

Walks Grading

A **day walk** means walking all day – the walks usually start at 8:00am and finish before dark. Often a dinner is arranged at a venue on the way home.

A **weekend walk** may start Friday night and camp at the start or early Saturday morning. On the first day, the party get to camp between 3:00pm and before dark, (hopefully). Happy hour occurs before dinner and is a time when party members share ‘nibbles’. The next day’s walking could start between first light and 9:00am, usually 8:00 to 8:30am. We usually get back to the cars between early afternoon and dark. After-dark finishes do happen, however they are usually not planned for. Often a dinner is arranged at a venue on the way home.

The new grading system has four graded categories: D F A T and Yes / No on E

Distance **F**itness **A**scents (and descents) **T**errain **E**xposure (to heights)

Distance		Fitness		Ascent		Terrain	
S	Short	1	Beginners	1	Undulating	1	Formed tracks
M	Medium	2	Intermediate	2	200 – 300m	2	Off track
L	Long	3	Strenuous	3	Steep / Many	3	Scrub / Exposure
X	Extra long						

D – Distance: S – Short under 10 km per day
 M – Medium 10 – 20 km per day
 L – Long 20 – 30 km per day
 X – Extra Long more than 30km per day

Note: If a two day walk had one 25km day and then a 8 km day the grade would be L with perhaps a note in the description about a short second day.

F – Fitness 1 beginners – frequent long rest breaks
 2 intermediate fitness – stand up regroup (wait for walkers) with morning tea, lunch and afternoon tea breaks and stops to take in any views
 3 strenuous, fit walkers only – stand up regroup, short breaks for morning and afternoon tea and lunch

A – Ascent 1 flat to undulating
 2 undulating with one or more 200m to 300m climbs
 3 climbs of 300m plus, or one or more large steep climbs

T – Terrain 1 formed tracks and / or open terrain, no scrub
 2 sections of rough track and / or off track and/or creek crossing and / or rock scrambling
 3 similar to 2 for long periods and / or thick scrub

E – Exposure mild to high exposure to heights

Q – Prospective members should note that qualifying walks are indicated on the program with a “Q”. Other walks may count as qualifying walks but are not recommended for prospective members unless they have experience at a similar level.

Leaders – prior to your walk, you **MUST** contact the following for information on Park closures, fire bans and bushfire hazards:

National Parks & Wildlife Service	1300 361 967	www.npws.nsw.gov.au/news/firenews
Rural Fire Service (Fire Bans Recorded Info)	9898 1356	www.bushfire.nsw.gov.au

The recommended amount for travel costs is 20 cents per kilometre shared by all the occupants in the vehicle. Individual drivers may suggest any amount they choose but the club encourages car sharing, as it is environmentally friendly and a good way to get to know other club members.

On trips that involve abseiling, fees may be charged for use of the ropes. This fee might be higher for a trip with ten abseils than for a trip with two abseils. Two dollars is common. Check with the trip leader.

Maps: Maps are generally NSW Land and Property Information (LPI) 1:25000 unless noted otherwise.

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SEARCH AND RESCUE

Please ensure that relatives and friends are aware you may return home later than planned due to unforeseen circumstances such as bad weather, injury, illness, and vehicle problems. Emphasise that they should wait about 15 hours after your expected return before lodging a call with a Club Search & Rescue contact. For this programme, contacts are:

If the above are unavailable contact the Bushwalkers Wilderness Rescue number: Call 13 22 22, ask the operator to page 627 7321 and leave a short message along the lines: "URGENT CALL (your Club & name ...) PHONE BOX (...)". Ensure that the operator records the correct number and STD code. If no return call is received within 15 minutes, repeat the above steps.

