

# BANKSTOWN BUSHWALKING CLUB INC.

## \*WINTER 2018\* 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.

### JUNE 2018

#### FRI 1 ROYAL BOTANIC GARDENS > SYDNEY CBD

Enjoy a late afternoon walk through the Royal Botanic Gardens. We'll eat, then those who wish to, continue to Circular Quay and the Harbour foreshores to see the highlights of the 10th anniversary of the VIVID Festival. Lights on nightly 6-11pm. Approx 7km. (VIVID is on till 16<sup>th</sup> June if you wish to visit another time.)

Grade: 1

Ascent/Descent: <50m

Map: Google Maps

#### SAT 2 ABSEIL TRAINING DAY: WAHROONGA

 **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 member of the club to participate in this activity.

#### SUN 3 MOUNTAIN BIKE RIDE: LOWER BLUE MTNS

 **NO HELMET NO GO!**

Ride this classic 30km trail from Woodford Railway Station > Woodford Ridge > the Oaks Fire Trail > Glenbrook Railway Station. Well-graded fire trail – mountain bike preferable. Largely downhill (except for the uphill bits). **Essentials:** helmet, spare tube, pump, repair kit & sunscreen.

Grade: Cycling

Map: Katoomba/Penrith

#### SUN 3 BUNDEENA ART TRAIL

After a short ferry ride from Cronulla, we'll walk around the streets of Bundeena and Maianbar and visit the studio-galleries of local artists. Be inspired by their amazing paintings, drawings, ceramics & more! Lunch at the Bundeena Community & Services Club.

Grade: 1

Ascent/Descent: <50m

Map: Royal NP

#### SAT 9 WATTAMOLLA > GARIE BEACH

Walk along the top of the coastal cliffs via Curracurrong & Eagle Rock. Stunning coastal and beach views. Approx 15km. Note: the track has recently re-opened after the devastating summer bushfires.

Grade: 3

Ascent/Descent: 300m

Map: Royal NP

# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2018 \* PROGRAM

## JUNE 2018

### MON 11 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. Approx 12km. 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

**Ascent/Descent:** <50m

**Map:** Kamay Botany Bay NP

### THU 14 SOCIAL: DINNER AT VILLAGGIO BAR CAFE, SELEMS PARADE, REVESBY

Enjoy great Italian food at Villaggio Bar Cafe. The menu can be found at [www.teamvillaggio.com](http://www.teamvillaggio.com). Contact Shannon before Thu 7<sup>th</sup> June on [bankstownbush@gmail.com](mailto:bankstownbush@gmail.com).

### SAT 16 – SUN 17 SKI TRIP: GUTHEGA SKI RESORT > POUNDS CREEK FLATS & RETURN

A very good introduction to Ski touring. Push off from Guthega Ski Resort and head up to the beautiful Pounds Creek Flats. Camp overnight in the snow then swoosh all the way back down to Guthega. Day one = 5.8km with 340m rise; day two = 5.8km with 340m descent.

**Essentials:** \* Reasonably good ski skills or snow shoeing.

\* Must be able to ski with an overnight pack on.

**Grade:** Skiing

**Map:** Guthega

### SAT 16 WHALE-WATCHING WALK: BUNDEENA > THE BALCONIES > JIBBON > BUNDEENA

If you enjoyed or missed Shannon's whale watching walk on Mon 11<sup>th</sup> June, here's another chance. From Bundeena we'll take the inland track to Marley Head before turning north to follow the Coast Track past Wedding Cake Rock to the Balconies. Always great whale viewing along this section of coast (providing the weather is OK and seas not too rough). We'll then continue along the coast to Jibbon and back to Bundeena. Bring your binos!

**Grade:** 2

**Ascent/Descent:** <50m

**Map:** Royal NP

### SUN 17 BARDEN RIDGE VIA THE NEEDLES > WORONORA RIVER & RETURN

This walk has a lot of hills. We walk 15 min down the track to cross the causeway at The Needles, then 15 minutes back up the Engadine side. Then down the pipeline to Woronora River for lunch. Which of course means up again, then down and up to get back to the cars at Barden Ridge! Good for some fitness, and some nice river and bush too. About 10km.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Google Maps

### SUN 17 ROGAINE: PADDY PALLIN (6HR): CESSNOCK

Rogaining is a sport of long distance cross country navigation, using map & compass only. This 6hr event run by the NSW Rogaining Association is ideal for beginners to learn and practice navigation skills. Either enter at [nswrogaining.org.au](http://nswrogaining.org.au) or join a club team. To join a (walking) team contact Thais by Mon 4th June on [bankstownbush@gmail.com](mailto:bankstownbush@gmail.com). Entry fees & deadlines apply.

