

**BANKSTOWN BUSHWALKING CLUB INC.**  
**\*WINTER 2017\* 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.**

**JUNE 2017**

- THU 1 TWILIGHT WALK: ROYAL BOTANIC GDNS > THE ROCKS > CIRCULAR QUAY**  
A walk around the Royal Botanic Gardens followed by a walk around The Rocks and CBD to see the VIVID Festival. Approx 7km in total.  
**Grade: 1 Ascent/Descent: 50m Map: Sydney CBD**
- SAT 3 OTFORD > BUNDEENA**  
With possible whale sightings, this 25km walk starts from Otford and follows the coast past Burning Palms Beach, Garie Beach, Eagle Rock, Curracurrang & Wattamolla. The track can be rough in places and has some exposed sections going up and many headlands with some steep climbs.  
**Grade: 4 Ascent/Descent: 240m Map: Royal National Park**
- SAT 3 MIKEY'S METRO MEANDER NUMERO UNO: A CIRCUMNAVIGATION OF SALT PAN CREEK**  
Sydney is lucky to have many great walks in our metro area. This is one of them. From near Canterbury Road we'll walk to Henry Lawson Drive along Salt Pan Creek and return on the other side. The walk will use concrete paths, boardwalk, bush tracks, parks and quiet roads. Approx 12km and basically flat. Note though, 12km on hard paths can test leg muscles more than you think!  
**Grade: 2 Map: Street Directory**
- SUN 4 ABSEIL TRAINING DAY AT YELLOW ROCK**  **NO HELMET NO GO!**  
**\*\* TO BE RESCHEDULED \*\*** Club members will be meeting at Yellow Rock and practicing 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 abseil activity.**
- SAT 10 GOLDEN STAIRS > RUINED CASTLE > MT SOLITARY > EAST COL & RETURN**  
A classic 22km walk in the Jamieson Valley featuring magnificent views. Although the walk is mostly on track there is some rough scrambling with a degree of exposure. It will be a long day so only suitable for fit walkers.  
**Grade: 4 Ascent/Descent: 600m Map: Katoomba**
- SUN 11 CIRCULAR QUAY > WOLLSTONECRAFT VIA WENDY WHITELEY'S GARDEN AT LAVENDER BAY**  
Also taking in McMahon's Point, Balls Head & Berry Island. A popular harbour foreshore walk with harbour views from all angles and lovely parts of Sydney bush. Approx 14km with a few ups and downs.  
**Grade: 2 Map: Street Directory**
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# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2017\* PROGRAM

## JUNE 2017

**SAT 17 DEVILS HOLE > EXPLORERS TREE > NELLIES GLEN > DEVILS HOLE**  
From Devil's Hole, we'll walk some 2km on lesser-used tracks to the Explorers Tree before heading down into the Megalong via Nellies Glen. We'll look for some early farm ruins before returning to the cars through a pass known as the Devils Hole. Approx 10km. Should have plenty of time for a yummy cake on the way home.

**Grade:** 3      **Ascent/Descent:** 400m      **Map:** Katoomba

**SUN 18 PADDY PALLIN ROGAINE (6-HR EVENT)**  
Great intro to cross country navigation & map & compass skills. Entry fees & deadlines apply. Team selects route on the day. To join a beginner (walking) team contact bankstownbush@gmail.com by Mon 4<sup>th</sup> Jun.

**SUN 18 DEER POOL > WATTAMOLLA & RETURN**  
A lovely walk in the Royal National Park with a visit to Wattamolla and munchies at Deer Pool. 10km return. We might be lucky and see whales!

**Grade:** 2      **Ascent/Descent:** 150m      **Map:** Royal National Park

### MON 19 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. 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 Committee members)

**GENERAL MEETING** 7.30 pm start.

Club administration, finance & correspondence of interest to members.