ADVANCE and EXTENDED Walks Notices

June 2008	<p>Kakadu NP Maps: TBA Gumlon Falls – Barramundi Creek – Gromophyllin Creek – Cascade Creek – Graveside Falls – Surprise Falls – Twin Falls – Koolpin Gorge. 11 days walking and swimming across Kakadu. Beautiful creeks, great campsites, spectacular views. Food party and party limit. Book early. Grade: S222, Medium, 130 km</p>
August 2008	<p>European Alps - Expressions of interest Tour de Mont Blanc -11-12 days - could be extended with side trips. Dolomites - routes to be decided depending on group - maybe 2 weeks - could be longer - not camping. Grade: medium</p>
September 2008	<p>3 Peaks Training Group (3PktG) – Expressions of Interest If anyone is interested in preparing for and making this iconic Blue Mountains tiger walk in September, let me know in March. The concept is to put a series of strenuous training walks together to ensure we all have the fitness and skills to complete it successfully. Includes extended night walking on the route, hill work, extra long day walks and navigation checks. Grade: X333, +/- 5000m</p>
27 Sept – 17 Oct 2008	<p>Hiking in the “Fall” in the Rocky Mountains National Park (USA) I have commenced planning a trip to this US Park to enjoy the stupendous yellow and red colours of the “fall” (Autumn) vegetation. Fly in and out of Denver, Colorado. Main Web site is found at: http://home.nps.gov/romo/index.htm. Visit the Photo Gallery to get a feel for the scenery, the hiking options and more details on Backcountry options. There are no Grizzlies, but there are Black Bears and Pumas in the Park. However, as long as you observe the Protocols (ie sing) these are not a major issue. Trip will probably be a series of long day trips with base camping at Camping Grounds or in low price accommodation in the adjacent towns (from experience, this gives maximum flexibility and “views” for effort. Get to and from by using the Shuttle Buses system. Maybe some overnight trips – snow falls are possible at this time of year and 2 days out with 4 ft of powder is to be avoided! Also, potential to visit other Parks in Colorado to do some walking such as Mesa Verde (Ancestral Pueblo ruins) http://home.nps.gov/meve/ We would probably have to hire a car for this option.</p>
3-19 October 2008	<p>Japan This year’s walks are all in Central and Eastern Honshu, and have been selected to give a broad range of Japanese hiking and cultural experiences. We will do a four day hike in the Northern Alps, just below 3000m, and a three day ramble around the northern outskirts of Kyoto, providing ample temple and garden viewing opportunities. Plus three “famous mountains” – which will complete the full set of one hundred for me. Come for all or any of these activities. Grade: M222</p>

2008 AUTUMN PROGRAM

1 – 2 March	
Sat 1 Mar	<p>Ku-ring-gai Chase NP Maps: None required - Using tourist tracks Resolute Picnic Area - West Head - West Head Beach - Resolute Beach - option to visit Great Mackrel Beach - Resolute Picnic Area. Easy walk on a hot day with views and other interesting things on the way. Swimming at two or three public beaches - bring swimwear. Grade: S111 200m climb, Under 10km</p>
Sun 2 Mar	<p>Bouddi National Park - Scenic Walk Map: CMA Gosford and Broken Bay Bouddi NP - Kinkumber South - NW Bouddi - Bulimah Lookout. An interesting walk in this Central Coast park. Many historical features. Grade: Easy 14 km</p>

Grading System – Distance S < 10 km, M 10-19 km, L 20-30, X >30 Fitness 1-3, Ascent 1-3, Terrain 1-3, Exposure

