

BANKSTOWN BUSHWALKING CLUB INC.
***WINTER 2019* ONLINE 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.

SHORT NOTICE WALKS

There are a number of walks proposed where the leader was unable to provide a date at the time the program was drafted. Descriptions for a number of these walks are included on the last page of this program. Check your email regularly for the details in a "Short Notice Walk" email to all club members.

JUNE 2019

SAT 1



CAVING TRIP: TUGLOW



NO HELMET NO GO!

Tuglow is a spectacular cave with a stream in it and is suitable for experienced cavers with good abseil skills. Participants need to be deemed competent at abseil and self-rescue skills by the Abseil Committee. Wet suit is required as well as usual abseiling and caving gear. You will most likely get cold as well. It'll be a great trip! **NB:** Trip is dependent on being granted a permit from National Parks. Notification from National Parks is usually issued in the week before the trip. The trip may be cancelled if no permit is issued.

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

SUN 2



MTB RIDE: THE OAKS FIRE TRAIL



NO HELMET NO GO!

Ride this classic 30km trail. Bring roadworthy bike, lunch & water. Well-graded fire trail – mountain bike preferable. Largely downhill (except for the uphill bits!). Starting from Woodford R/Stn and finishing at Glenbrook R/Stn.

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

Grade: Cycling

Map: Katoomba/Penrith

SAT 8

RIVERSIDE WALK: DE BURGHS BRIDGE

A 10km walk that follows the Lane Cover River from the Park entrance near Fullers Bridge up to De Burghs Bridge, returning on the other side. There is lovely woodland with lots of views across the picturesque Lane Cove River.

Grade: 2

Ascent/Descent: 50m

Map: Lane Cove NP

SAT 15

PERRYS LOOKDOWN > BLUE GUM FOREST

A classic Blue Mountains walk. Come for the spectacular views & majestic Blue Gum Forest - the site of one of Australia's first conservation battles. Don't be put off by possible miserable winter weather as it will only add to the ethereal atmosphere of the Forest. Although the distance is short, there is a long hard ascent so be prepared for a strenuous walk.

Grade: 3

Ascent/Descent: 600m

Map: Katoomba

JUNE 2019

SUN 16 PULPIT ROCK > POPES GLEN > PULPIT ROCK

We start from Pulpit Rock (Blackheath), trekking past various lookouts, each giving their own unique perspective of the Grose Valley's dramatic cliff line & waterfalls. The 3-level lookouts at Pulpit Rock provides spectacular views. About 8km return, with a few ups & downs and stairs at the lookout.

Grade: 2**Ascent/Descent:** 260m**Map:** Mt Wilson**MON 17 CLUB NIGHT - AT THE CLUB ROOMS**

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road, Georges Hall. Management Committee Meeting (for Committee members only).

(There will be no GENERAL MEETING tonight).



**** SOCIAL EVENING** starting at 7:30pm**

Julie & Vaz will present a slideshow (Part 2) of their amazing 2016 trip to the Kimberley region in WA. A great chance to socialise while enjoying supper following the presentation.

SAT 22 THIRLMERE LAKES WALKING TRACK

The water may have disappeared down the local coal mines but Thirlmere Lakes walking track still offers a pleasant and scenic walk. The track is unmarked but well-defined. Setting out from Couridjah picnic area, the flat, enjoyable 6km loop joins Dry Lakes Road and passes Werri Berri picnic area and Heritage Pump Station, encircling three of the "lakes" - Gandangarra, Werri-Berri and Couridjah. Join the leader for an optional side visit to the NSW Rail Museum at Thirlmere (add another 2 hrs to this outing).

Grade: 1**Ascent/Descent:** none**Map:** Thirlmere Lakes NP**SUN 23 CABBAGE TREE CREEK > GROSE RIVER > WIRE TRACK**

This short walk of around 6kms near Bowens Mountain includes a mix of track walking, an off-track section down the creek and return via a fire trail. There will be some scrambling too so it will be a fun day out.

Grade: 3**Ascent/Descent:** 200m**Map:** Kurrajong**SAT 29 MT JELLORE LOOKOUT**

Mt Jellore is an outstanding landmark in the Southern Highlands. The walk follows a fire trail through private property to Mt Jellore. The final 150 metres are very steep and give access to a trig point. A little further on there are spectacular views. Return by the same route. Very steep and rough track, unfenced lookout.

