

BANKSTOWN BUSHWALKING CLUB INC.

WALKS AND SOCIAL PROGRAM: WINTER 2014

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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 2014

SAT 31 & SUN 1 BACKPACK: UNIROVER TRAIL – AMBLE EASY RIDGE – BADBURY KNOLL – WALLARA RIDGE – WALLARA HEIGHTS

Lots of off-track navigation including a delightful stroll down the aptly named Amble Easy Ridge. Lots of opportunities for exploration and poking around interesting features. The camp site is small so numbers will be limited.

Grade: 4

Maps: Kanangra & Yerranderie

SUN 1 ROYAL BOTANIC GARDENS AND VIVID FESTIVAL

Enjoy an easy (grade 1) afternoon walk in the Royal Botanic Gardens. We will meet at 1pm at the Conservatorium House gate. The walk will be followed by viewing of Vivid Sydney - spectacular light shows on the iconic buildings of the Harbour, which starts at 6pm. Plenty of food options for later in the afternoon.

SAT 7 WESTERN SYDNEY PARKLANDS: BRINGELLY ROAD TO PIMELEA PICNIC AREA HORSLEY PARK

There will be a chance for a long weekend sleep in as we will be meeting at 10.30am. We should finish about 4.00 ish. 15 kms on well formed tracks at a brisk pace, with a stop for lunch. A chance to experience some bushland and a great lookout without the early starts and travelling. There will be some walking near the M7. Car shuffle to start.

Grade: 3

Maps: Western Sydney Parklands Map and UBD

SUN 8 MACARTHUR FLAT NATTAI

We'll head down to Macarthur (Emmett's) Flat along the usual Starlight trail but rather than come back the same way we'll follow the river upstream for a little while and then come up the less used and slightly more interesting Slott Way. As this track joins the Aherns Lookout track, we may do a side trip to this lookout. This will add about 2km to the walk, all fairly flat, we'll decide on the day. Distance is about 15 km with a 450m descent and ascent.

Grade: 3

Map: Hilltop

SAT 14 DINNER AT TEMASEK RESTAURANT

Temasek Restaurant is in George St, Parramatta and serves Malaysian/Singapore cuisine. The restaurant is BYO. Then the footy followers can go and watch football at the Woolpack Hotel in Parramatta.

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SUN 15 PADDY PALLIN 6HR ROGAINE

This cross country navigation event in a bushland setting is an excellent introduction to navigation skills. Location details not yet available. We should find out around 1 week prior to the event. Maps will be supplied. Entry fees apply. Organise your own team or, for a beginner (walking) team entry, with distance and difficulty being whatever we decide on the day come to the 12 May club meeting If you plan to organise your own team make sure you register early as this is a very popular event. For more information or to register visit <http://nswrogaining.org/index.php>.

MON 16 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.

TRAVELS IN THE GREEK ISLANDS 8.30 - 9.30 pm.

Mike did some walks on a couple of the Greek Islands in October 2008. Tonight he is going to spend around 15 – 20 minutes telling us about the trip. Mike's reckons he's not a very good photographer, nor is he a prolific photo taker, but he quite likes the photos he has from. Paxos, Naxos and yes, some sunset shots of Santorini.

SAT 21 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 new Cultural Centre, Art Gallery and Blue Mountains Heritage & Environment exhibition.

SAT 21 & SUN 22 WOMBEYAN KARST CONSERVATION RESERVE BASECAMP

Come and join us this weekend for an easy caving experience. The Reserve has some of NSW's most impressive show caves, including Figtree Cave, widely regarded as one of the state's best self-guided caves, and others that you can experience on a guided tour. The reserve also has a few walks, including the Waterfall Track that features scenic waterfall views and Mares Forest Creek Track.

The campground has many facilities including an amenities block, kitchen and showers. **If you want a powered site, caravan site or a cabin, you must also book with the NP office.**

TUE 24 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

SAT 28 ABSEIL PRACTICE DAY

 **NO HELMET NO GO!**

Club members will be meeting at Alford's Point 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.