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Mid-Week	
4 – 6 Mar	<p>Parr State Conservation Area Maps: Colo Heights, St Albans 1:25000 Mid week walk, 2 or 3 days. Putty Rd (Devils Hole) - Terraborra South fire trail - long ridge to Webbs Creek and return by one of various options. Exploratory walk in pretty, little known area. Proceed in an easterly direction from the fire trail towards Webbs creek. Explore Webbs creek and environs and return. Carry water, some rock scrambling and exposure possible. Experienced walkers only please, prospectives welcome. Meet at Colo Heights Tues 8am. Grade: Med Exploratory (M233E) 20-30km.</p>
Tues 4 Mar	<p>Garrigal National Park Map: Parramatta river Garrigal NP - Roseville Bridge - Bantry Bay - Seaforth Oval. An easy walk down Middle Harbour Creek into Bantry Bay. Option to extend by walking in from Lindfield if party prefers. Grade: Easy 10 km - 15km</p>
8 –9 March	
Sat 8 Mar	<p>Wollemi NP Map: Mt Wilson BLOR - Haystack Ridge – Mt Haystack – Mill Creek – Tomah Spur – BLOR - Mt Tomah Botanic Gardens. Travel north towards the big knob that you always see when traveling along BLOR. Some track, some not. Gaiters and gloves recommended. Dramatic land features and possible wet feet. If we finish early - maybe an apple pie stop on the way home! Grade: M223</p>
Sun 9 Mar Q	<p>Blue Mountains NP – Birrabang Canyon Map: Mount Wilson Bells Line of Road - Birrabang Canyon - Birrabang Gorge - Birrabang Ridge - Bells Line of Road. A delightful canyon and spectacular gorge. Some rock scrambling. Compulsory wet feet. Party limit. Grade: M212E, Medium, 14km</p>
8 – 9 Mar	<p>Morton NP Maps: Yalwal & Sassafras Yalwal to Braidwood Rd. Starting at Danjera dam, Yarramunumun creek, Boolijong creek, camp somewhere on Boolijong Creek. Keep following Boolijong creek next day to "Peters pass" and Braidwood Rd. Car parking (2WD access) at Picnic Ground GR614328 (Yalwal map) and also off Braidwood Rd, under the powerlines (GR650187) - lengthy car shuffle required. 2 days of easy walking, mostly following the flowing creeks, so not many distant views. Tracks parallel the creeks for most of the way. The camp site will be near water. The final climb out is the only steep section. This walk is very suitable for new members. Total Distance: about 25km. Approx 300m ascent (no descent). Grade: M222</p>
8 – 9 Mar	<p>Kanangra to Katoomba in 2 days Maps: Kanangra, Jenolan, Jamison Hire a bus or taxi to Kanangra Walls on Friday night and stay overnight at Dance Floor Cave. On Saturday Gangerang Range and Mount Strongleg and camp at Konangaroo Clearing. On Sunday Mount Yellow Dog - Mobbs Swamp - Narrow Neck Plateau and return to cars at the gate. See all the mountains and valleys between Kanangra and Katoomba and those north and south as well. Grade: L332</p>
15–16 March	
Sun 16 Mar	<p>Wollemi NP Maps: Mountain Lagoon Mountain Lagoon - fire trail and winding ridge to Lagoon Creek at 795921 - Wheeny Creek - Wheeny Gap and return possibly with inclusion of a further short section of Lagoon Creek and linking ridge to outward route. 420 metre descent to Lagoon Creek, offtrack walking. Wheeny Gap prominent geological feature of Sydney Basin. Attractive waterfall near Lagoon and Wheeny creek junction Grade: M222, 10 km</p>
15 – 16 Mar	<p>It's Time to Celebrate – Come to Coolana – The Annual Get-Together (Reunion) For many years the Club has held an Annual Reunion. Members, new members, family and friends are invited to join us for this year's celebration on the Club's property, Coolana, in the beautiful Kangaroo Valley. A chance to renew friendships and socialise with new and old members. Car camping possible. Campfire and party program on Saturday evening. Assistance with transport. Spare tents may be available if required.</p>
15 – 16 Mar	<p>Additional Coolana - Geo Caching: (A treasure hunt using GPS) Geocaching is the name given to an entertaining adventure game for GPS users.. The basic idea is to set up caches (containers) and have these referenced by GPS location coordinates. GPS users can then use the location coordinates to find the caches. Something like a treasure hunt! Coolana, with over 50</p>

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	hectares, has a wide exposure to river and cliffs, with creeks and rain forest so there is ample opportunity for some fun exploration during the competition. Last year several family groups participated despite the bad weather on Saturday.
15 – 16 Mar	Barrington Tops NP Map: Barrington Tops Easy cycling for those just starting out. Base camp at leaders home “Woodstock” Stewarts Brook, Woolooma. Saturday a 30k cycle up Stewarts Brook Valley, quiet gravel road, then on Sunday an optional easy walk and then a 22k cycle. Grade: Easy Cycle
Mid-Week	
Tues 18 Mar	Royal NP Map: Otford Otford Train Station – Squeezeway Track – Figure 8 Pool – Garie Beach – Burning Palms Beach – Palm Jungle – Otford Train Station. Grade: Medium, 14 km, 400m climbing
EASTER WEEKEND 21–24 March	
Fri 21 Mar	Blue Mountains NP Map: Katoomba Medlow Bath - Valley Track - Double Echo Point - Shipley Road - Walls Pass - Centennial Glen - Blackheath. Good views. Some off-track and some road walking. Grade: M222, 12km
Sun 23 Mar	Lane Cove NP Map: Street Directory Chatswood Station – Lane Cove River – Stringybark Creek – Blackman Park – Fig Tree Bridge – Hunters Hill - Valencia Street Ferry Wharf – Circular Quay. Attractive urban bushland. Some street walking. Ferry ride to finish. Grade: M111 Easy/Medium 12 km
Mon 24 Mar	Berowra Valley Regional Park Map: Ku-ring-gai Chase Tourist Berowra to Mt Ku-ring-ai along Great North Walk via Berowra Creek and Crosslands Easy walk with short option. Suitable for children and anyone wanting an easy stroll. Grade: Easy, 12 km
21 – 24 Mar	Guy Fawkes National Park Chaelundi rest area – Lucifer’s Thumb – Combalo Track – Guy Fawkes River – Jordans Hut – Jordans Track – Escarpment Track – Chaelundi Rest Area. A walk through a vast, rugged river valley. At the start and end we have spectacular views, 2 nights on banks of a beautiful river. Grade:
EASTER WEEKEND 21–24 March (Continued)	
21 – 24 Mar	Morton NP Map: Caoura LPIO 1:25000 Badgerys Lookout – Shoalhaven River- Fossickers Flat- Rotten Creek – the Plateau –top of Needles Pass – Tallowal Creek Falls –South Head – Billy Bulloo’s Crown – Canoe Flat –Badgerys Lookout Rugged wilderness scenery, little known passes and two big waterfalls. Off track walking, steep ascents and descents, rock scrambling, river crossings Grade: M 333, 34 k
21 – 24 Mar	Wollemi NP – Razorback & Coricudgy Creeks Maps: Olinda, Coricudgy Explore around Razorback and Coricudgy Creeks. Experienced, adventurous walkers only. 4WD required. Phone for further details. Joint walk with NPA & Bush Club. Party limit Grade: M233E (Medium/Exploratory)
21 – 24 Mar	Morton NP – Ettrema Maps: Nerriga, Yalwal, Sassafras Ettrema: Sassafras – Ettrema Ck – Plain Ck – Moore Ck Pool – Wallawa Hill – Moore / Bundundah junction – Atkinson Spur – Danjera Ck – Yalwal. Mostly creeks and light/medium scrub. Mainly level and undulating with one 450m climb. Some guesswork on last day. Car shuffle or bus hire may be involved. <i>This trip won’t suit Special Forces members (i.e. it’s not very hard.).</i> New members welcome. Grade: M212
21-24 Mar	Snowy Mountains Maps: Perisher Valley, Geehi Dam, Kalkite Mountain Mt Twynam, Mt Tate and Gungartan. We will stay in a “chalet” at Sawpit Creek, and climb these great 2000m+ peaks in two day- walks on Easter Saturday and Easter Sunday. About 20km both days, each with a climb (and descent) of 600m. For those with any energy left on Easter Monday, there will be an easy half-day walk from Rennex Gap to Snowy Adit. Grade: M223

