



SUTHERLAND BUSHWALKERS

NEWSLETTER FOR THE SUTHERLAND BUSHWALKING CLUB

www.sutherlandbushwalkers.org.au

P.O. Box 250 Sutherland NSW 1499

September 2016 NEWSLETTER

The Walking Obsession by John Dennett

It happens very quickly, unexpected you might say,
You plan it for a lifetime, keenly waiting for the day,
Retiring from the workforce even though you'll miss
your mates,
There's lots of things to do in life before the pearly
gates.

You may decide to take up golf or bowls or maybe
bridge,
Or watch TV at home all day and raid the frost-free
fridge,
You hate to jog, so ask your friends, "Where are some
walking clubs?"
But they are either stay-at-homes or spend their time
in pubs.

Before too long you join a club and hope it's one you'll
treasure,
But climbing up the steps from Wondabyne – that
can't be a pleasure!
There's forty people with you and you think that you
may quit,
You'd no idea how many walk from Manly to The Spit

But nonetheless it has you hooked, you join another
lot,
And then you're walking weekly, even if it's wet or
hot,
You're now discussing shoes and gear with others on
the track,
And how much drink you need a day and what's the
lightest pack?

Then later on you graduate to walks demanding
power,
Like Waterfall to Loftus, Mount Kuring-gai to Berowra,
You're in the bush three times a week, your
housework's never done,
Kanangra Falls, Bungonia Gorge, Grand Canyon, here

we come!

Then maybe you'll go overseas, you buy the largest
pack,
And trek in England, Spain, Nepal and do the Milford
Track,
So there you are with new-found friends, part of a
long procession,
You realise you've caught the bug, it's called the
"Walking Obsession"

*Contributed by Lyn McMillan and taken from "The
Bright and Breezy Poems" of John Dennett*



Hindmarsh Ridge, Kangaroo Valley

Sunday 29 May 2016

Activity Organiser: Barry Mann

Participants: Lexia Duncan, Ken Woolley, Halina
Kraski, Sue Celkys, Irene and Barry Mann.

We met at the Robertson Pie Shop at 9:30. After a wet
and cold Saturday, this was a sunny and cold
Sunday...this was fabulous for walking. We drove
through Robertson down the Belmore Falls Road to
Wallaby Hill Road, thence down to the end. The

surrounding horse stables/farms are tucked away from the public, and surprised everyone. We said hullo to two female strappers (?) taking their horses out for the mornings exercise.

Hindmarsh Ridge protrudes into the Kangaroo Valley between Kangaroo River and Barrengarry Creek. We started walking at 10:10 - it was 8 degrees.

Unfortunately, the leaders were talking too much, and we took an incorrect right hand fork, 2km into the walk...we ended up down the Keenans Pass Road at a locked gate signifying private property. After consultation with our map, we realised we had to return 1.3km up a 100m gradient back to the fork, and try again.

The rest of the day went to plan, along the Hindmarsh Track to the Les Lambert Lookout at the end. This part of the track is very overgrown with sticks and leaf litter covering the track....you get the impression that no one has been here for years and years. The lunch spot is on a rocky outcrop at the top of sheer cliffs, with a panoramic view over the Kangaroo Valley....worth a photo. The westerly wind kept it cool, and we didn't stay too long over lunch.

The return was uneventful, except we had multiple stumbles/falls tripping over the sticks, nothing serious. Got back to the cars about 2:45pm, it was 11 degrees and still sunny. The walk was 12.6km, not the 10km as advertised.

By Barry Mann

Wahroonga to Mt Kuring-Gai

Kuring-Gai Chase NP

Saturday 18th June

Activity Organiser: Shaune Walsh

Participants: Beatrice Walsh, Margaret Dooley, Kerrie McLean, Finlay Shaw, Pam Stevenson



Bobbin Head

It's a long train trip up from the southern suburbs to Kuring-Gai Chase NP but the walks are always worth it. This walk starts with an interesting urban walk from Wahroonga station with some historical markers giving details of the first radio transmissions from Australia and a large estate before it was subdivided.

There had been a lot of rain overnight so the track down to the tricky crossing at Gibberagong Waterholes was quite wet. From there we followed Cockle Creek along a very picturesque track with lots of evidence of how high it gets when the creek is in flood.

The boardwalk near Cowan Creek has some interesting signage detailing wildlife in the mangroves. The tide was out and the mangroves were full of activity.

