



SUTHERLAND BUSHWALKING CLUB



Fooks' out and about: photo Rob Sage

January – February – March 2012

PO BOX 250, SUTHERLAND NSW 1499

ABN 28 780 135 294

<http://www.sutherlandbushwalkers.org.au>

PUBLIC VERSION OF MEMBERS PROGRAM		
Wed 4 Jan	4	ROYAL NP - NAVIGATION TRAINING Meet top car park above Audley 9.30am. Bring compass. Easy walking on & off track in Temptation Creek area. Practice map & compass navigation. Finish about 2pm. Suit beginners.
Sun 8 Jan	3	SOUTH COAST – CYCLING Cycle around Lake Illawarra with lunch & swimming at Shellharbour Beach. Mainly on cycle paths. A few hills but mostly flat. A good ride for a hot January day. Approx. 40 kms.
Wed 11 Jan		SOCIAL BBQ – SWALLOW ROCK GRAYS POINT "ungraded just fun" BBQ and picnic at Swallow Rock Grays Point Bring your own bbq or picnic for a relax and swim after work Starting at 6.30pm.
Sat 14 Jan	3	ROYAL NP - BUSHWALKING Bundeena to Wattamolla & return, along coast track. Great scenery, poss. swim either end. Bring your cameras & swimmers. About 18 kms.
Sun 15 Jan	3	KURNELL – CYCLING An easy breakfast ride from St. George Sailing Club to Kurnell. 7.45am for 8.00am start. On bike paths or quiet roads. 40 kms.
Wed 18 Jan	3	HEATHCOTE NP – BUSHWALKING & LAZY LI-LO Walk Pipeline Track to Woronora River then 800m lilo float/paddle to Lake Eckersley beach - really just an excuse for a swim. 10 kms.
Wed 18 Jan		GENERAL MEETING BBQ at Royal NP. BYO everything. Meet at Wattle Flat at 5pm for pre meeting walk.
Fri 20 –Sun 22 Jan	3	WOLLEMI NP – BUSHWALKING Two day camp near cars. Day 1 - explore scenic but easy & dry Wolgan View canyon. Some rock scrambling. Day 2 - 7km walk, visit Glow Worm tunnel, rock pagodas, scenic views Wolgan Valley below.
Sat 21 Jan	3	ROYAL NP – BUSHWALKING Jibbon to Marley Head. Ferry to Bundeena then out to Jibbon, following track to Marley Head then back to Bundeena.
Sun 22 - Sun 29 Jan	2/ 5	KOSIUSZKO NP – ANNUAL CLUB CAMP/DAY WALKS Pigmy Possum Lodge - Charlotte Pass - week of walking activities based at the resort. FULLY BOOKED
Sun 22 - Sun 29 Jan	4	CHARLOTTE PASS, PYGMY POSSUM LODGE - BUSHWALKING Last year's one night camp out was a great success so we will be doing it again this year. We will probably camp at Wilkinsons Creek again & walk further afield. Bring your tent, sleeping bag etc for a night out at the top of Australia.
Wed 25 Jan	3	ROYAL NP – BUSHWALKING Bushwalking, the old fashioned way! Loftus to Audley, then to head of navigation on Kangaroo Creek by hire rowboat. 9 km walk & 4 km boat. Short walk up creek for lunch. (boat about \$10/\$15 pp).
Sun 29 Jan	4	MT WILSON- WALKING AND LILOING