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SUN 29 BUXTON PLATEAU CIRCUIT

The Plateau, if viewed from above resembles a long hooked finger, pointing into the Nattai wilderness, with deep gorges on either side formed by Little River and Blue Gum Creek. A long walk of 16.6 km, but not physically demanding with lots of view points along the way.

Grade: 3

Maps: Nattai and Picton

JULY 2014

SAT 5 MYSTERY ABSEIL TRIP(S) DEVILS HOLE AREA

 **NO HELMET NO GO!**

There are many short abseil trips in this area, so we will have a variety of things we could end up doing. All options feature some spectacular abseils with “interesting” approaches. Final trip details will be decided nearer to the day, but one thing is certain – it will be fun!

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

Grade: Abseiling

Map: Katoomba

SAT 5 & SUN 6 2014 NAV SHIELD ROGAINE

The Bushwalkers Wilderness Rescue Squad is once again hosting the Nav Shield. The event is always run in the wilderness approx 2 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 6 PARRAMATTA RIVER FORESHORE WALK

Easy walk along the Parramatta River foreshore between Harris Park and Parramatta Park taking in a number of historical sights and buildings such as the Old Kings School and Government House, 'The Rose Garden' and others. Return for coffee in Parramatta. A very easy walk of around 6km.

Grade:1

SAT 12 KAYAKING - SCOTTS CREEK

Kayak trip on Scotts Creek and Middle Harbour Creek in Garigal National Park. A 15 km return trip.

SUN 13 GORDON FALLS - BRIDAL VEIL FALLS - LEURA CASCADES

I've done part of this walk and seen the signs for the other part. Let's go do it all. Lots of great views over Solitary and the Jamison Valley plus the brilliant escarpment falls. Quite a bit of upping and downing over a distance of 8kms in this one so bring your leg muscles. Distance wise a hardish grade 2, for the legs a 3. An early finish so I can get to work.

Grade: 2 or 3

Map: Katoomba

MON 14 CLUB NIGHT - AT THE CLUB ROOMS

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TASSIE SLIDE NIGHT 8.30pm

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Thais will share her slides from a trip to Tasmania earlier this year. Highlights of her circumnavigation of Tassie include the Tarkine and a few of the 60 Great Short Walks.

TUE 15 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 by tonight, or they won't make it onto the program.

REMINDER

Have you sent your Bush Telegraph articles yet?

SAT 19 EXPLORATORY ABSEIL TRIP: NARROWNECK

 **NO HELMET NO GO!**

We managed a first descent of a new route off Narrowneck in Autumn, and now we are going to tackle the Big Hole. This trip is only for very experienced abseilers as there is an exploratory element to it.

SAT 19 & SUN 20 BLUE MOUNTAINS WEEKEND – STAYING AT KATOOMBA YHA

Saturday we will visit Mt Tomah Botanic Gardens. That evening we will enjoy a 3-course Yulefest dinner and the Goon Show at the Clarendon. Staying at Katoomba YHA Sat night. Bookings and your payment needed to secure the accommodation and the show, so notification needed as soon as possible, **before Friday 16 May**. Sunday we can enjoy Katoomba's Heritage and Art Walk - lots of hidden gems in the upper Mountains.

SUN 20 WATTAMOLLA TO EAGLE ROCK - 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

Map: Royal NP

SAT 26 DUNPHYS LEDGE AND HARMIL PASS

An exploration of some passes off Narrowneck with lots of superb views. The route is mostly off-track with challenging navigation, scrambling and scrub-bashing involved. One for experienced walkers who like to explore.

Grade: 4

Map: Katoomba

SUN 27 EXPLORING THE ENTRANCE

The last attempt of this 7km walk was a wash out with participants visiting the Art Gallery and Henry Kendall Cottage instead. So try again to take in some Entrance scenery on this walk by the water. Ample coffee and ice-cream opportunities on this leisurely stroll.

