

BANKSTOWN BUSHWALKING CLUB INC.

WALKS AND SOCIAL PROGRAM: SPRING 2015

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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.

SEPTEMBER 2015

SAT 5 DONKEY MOUNTAIN

Donkey Mountain is a wonderful playground for bushwalkers. A steep climb up to a maze of rocks and slots to explore with amazing views. This walk is for experienced walkers who like to scramble and explore as it is all off-track and there are steep ups and downs. You will either have a very early start or need to camp at Newnes the night before.

Grade: 4 (exploratory)

Map: Ben Bullen

SUN 6 FATHERS DAY

SAT 12 BALMORAL RIDGE CIRCUIT

A recently made trail which loops around spurs and outcrops of rock with occasional views into the Bargo River Gorge. We will continue onto the Picton weir for a spot of lunch before returning via the Balmoral Fire Trail. A total distance of about 11Km.

Grade: 3

Map: Bargo

SUN 13 CYCLE RIDE: INNER WEST EXPLORER

 **NO HELMET NO GO!**

Spend a morning exploring the back streets and cycleways of the Inner West. This ride is mostly flat and around 30km long. There will be coffee in Leichhardt and we will have lunch at the Addison Rd Markets. Numbers will be limited. Some experience riding in traffic is necessary.

SEPTEMBER 2015

MON 14 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 - 8.30 pm.

Club administration, finance & correspondence of interest to members.

SLIDE SHOW 8.30 - 9.30 pm.

BANKSTOWN BUSHWALKING CLUB INC. *SPRING 2015* PROGRAM

Thais will present an eclectic mix of slideshow pictures of her travels through Victoria, NSW and southern Queensland during January this year.

- SAT 19** **CASTLE HEAD ABSEIL TRIP**  **NO HELMET NO GO!**
A re-run of the rained out trip on the Autumn and Winter programs. 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 beginners 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.
Grade: Abseiling
Map: Katoomba
- SUN 20** **WALLAMURRA TRACK - WISES TRACK - KARANI TRACK - LADY CARRINGTON DRIVE**
I've done this walk a few times in the other direction so I'd like to go the other way this time. From the Hacking River we'll walk up to the plateau via Wallamurra Track, then Wises, then Karani. At the end of Karani track we have a short 800m bush bash down to the creek. In the creek there are 2 small down climbs of 2 & 3m we need to negotiate. They are not difficult, though will need a little nerve. I'll set a rope in place to assist with this. We then visit Paloma Cave before wandering down to Lady Carrington Drive and returning to the cars. A distance of around 12kms.
Grade: 3
Map: Royal NP
- SUN 20**  **CYCLE RIDE: GLENBROOK RAILWAY STN - NEPEAN LOOKOUT - GLENBROOK RAILWAY STATION**  **NO HELMET NO GO!**
Approximately 20km total. There are various trails in the Glenbrook section of the Blue Mountains National Park. Depending on time and group, we may also ride on the Bennetts Ridge Trail or up to Mt. Portal. All good fire trails so you don't necessarily need a mountain bike but would need tyres suited to off-bitumen. Non-cyclists could drive to car parking areas not far from the lookouts and also enjoy the fantastic views over the Nepean River.
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- SEPTEMBER 2015**
- SAT 26** **GREAT NORTH WALK - THORNLEIGH STATION TO HORNSBY STATION**
Starting at Thornleigh station we will walk through suburban streets before reaching this section of the Great North Walk. Creek crossings, fern forests and eucalypt forests are just some of the attractions of this walk before we finish the walk climbing up the Depression Steps. Then a short walk through suburban streets again before reaching Hornsby station to catch the train back to Thornleigh. A 12km steady paced walk to ensure we will have time for coffee at Hornsby.
Grade: 3
Map: Hornsby
- SAT 26** **ABSEIL TRIP: SKINNIES AND MOSS PIT**  **NO HELMET NO GO!**
An "interesting" abseil, followed by an "interesting" traverse and lovely big drop into "interesting trees". With any luck there will be enough time to tackle one of the other Devil's Hole area routes as well.
Grade: Abseiling
Map: Katoomba

BANKSTOWN BUSHWALKING CLUB INC. *SPRING 2015* PROGRAM

SUN 27 MT BANKS CIRCUIT

Complete a circuit walking around & then up to the top of Mt Banks before heading back to the cars. Great views up the Grose Valley traversing along a wide-ish ledge. Short walk of 5 hours with plenty of stops.

Grade: 2

Map: Mt Wilson

OCTOBER 2015

SAT 3, SUN 4 & MON 5 LONG WEEKEND

SAT 10 DISCOVER ROBERTSON

Come and discover the wonder of the Robertson area. We will meet at the Mittagong tourist information centre at 9.30am before car pooling and driving to the Robertson Heritage Railway Station where we will check out the waratahs before a visit to the markets, the nature reserve and Carrington Falls. We will also visit the Illawarra Fly lookout where you can complete the optional tree top walk to the lookout for \$25 for spectacular views over the escarpment. Lots of coffee shops, cheese shops and an excellent pie shop.