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# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2018 \* PROGRAM

## JUNE 2018

### MON 18 CLUB NIGHT - AT THE CLUB ROOMS

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.  
A chance to chat, socialise, and meet other members. New members welcomed.

**MANAGEMENT COMMITTEE** 7:00 – 7:25pm (for Committee members)

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

**PRESENTATION:** The Club will re-show the May 2017 BNSW presentation by Sharon Fulcher: "Leave No Trace" (a guide to Minimal Impact Bushwalking & Biosecurity).

### SAT 23 – SUN 24 ROGAINE: 2018 NAVSHIELD (11HR / 29HR)



Location not yet known. Bush Search and Rescue (BSAR) are hosting the 30th NavShield in a wilderness area 2-3 hours from Sydney. (Hint: north-westish 2 hrs away). Options: 1 day (11hr) or 2 day (29hr) event; incl Rogaine or Bushwalking categories. Entry fees only \$40 per person. Entries close 2pm on Sun 17th Jun. For more information or to register, visit <https://www.bsar.org.au/navshield/>

### SUN 24 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 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 / Mt Victoria

## JULY 2018

### SUN 1 GLENBROOK RLWY STN > RANGER STN > CAUSEWAY > RED HANDS CAVE > CAMP FIRE CREEK > RETURN.

A pretty 10km walk along Glenbrook Creek and Campfire Creek, with a visit to a cave with ancient Aboriginal hand stencils.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Penrith

### SAT 7 DARLING MILLS CREEK > LAKE PARRAMATTA RESERVE

Expected to be a moderately easy walk down Darling Mills Creek from Baulkham Hills to Lake Parramatta Reserve (although status of tracks is unknown at time of writing). We skirt around the Lake before returning by a similar but not identical route. Approx 11 km, mostly through urban bushland.

**Grade:** 2

**Ascent/Descent:** 100m

**Map:** Google Maps

### SUN 8 MANLY > NORTH HEAD > MANLY

North Head walk is a beautiful 11km walk. Starting at Manly Wharf we will walk past little Manly Beach to Collins Beach. Then uphill to loop around North Head to be rewarded with harbour and city views, and maybe even spot some whales. Head back down to Manly via bushland and Shelly Beach.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Google Maps

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# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2018 \* PROGRAM

JULY 2018

## MON 9 CLUB NIGHT - AT THE CLUB ROOMS

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.  
A chance to chat, socialise, and meet other members. New members welcomed.

**MANAGEMENT COMMITTEE** 7:00 – 7:25pm (for Committee members)

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

**VIDEO NIGHT:** 8:30pm. The Club will show a 20-min video on “The World’s Dirtiest River” (the Citarum situated in West Java, Indonesia).

## SAT 14 ROCKCLIMBING 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 club member to participate in this activity.**

## SUN 15 HEATHCOTE > HEAD OF NAVIGATION > ROBERTSON’S ROUNDABOUT > AUDLEY > HEATHCOTE

From Heathcote we’ll walk down to Head of Navigation and up the other side to Robertson’s Roundabout. Then along Gurrumbola Ridge before heading down to Wattle Flat and along to Audley. Maybe a coffee here? Then back the shorter way to Head of Navigation before the gentle though longish climb up to Heathcote. Approx 10km.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Royal NP

## FRI 20 SOCIAL: CUMBERLAND GANG SHOW

Annual Variety Show showcasing the talents of the Scouts & Guides of the Cumberland region. Riverside Theatres at Parramatta. 7:30pm start. This year’s theme is: *‘Feel the Beat’*. Book direct with the theatre on 8839 3399. Prices range from \$20 - \$35.

## SAT 21 OLD FORD RESERVE > COX’S RIVER CAMPGROUND & RETURN

Check out part of this classic walk which covers part of the 6-Foot Track, with the highlight of crossing the Bowtells Swing Bridge. Roughly 15km return.

**Grade:** 3

**Ascent/Descent:** 350m

**Map:** Jenolan

## SUN 22 GLENBROOK CREEK > MARTIN’S LOOKOUT > MAGDALA CREEK

Setting out from Picnic Point (behind Springwood Station) the Sassafras Gully loop follows tracks leading down to swimming holes at the junction of Glenbrook and Sassafras Creeks, before winding back up to Springwood along Fairy Dell Track. Includes a series of pretty pools and small waterfalls. Approx 12km circuit. The 1.7km 1-hr loop to Martin’s Lookout would be the hard part.

**Grade:** Hard 2

**Ascent/Descent:** 250m

**Map:** Springwood

## SAT 28 GLENBROOK > LENNOX BRIDGE > LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIG ZAG > GLENBROOK

Visit the oldest bridge on the Australian mainland & great lookouts, historic memorial, viaduct, rail zigzag & cuttings. Approx 8km.

