

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

Travelling Expenses

The recommended amount for fuel travel costs is **60 cents per kilometre** shared by all the occupants in the vehicle, but individual drivers may suggest any amount they believe appropriate. The club encourages car sharing, as it is environmentally friendly, helps with driver fatigue and it is a good way to get to know other club members. There may be other expenses associated with a trip – ask the leader and your driver.

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.

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 Walk Notices

27 Sept – 17 Oct 2008	Hiking in the "Fall" in the Rocky Mountains National Park (USA) US trip 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. Expressions of interest:
3-19 October 2008	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
6 – 7 Dec	Berowra Creek Paddle The annual SBW/Cirrrosis of the River Christmas camp. We set sail from the Berowra Ferry boat ramp and paddle for about 3 hours at a leisurely pace following the left bank to a sandy beach near the mouth of Marra Marra Creek with morning tea stop en route. Paddling options on Sunday include Marra Marra Creek, Barr Island and Muogamarra NP on the opposite bank. Paddle back about 2 pm Sunday. An advance party will be sent ahead on Thursday or Friday to secure the campsite which is popular in summer.
13 – 14 Dec	Wollangambe - Mt Wilson – Canyoning Maps: Wollangambe, Mt Wilson & Katoomba Saturday - Water Fall of Moss, Sunday - Koombanda Brook. Base camp from Cars at Cathedral Camping Ground Grade: Medium – abseiling – Volleys, Wet Suit, Day Pack
27 –29 Dec 2008	Snowy Mountains: Hannels Spur Kosciuszko to Geehi River via Hannels Spur is supposed to be the biggest vertical drop in the country – about 1700m. This is a two-day backpack, starting from Thredbo. The first day will be spent getting the cars in position. Grade: M212
Dec 2008 Jan 2009	Possible Guy Fawkes River Trip (New England) If there is sufficient interest, I may run a trip down the Guy Fawkes River this Summer. It will be either walking or liloing for 4-6 days. It is a beautiful, but remote river valley. There is little chance of seeing anyone else. You must be able to swim.
Sun 11 Jan 2009	Munmorah SRA Map: Catherine Hill Bay Caves beach – Catho Hill Bay – Timber, Frazer & Red Ochre beaches. The leader's 5th annual visit to this unspoiled coast. Very scenic walk on sand, rock platforms & cliff tops. Many swims & a huge sea cave, so expect to get wet. Bring suitable shoes & a torch. Afterwards to Catho Hill Bay pub for grub. Car shuffle. Party limit. Some rock scrambling & hopping with mild cliff exposure. Grade: M212 (Medium) 16km
10 – 11 Jan 2009	Blue Mountains - Mt Wilson – Canyoning Maps: Wollangambe, Mt Wilson & Katoomba Saturday - one of the Bowens Creek, Sunday - Ssh – Claustral, Base camp at Cathedral Camping Ground. Grade: Medium/Hard – abseiling – Volleys, Wet Suit, Day Pack


ADVANCE and EXTENDED Walk Notices

Early January 2009	New Zealand Nelson Region 5 days on the Able Tasman track. The plan is to kayak up the coast for 3 days and walk back for 2. People who don't want to kayak can walk; the track is rated easy. This will be followed by 5 days on the Travers-Sabine Circuit which is a more challenging track, it goes over a high mountain pass. Early expressions of interest required.
24 – 26 Jan 2009	Newnes Plateau - Canyoning Maps: Bungonia Saturday – 3 day trips – decide over champagne (Rocky/sheep Dip, Tiger Snake etc) – Base camp from Cars at a secret Camping Ground Grade: Medium – abseiling – Volleys, Wet Suit, Day pack, lilo
February 2009	Kur ring gai Chase National Park Warrimoo Track - Cowan Creek - Bobbin Head - Gibberagong Track - Wahroonga Station. Meet at Gordon Station at 9 am. This walk follows Cowan Creek for near its source then up Cockle Creek. Milkshakes and coffee at Bobbin Head. Grade: Easy, 12 km
April 2009	Walking in Ethiopia SBW exclusive trip. If you are interested, or come along to the presentation in the clubrooms, 17 September. The trip is 17 days long, of which 10 days are trekking in the Simian Mountains.
July 2009	Possible Kimberley Trip Expressions of interest for next winter. Beat the winter cold.