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29 – 30 March	
Sat 29 Mar	<p>Blue Mountains NP Map: Penrith The Oaks – Woodford Range – Lincoln Creek – Erskine Creek – Pisgah Rock - Pisgah Ridge. Beautiful creek, yabbies (not to eat), swimming. Off track creek walk. Grade: Medium 14 km</p>
Sun 30 Mar	<p>Blue Mountains NP Glenbrook -Tunnel View Lookout – Euroka Clearing - Nepean River – Glenbrook. Pleasant walk, at a relaxed pace, all on tracks and fire trails. One steep, slippery descent. Euroka Clearing offers a lovely lunch spot shared with wallabies and abundant bird life. Finish with coffee and cake at Glenbrook. Grade: M121 10 km</p>
Mid-Week	
Tues 1 Apr	<p>Bicycle Ride - Botany Bay An easy-medium ride around part of the Bay, coffee stop options and length of ride to suit participants. Grade: Easy/Medium</p>
5 – 6 April	
Sat 5 Apr	<p>Berowra - Cowan Map: Street Directory An easy to medium scenic stroll along an interesting section of the Great North Walk. Berowra station - Berowra Waters - Cowan Railway station. Follows the picturesque Berowra creek with a few ups and downs to earn the ice creams that are available along the way. Grade: Easy-Med 13 km</p>
Sat 5 Apr	<p>Garigal NP Map: UBD Street Directory Roseville Bridge-Flat Rock Track - Magazine Track - Bantry Bay - Wakehurst Parkway - Manly Dam. We will follow the scenic foreshores of Middle Harbour and cross the Wakehurst Parkway into Manly Dam Reserve. We will follow the northern shore of Manly Dam and cross the dam wall to the picnic area for our lunch. This was Manly's original water supply. Solid day walk with history and views. Grade: M211, Medium, 20 kms</p>
5 –6 Apr	<p>Barrington Tops NP Map: Barrington Tops Little Murray camping area -Junction Pool - Edwards Swamp - Careys Peak - Black Swamp -Aeroplane Hill - Junction Pools then back to Little Murray Camping area and our cars. A walk around the high plateau of the Barrington Tops with a visit to Careys Peak for spectacular views. Grade: Medium, 26k</p>
5 –6 Apr	<p>Remote Area First Aid Course, part 1 – see end of program for more details Great chance to improve your first aid skills</p>
5 –6 Apr	<p>Blue Breaks – Axehead Range and Vengeance Peninsula Starting at Yeranderie we walk over the Axe Range, Bull Island and Vengeance Peninsula. Then walk along Green Wattle Greek and camp the night. The next day we will explore Bull Island Creek and head back via Bull Island Peak and the Tonalli River. Fast, light trip mostly off track with steep rock scrambles and exposure. Drive to Yeranderie (5 hrs) on Friday night for an early start. Grade: M333, 30km</p>
Mid-Week	
Mon – Fri 7 – 11 Apr	<p>Newnes Cabin Monday 7th – 11th April 2008 This is a very attractive area for a mid-week stay. The old town area has been extensively enhanced and there are many walks in the area. Newnes is a great area for walking e.g. the remnants of the old railway, the Glow Worm Tunnel, Pipeline Pass etc or just exploring the mining town ruins. I have booked one cabin. It is in the vicinity of the old Newnes Hotel and sleeps six comfortably. There are two more cabins available if necessary. Also there is room for tent camping adjacent to the cabins – first come, first served with beds. Grade: Easy/Medium</p>
12 – 13 April	
Sat 12 Apr	<p>Royal NP Map: Royal Tourist Map Waterfall – Couranga Track – Forest Island – Callala – Uloola Falls – Karloo Pool – Heathcote. 8:15am Waterfall train from Central. Grade: Medium, 13 km</p>
Sun 13 Apr	<p>Wollemi NP – Upper Rocky Creek Map: Rock Hill Galah Mountain Road – Rocky Creek – Mount Budgary – Budgary Creek and return. 4WD required. Mostly off track. Explore to check out a planned future 3 day trip. Repeat from 5 August last year. Rock scrambling possible. Joint walk with NPA & Bush Club. Grade: M223E (Medium/Exploratory)</p>