Grade: 3**Ascent/Descent:** 600m**Map:** Mittagong & Hilltop**SUN 30 GLENBROOK > LENNOX BRIDGE > LOOKOUTS > KNAPSACK VIADUCT > LAPSTONE ZIGZAG > GLENBROOK**

Visit the oldest bridge on the Australian mainland + great lookouts, historic memorial, viaduct, rail zigzag & cuttings. Approx 10km.

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

JULY 2019

TUE 2 KURNELL > CAPE BAILY LIGHTHOUSE & RETURN

We'll set out on this stunning coastal walk from the Kurnell Visitor Centre. Along the way you'll see great clifftop views, diverse wildlife and Cape Baily Lighthouse. The walk will include a stop at Cape Solander, one of Sydney's best whale watching spots. Don't forget your binoculars.

Grade: 2**Ascent/Descent:** <100m**Map:** Kamay Botany Bay NP**SAT 6****ABSEIL: CASTLE HEAD****NO HELMET NO GO!**

This multi-pitch trip features great views of the Jamison Valley and Mt Solitary. Lunch on Ruined Castle before returning via Golden Stairs.

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

SUN 7**DOG FRIENDLY WALK: OATLEY PARK > LIME KILN BAY CIRCUIT**

Bring your dog along if you like, and enjoy this 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 & prolific bird life. The 7km walk incorporates a number of tracks including the Jewfish Bay track, Headland track and Lime Kiln Bay Circuit.

Grade: 2**Ascent/Descent:** <150m**Map:** Google Maps**MON 8****CLUB NIGHT - AT THE CLUB ROOMS**

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

MANAGEMENT COMMITTEE MEETING (for Committee members only)

**** GENERAL MEETING ** starting at 7:30pm**

Club administration, finance & correspondence of interest to members.

Please note: 2019-2020 membership fees are now due.



Supper will be provided after the meeting, with a chance to chat, socialise, and meet other members. **New members welcomed.**

SAT 13**ADVANCED ABSEIL: 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. (Note: this is a trip for EXPERIENCED abseilers only and numbers are limited).

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

SUN 14**SYDNEY > BORONIA PARK > NORTH RYDE**

Fancy walking the first 13km of the 1st section of the Great North Walk? Beginning at the official GNW start, the Obelisk in Macquarie Park, Sydney. The walk soon boards the ferry from Circular Quay to Woolwich. Once on dry land again we will explore the streets around Woolwich and Hunters Hill, heading to Boronia Park. From there we explore the bush and wetlands alongside the Lane Cove River and finish in North Ryde.

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

JULY 2019

SAT 20 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. 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 Opal card as we will catch a bus from Circular Quay to Maroubra.

Grade: 2**Ascent/Descent:** 100m**Map:** Google Maps**SUN 21 WARRIMOO STN > FLORABELLA PASS > PIPPAS PASS > BLAXLAND STN**

Florabella Pass historical walking track winds along pretty Florabella Creek. One short exposed section. Includes Pippas Pass track at the end. Approx 9km.

Grade: 2**Ascent/Descent:** 200m**Map:** Springwood**SUN 21 TARONGA PARK > BALMORAL BEACH**

We will catch a ferry to Taronga Park and a nice 8km walk through bushland, with spectacular views of the harbour & beaches. Lunch at Balmoral Beach and return by bus to the wharf.

Grade: 2**Ascent/Descent:** 160m**Map:** Google Maps**SAT 27 AHEARN LOOKOUT AT NATTAI**

Ahearn Lookout is a spectacular lookout at the end of a fairly flat ridge in the Middle Nattai, offering views of the Nattai Gorge, and of Mt Jellore and Russells Needle to the south. The lookout is over 350m above the river. It's a relatively easy walk on a mix of fire trail and unmarked foot track, about 12 km return with less than 100 m change in elevation.

Grade: 2**Ascent/Descent:** 80m**Map:** Hilltop**SUN 28 DUNPHY'S CAMP SITE > CARLONS CREEK > BLACKHORSE RIDGE > BLACKHORSE GAP > MT MOUIN > MEDLOW GAP**

A big day out for fit walkers. The highlight will be lunch on top of Mt Mouin soaking in the wonderful views. A mixture of track, negotiable route and fire trail with some scrambling to get to the top of the mountain. About 18 kms, with lots of ups and downs.

Grade: 4**Ascent/Descent:** 650m**Map:** Jenolan & Jamison

AUGUST 2019

SAT 3 LOCKLEYS PYLON

Lockleys Pylon walking track, just near Leura, is an easy walk offering scenic views, outstanding photography opportunities, wildflower displays and birdwatching. 7km return walk.