SPRING 2008 PROGRAM

30 – 31 August	
Sat 30 Aug	Blue Mountains NP Maps: Katoomba Crossing of the Blue Mountains of NSW – Day 3 - Woodford to Lawson. Wilsons Glen – Transit of Venus track – Hazelbrook Creek Waterfalls – Firetrail - then Empire Pass to Lawson. Meet: Woodford Stn 9.00 am 7:18a from Central Intercity. All on track, road or firetrail. Grade: M, 11 km
Sun 31 Aug Q	Muogamarra Nature Reserve Map: Cowan Park headquarters - Point Loop - Peat's Bight - Kimmerikong Ridge - Park headquarters. Great views of Hawkesbury River and Berowra Creek. 300m ascents, 300m descents. Steep sections. 14 kms including 6 kms off-track. Scrubby. Bring gaiters/gloves. Limit 8 walkers. Grade: Medium M223
29 Aug – 1 Sep 4 day XC Touring	 Kosciusko NP: Kiandra/Long Plain Maps: Peppercorn, Denison, Tantangara, Rules Point plus others Subject to snow. Long Plain - Blues Water Hole - Cooninbil & Coolamine Huts? (alternate plan is wherever there is skiable snow in the north of the park Grade: Medium/Hard
30 – 31 Aug	Mt Townsend Map: Kosiuscko Fantastic area in the lovely white stuff. Thredbo chairlift - Mt Townsend by some route - possibly via Blue Lake. Depends on snow conditions, weather and party ability. The views are unreal!! Probably not cornice jumping, except for those who may wish!!! Grade: M222 – Skiing
30 – 31 Aug Q	Morton NP – Meryla Pass Maps: Meryla Pass - Lake Yarrunga – Griffins Fire Trail – Griffins Farm. This walk follows an historic old road with interesting stone work and rock formations. We camp near the ruins of an old farm. Although a qualifying walk there is the option of using day packs for half the distance so the weekend can serve as an ideal introduction to weekend walking. Navigation practice available for new members. Grade: Easy/Med, 20,km
30 – 31 Aug	Coolana Bushcare and Maintenance It's a wonderful property but needs some gentle care and maintenance. The weeds etc have slower growth in Winter but there are other tasks to be done. Join us for a pleasant weekend of light work and socialising around the evening campfire. Wine and cheese. Family and friends welcome.

