



PROGRAM

October – November – December 2019



Eagle Rock RNP 24 Jul 2019
Photo courtesy of Mark Harper

PO BOX 250 SUTHERLAND NSW 1499

ABN 28 780 135 294

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

INTRODUCTION

Sutherland Bushwalkers Club provides opportunities for safe bush sports activities. Membership is open to all 18 years of age and over and currently stands at approx. 300 members. The club meets on the last Wednesday of each month (except Jan and Dec) at the Sutherland Council Stapleton Avenue Community Centre, cnr. Stapleton Ave & Belmont St, Sutherland at **7.00 pm**. For membership enquiries and/or further information, see the club's website, email us at info@sutherlandbushwalkers.org.au, or write to us at our post office box.

BOOKINGS

It is imperative that bookings are made directly with the Activity Organiser. At least 4 days' notice for one-day activities and 10 days for o/night activities should be given if you wish to participate. Frequently there is a limit on the number of people, so it is best to book early. Visitors are welcome on activities if the Activity Organiser agrees.

MEETING AND DEPARTURE TIMES

The time and conditions for meeting and departing cannot be extended to wait for those who are late. If you find that you are not able to attend, please advise the Activity Organiser **immediately**. This may allow another person to attend when numbers are limited.

TRANSPORT

Car pooling is recommended. Where transport is by car, travel costs are shared between passengers. The following formula is suggested for sharing transport costs: calculate contribution of each person by doubling the cost of fuel and dividing by the number of occupants, including the driver, and share equally any additional costs, eg entrance fees, road tolls etc.

GRADES

One day walks: Start with a Grade 1 or grade 2 walk if you haven't been on a full day bushwalk before. Start with a Grade 3 or Grade 4 walk if you have some experience.

O/night walks: These require more experience and fitness than day walks of an equivalent grade so try some day walks of a higher grade before attempting an o/night walk.

All activities: Grading is subjective and cannot take into account all possible factors so if you are uncertain about the grade, the experience and fitness required or the terrain, ask for advice. Club activities are generally graded on a scale of 1 to 6: **On an activity Graded 4 or above you could encounter off track sections and/or exposed areas at any time. Some activities come with more risk than others. An Activity Organiser may exclude any participant who may have difficulty completing the planned activity.**

Easy (1) Opportunity for large number of walkers, including those with reduced walking ability to walk on well-marked and even tracks. Tracks are man-made and may have a few steps. Should not be steep. Suitable for beginners. Distance should not exceed 10 km.

Easy/Medium (2) Easy walk, mostly on tracks of low gradient. Opportunity to walk easily in natural environments on well-marked tracks. Tracks should not be steep. Distance should not exceed 15 km.

Medium (3) Some hilly sections &/or rougher terrain. Opportunity to walk on defined and distinct tracks, with some steep sections you will require a reasonable level of fitness. Distance should not exceed 20 km.

Medium/Hard (4) Steeper, rougher terrain & may have off-track sections (up to 50% or more, depending on terrain) or a longer distance track walk. Opportunity to explore and discover relatively undisturbed natural environments, mostly along defined and distinct tracks. Tracks can be steep. There may be short sections of rock scrambling involved. Activity Organisers should have map reading abilities and/or the ability to use a compass. Distance depends on circumstances. Not suitable for beginners.

Hard (5-6) Strenuous walking over difficult terrain, much of which can be unfamiliar. Only suitable for fit and experienced walkers possessing navigation skills. Many people who haven't walked off-track before find these walks extremely difficult.

The descriptions above refer only to bushwalking trips. Where these grades are applied to other activities (eg cycling), the descriptions no longer apply but a similar level of fitness and experience is required. More information is available on our web site.

SAFE BUSHWALKING, SEARCH AND RESCUE

Safety Before and After Your Activity

Participants: Leave a description of activity with a friend or authority and advise them when you are expected to return. Leave the name and a contact number of the Activity Organiser or a Club Committee Member in case they have any concerns. On your return let your contact know you are back.