Grade: 3**Ascent/Descent:** 300m**Map:** Katoomba**SUN 4 THE SPIT > MANLY**

This 10km hiking trail boasts native bushland, harbour views, picturesque bays & panoramic ocean views. A few short but steep hills along the way, so refreshments in Manly would be most welcome.

Grade: 2**Ascent/Descent:** 150m**Map:** Google Maps

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AUGUST 2019

- SAT 10**  **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 11** **MILL CREEK CIRCUIT**
- The 11km walking track, near Wisemans Ferry, follows a steep mountain ridge through lush gullies, past clear running creeks and along high ridge tops in Dharug National Park. This rough track will really get your heart racing with several steep climbs along the way. Catch your breath on a creek bank and take advantage of birdwatching along the way as Lewins honeyeaters are bound to be seen in the trees, along with Gang Gang cockatoos. You might also spot goannas on the track!

Grade: 2

Ascent/Descent: 250m

Map: Dharug NP

- MON 12** **CLUB NIGHT - AT THE CLUB ROOMS**

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

MANAGEMENT COMMITTEE MEETING (for Committee members only)

(There will be no **GENERAL MEETING** tonight).



**** SOCIAL EVENING** starting at 7:30pm**



Join with fellow members for an exciting Trivia Night. Bring along a favourite cheese or dip to share, and the Club will provide a variety of crackers. Sample the cheeses, dips and

crackers while your team tries to guess the answers to the trivia questions. Tea, coffee and biscuits also available.

Spring Program & Bush Telegraph available tonight!!!

- SAT 17**  **BIKE 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 for details.

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

Grade: Cycling

Map: Google Maps

- SAT 17 & SUN 18**  **CROSS-COUNTRY SKI TRIP: WHITES RIVER HUT**

Tentatively Whites River Hut. Venue will be subject to snow conditions and ability of group members. Please express your interest to the Leader asap so as he can co-ordinate the logistics.

Grade: Skiing

Map: Guthega

AUGUST 2019

**SAT 24 & SUN 25 BACKPACK: CAOURA RIDGE**

Caoura Ridge extends out between Tallowa Gully and the Shoalhaven River, with good views available from many vantage points. There are a number of old fire trails which we will explore looking for scenic views over Tallowa Gorge, Tallowa Dam, Kangaroo River and the surrounding ranges. Around 16kms each day, mostly on fire trail, with side trips to the vantage points either off-track through light scrub or on rough tracks. You will need to carry water for the whole trip as there is none at camp.

Grade: Easy 3**Ascent/Descent:** 300m**Map:** Burrier & Caoura**SAT 24 GARIE BEACH TO WATTAMOLLA & RETURN.**

Walk along the top of the coastal cliffs via Curracurrong and Eagle Rock. Stunning coastal and beach views. Lunch at Wattamolla before returning to our cars at Garie Beach. Approximately 15km return.

Grade: 3**Ascent/Descent:** 300m**Map:** Royal NP**SAT 31 FOUR HEADS ARE BETTER THAN ONE**

An exploration of Asgard Plateau, with views from Ikara, Valhalla, Thor and Asgard Heads and a visit to Mackenzie's Mine near Mount Victoria. 17kms mostly on-track, with a bit of off-track walking.

Grade: 3**Ascent/Descent:** 350m**Map:** Mt Wilson**** 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

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.

SHORT NOTICE WALKS

Aidan will be leading the following mid-week walks. Please email bankstownbush@gmail.com if you would like to know more and/or express your interest.

EXPLORE THE NEW DHARAWAL NP

We will walk to the O'Hares Creek Lookout and then continue down to Minerva Pool, stopping for an early lunch. An easy walk of approx. 7km circuit.

Grade: 2**Ascent/Descent:** ~220/230m**Map:** Appin**NEPEAN GORGE ALONG RILEYS MOUNTAIN TRACK**

A 12km on-track walk with panoramic views of the Nepean River & Blue Mountains NP. Start at Nepean Gorge Picnic area and onto Nepean Narrow Lookout & return.

Grade: 2**Ascent/Descent:** 200m**Map:** Penrith**BALTZERS 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 (aka The Finger). Approx 10km walk in total.

Grade: 2**Ascent/Descent:** <150m**Map:** Mt Wilson**RIVERSIDE WALK: PICTON WEIR**

This is an easy riverside walk along a lovely forested stretch of the Bargo River. The terrain is gentle and ends at a picturesque lake formed by the Picton Weir where the Hornes Creek joins the river. Approx 10.5km.

Grade: 1**Ascent/Descent:** none**Map:** Picton