Lunch was at Bobbin Head in one of the picnic shelters with great scenery all around. Then it was on to Apple Tree Bay which was another picturesque spot. Not long after it was time for the long climb up the Mt Kuring-Gai track to the station.

We were lucky with the weather on this 15km walk in a national park we don't often get to.

By Shaune Walsh



South West Arm Creek RNP

**South West Arm Creek,
Royal National Park**

Wednesday 22nd June 2016

Activity Organiser: Tony Larkin

Participants: Peter DeLauney, Christine Steeles, Allan Stone, Lesley Salzmann, Paul Trudgeon, Alan Webb, Vicky Turner, Phil Escott, Josephine Cheah, Finlay Shaw, Debbie Coutinho, Allan Bunt.

It is winter solstice, so who would take up Tony's challenge to get their feet wet in South West Arm Creek? Good rainfall over the weekend surely would have the creek flowing extra high, so wet feet are definitely on the cards! But still a dozen Wednesday regulars were game enough to take on the possible cold water issues.

The original walk from Flat Rock to Winifred Falls, all the way down the South West Arm Creek line, was changed to two walks. One from each end of original planned walk, as Tony had recently discovered that about 1.5 km in the middle was nearly impassable.

Starting off at Flat Rock in a cool 10 degrees, we soon were confronted with the first of several creek crossings. Yes, the water level was up somewhat, but we all made it over with dry feet. Heading down stream, it wasn't long before the track disappeared and we were "bush bashing." The creek had many deep pools with some magnificent angophoras reflecting in them, all calling us to return for dips in

the summer. After a couple of kms walking, sometimes on flat rocks beside the creek, but mostly scrambling over big rocks and fallen trees higher above the valley floor, we came out on a large flat rock area. The creek was falling over the edge, into a two tiered white waterfall. Here we had a long am tea break in the warming sun and two short side excursions. The first was to see how tough it would have been to go all the way down stream. It certainly a real challenge for another day. The second was over the creek and some clambering up large rocks to a high flat plateau, with patches of bright green moss here and there, while surface water seeping from heath land bushes looked like flows of silver in the sun light.

Back tracking up stream to the parked cars, we saw a very rare sight. Hard to believe but true, the agile Tony Larkin took a tumble! Passing all those pools again put ideas into some heads of a possible lilo trip on warmer days.

A short drive to Warumbul Rd to where we started the second leg of this creek exploration. Down the wide track to Winifred Falls, where sitting above the falls we had lunch, while soaking up some more warm winter sun. Only a few hundred metres up stream it was "cross that creek again." This time, however a few feet did get damp. After passing "Tony's Pool" (as I call it), where many of us swam last summer, it was back to "bush bashing" and another rarer sight. Tony taking his second tumble!! But then, no doubt he got a good laugh back, watching most of us get our feet wet on the next crossing. Once again the scenery was beautiful, with so many crystal clear pools all looking so inviting, but very cold.

On a crossing heading back, one walker with short legs was worried about leaping across part of the creek, and managed to drop their walking pole in! It swiftly took off downstream and finally stopped in the middle of a deep pool. Our great leader, Tony (what a gentleman) waded into that cold water and retrieved it. We know it was cold, because before getting back to Winifred Falls we nearly all got our feet wet. There are no steps, but that first part of the climb out of Winifred is steep, and certainly slows the chattering down along with the pace of some of the group. A good time to hear and see the birds flitting about the heath bush.

Tony's fantastic and diverse 10km walk into uncharted territory was topped off with coffee at Audley in the late afternoon winter sun.

By Allan Bunt

**Larapinta Trail NT
27th June to 5th July**

Activity Organiser: Jennifer Whaite

**Participants: Nerida Costi, Sandra Kennedy,
Tracy Reid, Judy Turner**

This was a supported commercial walk with Trek Larapinta and Nerida Costi has contributed a couple of photos from this fabulous walk.



Inarlanga Pass



Ellery Creek Big Hole

Engadine to Sutherland bushwalk

9th July 2016

Activity Organiser: Margaret Dooley

**Participants: Simon Kaddissi, Neil Robinson, Finlay
Shaw, Ken Callander, John Cummings, Viviane
Chayna**

This was a very pleasant walk beside Loftus Creek with lots of Gynea lilies, some old tree ferns and the sound of cockatoos. The bush was fresh from the rain during the week and it was nice to be out walking with blue sky and sunshine. The creek was flowing well after all the rain but with 8 creek crossings this did present challenges at times - thanks to the men who lugged the rocks for us to step on!