**PRESENTATION: *Map & Compass Navigation Pt II – Practical Exercises.***

The attending members learnt a lot during the presenter's first session on \*Magnetic Deviation and Declination, Attack Points, Aiming Off, Resection, Lineal Features or Handrails. \*Field Boundaries, Leap Frogging, Catching (Gathering or Collecting) Features, Distance Travelled. \*Naismiths Rule. \*Transverse Mercator Projection.

This interesting presentation will be on practical exercises, so come along for this one if you'd missed Pt I.

### TUE 20 KURNELL > CRONULLA

We'll explore Captain Cooks Landing Place, Kurnell and surrounds before heading off on our walk via Cape Solander for some whale watching. We'll then check out Cape Baily lookout and continue our walk to Boat Harbour and a beach walk to Cronulla. Chance of a swim if you're game. Possibility of coffee in Cronulla after the walk. Approx 15km.

**Grade:** 3      **Ascent/Descent:** 100m      **Map:** Kamay Botany Bay National Park

### SAT 24 – SUN 25 2017 NAVSHIELD ROGAINE      **\*\* NOTE CHANGE OF DATE \*\***

Bush Search and Rescue NSW (BSAR) are once again hosting NavShield. The event is always run in a wilderness approx 2 hrs' drive from Sydney – for further info go to: <http://www.bsar.org.au/navshield>. 1 or 2 day event to choose from. Fees & deadlines apply. For more info or help putting together a team contact bankstownbush@gmail.com.

# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2017\* PROGRAM

## JUNE 2017

### SAT 24 OLD COACH ROAD AND GLOW WORM TUNNEL

This walk on the Newnes Plateau is rich in both cultural heritage and varied scenery. Take a torch for when you pass through the Glow Worm Tunnel. About 10km, all on track.

**Grade:** 2                    **Ascent/Descent:** 250m                    **Map:** Cullen Bullen & Ben Bullen

### SUN 25 CYCLE RIDE: NO HELMET NO GO! PROSPECT RESERVOIR > WESTERN SYDNEY PARKLANDS & RETURN

A moderately easy 35km return ride from Holroyd Gardens (Merrylands) past Prospect Reservoir to the Western Sydney Parklands (Abbotsbury). The ride is almost all along gentle gradient bike paths and takes in many nice reserves.

## JULY 2017

### SAT 1 CYCLE RIDE: LAKE ILLAWARRA NO HELMET NO GO!

An almost flat 40km ride that goes around Lake Illawarra. A mixture of bike paths & quiet roads and an 'interesting' section. Contact leader at bankstownbush@gmail.com for details. You must bring a roadworthy bike, spare tubes, helmet & safety gear.

### SAT 1 EVANS LOOKOUT > NEATES GLEN > GRAND CANYON > BEAUCHAMP FALLS > HORSE TRACK > EVANS LOOKOUT

A classic 16km walk through the Grand Canyon then following Greaves Creek downstream past Beauchamp Falls. The Horse Track is a historical route in and out of the Grose Valley and up to Evans Lookout. A solid uphill walk but you will be rewarded with stunning views.

**Grade:** Hard 3                    **Ascent/Descent:** 700m                    **Map:** Katoomba

### SUN 2 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. Approx 8km walk in total.

**Grade:** 2                    **Ascent/Descent:** 100m                    **Map:** Mt Wilson

### SUN 2 SRT TRAINING DAY AT BANGOR NO HELMET NO GO!

Club members will be meeting at Bangor and practicing their SRT skills. You will need to own your own SRT gear. There is no limit on experienced cavers with their own gear.

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

### SAT 8 – SUN 9 CAMP: CAVING / WALKING AT WEE JASPER NO HELMET NO GO!

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 all. 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 club member to participate in the caving activity.**

It is also a perfect weekend getaway for those who just want to socialise, relax or do short walks as Wee Jasper is one of the campsites on the Hume & Hovell Track. There are hot shower facilities & flushing toilets. Camping fees apply. Contact the club on bankstownbush@gmail.com to express your interest.