THE SYDNEY BUSH WALKERS INC - Spring 2008 Program

6 – 7 September	
Sat 6 Sept	<p>Kanangra to Katoomba in a Day Maps: Kanangra, Jenolan, Jamison</p> <p>The annual SBW classic from Kanangra to Katoomba. Camp Friday night at Kanangra, 6 am start at the Walls. Accommodation and dinner on Saturday night. Fit walkers only, please express interest early and attend a training walk or two. Helpers required for car shuffle and support please.</p> <p>Grade: X332, 43k</p>
6 – 7 Sept Q	<p>Macquarie Pass National Park Maps: Robertson</p> <p>Three in one walk, new members complete your overnight Q walk, first aid and navigation in one weekend! Macquarie Pass Foot - Macquarie Rivulet - Confluence - Tall timbers Ridge - Rainbow Falls top - Treble Cascade - Balancing Rock (Camp) Day2, McAndrew Falls return and explore upstream to Clover Falls - Clover Hill Road - Forest Route to Cascades Track and start. Two hour training segment before camp on first day. Beautiful rain forest scenery, lots of waterfalls. Some steep ascents, off track and track walking.</p> <p>Grade: M222Q</p>
Mid-Week	
5 – 14 Sept	<p>Wollemi NP – Explorations Above Newnes Maps: Ben Bullen, Mount Morgan</p> <p>A week of day exploratory from the Newnes Hotel, wandering around the ridge tops and pagodas above the Wolgan Valley, Capertee and Little Creeks, etc. Maybe a 2-day walk as well. Stay at the cabins. Phone for further details. Joint walk with NPA & Bush Club. Party limit.</p> <p>Grade: S233E (Medium/Exploratory)</p>
Tues 9 Sept	<p>Lane Cove NP</p> <p>Chatswood Station - Lane Cove National Park - Thornleigh. A walk in the Lane Cove Valley with the option of some interesting diversions</p> <p>Grade: Easy</p>
13 – 14 September	
Sat 13 Sept	<p>Blue Mountains NP Map: Katoomba , Mount Wilson</p> <p>Blackheath Station - Fort Rock - Centennial Pass - Colliers Causeway to Fairy Bower - Hourn Point - Reinitis Pass - Mount Victoria Station. Some scrambling near the end.</p> <p>Grade: M222, 15 km, 260m up/down</p>
Sun 14 Sept	<p>Northern Illawarra Maps: Otford, Appin, Bulli</p> <p>Otford station - old railway tunnel - Stanwell Park - Seacliff Bridge - Wombarra station. Spectacular coastal views. Bush tracks, old tunnel (bring a good torch), seaside rock platforms. Some rock hopping.</p> <p>Grade: M111 Easy-medium, 14 kms</p>
12 -15 Sep – 4 day XC Ski Touring	<p>Kosciusko NP, Gray Mare Maps: 1:50,000 Kossie & Eucumbene</p> <p> Subject to snow: Mungyang – Valentines - Gray Mare Hut - base camp. ½ day trip to N Gray Mare Range, 1 day trip along the Gray Mare Range, Day 3 - back to Mungyang</p> <p>Grade: Medium/Hard</p>
13 – 14 Sept	<p>Coolana – Maintenance And Bush Regeneration</p> <p>Late spring means enthusiastic growth. We need to plant some trees and control weed growth. Our property needs care and maintenance. Join us for a pleasant weekend of light work and socialising around the evening campfire. Family and friends welcome.</p>
20 – 21 September	
Sun 21 Sept	<p>Middle Harbour Paddle –Maiden voyage of the “Annabelle” Maps: Middle Harbour boating map</p> <p>Celebrate Spring with the Admiral on beautiful Middle Harbour. Kayak hire including PFD’s available. A fun and social day ending with drinks at the Middle Harbour Yacht Club. Sailor suits optional. PFD’s and ability to swim essential. Experienced paddlers to help welcome.</p>
Sun 21 Sept	<p>Muogamarra Map: Cowan</p> <p>Cowan - Bujwa Ridge - Kimmerikong Creek - Kimmerikong Ridge - Fire Trail - Pacific Hwy at the "Pie In The Sky". Great views of Berowra Creek and nearby hills. Spring wildflowers. Steep sections. Part exploratory, could be rough. 10 kms including 5 kms off-track. Grade: S222 Medium</p>
19-21 Sept	<p>3 Peaks</p> <p>3 Peaks Training Group (3PkTG) is up and running (well walking). Group now full.</p> <p>Grade: X333E, +/- 5000m</p>