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Sun 13 Apr	<p>Nattai NP Map: Hilltop 2nd ed Chasm Lookout-Rocky Waterholes Creek Look out-Ahearns Lookout 3 great lookouts with views of the Nattai river valley, Mount Jellore and Russells Needle. Mostly on-track with some off-track including a creek crossing. Some exposure to heights. Grade: M212E,</p>
12 – 13 Apr	<p>Morton NP Maps: Burrier, Yalwal Grassy gully, Grassy gully creek, Mckenzie saddle, Old Burrier fire trail, Yalwal.Camp. Yalwal creek, Mt Barron, Grassy gully. Car parking (2WD) near GR628396 (Burrier map) - no car shuffle required. 2 days through a variety of terrain, some thick regrowth along the edge of Yalwal Ck, panoramic views from high points, good camp site. Two thirds of the walk is off-track or on overgrown tracks; some rock-hopping, but the walk is suitable for reasonably fit new members. Grade: M232, 26 km, 600m ascent & descent</p>
19 – 20 April	
Sat 19 Apr	<p>Blue Mountains NP Map: Katoomba Evans Lookout Road - Neates Glen - Greaves Creek - Grand Canyon - Evans Lookout - Clifftop Walk to Boverts Leap. An easy walk in a stunning area. Grade: S111, 6 km</p>
Sun 20 Apr	<p>Brisbane Water NP Maps: Cowan, Gunderman, Gosford Brooklyn - Water Taxi to Cogra Point - Cogra Hill - Pindar Cave - Wondabyne. Great views of the Hawkesbury River and Mullet Creek. 250m up, 250m down. 14 kms including 6 kms off-track. Scrubby. Bring gaiters/gloves. Grade: Medium M223</p>
19 – 20 Apr Q (day only)	<p>Kanangra Boyd NP Map: Kanangra Boyd Crossing, Kanangra Range, Bourne Soak, Queen Pin Gully, King Pin, Boyd Crossing. Nav 101, this trip is for prospective members and new members that want to learn how to use a map and compass to navigate through the bush by actually doing it all weekend. Party limit applied by NPWS preference will be given to prospective and new members. Bring your own map and compass. Grade: S212</p>
19 – 20 Apr	<p>Remote Area First Aid Course, part 2 – see end of program for more details Great chance to improve your first aid skills</p>
Mid-Week	
Tues 22 Apr	<p>Bouddi NP Map: Broken Bay Woy Woy Station – Ferry – Hardys Bay – Bullimah Lookout – Maitland Beach – Killcare Beach – Wagstaffe – Ferry – Palm Beach – Bus return to city. Sixtieth anniversary of Bushwalker War Memorial dedication at Bullimah Lookout. Originally organised by Marie Byles. Grade: Medium, 14 km</p>
ANZAC WEEKEND 26 –27 April	
Sat 26 Apr Q	<p>Blue Mountains NP Map: Katoomba. Wentworth Falls-Darwins Walk-Slacks Stairs-Hippocrene Falls-Vera Falls-Wentworth Falls. Extensive views. Cool gullies. Big descent and ascent with lots of steps and ladders. Grade: M231, 12km</p>
25 – 26 Apr	<p>Blue Mountains NP Map: Jamison Kings Tableland to the Blue Labyrinth (Wentworth Falls to Glenbrook). 602511 – Knob Creek Junction - Rocky Knob Ridge - 634506 - to spot height 598 and 500 - Kiara Creek and Erskine Creek - camp at Pelham Creek & Erskine Creek - Massif - 678497 - Massif Ridge to cars. Come for an adventurous, exploratory 2 days... but be prepared for 3 just in case. Travel vast and remote parts of our beautiful Blue Mountains, help with route finding and bring along your sense of humour. Investigating ways of avoiding big car shuffle with taxi or Wilderness transport. Grade: M233 exposure, exploratory</p>
24 - 27 Apr	<p>ANZAC Dawn Service, Cloudmaker & Kowmung Maps: Jenolan, Jamison, Kanangra, Bimlow If you've never been to the Splendour Rock Dawn Service, then you've missed something special. Meet Thursday night for the walk in under headlamps. Carlon's - Splendour Rock - ANZAC Dawn Service - Howling Dog Ridge - Korriecone Ridge - Gentles Pass - Dex's Creek - Mt Cloudmaker - Hundred Men Cave - Compagnoni Pass - Ti Willa Creek Junction - Wonga Mt - Carlon's. Grade: M233, +/- 2500m</p>