SAT 10



CYCLE RIDE: FOUR CANALS, A GREENWAY & CITY OF VILLAGES



NO HELMET NO GO!

Start at Wolli Creek railway station for a 40km ride. Enjoy water views, riverside pathways, inner-city haunts & joints. PLUS extension "City of Villages Tour" finishing at Bondi Junction Station (additional 19 kms). Cycle to Leichardt, Annandale, Glebe, Haymarket, Kings Cross and Paddington. Cafes, boutique shops, visiting some second hand shops are an option along the way. Easy inner city cruising with some small climbs. Some traffic but the ride is mainly on quieter back streets and cycle paths. Must be confident riding on the road. Bring water and sun cream. Helmet compulsory. Either bring morning and afternoon tea and lunch, or there will be plenty of places to purchase along the way.

OCTOBER 2015

SUN 11 LANE COVE NATIONAL PARK CIRCUIT

A 10km walk that follows the Lane Cove 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

Map: Street Directory

MON 12 CLUB NIGHT - AT THE CLUB ROOMS

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For members of the Management Committee.

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FROM THE ARCHIVES PART 2 - AFRICA OVERLAND 8.30 - 9.30 pm.

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In 1983 Jon Gray travelled overland through Africa from London to Tanzania. The trip took in north African deserts, central African rainforests, east African game reserves, a climb of Mount Kilimanjaro and much more. Tonight he presents his slides from the trip, set to music.

SAT 17 GLADSTONE PASS - LINDEMAN PASS - ROBERTS PASS

Exploring these historical passes between Leura and Wentworth Falls into the Jamison Valley. Starting from the Fairmont Resort carpark we head down the Gladstone Pass and pay a visit to Dash's Cave, then across the valley we'll try to find the old mine then return up Roberts Pass, dodging golf balls back to the resort. Grade 3 only because there's a bit of a scramble down the Gladstone Pass.

Grade: 3

Map: Katoomba

SAT 17 CYCLE RIDE: ILLAWARRA REGION NO HELMET NO GO!

A leisurely mystery ride from Bulli to wherever we decide on the day. The ride is mainly on bicycle paths and great ocean views to be enjoyed along the way. Bring helmet, spare tube, pump, sunscreen, repair kit, water, lunch and of course a roadworthy bike.

SUN 18 SYDNEY SPRING CYCLE NO HELMET NO GO!

15, 55, and 100km ride options from North Sydney to Sydney Olympic Park – entry fee applies. Enjoy the opportunity to ride across the Harbour Bridge before riding through the city and out to Homebush.

OCTOBER 2015

SAT 24 BOX VALE TRACK

This walk follows an historic rail track before heading down to the Nattai River. Bring a torch for the tunnel section and some salt for any unwanted guests who are looking for a free ride along the river. Route may be varied slightly depending on the day and group.

Grade: 3

Map: Mittagong

SAT 24 & SUN 25 BEGINNERS EASY BACKPACK: GOLDEN STAIRS - RUINED CASTLE

You know you have been wanting to try a backpack... or do one again. This is the one. A total of 4kms to camp consisting of ½hr on a steepish down then 1½hrs flat walking. At camp by lunch. In the afternoon for those who wish we'll walk up Mt Solitary. Next morning while tents dry we'll explore Ruined Castle. Back to cars by 2ish then Katoomba coffee. Gear can be hired from the Club if needed, or potentially shared with other walk participants.

Grade: 1

Maps: Katoomba & Jamison

TUE 27 WALKS COMMITTEE MEETING

For members of the Walks Committee. Suggestions for the Summer program must be given to a member of the walks committee or e-mailed to Lynda by tonight, or they won't make it onto the program.

REMINDER

Have you sent Thais your Bush Telegraph articles yet? Please e-mail them to Thais soon so she can meet her print deadline.

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- SAT 31** **MT RENNIE TUNNEL EXPLORATION**  **NO HELMET NO GO!**
- The Mt Rennie Tunnel runs under Narrow Neck Plateau, connecting the Megalong Valley with the Jamison Valley. It was built so shale oil from the [Glen Shale Mine](#) could be transported to the railway using the existing cable haulage facility, the Katoomba Incline, in the Jamison Valley. The trip will include red mud, knee deep cold water, darkness, bats and maybe leeches. Lots of low ceiling areas to walk through and a crawl section. Helmet and torch are essential. Who's interested?
- Grade:** 3
Map: Katoomba
Start: Contact Coordinator