		Join Laurie on this great experience -Wollangambe Lilo trip, wet suit advisable, box lilo is best. Tricky climb down before river, rope assist.
2 til 19 Feb 2012	4	TASMANIA - BUSHWALKING Combo of 3 o/nite walks.Itinerary will incl. Walls of Jerusalem - 4 days, Frenchman's Cap - 5 days & Cradle Mountain-Lake St Clair NP, incl. Labyrinth & Acropolis (southern end) - 6 days. Waiting list applies.
Sat 4 Feb	3	ILLAWARRA - COASTAL WALKING Scarborough Station To Woonona Station - Sun, surf & swim on a beautiful summer day. Approx 11 kms.
Sat 4 Feb	4	ROYAL NP - NAVIGATION TRAINING Meet top car park above Audley 9.30am. Bring compass. Easy walking on & off track in Temptation Creek area. Practice map & compass navigation. Finish about 2pm. Suit beginners.
Sun 5 Feb	2	GREAT COAST WALK - PART 5 Bondi to Watsons Bay - undulating urban walk on footpaths with great coastal views. Return by ferry. 8 kms.
Sun 5 Feb	2	WOLLONGONG - CYCLING An easy ride along a bike path from Sandon Point to Wollongong & return, with morning tea at Wollongong. 26kms.
Wed 8 Feb	3	SYDNEY HARBOUR NP – BUSHWALKING Manly to North Head - Manly, Shelly Beach, North Head, Collins Beach, Little Manly Cove - time for a swim or two. 10 kms.
Wed 8 Feb		SOCIAL NIGHT OUT - GYMEA TRADE UNION CLUB at 6.30 pm - Your choice of menu. Contact Jean Phillips by Mon. 6 Feb
Sun 12 Feb		Metrogaine 6 hour navigation event located in Inner West of Sydney. This event must have at least 2 members in a team. More information at www.nswrogaining.org.au
Sat 18 Feb	1	ROYAL NP – BIRD WATCHING Grab your binoculars, your bird identification books (if you have them) & a notebook to list your sightings & met 9am at Audley for a bit of bird watching. There are no guarantees of sightings & the group may proceed to Bonnie vale or Lady Carrington Drive in the afternoon. BYO lunch & morning tea. Lunch will be at the cars. (This will be a slow & quiet activity as we don't want to distract the birds.)
Sat 18 Feb	3	WISEMANS FERRY - CYCLING Ride from Wisemans Ferry along the northern side of The McDonald River, past the Old North Rd., to St. Albans for lunch, returning on southern side of the river. 42kms.
Sun 19 Feb	3	ILLAWARRA ESCARPMENT - BUSHWALKING Stanwell Tops, around to lookout, down Woody Woody Track to Stanwell Beach for a swim & lunch, then back up to cars.
Wed 22 Feb	2	BIRKENHEAD TO FISH MARKETS – URBAN WALK ING Birkenhead Point, walk around Iron Cove to Callan Park, then to Lilyfield, Rozelle Bay & Blackwattle Bay. Fish Markets for lunch. 12 kms. Can shorten if hot day.
Sat 25	2	SYDNEY HARBOUR – URBAN WALKING

Feb		Milsons Point station to Taronga Zoo, visit Nut Cote (May Gibbs home) enroute, harbour views, lovely gardens and sea breeze. 10kms.
Sun 26 Feb	4	KU-RING-CHASE N.P – KAYAKING Paddle on Cockle, Cowan and Smiths Creek. Start Cockle Creek canoe ramp, Bobbin Head Road, Ku-ring-gai Chase N.P. Arrive 8am for 9am start 9:00 am. PFD compulsory, bring morning and afternoon tea, lunch, drinks, hat and sun cream. Starting point is inside Ku-ring-gai Chase National Park, so will need NP pass or cash for entry fee. Contact leader for more details.
Sun 26 Feb	4	GLENBROOK GORGE - BUSHWALKING - Walks starts at Glenbrook station and ends at Lapstone station. We will travel down Glenbrook Creek, rock hopping most of the way. Swimming opportunity at lunch.
Wed 29 Feb		ANNUAL GENERAL MEETING. Sutherland Council Community Centre Stapleton Ave at 7.00 pm . Join us for wine and cheese. We need your support at this meeting to ensure the future of our club.
Sat 3 Mar	4	ROYAL NP - NAVIGATION TRAINING Meet top car park above Audley 9.30am. Bring compass. Easy walking on & off track in Temptation Creek area. Practice map & compass navigation. Finish about 2pm. Suit beginners.
Sat 3 Mar	3 /4	ROYAL NP – CYCLING A summer rides from Waterfall Station down through the park to Bald Hill & on to Helensburgh for morning tea. Home via the Old Princes Hwy. If day is hot, an early start. 35 kms.
Sat 3 - Sun 4 Mar	3	BLACKHEATH CARAVAN PARK - CAR CAMPING 1 Night - Local area walks to be decided on the day depending on weather. And as it is Clean Up Australia Day on Sunday 4th March , join Di on a scenic walk with a bit of cleaning up on the day.
Sat 10 -13 Mar	4	BUDAWANGS – BUSHWALKING Four day o/nite walk in the Budawangs with visits to the castle, Mt Owen, Monolith Valley & Byangee Walls. Limited numbers.
Sat 10 til Sat 17 Mar	4	SOUTH COAST - KAYAKING As an alternate to Lyn's Budawangs Bushwalking trip, join us for exploratory day paddles on creeks and lakes in the area. Base camp is Burrill Lake Caravan Park which has a beautiful location right on the lake. All types of accommodation or camping available, which should be booked as soon as possible after contacting the leaders.
Wed 14 Mar	2	ROYAL NP – BUSHWALKING Wattamolla to Eagle Rock & return. Lunch at Curracurrang waterfall. 8 kms. Bring lunch & swimmers.
Sat 17 Mar	2/ 3	GREAT COAST WALK - PART 6 Watsons Bay to Circular Quay - Ferry to Watsons Bay then urban walking on paths/streets & thru parks with lovely harbour views. 16 kms.
Sun 18 Mar	3	ROYAL NATIONAL PARK – CYCLING Meet Audley car park 3pm for an afternoon bicycle ride along Lady Carrington Drive and return. No traffic, a little eroded in