We had a relaxing lunch beside the river at Woronora and even found a waterfall at the end of Prince Edward Park before we started our walk up to Sutherland.

By Margaret Dooley



On the Heyson Trail

MY LONELY WALK

The Heysen Trail is a 1,200 km, long-distance walking trail, stretching through South Australia from Parachilna Gorge, 55 km north of Wilpena Pound, to Cape Jervis at the end of the Fleurieu Peninsula. Along the way it traverses native bushland, pine forests, vineyards, farmland, historic towns, gorges and, of course, Wilpena Pound. With a group, Henry and I had backpacked all but the last 200 km between Mylor (south of Adelaide) and Cape Jervis. I just had to finish this trail and Henry offered to support me along the way. Due to fire restrictions, it is forbidden to walk this section between December and the end of April and, as we were living dangerously in Istanbul (4 days) and Nice during this time, it was decided that I would commence walking on our return in June.

The intention, originally, was to test out our new tent, only resorting to cabin accommodation if the trail went close to a caravan park or camping was outside the local hall in the main street of a town. At the last minute, we decided to take our caravan – the weather forecast wasn't looking real good – and base it for 6 days at Victor Harbour and 6 days at Mount Compass, thus dividing the distance Henry would have to drive to drop off and collect me each day.

So, as the Kangaroo Island ferry arrived at Cape Jervis, I donned my wet weather gear and set off, the first few days travelling along the rugged and spectacular coastline to Victor Harbour. The book advised me that it was “potentially dangerous with few flat sections, requiring experience, a high level of fitness and to expect rapid, unpredictable, frequent, weather changes”. Well, the weather changes weren't frequent, it just stayed wet and windy, my sole companion being a frequently blown inside out umbrella. Wet, tricky waterfall descents, long sand climbs (even longer when I misread a sign and walked an extra 2 km in each direction from ridgetop down to ocean), numerous headlands and the most majestic, wild seas I have ever experienced kept me on my toes. With one foot in front of another and it definitely not being picnic weather, I was completing my scheduled day's walk by lunchtime, with Henry occasionally walking in to meet me after his long journey back, my only stops being for photos.

With the coastline out of the way, the next challenge was not to get lost on my route north, the book advising that “it was ideal for those who want to get away from it all and experience nature at its best”, or worst, as the case may be. From Victor Harbour to Mylor, I travelled through wet, wild and windy paddocks when I felt like Mary Poppins, up numerous hills and walked many kilometres through pine forests.

Did I get lost – yes, on a few occasions. The sun was on holiday elsewhere so was no use, occasional signs were missing but the classic was when Henry met me coming from the opposite direction, both having followed signs, arriving adjacent to each other on opposite sides of a serious, barbed wire fence! People would often ask Henry and I what we talk about on long distance walks and our reply would always be “haven't you heard of companionable silence?” On this occasion, I had no choice, enjoying the company of my broly and variety of scenery which endears me to this trail, along with the odd sightings of llamas, horses and kangaroos. Interestingly, I encountered no one else on the trail apart from some dog walkers one Sunday. They obviously had more sense! Occasionally, I would be met and transported off to a local cafe/bakery for lunch/afternoon tea which Henry had come across in his travels. This Carbo-loading exercise was much appreciated.



Heyson Trail

Would I do it again? You bet, beginning in September this year and with Henry this time supporting the group rather than lugging a backpack around.

I might add that, after the walk, we spent some time in Adelaide where the weather got even worse, in fact the wettest day ever was recorded when it rained for 24 hours. So much for global warming.

By Marilyn Fooks

**Oatley Park +
7th August 2016**

Activity Organiser: Jennifer Whaite
Participants: Neil Robinson, Finlay Shaw, Josephine Cheah, Margaret Dooley, Joan, Kerry

A local walk with interesting snippets of history and changing scenery. Everything from river views and the salt marshes and mangroves of Lime Kiln Bay to pleasant bush trails and a tree grown from a seed brought out from Lone Pine, Gallipoli. Who knew that WW2 soldiers camped at Oatley Park? Add to this the wattle in full bloom, abundant bird life and a very relaxing lunch (complete with tea and coffee!). Thanks Jennifer for a great day out.