Activity Organisers and Participants: Consider carrying a PLB (personal locator beacon). PLB's are used for serious emergencies or life-threatening situations.

In the event of being lost or a medical incident first call is to **Emergency services on Triple Zero 000** The Emergency Services will initiate [NSW SES BSAR \(NSW SES Bush Search and Rescue\)](#), which is a specialist unit of the SES, if required.

Handy App for All : A Smartphone App **Emergency +** is a national app to assist people to call the right number at the right time, from anywhere in Australia. The app uses a mobile phone's GPS . **Emergency+** also

includes SES and Police Assistance Line numbers as options, so that non-emergency calls are made to the most appropriate number.

TRIP REPORT

All Activity Organisers must complete a Trip Report and a Risk Waiver form for the activity. Forms can be downloaded off Club's website. These must be sent to the Club Secretary (address on form) in a timely manner after the activity.

EQUIPMENT

On camping activities provide your own camping equipment or arrange to share. Activity Organisers will advise on required equipment. Beginners are advised not to buy expensive equipment without advice. Club equipment, including camping gear, backpacks, safety equipment and some maps, is available for loan. At least 14 days' notice should be given if you wish to borrow any equipment. For further information on equipment, contact the Equipment Officer (contact details on page 11). The club has two personal locator beacons (PLB) for use on activities. PLBs are also available from some Police Stations, Visitor Information Centres and NPWS Offices.

GUIDELINES FOR PARTICIPANTS ON CLUB ACTIVITIES

1	Ensure you are fit enough for the degree of difficulty of the trip. If in doubt, discuss it with the Activity Organiser prior to the trip.
2	Carry sufficient water for conditions of the trip – generally a minimum of 1 or 2 litres, or more in hotter conditions.
3	Ensure you are suitably equipped including personal medication, first aid kit, sunscreen, hat, food (bring some spare food in case the trip is delayed due to unforeseen circumstances), rain gear, whistle, torch & appropriate clothing & footwear. A map & compass may also enhance your enjoyment of the trip. Some activities, such as cycling, require special equipment, eg bright clothing, helmet, pump, spare tube & tools.
4	Follow instructions. The Activity Organiser has your welfare at heart. Be courteous, co-operative and helpful to others in the group.
5	You should not leave the activity unless pre-arranged, but if it is necessary, you must advise the Activity Organiser and, if requested, sign off on the attendance list. The Activity Organiser may decide to send someone to accompany you.
6	Do not allow yourself to become separated from the group. If experiencing difficulty such as pace, blisters or shortage of water, advise the Activity Organiser immediately. Participants should maintain a line of sight with people in front & behind them. If nature calls, leave your pack on the track to indicate your intentions.
7	Ensure there is sufficient space between yourself and the person in front so that branches flicking back do not injure you.
8	Do not proceed past track junctions until advised to do so.
9	Do not fall behind the person appointed "tail" for any reason without advising the "tail".
10	Ensure the Activity Organiser is aware that you have made it to the end of the activity.
11	Ensure all vehicles start before leaving for home.
12	Thank the Activity Organiser & bring a sense of humour & adventure. The Activity Organisers are all volunteers, so please remember to be patient and kind.
13	All participants share responsibility (or are prepared to) for the orderly conduct and safety of any club activity in which they participate. This extends to helping others in an emergency. Peer activities are activities where no instructional or guiding structure exists and it is the responsibility of each participant to ensure the suitability of their equipment and themselves for the activity. All kayaking and canoeing activities are peer activities.

NEW ACTIVITY ORGANISERS, NEW ACTIVITIES AND THE NEXT PROGRAM

We are always in need of more Activity Organisers, new activities and new ideas. If you have any suggestions or would like to contribute to the program, contact the Activity Collector or the Program Secretary.

The program activities can also be viewed on the club website. For security purposes names and phone numbers are deleted on the public version.