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24 - 27 Apr	Location Wild Dog Mountains Carlons Farm - Mobbs Swamp - Mt Yellow Dog - Yellow Dog Ridge - JN 379492 - Cox River - Konangaroo - Howling Dog - Splendour Rock - Mt Mouin - Carlons Farm. 3 days of panoramic views, picturesque Cox River Valley, good camp sites. steep ascents (biggest 1000m) and descents, river crossings Grade: M333	Maps: Jenolan and Kanagra
24 - 27 Apr	New England National Park We will stay in a house at Banksia Point, where the Northern Tablelands plunge 1000m to the headwaters of the Bellinger River. Two easy/medium day walks along and below the cliff line, and a third to Cathedral Rocks and Woolpack Rocks, the big granite piles a short distance to the west. Grade: M122	
25 Apr – 2 May	Tuross - Brogo – Wadbilliga Cascade Picnic Area – Upper Tuross – Brogo River – Wadbilliga Trig – Wadbilliga River – Bunberry Creek – Tuross Falls. Pristine Rivers, thick scrub, steep climbs, more scrub, mainly off track. May need light 4WD to reach the start. Carrying 6 or 7 days food in rough, untracked country. Party limit 8, Grade: 233, Medium Hard, several 800m climbs	Maps: Belowra, Yowrie & Puen Buen
3 - 4 May		
Sat 3 May	Blue Mountains National Park Kings Tableland (Wentworth Falls) - Kadumba River - East Col - Mt Solitary - Kadumba River - Kings Tableland. As this is an out and back walk no car shuffle is required. A beautiful and scenic walk with steep climbs and descents. Compulsory wet feet as we have 2 river crossings to negotiate. Great views of the Jamieson Valley. An early start required. Grade: M331, Medium, 26 kms	Maps: Katoomba, Jamieson
Sun 4 May	Mosman Coastal Circumnavigation Cremorne Cinema - Mosman Bay - Sirius Cove - Bradley's Head - Chowder Bay - Middle Head - Balmoral Beach - Chinaman's Beach - The Spit - Mt. Mosman - Pearl Bay - Quakers Hat Bay. Discover some lesser-known parts of the Inner Harbour coastline. Beautiful views. Mostly on track, small amount of road bashing, & some tidal rock hopping. Grade: M112 (Easy-Medium) 18km.	Maps: Parramatta River, Sydney Heads, & Gregorys
Sun 4 May	Blue Mountains N P Mt. Hay Road - Fortress Ridge - Fortress Hill - Skull Rock and return. Chance to climb inside the hollow Skull Rock. Spectacular views into Govetts Leap gorge and towards Mt.Banks and Mt.Hay. Also a 2km option to visit historic Dr Dark's Cave, 'Jerekillime', with relics from 1930s. A ridge walk with no big hills, suitable for families with fit older children. Photo opportunities galore. Grade: S112, Easy, 8/10 km	Map: Katoomba
3 – 4 May	Coolana Training Weekend All new members are encouraged to attend this training weekend on the Club's property at Coolana in the beautiful Kangaroo Valley. It offers practical training in navigation, first aid and bushcraft. An ideal weekend introduction to camping. However tents and other camping gear are optional as there is a shelter and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and transport assistance is available.	
3 – 4 May	Coolana Bushcare and Maintenance The main task this weekend will be to cut stack and burn the dead and fallen logs on the eastern flat, clearing out and opening up the last of the weed havens as we do so.	
3 – 4 May	Blue Breaks – Tanalli Range and Lacey's Plateau Yeranderie to Bull Island Gap – then up onto Lacey's Tableland for some exploratory walking on the Tonalli Range. The next day we head back to Yeranderie via Lacy Pass and the Tonalli River. Exploratory off track walking. Drive to Yeranderie (5 hrs) on Friday night for an early start. Grade: M333, 27 km	
10 – 11 May		
Sat 10 May	Ku-ring-gai Chase NP Cowan to Brooklyn via Campbells Crater. Easy walk all on track. Suitable for children and anyone wanting an easy stroll. Grade: Easy, 9 km	Map: Ku-ring-gai Chase Tourist
Sat 10 May	Blue Mountains NP Dufaur's Head - off-track to Yardley Cave - Walford Gully - climb out steep ascent (great Views of the	Map: Katoomba & Mt Wilson