		parts. 20kms.
Sun 18 Mar	3	MINIGAIN 3 hour This is navigation event must have at least 2 members in a team More information at www.nswrogaining.org.au
Fri 23 Mar	3	MINNAMURRA TO KIAMA - COASTAL WALKING Travelling by train to Minnamurra to begin & following coast to Kiama. Bring swimmers.11 kms. Note Mary away till March 19
Sat 24 Mar	3	HEN AND CHICKEN BAY - HARBOUR WALKING Chiswick Wharf to Cabarita Wharf, meander round the Bay, visiting Historic sites, bays & parks. Aprox. 5 1/2 hours walking time, train & ferry transfers.
Sun 25 Mar	3	TAHMOOR GORGE - MERMAIDS POOLS (PICTON) Pools are a local natural wonder with views of cascading water falls & swimming holes surrounded by picturesque sandstone canyon walls. Sacred aboriginal site for women. Pass 3 lookouts to Sugar Loaf Pass & down rock steps to Tahmoor Gorge, back up the Bargo River, pass Pencil Falls to Tahmoor Canyon & retrace steps back to cars. 4-5 hrs.
Sun 25 Mar	3	THE NEEDLES – KAYAKING Paddle from the Kayak Club along Woronora River to the Needles and return. Approx 20kms.Arrive 8:30 am for 9am start time. PFD compulsory, bring morning and afternoon tea, lunch, drinks, hat and sun cream. Limit 12.
Sun 25 Mar	4/ 5	BLUE MOUNTAINS NP - BUSHWALKING Blackheath, Hat Hill Creek.Map: Mt. Wilson.Walk, wade, swim most beautiful creek in m'tains. Wet suit or thermals advisable as water is cold. Bring waterproof camera. Limit 10. Approx 8 kms.
Mon 26 – Thu 29 Mar	5	BLUE MOUNTAINS NP – BUSHWALKING Jenolan Caves to Katoomba. Harrys River, Cox River, Galong Ck, Green Gully, Dunphys Pass, Narrowneck, Katoomba. Wet feet, some exposure in Galong Ck, thick scrub in Dunphys Pass. Date to be confirmed, possibility of alternative start 23rd April.
Wed 28 Mar		GENERAL MEETING. Sutherland Council Community Centre Stapleton Ave at 7.00 pm . Presentation by Murray Scott on Myrtle Rust. Followed by committee meeting at 9pm sharp.
Thu 29 Mar – Thu 5 Apr	3/ 4	MUDGEES AREA – CYCLING Come for some \ all of time & enjoy fantastic cycling & wineries around Mudgee area. Carl will be leading mainly gr. 4 day rides, or alt. there will be instructions for much shorter & easier rides. Leader is staying at Mudgee Riverside Tourist Park – see website or ph. 6372 2531. Advise leader if you are coming. Some gravel roads, so not suitable for road bikes. Could be a game or two of golf on rest day.
Sat 31 Mar	3	ROYAL NATIONAL PARK – BUSHWALKING Day walk Wattamolla to Garie and return to Wattamolla. Beautiful coastal walking, hopefully with a sea breeze.
Fri 13- Sat 14 April	4	BLUE MOUNTAIN – OVERNIGHT HIKE Mt Solitary. This CLASSIC back pack has a bit of climbing to test the legs and a lovely camp site with views of Katoomba at night that you cannot see any other way.
April- May 2012	4/ 6	NEPAL – TREKKING Walk 1 will be in the Lang tang/Helambu regions, staying in lodges. Probably grade 4. No high passes, but lots of hills & great