THE SYDNEY BUSH WALKERS INC - Spring 2008 Program

20 – 21 Sept	Parr State Conservation Area Putty Rd- Terraborra South fire trail- Webb's Creek- return by one of various options. Explore Webb's creek and Terraborra. A nice walk in an area infrequently visited with reasonable terrain and an opportunity to explore interesting cliff lines in the area. Some fire trail walking, carry water, gloves, gaiters, etc. Prospective walkers welcome but probably not a test walk. Grade: Med. M233- 20-30 km	Maps: Colo Heights, St Albans
20 – 21 Sept	Kanangra - Mt Paralyser and Guouagang This walk takes us into Whalania Deep. We head out to Mt Paralyser along Thurat Ridge. A very steep and slippery 860m decent to Whalania Creek and camp. After breakfast it's up a very steep 1,000 m ascent to Mt Guouogang, with great views of the Deeps along the way. Then back along the Krungle Bungle Range. Grade: M333 , 27 km	Map: Kanangra
Mid-Week		
22 – 26 Sept	Coast and Mountains and the Royal NP Brian Holden has kindly offered the use of his house at Stanwell Park. This is an ideal time for looking at wild flowers and walking in the national park. We also may cycle or drive to the nearby beaches. The Symbio Wildlife Gardens are close by. Just east of Symbio, on Lawrence Hargrave Drive, is the turnoff to the Hindu temple which is well worth a visit. Perhaps you may just want to come for the day or a number of days. Please let me know. Grade: Easy	
27 – 28 September		
Sat 27 Sept	North Shore – Gordon to Narrabeen Meet Gordon Station – Bungaroo track – Middle Harbour Creek – Cascades – Bare Creek track – Heath track – Belrose – Deep Creek – Narrabeen Lagoon for buses. Get to know your city – be surprised at the extent of attractive bush, with scenic lookouts, all within urban surroundings. The perfect preparatory walk for a Q walk! Grade: M211, (Easy–Med), 19,km	Maps: Parramatta, Hornsby, Mona Vale
Sun 28 Sept	Blue Mountains NP Golden Stairs to Mt Solitary. A simple trip (out and back) to one of the Blue Mountains' best known icons. Some rock scrambling and mild exposure. Grade: M232E (med), 14km, 600m climb	Maps: Katoomba, Jamison
27 – 28 Sept	Budawang Wilderness Morton N.P. Sassafras to Folly Point. Track to Folly point, descend Watson Pass to cave camp. Walk on track all day. Good views of Hollands Gorge, Island Mountain, Mt Sturgiss and Monolith Valley. Grade: M232, 32km, 300m up/down	Maps: Sassafras, Tianjara, Endrick, Budawang sketch map
4 – 5 October Long Weekend		
Sun 5 Oct	Blue Mountains NP Wentworth Falls RS - taxi - Kings Tableland - Lions Head Ridge and Pass - Kedumba Farm - Kedumba Valley Road - locked gate - taxi - Wentworth Falls RS. Features good views from the ridge and a picturesque, historic farmsite. Lions Head Pass is a straightforward scramble down a steep gully. Approx 4km off-track in dry open forest. Grade: M232 13km	Map: Jamison
3 – 6 Oct	Budawangs Wog Wog Car Park - CMW track - Cockpit Swamp - Bridle Track - Yadbora River - Yadbora River Environs - Freemans Creek - CMW track - Wog Wog Car park. Track, scrub and creek walking. Steep climb up Freemans Creek. Led by Bill Hope with walk artistry and architecture by Bill Capon. Grade: M222 (Medium)	Maps: Corang
4 – 6 Oct	Wollemi NP – The Labyrinthine Ridge Including Holbrook Castle and Sheep Station Point. Difficult, convoluted terrain but amazing views of little-seen country. Experienced, adventurous walkers only. 4WD required. Phone for further details. Joint walk with NPA & Bush Club. Party limit. Grade: M233E (Medium-Hard/Exploratory)	Maps: Coricudgy, Mount Pomany
4 – 6 Oct	Kanangra Boyd National Park Starting from Kanangra Tops we will walk over the plateau down to Coal Seam Cave, past Cottage Rock and down Brumby Ridge to the Kowmung and camp at Orange Bluff. On the Second day we will follow the Kowmung down to the junction of Gingra Creek and camp at the junction. On the third day we will walk up the Gingra Range and back to the Kanangra Plateau. Grade: M222 38 km	Maps: Kanangra, Yerranderie