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# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2017\* PROGRAM

## JULY 2017

- SAT 8 WINMALEE > SPRINGWOOD RIDGE > BLUE GUM SWAMP > WINMALEE**  
This is a repeat of last year's walk as we all enjoyed it the first time. We will first visit the Grotto then up to Springwood Ridge and follow that to the Grose Mountain lookout for lunch. We will explore the track a bit further as well. Then we head back down the fire trail to follow Blue Gum Swamp Creek to reach the cars. Approx 15 km.  
**Grade:** 3      **Ascent/Descent:** 150m      **Map:** Springwood
- MON 10 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. 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 Committee members).  
**GENERAL MEETING** 7.30 pm start.  
Club administration, finance & correspondence of interest to members.  
**PRESENTATION:** A slideshow (Part 1) from a 6-week walk on the Camino Frances pilgrim route late last year, starting in France & continuing across this famous route in Northern Spain to Santiago de Compostela.
- FRI 14 CUMBERLAND GANG SHOW & DINNER IN PARRAMATTA**  
Meet for dinner in Parramatta before the show at 7:30pm at Riverside Theatre. A great value performance with a cast of Scouts & Guides. Full adult tickets approx \$35 with other pricings available. Contact bankstownbush@gmail.com by Fri 9<sup>th</sup> Jun to be included in the bookings.
- SAT 15 MACARTHURS FLAT NATTAI**  
We'll head down to Macarthur's (Emmetts) Flat along the Starlights trail and return the same way. There has been considerable flood damage along the Nattai River and we may do a side trip to inspect some of the damage. Total distance 15km.  
**Grade:** 3      **Ascent/Descent:** 450m      **Map:** Hilltop
- SUN 16 WARRIMOO > FLORABELLA PASS > PIPPAS PASS > BLAXLAND**  
Florabella Pass historical walking track winds along pretty Florabella Creek. One short exposed section. Includes Pippas Pass track at the end to get to Blaxland Rlwy Stn. 9km.  
**Grade:** 2      **Ascent/Descent:** 200m      **Map:** Springwood
- SAT 22 – SUN 23 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. We probably won't have to treat heat stroke! ☺  
Best if you have had some experience in snow camping.  
**Grade:** 3      **Map:** Guthega

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## BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2017\* PROGRAM

### JULY 2017

#### **SAT 22 KAMAY BOTANY BAY NATIONAL PARK**

Explore the various mostly flat walking tracks in the Kamay Botany Bay National Park including the Banks-Solander track, Muru and Yena trails, and the Burrawong loop walk. We'll stop at Cape Solander, one of Sydney's best whale watching spots, and keep a lookout for humpback whales. Don't forget your binoculars.

**Grade:** 2                    **Map:** Kamay Botany Bay National Park

#### **SUN 23 MIKEY'S METRO MEANDER NUMERO DOS: REVESBY > ALFORDS POINT & RETURN.**

Sydney is lucky to have many great walks in our metro area. This is one of them. From Revesby we'll walk to Alfords Point and Padstow Heights. The walk will use fire trails, bush tracks, roads, a beach, bridges and bike tracks. Approx 16km with quite a few ups and downs. Note though, 16km on hard paths can test leg muscles more than you think! Oh....there's a cafe for coffee on the return leg too!!!

**Grade:** Hard 2            **Ascent/Descent:** 100m            **Map:** Street directory

#### **FRI 28 SOCIAL PIZZA NIGHT: BANKSTOWN SPORTS CLUB**

Love an authentic wood-fired Italian pizza? Come along for a pizza, drinks, and fun. Meet and mingle with your fellow BBC members. Bring a friend if you want, so we can promote the club! Contact Barbara by Wed 26<sup>th</sup> July on bankstownbush@gmail.com. For pizza menu, visit <http://www.lapiazza.com.au/files/bellucci.pdf>

#### **SAT 29 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.

**Grade:** 2                    **Ascent/Descent:** 150m            **Map:** Royal National Park

#### **SUN 30 GLENBROOK > LENNOX BRIDGE > LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIGZAG > GLENBROOK.**

Visit the oldest Australian mainland bridge & great lookouts over the Penrith area. Then down to the historic viaduct & up to the old steam train rail cuttings.