		<p>scenery.</p> <p>Walk 2 will be the 3 passes traverse, involving 3 x 5000m+ passes. Grade 5/6. We'll also be staying in lodges. Requires a return flight into Lukla from Kathmandu. We'll do the Lang tang trip first to help acclimatize for the second trip, returning to Kathmandu. Both trips start/finish in Kathmandu, so either trip or both trips are options. The organisation of the trips will be assisted by Hard rock Expeditions, based in Kathmandu.</p>
21 Apr – 6 May 2012	4	<p>ALBURY TO ADELAIDE - BIKE RIDE</p> <p>Supported ride with limited luggage, following Golden Trail, along route of Chinese Gold seekers. There will be a few rest days to enjoy sights along way. This ride is an alternate to Annual Pub to Pub ride.</p>
Sat 5 – Sun 13 May 2012	4	<p>ANNUAL PUB TO PUB – CYCLING 15th ANNIVERSARY</p> <p>Annual Pub to Pub bike ride is going to continue in its traditional style. This year we will be starting and finishing in Cowra, and cycling approx. 500kms during the week. Accommodation will be in hotels or motels. Waiting list only.</p>
Early May 2012	4/5	<p>CARNARVON GREAT WALK, QLD - BUSHWALKING</p> <p>Full pack walk, 86+ kms. 7 days, 6 nights. Starting & finishing at Carnarvon Gorge. Limited nos., 1st pref. to cancelled participants from last year.</p>
19 & 20 May 2012		<p>LOVEDALE LONG LUNCH – HUNTER VALLEY</p> <p>Progressive type lunch with hop on-off shuttle bus over 7 wineries. Gourmet food, wine tasting & music. \$42 meal package + tasting glass for 1 day. Stay at caravan park at Cessnock – cabins & powered sites available. Bus to & from caravan park & shuttle - \$45. Make own bookings. Very popular so book early.</p>
21 June - 29 Jun	2	<p>VANUATU WALKING TOUR</p> <p>By popular demand there is a second trip to Vanuatu scheduled for 2013. Numbers are limited.</p>
29 Jul - 24 Aug 2012	3	<p>BUNGLES, BROOME AND BEYOND – OUTBACK TRACK TOUR</p> <p>27 day camping tour that starts in Alice Springs, then Wolf Meteorite Crater & Tanami before Bungle Bungles. Then Broome & Western Australian coast before Uluru & Kings Canyon. Some club members did this trip a few years ago. This time there is extra time at Karajini & Kings Canyon. Waiting lists.</p>
Sun 2 – Mon 24 Sep 2012	4	<p>VICTORIAN RAIL TRAILS - CYCLING</p> <p>Come ride some of Victoria's best Rail Trails, incl. The Murray to the Mountains, Skipton, O'Keefe's, Great Southern Rail Trail & The Old Beechy. Staying at nearby caravan parks. Rides will vary – easy to more challenging. Details to follow. Register your interest with leaders.</p>
Mon 24 Sep Til 12 Oct 2012		<p>WESTERN VICTORIA SIGHTSEEING TOUR</p> <p>Join us on a tour of Victoria with a difference! Staying 3 days in each caravan park along the route, each participant/couple will be given a town to fully investigate in advance in order to produce an itinerary for the rest of the group whilst we are there, ie cruise, walks, historical tour with local guide, maybe by bus or a local tour of the area or station, winery, lunch and occasional dinner, etc. Caravaners, campers and those requiring cabins are all welcome but PLEASE ADVISE AS SOON AS POSSIBLE IF YOU ARE INTERESTED so that we can draw up an itinerary</p>

		based on the number of participants.
27 Oct - 18 Nov 2012	4	MT. GAMBIER TO ALBURY – BIKE RIDE Supported with limited luggage, following the Golden Trail the Chinese Gold Seekers took. There will be a few rest days in order to enjoy the sights along the way.