Grade: 1

AUGUST 2014

SAT 2 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.

Grade: 3

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Map: Katoomba

SUN 3 **MOUNTAIN BIKE RIDE: LOWER BLUE MOUNTAINS** **NO HELMET NO GO!**

The route for this ride is Woodford Railway Station – Woodford Ridge – The Oaks Fire Trail – Glenbrook Railway Station. Maps: Katoomba, Springwood, Penrith. Meeting at Woodford station. Bring bike, lunch, spare tube, water, sunscreen and helmet (compulsory). A mountain bike is preferable as the ride is mostly on gravel fire trail. Largely downhill (except for the uphill bits). This ride is a grade 2 of around 31kms with a 350m climb/descent.

SAT 9 **AUSTRALIAN BOTANIC GARDEN - MT ANNAN**

Come and explore the Gardens. Climb Mount Annan, see the wattles in flower. We plan to walk about 10 km, but you could cut it shorter if you wished to. After the walk we will have a cup of tea or coffee at Bruce's house.

Grade: 1 or 2

Map: Visitors Guide

MON 11 **CLUB NIGHT - AT THE CLUB ROOMS**

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FIRST AID KIT CHECK 8.30 - 9.30 pm.

Bring your first aid kit along and compare it to the kits carried by some of our more experienced first aiders. There will be **free first aid supplies** on the night for club members who turn up with their kits. Watch your emails for more details prior to the meeting.

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

SAT 16 **EXPLORATORY ABSEIL TRIP: NARROWNECK** **NO HELMET NO GO!**

A continuation of our exploration of abseil routes off Narrowneck. This one may not have been done before. This trip is only for very experienced abseilers as it is exploratory, and likely to be the first descent of the proposed route.

SUN 17 **GLENBROOK RANGERS STATION – RED HANDS CAVE – GLENBROOK RANGERS STATION**

Meeting at Glenbrook Railway Station. This 9km walk makes its way through pleasant eucalypt forest to a sandstone overhang which contains good examples of Aboriginal hand stencils. The track has been upgraded in recent years and the 250m ascent is gradual, except for the bit around the causeway at the start and end, which is on a bitumen road.

Grade: 2

Map: Penrith

SAT 23 & SUN 24 **BACKPACK: HATCHERS HOLLOW**

This walk follows the Uni Rover Trail for some distance before dropping down Dicksonia Bluffs and then following the Kowmung River to Hatchers Hollow. By all accounts Hatchers Hollow is a beautiful camp site reputed to be full of bird life. The next day we will ascend Despond Ridge and out over Mt Misery. Some off track walking will be encountered. Don't be put off by the names, it looks like a good walk, and don't be put off by the fact Chris

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hasn't done the walk before, there is a first time for everything! Distance 27km, 700m ascent and descent.

Grade: 4 exploratory

Maps: Yerranderie and Kanangra

SUN 24 BIKE RIDE: MEADOWBANK TO WOOLWICH

 **NO HELMET NO GO!**

An easy ride along the Lower Parramatta River foreshores from Meadowbank to Woolwich, with option of return by either bike or ferry (13 or 26 km). The ride takes in great views over the river and inner harbour, and the leafy historic suburbs of Hunters Hill and Gladesville. (Re-run of a previously cancelled ride)

Grade: 1 or 2

Map: Street directory

SAT 30 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 10kms, all on track.

Grade: 2

Maps: Cullen Bullen & Ben Bullen

SAT 30 & SUN 31 CAVING & BASE CAMP AT BUNGONIA **NO HELMET NO GO!**

A weekend for experienced and beginner cavers alike. Bungonia has some easy, moderate and challenging caves. This weekend will provide something for anyone who would like to explore the underground world at Bungonia. Winter is the best time to do the deeper caves at Bungonia due to low levels of foul air during the cooler months

If you aren't a caver, but would like to come camping and do some of the great day walks at Bungonia you are more than welcome to camp with the caving group.

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