NOVEMBER 2015

- SUN 1** **ABSEIL PRACTICE DAY**  **NO HELMET NO GO!**
- Club members will be meeting at Yellow Rock at 9am 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. If you don't know where the meeting place is or need to book in e-mail the abseil committee at bbcabseil@gmail.com.
- Please Note: You must be a financial member of the club to participate in this activity.**

NOVEMBER 2015

- SAT 7** **DICKSONIA RAVINE**
- Explore this rarely visited ravine full of beautiful Dicksonia tree ferns and twisted vines in the Wollemi. The walk is off track and involves scrambling, route finding and general exploring.
- Grade:** 4
Map: Rock Hill

- SUN 8**  **CYCLE RIDE: BICENTENNIAL PARK**  **NO HELMET NO GO!**
- A gentle paced 35-40kms starting at Bicentennial Park, Homebush 8.30am. Coffee stop included. Bikes must be in good condition, and a repair kit carried.

- SUN 8** **WARRIMOO - BLAXLAND VIA FLORABELLA PASS**
- Warrimoo Railway Station is the starting point for us to take this historical walking track winding along pretty Florabella Creek. Approximately 8km with 160m ascent. Includes Pippas Pass track at the end to get to Blaxland Railway Station.
- Grade:** 2
Map: Springwood

- MON 9** **CLUB NIGHT - AT THE CLUB ROOMS**
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Summer Program & Bush Telegraph available at tonight's meeting!!!

- TUE 10 DINNER AT THE BUDDHA RAKSA THAI RESTAURANT**
Another visit to our favourite Thai restaurant! Bookings are essential. We'll be meeting at 7pm at the Buddha Raksa, 141a Liverpool Road Enfield. Limited to 10
- THU 12 RADICAL REELS FILM FESTIVAL**
Prepare to be amazed! These films highlight some incredible outdoor activities world-wide. Tickets already on sale. You may book your own tickets and we can meet on the night.
Venue: Seymour Centre, Sydney Uni.
- SAT 14 TARONGA ZOO TO BALMORAL AND RETURN**
Spectacular views of the harbour, peaceful stretches of pristine bushland, pretty sheltered beaches and time for lunch and a swim at Balmoral Beach. This is a 13km return walk, but people also have the option of catching a bus back from Balmoral to the ferry if it is too hot. We may add an extension to explore Middle Head if the weather is suitable and people are interested.
Grade: 3
Map: Royal NP
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- NOVEMBER 2015**
- SUN 15 ROCK CLIMBING DAY - OUTDOORS AT BANGOR**  **NO HELMET NO GO!**
Bring your harness, carabiners, belay devices etc. Enjoy a day of climbing out doors. We'll be using a top belay system. Regular gym climbers or climbers with outdoor climbing experience only. 9 am start.
- SAT 21 ERSKINE CREEK ABSEIL TRIP**  **NO HELMET NO GO!**
Erskine Creek is a dry pre-canyon season training run and provides an excellent opportunity for newcomers to abseil trips to learn a few techniques and tips for use when canyoning. For more experienced abseilers it's a chance to refresh skills and enjoy an easy trip. If it's a warm day throw your swimmers and a towel in and we'll have a swim before we head back up the hill.
Please Note: You must be a financial member of the club to participate in this activity.
Grade: Abseiling
Map: Penrith
- SUN 22 CABARITA TO DRUMMOYNE WALK**
An easy 9 km walk along the foreshores of the harbour from Cabarita to Drummoyne via Chiswick. It will primarily be through picturesque foreshore parks but also include some pleasant streetscapes. We will return to Cabarita by ferry.
Grade: 1
Map: Street Directory
- SUN 22 SOCIALGAIN – 6 HRS**
This cross country navigation event in a bushland setting is a great introduction to navigation skills. Maps will be supplied. NSWRA usually reveals exact location 1 week prior. Entry fees apply. For a beginner (walking) team entry, with distance and difficulty being whatever we decide on the day.

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- SAT 28 ABSEIL TRIP: BLUE DRUM CREEK**  **NO HELMET NO GO!**
This is more of a multi-pitch route that follows a creek than a true canyon. Unless there has been a lot of rain recently, the canyon will be “dry”. The trip includes a bit of navigation and exploring, and a lot of scrub to bash through.
Grade: Abseiling
Map: Katoomba
- SAT 28 & SUN 29 DAVIES CANYON**  **NO HELMET NO GO!**
A hard, but spectacular walk and canyon, with at least 4 big drops. Strictly for experienced canyoneers only.
Grade: Experienced canyoneers only
Map: Kanangra
- SUN 29**  **MOUNTAIN BIKE RIDE: ANDERSONS FIRE TRAIL**  **NO HELMET NO GO!**
The Anderson Fire Trail runs for 31km between Wentworth Falls and Woodford. Plenty of great scenery with some steep uphill grades that you might prefer to walk up.