**Grade:** 2

**Ascent/Descent:** 150m

**Map:** Penrith

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# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2018 \* PROGRAM

## JULY 2018

### SAT 28 – SUN 29 BACKPACK: DUBBO GULLY & TEN MILE HOLLOW CIRCUIT

Located in Dharug NP this walk follows several historic roads and visits the second oldest bridge on mainland Australia, an old cemetery and some abandoned farms. This walk is ideal for first time backpackers as it is all on track and there is a pit toilet. Contact the leader early if this will be your first backpack and you need advice or to borrow gear.

**Grade:** 3

**Ascent/Descent:** 300m

**Map:** Mangrove

## AUGUST 2018

### SAT 4 COWAN - JERUSALEM BAY - GOVETT RIDGE - TAFFY'S ROCK & RETURN

If you look at a map and see this ridge you would say to yourself "That's where I'd put a track". Well there is sort of a track, but it is quite overgrown with some interesting finds along the way. Come and see Cowan Creek from a different perspective. A solid grade 3 winter's walk with a couple of good climbs. We've seen a good assortment of spiders on this walk before!

**Grade:** 3

**Ascent/Descent:** 350m

**Map:** Cowan

### SUN 5 NEPEAN GORGE ALONG RILEYS MOUNTAIN TRACK

Rileys Mountain Track is a 12km on track walk with panoramic views of the Nepean River & Blue Mountains National Park. We'll start at Nepean Gorge picnic area then walk to Nepean Narrows Lookout & return.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Blue Mountains NP

SUN 5



### ABSEIL: CASTLE HEAD



**NO HELMET NO GO!**

This multi-pitch trip features great views of the Jamison Valley and Mt Solitary. After abseiling down the Head we'll wander up the Ruined Castle for lunch before heading back to the cars via the Golden Stairs. A great beginner's trip for those who can lock off and prussic.

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

### SAT 11 TRAMWAY TRAIL AT MT AIRLY, CAPERTEE VALLEY

We will walk the Tramway Trail which follows the old shale mine tramway route around the contour of Mount Airly and through the ruins of Airly village which date back to the beginning of last century. All on track with a bit of exploring the ruins. 8km.

**Grade:** 2

**Ascent/Descent:** 250m

**Map:** Glen Alice

### SUN 12 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 NP

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# BANKSTOWN BUSHWALKING CLUB INC. \*WINTER 2018 \* PROGRAM

## AUGUST 2018

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

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.  
A chance to chat, socialise, and meet other members. New members welcomed.

**MANAGEMENT COMMITTEE** 7:00 – 7:25pm (for Committee members)

**GENERAL MEETING** 7:30 – 8:15pm. Club administration, finance & correspondence of interest to members. *Spring Program & Bush Telegraph available at tonight's meeting!*

**PRESENTATION:** One of our members has been out taking photos with his camera again. Mostly bird photos but quite a few other interesting bushie things too. Come and see what's around us when we walk. Will take around 15-20 minutes so won't be a late finish.

### SAT 18 HEN & CHICKEN BAY

From Abbotsford wharf we'll walk by the shores of Hen & Chicken Bay and enjoy the beautiful parks and picnic areas along the way. The 9km walk passes through Wareemba, Five Dock, Canada Bay and Cabarita. Bring your Opal card for the ferry.

**Grade:** 2

**Ascent/Descent:** none

**Map:** Google Maps

### SUN 19 WARRIMOO R/STN > FLORABELLA PASS > PIPPAS PASS > BLAXLAND R/STN.

Florabella Pass historical walking track winds along pretty Florabella Creek. There is one short exposed section. Approx 9km.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Springwood

### TUE 21 BUSHWALKING NSW: GENERAL MEETING

Venue: Redfern Town Hall (73 Pitt St, Redfern). Nibbles & drinks from 7pm. Meeting starts 7:30pm. All welcome, not just Club Delegates. Meet other bushwalkers from across NSW. There will be an interesting and informative presentation on "Exploratory trips in the West MacDonnells" by Meg McKone from CMW.

### SUN 26 SYDNEY TRAMWAY > AUDLEY > HONEYMOON TRACK > WEIR RETURN

The Honeymoon track was historically used by honeymooners and holiday makers staying in the Royal National Park. Following well-maintained bush tracks and service trails, this walk of around 10kms descends to the café and Royal National Park Information Centre. There will be a short guided tour of the museum at the start. Entry is free but please note that donations will be welcomed. We will walk from the museum to Audley but will take the tram back from the top of our ascent. Please bring cash for the tram ticket.

**Grade:** 2

**Ascent/Descent:** 200m

**Map:** Royal NP

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