THE SYDNEY BUSH WALKERS INC - Spring 2008 Program

04 – 6 Oct	<p>Explore the Orange District Maps: Orange and Cudal Sat 4 Oct Walk Mt Canobolas. Mountain Teahouse-summit track - Mt Canobolas - Federal Falls - Nature Track - Mt Towac - Mountain Teahouse. Beautiful mountain scenery and clean air. Some exposure, rock scrambling and lots of ups and downs. Snow gums and Mountain gums dominate the upper slopes above 1200 metres. Maximum altitude 1400 metres. BBQ in camp at end the day. Grade: Medium.(23 kms) Sun 5 Oct Day in the Vines. A relaxing day tasting distinctive cool climate wines of the Orange District. The area is gaining a reputation for its excellent shiraz and chardonnay varieties. But there are other hidden gems to discover. Grade: Dependent on consumption. Mon 6 Oct Option for half day walk for those that need it or we can have a leisurely morning to explore the district.</p>
4 - 5 Oct	<p>Coolana Bushcare and Maintenance It's a wonderful property but needs some gentle care and maintenance. The weeds etc have slower growth in Winter but there are other tasks to be done. Join us for a pleasant weekend of light work and socialising around the evening campfire. Wine and cheese. Family and friends welcome.</p>
Mid-Week	
Tues 7 Oct	<p>Blue Mountains NP - Winmalee Winmalee - Shaws (Lynchs Ridge - Grose Mountain – Winmalee. A pleasant walk to the top of the southern peak - Grose Mountain providing views of the lower Grose Valley Grade: Easy/Med 17 km</p>
11 – 12 October	
Sat 11 Oct	<p>Blue Mountains NP Maps: Katoomba Crossing of the Blue Mountains of NSW - Day 4. Lawson to Wentworth Falls (Bruces Walk Pt 1). Historic railway picnic caves and 3 creek crossings including Blue Mountains Creek. Meet at Lawson Station North side 9.00am. Train CP - 7:18a from Central Intercity. Distance: 11 Km, all on track Grade: M</p>
Sun 12 Oct	<p>Ole, Spanish Language Walk to celebrate Spanish National Day on 12 October Attention all picadors and toreadors; matadors wear your Suit of Lights, come tilt at all the windmills we find. Walk from San Cowan to Rio Hawkesbury, 12 km of pampas, montaña and breathtaking scenery. An easy walk designed for the new, the young and the inexperienced; a walk for whom the bell tolls. There and back by train so you can practice Spanish. Spanish linguists will be on hand to assist with pronunciation, grammar and menu selection.</p>
11 –12 Oct	<p>Wollemi / Gardens Of Stone N.P – Mt Dawson Maps: Ben Bullen Overnight, Full Pack, Weekend Walk. Newnes camp ground to Mt. Dawson via Little Capertee Creek and adjoining escarpment. Good for your first overnight walk. 70% off track with a cave camp. So no tent required, unless you want to practice carrying one. Camera is a must, due to the spectacular scenery as well as being a very social event with sunset during happy hour. Bring a drink or two for happy hour and after dinner socialising around the camp fire. Numbers limited, so book in early. Grade: Easy – Medium, 12 km Return, 400m Ascent</p>
Mid-Week	
Wed 15 Oct	<p>Stage 1 of Maureen's Meander to Melbourne (Sydney to Melbourne) Sydney – Elizabeth Bay – Rose Bay – Watsons Bay. Lovely harbour scenery. Bus or ferry back to Sydney. 16 kms Joint walk with The Bush Club. Phone leader for details of proposed routes to Melbourne via coast. Some walks, cycling & paddling. Support people very welcome. Grade: M211, 16 kms</p>
18 – 19 October	
Sat 18 Oct	<p>Blue Mountains NP Map: Katoomba Wentworth Falls to Katoomba. Wentworth falls station - walk through residential area to Ladoro Falls - Lillian Bridge over Valley of the waters creek - Moya point - Roberts Pass - Lindemans Pass to Sublime Point - crossing Gordon Creek - Leura creek to Jamison lookout. Grade: M221, 13km, 180m up/down</p>
Sun 19 Oct	<p>Rock Pile and Mitchells Pass, Narrow Neck Map: Jamison, Jenolan Visit these seldom used passes of Narrow Neck and help the leader tick off the last of the passes that can be scrambled. Meet NN gate, descend Rock Pile Pass (end of Red Ledge), then up Mitchells Creek, ascend Mitchells Pass via a spiked Coachwood tree. Bit of a scrub bash above Mitchells Pass, so come prepared. Possible short abseil required for Rock Pile, check with leader closer to time. Grade: S233E</p>

