRACK > FOREST ISLAND & RETURN

From Waterfall Station we follow the fire trail for 1km before taking the Couranga Track and heading into Hacking River rainforest. This track then meets Forest Island which we'll circumnavigate before returning via the Couranga Track again. Bring salt!!! Total distance 8km or so.

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For members of the Management Committee.

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AUDIO VISUAL PRESENTATION: DARWIN AND KAKADU NATIONAL PARK

8:30 – 9:00 pm

Come and see some photos set to music from Jon's recent brief trip to the Top End, which took in the superb Kakadu National Park.

TUE 12 WALKS COMMITTEE MEETING

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

REMINDER

Have you sent through your Bush Telegraph articles yet? Please e-mail them soon so we can meet the print deadline.

SAT 16 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.

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

SUN 17 FAIRY BOWER > COXS CAVE > MT PIDDINGTON > HORNES POINT > FAIRY BOWER

This picturesque walk takes you through a ferny rainforest before you hit the gully that takes you to a 20-rung steel ladder to Cox's Cave (optional). We then trek hard uphill to Mt Piddington (highest in the Blue Mts at 1,094m) where you'd get a view of the Kanimbla Valley. A short walk to Hornes Point (used by abseilers) where we will stop for lunch. We will either take the Mt Piddington Road back to Fairy Bower or head down another track via the Grotto back to Fairy Bower. Approx 5km return. Enough time to check out Mt Victoria village for its quaint shops (coffee / antique etc) and the Railway Station Museum. Carpool from the Glenbrook Information Centre.

SAT 23 – SUN 24 ALPINE SURVIVAL: SOMEWHERE DOWN THE SNOWY MOUNTAINS NEAR GUTHEGA

Lost high up in the Alpine Environment, surrounded by snow and no tent!!! Night is approaching... DON'T WORRY ... BE HAPPY! If you come away on this trip, you will learn how to not only survive but to thrive in the Alpine environment. *Snow caves and other shelters. * Learn how to navigate in a blizzard. * Risk management and situation appraisal. * Hypothermia: this trip will be tailored to suit the level of experience (and comfort or discomfort) of those coming along. Best if you have had some experience in snow camping. We probably won't have to treat heat stroke.

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SUN 24 WATTAMOLLA > EAGLE ROCK AT ROYAL NP

The walk from Wattamolla picnic area to Eagle Rock is an excellent way to see the Royal coastline and the Eagle Rock formation. This walk heads south from Wattamolla, following the Coast Track, leaving the sea cliffs for a while to pass through some beautiful heath, then back to the coast, to the Eagle Rock Lookout. 7.5 km return.

SAT 30 WENTWORTH PASS, HIPPOCRENE AND VERA FALLS

This partly overgrown and largely forgotten old walk wanders along the valley floor, following the creek until heading back up the Valley of the Waters. Sandstone stairs, waterfalls, leaf-covered tracks and a sense of solitude make for a challenging but inspiring day. Approx 7.3km, with 650m descent and ascent.

SUN 31 HYDE PARK > CIRCULAR QUAY > COCKATOO ISLAND

From Hyde Park we'll head to Mrs Macquarie's Chair, passing St Mary's Cathedral and the Art Gallery. The path continues around Farm Cove and to Circular Quay where we will catch a ferry and explore Cockatoo Island.

AUGUST 2016

SAT 6 – SUN 7 SKI CROSS-COUNTRY: PERISHER VALLEY

Learn the basics of cross-country skiing. A fun weekend away. Learning how to stand on those skinny sticks! A mix of resort and trail skiing.

SAT 6 BEGINNERS ABSEIL DAY – ALFORDS POINT

 **NO HELMET NO GO!**

There is a limit of 6 beginners spots on this day. There is no limit on the number of experienced people with their own abseil equipment. If you don't know where the meeting place is or need to book in, e-mail the abseil committee at.

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

SUN 7 40FT FALLS & 60FT FALLS VIA NATTAI RIVER

This loop walk near Mittagong features 2 waterfalls, riverside walking, and a lake with some great views. Approx 10km. Should have time for a coffee afterwards.

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VIDEO NIGHT: LIVING WITH NOMADS IN NEPAL 8:30 - 9:15pm

We will be sharing a 45-min documentary detailing Kate Noble's attempt to spend time with the last 140 of the nomadic *Raute* tribe in SW Nepal before they eventually will have to integrate with the main population due to their lack of income.

Spring Program & Bush Telegraph available at tonight's meeting!!!

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AUGUST 2016

- SAT 13**  **CYCLE: CRONULLA > FOX STUDIOS**  **NO HELMET NO GO!**
Approx 62km, mainly flat riding. Combination of cycle paths and cycle road lanes. Some traffic, but mostly quiet streets. Must be confident riding on roads. Bring lunch or buy lunch at Fox Studios. Bring water and sunscreen. Markets at Fox Studios may be open so bring your pannier bags if you want to shop for some treats.
- SUN 14** **CHARLES DARWIN, NATIONAL PASS AND NATURE TRACK WALK**
Starting on Charles Darwin walk to Weeping Rock where you soon come to Queen's Cascades and the wonderful views in to the valley. Descend partway down the cliff on the Grand Stairway to historic National Pass and exiting via the Valley of the Waters. Before following the Nature Track back towards the station there is an optional side trip to Conservation Hut. A total of 8.6km.
- SAT 20** **WATTAMOLLA > MARLEY BEACH > 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. Approx 10km.
- SAT 27** **CARLONS FARM > CARLONS HEAD > NARROWNECK > TARROS LADDERS > CARLONS FARM**
An "interesting" walk with magnificent views. Excitement on the spikes is guaranteed. You'll need a good head for heights and an interest in spikes and chains. Distance approx 20km in total and a big steep up at the start of the day.
- SUN 28**  **CYCLE RIDE: BICENTENNIAL PARK > OLYMPIC PARK RETURN**  **NO HELMET NO GO!**
30-40km cycle ride. Come along for an enjoyable cycle ride starting at Bicentennial Park, and exploring the many and varied cycle paths around the Olympic site, including riding up Wentworth Common and Woollahra before a walk around the Brick Pit to learn of its history. Then through Sydney Olympic Park back to the start. Essential – a roadworthy bike, helmet, pump, spare tubes and repair kit and water. Coffee stop will be on the agenda.
*Note: Ride cancelled if raining.

ADVANCE NOTICE

- SAT 10/ SUN 11 OR SAT 17/SUN 18 SEPTEMBER: BASE CAMP & CAVING AT WEE JASPER**
We will be rescheduling his cancelled trip from the Autumn Program to one of these weekends. If you have a preference for one of these weekends please let us know.
- FRI 14 - SUN 16 OCTOBER. CYCLE RIDE: CANBERRA > CAPTAINS FLAT & RETURN**
Canberra > Queanbeyan > Captains Flat. Stay overnight at Captains Flat Pub (need to book rooms and meals) or free camp nearby, returning to Canberra 16th. Sightseeing along the way. Approx 65km one way. Option: to stay overnight in Canberra Friday 14th for 9:00am start Saturday 15th. Cycle paths and some road riding. Need to be confident riding in traffic. 566m ascent / 278m descent. See the spring program for more details.
- OCTOBER LONG WEEKEND - BACKPACK: BARRINGTON TOPS**
We were hoping to do this one at Easter, but unfortunately had to cancel. With any luck this time it will go ahead. We'll be meeting in the Scone area and heading up for three days of lovely walking featuring waterfalls, historic huts and alpine scenery. To find out more see the spring program for more details.