By Margaret Dooley



Between Gerringong and Kiama

**Coastal Walk - Gerringong Station to Kiama Station
Sunday 14 August 2016**

Activity Organiser: Barry Mann
Participants: Terry Hatton, Lilian Brown, Kerrie McLean, Finlay Shaw, Margaret Dooley, Tim Gardner, Allan Stone, Allan Bunt, Irene Mann

The train arrived at Gerringong just after 10.00am. A walk out to Gerringong headland showed just how good the day was....about 19 degrees, sunny and cloudless, with a cool sea breeze. The view up Warri Beach and down to Boat Harbour was stunning. Allan (Bunt) showed us a great trick....took a photo of a distant object on a hill, then magnified it to show us an old trig station.

We looked at the "Lone Pine" tree, a descendant of the one at Lone Pine of Anzac fame, then the whale observing platform ...no whales. Next down the hill and along the pathway to the Warri Lagoon outlet. The track crosses this outlet, and sometimes it is impassable, but today we didn't get our feet wet.

The next section is the 6km walk to Love Bay, along a strip of land acquired from the local farms a number of years ago. This is a favourite walk for locals, and the day was no exception. Some down on the rocks even posed for Kerrie taking a photo, she suddenly realised they were showing her some moon shine. Most of us got a little tired of saying "hullo" or "good day" to the passers-by.

Love Bay was a quiet spot for lunch, then followed a 5km+ walk to Surf Beach at Kiama. On the way,

walkers saw the “Little Blowhole”, which despite some scorn due to the flat sea, managed a 5m “blow”Then it was around Kendalls Beach to Surf Beach, meeting up with Irene who had left us after lunch. In view of the lack of hot scones at lunch time (there are some who incorrectly insisted that Barry had promised Irene would bring some hot scones for lunch), we were presented with a selection of welcome Lindt chocolates.....some good refreshment for the trip home.

The walk took 4 and half hours...and allowing for a half hour in total for morning tea and lunch, this was a 16km walk in just under 4 hours....not bad for an “undulating” walk.

By Barry Mann

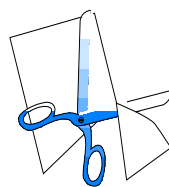
Welcome to new members:

- Trish Taychouri
- Barbara Messer
- Ross Messer
- Lilian Brown
- Bruce Campbell
- Elizabeth Pigott
- Louise Nobbs
- Branko Dedich
- Trish Dedich
- Jann Cope
- Patricia Pickard
- Tom Claffey
- Aiden Basnett
- Veejin Dumlao
- Stephen Shubitz
- Nicole Ren
- Anne Turner

Activity Statistics half year to June 30 (from returned trip reports)

	Events	Events	Participants	Participants
	2015	2016	2015	2016
Walks	58	76	587	745
Cycling	5	8	33	51
Kayaking	2	2	6	8
Total	65	86	626	804

Organisers are reminded to notify the club of any cancelled activity.



COMMITTEE ROOM SNIPPETS

PRESIDENT’S REPORT

Winter sure does bring on the aches & pains so I very much look forward to the warmer months and what is in store in the final quarter program for 2016.

A few points worth noting, call it “Did you know?” *Exploratory walks* or Recce Walks are covered by Club insurance even if not listed in the program BUT you must submit details to the Committee in writing (email accepted) prior to the walk and have the minimum number (3) for safety.

Forms – a new tab on our Club’s website at the top now allows you to download an Activity Organiser’s Trip Report .This means access to forms without signing into the Member’s Area. While I encourage you to check out the Members Area from time to time because there will be new information added and photos changed, the forms can be quickly printed from the public area now.

Insurance cover negotiated by Bushwalking Australia has signed with a new broker from July 2016. There is NO CHANGE to Public Liability or Personal Accident policy or conditions previously offered. A new name of Jardine Lloyd Thompson (JLT) Pty Ltd will appear on

some documents instead of the previous broker Marsh. Updated contact details are found in the front of the Club's program and on the website Members Area in the section "What to do in the Event of an Accident"

Membership is due at the end of the calendar year with a new **FINAL date now 31 January**, otherwise membership ceases. Remember to pay your renewal when you receive your Membership forms.

The end of year annual BBQ Breakfast at Audley, Wattle Flat. Come along and catch up with friends. New members come and meet fellow members and enjoy a special breakfast supplied by the Club and cooked by the best outdoor enthusiasts you will ever meet. See program for details.

Thank you all for your support of the Club and an extra thank you to the many volunteer Activity Organisers who put so much time and effort in so we can enjoy the great outdoors.

Vanessa Hicks

Items for the next Newsletter:

Write an article about a bushwalk, bike ride, paddle or trip you have enjoyed for the next newsletter.

Please email newsletter items and a couple of photos to your editor,