THE SYDNEY BUSH WALKERS INC - Spring 2008 Program

Sun 19 Oct	East Hills To Padstow via Georges River National Park East Hills Railway Station - Lambeth Street Reserve - Foreshore Reserve - Fitzpatrick Reserve - Yeramba Lagoon - Cattle Duffers Flat - Georges River National Park - Salt Pan Creek - Padstow Railway Station AN interesting walk in a urban bushland Some on road walking. Grade: M211
18 – 19 Oct	Kanangra Boyd NP Map: Kanangra Navigation 101. Boyd Crossing - Kanangra Range – Navigation training weekend for prospectives and new members. Party limit. Bring your own map and compass.
25 – 26 October	
Sat 25 Oct	Blue Mountains National Park Starting from Victoria Falls, we will walk down Victoria Creek, through Burra Korain, then down the Grose River to the Blue Gum Forest for lunch and return via Junction Rock and up the stairs to Govetts Leap. Car shuffle required. Grade: M222 18 km
24 – 26 Oct	Wollemi Maps: Gaspers Mt Glen Davis-Capertee River - Coolongooaba Creek – Plateau - Tam O’Shanter Glen - Glen Davis. An interesting circular walk taking in the delightful Coolongooaba Creek and a direct return to Glen Davis. Scrub, creek rockhopping and track walking. Grade: M222(Medium)
Mid-Week	
27 – 31 Oct	"Get Away to at Jindabyne Woorabinda Ski Lodge" Come and join us at this comfortable lodge in the heart of the high mountain country. The lodge is located on the Barry Way near the corner of the Jindabyne Way with views over the lake - a few minutes walk from Nuggets Cross shopping centre. It is quite comfortable and well appointed. There are two well appointed kitchens with three fridges, two microwaves, two stoves, two sink areas and island benches in each. Also, large dining and living areas both upstairs and down. The rooms are basic and you will need to bring your own sheets, towels etc. Grade: Easy
Wed 29 Oct	Stage 2 of Maureen’s Meander to Melbourne (Sydney to Melbourne) Watsons Bay – Bondi – Bronte – Clovelly – Coogee – Maroubra. Follow the coast along cliffs & beaches. Plenty of food opportunities on the way. 15 kms Joint walk with the Bush Club Grade: M211, 17 kms
1 – 2 November	
Sat 1 Nov Q	Wollemi NP Map: Mountain Lagoon Mountain Lagoon – fire trail – Colo River – Tootie Creek – fire trail – Mountain Lagoon. Some of the best Colo scenery. Rock hopping and scrub. Optional swims. Bring water. Grade: Medium 16km
Sun 2 Nov	Harbour to Hawkesbury Walking Track - Stage Two Map: Harbour to Hawkesbury Tourist Seaforth Oval, Bantry Bay, The Bluff, Flat Rock Beach, Davidson Park, Stepping Stone Crossing, Middle Harbour Creek, the Cascades, St Ives Chase. The beautiful Harbour to Hawkesbury Walking Track extends 53km from Manly Wharf to Berowra Waters, connecting Manly with the Great North Walk between Sydney and Newcastle. This is the second of three day walks to complete the full track. Steep, rocky and mossy in parts. Public transport connections at both ends. Grade: M211, 16 km
1 – 2 Nov Q	Morton National Park Map: Caoura Starting from Badgerys Lookout we will walk sown Badgerys Spur, and along the Shoalhaven River with a few wet crossings and return to Bungonia Lookdown via Bungonia Creek. This is a pleasant walk up the Shoalhaven with swimming opportunities. Car shuffle required. Grade: M222 15 km
8 – 9 November	
Sat 8 Nov	Blue Mountains NP Maps: Katoomba Crossing of the Blue Mountains of NSW - Day 5. Wentworth Falls to Blackheath. This is the continuation of Bruces Walk and highlights are; Wentworth Falls Lake, Katoomba Creek with an unusual view of Minihaha Falls from Greens Lookout, the Old Coach Road and Old Pt Pilcher Lookout and the Grand Canyon to the Neates Glen exit. Then by picturesque backstreets to Blackheath. Meet at Wentworth Falls Stn 9.15 am. Train 7:18a from Central Intercity. Distance: 17 kms - All on track but some rough and overgrown sections with crossings of Wentworth, Govetts and Katoomba Creeks. Grade: Medium