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	<p>Grose) continue to Rocky Points Ravine and return Pinnacles Track. This section of the Ravine is pure magic - the return to the Pinnacles is gentle up. Meet at Leura School on Mt Hay Road 9:15 am (Saturday 7:18am train from Central). If traveling by train, contact me and I will meet you at Leura Station or try to arrange a lift. Grade: M222, Medium, 12 km (6 k off-track), Steep ↓230M & ↑ 360M</p>
Sun 11 May	<p>Royal NP Map: Royal NP Bundeena – Maianbar – Anise Falls – Winifred Falls – Marley – Bundeena. Pleasant walk through varied terrain close to Sydney. Pristine pools, coastal scrub with sweeping views returning via the cliff top track and the remarkable “camembert rock”. Grade: M211</p>
10 – 11 May	<p>Wollemi NP Maps: Mountain Lagoon Mountain Lagoon - Mailes Ridge - Meroo Trig - Colo River (camp) - downstream to Gaspers ridge and up Gaspers to Mountain Lagoon. Fine views over the Colo gorge, steep descent on rocky spur to river. 540 metres of ascents on day 2, camp on riverside flats. Grade: M222, 24 km</p>
Mid-Week	
Tues 13 May	<p>Dharug NP Map: CMA Mangrove Mangrove Creek - Ten Mile Hollow via Simpsons Track. Follow an old bridle track and see well preserved stone embankments from the early days. Grade: Easy 14 km</p>
Wed 14 May	<p>Blue Mountains NP Map: Katoomba Wentworth Falls Railway Station - Charles Darwin Track - Wentworth Falls - Rocket Point - Undercliff - Overcliff Track - Conservation Hut - Shortcut Track - Wentworth Falls Station. Meet at appropriate Central Station platform for Blue Mountains train departing at 8.55 am. Grade: Easy, 8 km, 100m ascent, 100m descent</p>
17 – 18 May	
Sat 17 May	<p>Wollemi NP Map: Mt Wilson Mt Banks - Explorers Range - Mt Caley - Mt Strzelecki and return. Stunning views down the beautiful Grose Valley. Majority all on track with the opportunity to venture up Mt Caley and Mt Strzelecki off track depending on group's fitness and enthusiasm! Designed to be a day for new Prospective members. Grade: M111</p>
17 – 18 May Q	<p>Nattai NP Maps: Mittagong and Hilltop Transmission Line Clearing (Craggs Road) - Mt Waratah - Anticipation Spur - Sluice Box Falls - Fish Pond - Nattai River to Stockyard Creek (camp) - upstream to Box Vale Junction - incline and tunnel to Box Vale Track Head. Good views from Mt Waratah, beautiful river walking, half off-track, river crossings some steep ascents and descents. Good campsite. A good introduction to overnight walking. Grade:M222</p>
Mid-Week	
Tues 20 May	<p>Blue Mountains NP Map: Penrith Glenbrook Train Station – Banana Pass – Sun Clock – Kanuka Brook – McLeod Pass – Red Hands Cave – Link Track – Campfire Creek – Glenbrook Train Station. Some off-track and rock hopping. Grade: Medium Leader: Wilf Hilder, 9587 8661</p>
Wed 21 May	<p>Blue Mountains NP Map: Katoomba Lawson Ridge to Urella Lookdown and Jims Creek Circuit. Meet at Lawson Station CP (Nth side) 9:00 am (7:25 train from Central). A walk along Lawson Ridge to a side ridge to this great lookout with extensive views over Wentworth Creek to the Mt Hay ridge and its side ridges and continue to descend to a hanging swamp fed, pristine creek. Good navigational opportunities If arriving by train contact me and I will try to arrange a lift. Grade: M222, Medium, 15 km 5 k off-track) - Steep ↓150M & ↑ 140M</p>
24– 25 May	
Sat 24 May	<p>Morton NP Maps: Bundanoon Gambells Picnic Area-Riverview Road-Riverview Lookout-Ampitheatre LO-Nicholas Pass-Fairy Bower Falls-Bundanoon Creek-Tooths LO-Fairy Bower-Gambells Rest Sweeping views of escarpments, Undulating plateau walk and scenic pass traverse undecliffs, steep descent to Bundanoon Creek to picturesque pool. Interesting area not often visited. Grade: M212, 9 kms</p>