**Grade:** 2                    **Ascent/Descent:** 150m            **Map:** Penrith

### AUGUST 2017

#### **SAT 5 – SUN 6 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 with some very nice pagoda country. There is a good track most of the way with some off track navigation but nothing too difficult. Distance is about 10km one way.

**Grade:** 3                    **Ascent/Descent:** 300m            **Map:** Wollangambe

#### **SAT 12 ARCHIBALD PRIZE – ART GALLERY OF NEW SOUTH WALES**

Visit the Art Gallery of New South Wales and view the Archibald Prize (portrait painting) finalists. \$18 entry fee. Afterwards, we will walk through the Royal Botanic Gardens and enjoy a pub lunch at The Rocks. Contact bankstownbush@gmail.com if interested.

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# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2017\* PROGRAM

AUGUST 2017

## SAT 12 – SUN 13 **CAMP: CAVING / WALKING AT BUNGONIA** **NO HELMET NO GO!**

Bungonia 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 club member to participate in the caving activity.**

Bungonia is under 2hrs from Bankstown and is a perfect weekend getaway for those who prefer just to relax, do some short walks and have an enjoyable weekend socialising with other club members. The campsite has hot showers & a fully equipped enclosed dining room. Vehicle entry fees apply. Contact the club on bankstownbush@gmail.com to express your interest.

## SAT 12 – SUN 13 **BUSHWALKING NSW: ANNUAL GENERAL MEETING**

The AGM will be held in the bush. Guest speakers: Alex Allchin & co. Topic: Bushwalking NSW AGM and associated talks in the bush.

## MON 14 **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. 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 Committee members)

**GENERAL MEETING** 7.30 pm start.

Club administration, finance & correspondence of interest to members.

**PRESENTATION: NZ South Island.** A short audio-visual taken last Dec by a club member who enjoyed a few days holiday, taking in some hiking around Queenstown and general sightseeing between there and Christchurch.

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

## SAT 19 **MT VIC > MT PIDDINGTON > FAIRY BOWER > COXS CAVE > MT PIDDINGTON > HORNES POINT > MT VIC VILLAGE**

Walk from village to Mt Piddington where we will do the loop walk to Fairy Bower Grotto and return via Coxs Cave and trek hard uphill back. Then a short walk to Hornes Point where we will stop for lunch before trekking back to the village for a coffee. Approx 5km return.

**Grade:** 2

**Ascent/Descent:** 250m

**Map:** Mt Wilson

## SUN 20 **MOUNTAIN BIKE RIDE: OAKS FIRE TRAIL** **NO HELMET NO GO!**

Route from Woodford Railway Stn > Woodford Ridge > the Oaks Fire Trail > Glenbrook Railway Stn. Bring roadworthy bike, lunch, spare tube, water, sunscreen and helmet. Well-graded fire trail – mountain bike preferable. Largely downhill (except for the uphill bits). Approx 30km with a 350m ascent/descent.

# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2017\* PROGRAM

## AUGUST 2017

### SAT 26 – SUN 27 CROSS COUNTRY SKIING/SNOW-SHOEING

Learn the basics of cross-country skiing. A fun weekend away, learning how to stand on those skinny sticks! We will be skiing up from Guthega Power Station and plan to reach Whites River Hut. Camp either in the snow or in the Hut.

**Grade:** 3      **Map:** Guthega

### SAT 26 BEGINNERS ABSEIL TRIP: MALAITA POINT

 **NO HELMET NO GO!**

Malaita Point is one of our favourite multi-pitch trips. It features spectacular views of the Three Sisters and a very pretty walk out – or the option of a ride up the Scenic Railway for the cashed-up lazy person. If there is enough interest we may run a 2nd trip down Malaita Walls.

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

### SUN 27 LAKE ALEXANDRIA > 40FT FALLS & 60FT FALLS VIA NATTAI RIVER

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

**Grade:** 2      **Ascent/Descent:** 150m      **Map:** Mittagong