THE SYDNEY BUSH WALKERS INC - Spring 2008 Program

Sun 9 Nov	Sea to Summit Palm Beach to Bangally Head (the apex of the northern beaches). Circumnavigate the base of Barrenjoey headland and visit the lighthouse. East Palm Beach - Whale Beach - Bangally Head - Avalon Beach for Ice creams. Rock and boulder hopping and scrambling. A modicum of exposure. Car switch and or bus. Reasonably early start. Grade: easy/med
Sun 9 Nov	AVALON Maps: Mona Vale 1:25000 World Tour of Avalon. St Michaels Cave - Bangalay Head - Careel bay - Stapleton Park - Angophora Reserve - Clareville Beach - Bilgola Plateau - Palmgrove. Mostly on tracks, but a little off track plus rock hopping. Grade: S222
8-9 Nov	Coolana Training Weekend Practical training in navigation, first aid and bushcraft. This weekend is ideal for New Members. It offers a pleasant social weekend at Coolana in the beautiful Kangaroo Valley and provides an introduction to camping; however tents are optional, as there is a shelter on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. Transport assistance is available.
Mid-Week	
Wed 12 Nov	Stage 3 of Maureen's Meander to Melbourne (Sydney to Melbourne) Maroubra - Malabar - Little Bay - La Perouse. Mostly on tracks, some rock hopping, golf course, coastal vegetation & swimming at the end. Joint walk with the Bush Club. Grade: M211, 12 kms
15 - 16 November	
Sat 15 Nov	Stage 4 of Maureen's Meander to Melbourne (Sydney to Melbourne) - Cycling  La Perouse - Botany Bay - Kyeemagh - Capt Cook Bridge - Kurnell & return. Possible train option from Tempe to Cronulla via Kurnell. Telephone leader for details. Joint trip with the Bush Club. Grade: M211
Sat 15 Nov	Sydney Harbour Wollstonecraft Station - Berry Island - Balls Head - Blues Point - Milsons Point - Harbour Bridge - Wynyard. Scenic harbour views from 3 headlands, visitors welcome. Grade: M111, 13 km
Sun 16 Nov	Kur ring gai Chase National Park Wahroonga - Grosvenor Road - Bicentennial Track to Bobbin Head - Mt Kur-Ring Gai Station. Meet at Wahroonga Station (9 am) and walk to start of the Grosvenor Track. This track soon joins the Gibberagong track and traces Cockle Creek to the wider waters of Cowan Creek at Bobbin Head. After a lunch break follow the river around and ascend to Mt Kur-Ring Gai Station. Grade: Easy, 12 km
Sun 16 Nov	South Coast Bike Ride Kanahooka/Berkeley (near Dapto) Pleasant level bike around Lake Illawarra. Lake-side scenery finish with a picnic dinner in the park. Grade: Easy 12 km
13-17 Nov - 4 day XC Touring Ski	Kosciusko NP, Guthega - Mt Tate Maps: 1:50,000 Kossie, Eucumbene  Subject to snow: Guthega, Consett Stephens Pass, Mt Tate, Mt Andersen, Twyynam, Guthega - base camp and XCDing of Mt Andersen. Alternate plan is to go in from the Chalet, base Camp at Sentinal Base and do XCD day trips. Grade: Medium/Hard
Mid-Week	
Tues 18 Nov	Walks in Berowra Valley - Pennant Hills and Cherrybrook Pennant Hills Station - Callicoma Track - "The lakes" Cherry brook - Refuge Rocks - Blue Gum Track - Hornsby Station. This walk introduces you to a graduation of vegetation from forest down by the creek to woodland on the valley sides. "The Lakes" is a chain of ponds, home to many waterbirds, including the Pied Cormorant, water hens and ducks Grade: Easy 12 km
22 - 23 November	
23 Nov	Blue Mountains National Park Maps: Katoomba, Jamison Golden Stairs - Mt Solitary - Kedumba Creek crossing - Kings Tableland. Fabulous views. Steep sections. Total ascents exceed 1 km & total descents exceed 1 km. Abundant wildflowers. All on track.. Grade: L331, For fit walkers only, 23 km, Medium-hard