Grading System – Distance S < 10 km, M 10-19 km, L 20-30, X >30 Fitness 1-3, Ascent 1-3, Terrain 1-3, Exposure

THE SYDNEY BUSH WALKERS INC - Autumn 2008 Program

Sun 25 May	<p>Popran NP Maps: Gunderman, Cowan Pacific Highway Mt White - pipeline track - off-track ridges - Cascade Gully - Joll's Bridge - Peats Ferry. We will use a newly-found easy entrance to Popran NP. Fabulous clifftop views of the Hawkesbury River. Part exploratory. Scrubby. Bring gaiters/gloves. Grade: Medium M223, 12 kms including 8 kms off-track.</p>
24 – 25 May Q	<p>Kanangra Boyd NP Maps: Kanangra Kanangra Walls - Crafts Walls - Mount High and Mighty - Mt Cloudmaker - camp in Hundred Man Cave - return on Sunday. Enjoy the big mountains and valleys on the Kanangra area. Grade: M222, 24 km</p>
31 May - 1 June	
Sat 31 May	<p>KIDS NUMERO QUATTRO - BLUE MOUNTAINS Maps: Katoomba, Mount Wilson Evans Lookout - Govett's Leap (Visitors Centre) - Pulpit Rock - car shuffle. Walk at a pace suitable for young kids. Optional overnight stay in cabin / hotel /etc for those who want to have a longer visit to the Blue Mountains. Grade: Very Easy (for adults), Extra Tough and Very Challenging (for young kids), 6km.</p>
Sat 31 May Q	<p>Blue Mountains NP - Mt Solitary Maps: Jamison Kings Tableland - Kedumba River – East Col - Mt Solitary - Kedumba Farm - Fire Trail to Kings Tableland. May walk in reverse direction. Grade: M222 1200m total up and down</p>
Sun 1 Jun	<p>Brisbane Water National Park Maps: Gosford, Broken Bay, Cowan Woy Woy - taxi to South Woy Woy tip - Mt Wondabyne - Rocky Ponds - Patonga Ridge - Little Wobby. Panoramic views of Hawkesbury River and Brisbane Water. 250m up, 300m down. 15 kms. Grade: Easy-medium M221</p>
31 May – 1 Jun Q	<p>Kanangra Boyd NP Maps: Kanangra Yerranderrie Kanangra, Gingra Trail, Brumby Ridge Kowmung River, Orange Bluff and return. Grade: M232</p>

New Members Training Information

All Training is held at the Kirribilli neighbourhood centre 16 Fitzroy St, Kirribilli or at the Club's property, Coolana in the Kangaroo Valley. Please note that it is essential to book for all training sessions. To book for these evenings please contact the New Members Secretary on newmembers@sbw.org.au

March

12 Mar **New Members Night**
8 pm Introduction to SBW

26 Mar **Training – How to Pack for an Overnight Walk.** This session starts at 8:00 pm. Covers topics such as gear for different seasons. What to carry, what to leave in the car and how to keep your pack weight to a minimum.

April

9 April **New Members Night**
8 pm Introduction to SBW

23 April **Training – First Aid.** This covers basic first aid skills relevant to bushwalking. Starts at 7:00 pm. If you are relatively new to bushwalking or still building your fitness levels, some suitable introductory walks on the program are listed below. Please see the program for more details.

May

3-4
May **Coolana Training Weekend**
All new members are encouraged to attend this training weekend on the Club's property at Coolana in the beautiful Kangaroo Valley. It offers practical training in navigation, first aid and bushcraft. The weekend provides an ideal introduction to camping. However tents and other camping gear are optional as there is a shelter and BBQ facilities on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. This is an opportunity to foster social contacts within the club. Activities start on Saturday morning and transport assistance is available.

14 May **New Members Night**
8 pm Introduction to SBW

28 May **New Members Training Night – Navigation.**
7 pm The Navigation training evening starts at 7:00 pm This session covers basic and practical navigation You will need to bring an oil filled base plate compass and a sense of humour. Please check the New Members' Page or contact the secretary

If you are relatively new to bushwalking or still building your fitness levels, try a suitable introductory walks on the program. Please see the program for more details.