THE SYDNEY BUSH WALKERS INC - Spring 2008 Program

Sun 23 Nov	Legalese Language Walk In time for the feast day of Saint Catherine of Alexandria, patron saint of lawyers, on 25 November, all navigational directions will be in plane English, come along and speak glibly in Legalese. Notwithstanding the ambient temperature, swimming without briefs may be an option or not, as the case may be. Faulconbridge - Victory Track - Sassafras Gully - Springwood, a simple, easy 10 km walk; not a tort. Visit the grave of Henry Parkes, politician known as the 'Father of Federation' and wanabe legal practitioner. Train from Central.
22 – 23 Nov	Wollemi NP Maps: Colo Heights, Six Brothers Hollow Rock to Colo River. Hollow Rock - Boorai Ridge - Colo River. Possibly to Pinchgut Creek, depending on the leader and party and the day. Return via Boorai Ridge or Boorai Creek. 12-18km. Grade: M222, 500m up/down
Mid-Week	
Wed 26 Nov	Stage 5 of Maureen's Meander to Melbourne (Sydney to Melbourne) Kurnell – Boat Harbour – Wanda – Cronulla. We begin at Capt Cooks Landing Place & enjoy beautiful banksias on the coastal dunes, then some rock hopping, a quiet bay for lunch & a long beach walk before following the foreshore to Cronulla Ferry Wharf. Joint trip with the Bush Club. Grade: M211, 19 km
24 – 28 Nov	Mid Week at Dunns Swamp Dunns Swamp is near Rylstone and is very popular for camping and bushwalking. It boasts one of the cleanest waterways in NSW, making it great for a swim or canoe paddle. Basic facilities for campfires and toilets are available in the camping reserve. There are many walking tracks and large rock formations that offer spectacular views of the river and surrounding bush. Grade: Easy
29 – 30 November	
Sat 29 Nov	Royal NP Waterfall - Sebastopol Trig - Woronora River - Lake Eckersley - Heathcote. Meet 8:14am train, Waterfall. Grade: Medium
Sun 30 Nov	Marramarra National Park Map: Cowan North Fiddletown - Coba Ridge - Collingridge Point. Return by outward route. Great views of Berowra Creek and nearby hills. All on track. We will explore a couple of side tracks. 14 kms. Grade: M111 Easy
6 – 7 December	
6 – 7 Dec	Berowra Creek Paddle The annual SBW/Cirrrosis of the River Christmas camp. We set sail from the Berowra Ferry boat ramp and paddle for about 3 hours at a leisurely pace following the left bank to a sandy beach near the mouth of Marra Marra Creek with morning tea stop en route. Paddling options on Sunday include Marra Marra Creek, Barr Island and Muogamarra NP on the opposite bank. Paddle back about 2 pm Sunday. An advance party will be sent ahead on Thursday or Friday to secure the campsite which is popular in summer.

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

September

- 10 Sept **New Members Night**
8 pm Introduction to SBW
- 24 Sept **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.

October

- 8 Oct **New Members Night**
8 pm Introduction to SBW
- 8 – 9
Oct **Coolana Training Weekend**
Practical training in navigation, first aid and bushcraft. This weekend is ideal for New Members. It offers a pleasant social weekend at Coolana in the beautiful Kangaroo Valley and provides an introduction to camping; however tents are optional, as there is a shelter on site. SBW members are also encouraged to attend and assist with training and social activities around the camp fire on Saturday evening. Transport assistance is available.
- 22 Oct **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.

November

- 12 Nov **New Members Night**
8 pm Introduction to SBW
- 26 Nov **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 see the program for more details.

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