INSURANCE

Financial club members are covered under blanket insurance policies taken out by Bushwalking Australia Inc. The policies cover activities undertaken in Australian and New Zealand if those activities are included in our activity program. Additional club activities will only be covered if details of the activity are given to a committee member by email, or in writing prior to the start of the activity. Members participating in activities run by other clubs that are members of a body included in the blanket insurance, will be covered. Activity Organisers should report all incidents involving injury in the Post Trip Incident Report section of the Trip Report. The Personal Accident insurance covers participants up to 95 years of age and provides benefits to injured persons. If an incident occurs, always notify the Activity Organiser.

Lodging a claim: The club member should contact our insurance broker Jardine Lloyd Thompson Sports Division (JLT). Phone 1300 574 980 or email bushwalking@jlta.com.au

If the injured member is unable to contact the insurance broker, the Activity Organiser should do so. Claims should be notified as soon as possible but within 30 days. Personal Injury claim form available for download off Bushwalking Australia website www.bushwalkingaustralia.org/insurance – Bushwalking Australia Inc PA Policy number 0012117.

**FOR CONTACT INFORMATION ABOUT THE ACTIVITIES BELOW
SEND AN EMAIL TO: info@sutherlandbushwalkers.org.au**

SUMMER WEATHER ALERT : Caution High Temps ,Hot days may be a health and safety issue Activity Organisers check websites before your activity, you may need to go to an alternative plan.

Websites: National Parks alerts for park closures, BOM (bureau of meteorology) for weather alerts, Fires Near Me for fire warnings.

October 2019

Wed 2 Oct	1	WALK WITH A PURPOSE- AUDLEY, HISTORY Easy walk long Lady Carrington Drive starting from cafe back to cafe. Makes for a nice day out and good introduction for new members. Easy 7km
Wed 2 Oct	4	BUSHWALK- Royal NP - Saddle Gully The traditional Winifred Falls walk with a difference. We will walk on to Anice Falls and have a look at what is below the falls - we will follow Saddle Gully down to the Hacking and then make our way back to Winifred along the shoreline. Joint Organisers Debbie Coutinho & Tony Larkin. 8 km
Thur 3 Oct	3	BUSHWALK- COALCLIFF TO AUSTIMMER Climb to the top of the Illawarra Escarpment, then walk along the Forest track with great views over the coast. Coffee (hopefully) at Sublime Point, then a steep descent, mainly steps and ladders, to Austinmer
Fri 4 Oct	3	BUSHWALK-BARREN GROUNDS NATURE RESERVE The track which circles the reserve takes us to great views of the south coast and north towards Wollongong. Some of the Spring flowering of Boronia should still be out. Approx 18 km all gently undulating. Map Kangaroo Valley 1:25,000
Sat 5 Oct	4	BUSHWALK- BUNDEENA TO LOFTUS Catch the ferry from Cronulla to Bundeena and then walk to Loftus via Maianbar, Winifred Falls, Audley and up the Honeymoon steps to Loftus station. 19km
Sun 6 Oct	3	CYCLING- FERRY TO PARRAMATTA Ferry to Parramatta (or Rydalmere) and cycle back (remember daylight saving starts today) for return cycle along Cooks River cycleway to Kyeemagh. Morning tea at Rhodes. About 40 km

Tue 8 Oct	3	BUSHWALK- BUNDEENA TO MARLEY BEACH Catch the ferry from Cronulla to Bundeena then along the coast down to Marley Beach and return. 12km
Wed 9 Oct	4	BLUE MOUNTAINS BUSHWALK Mount Solitary – Descend the Golden Stairs, then follow the Federal Pass Track past Ruined Castle to Cedar Gap, Korrowall Knife Edge, Mt Solitary, then Chinamans Gap/Gully Steep ascents and descents with some rock scrambling. Approx 15 Km
Wed 9 Oct	2/3	BUSHWALK - LOFTUS - WORONORA HEIGHTS - SUTHERLAND Walk from Loftus Station along Forbes Creek and up to explore the Woronora Heights ridge before descending to the Woronora River and ending the walk at Sutherland Station. 12 km.
Sat 12 Oct	2	BUSHWALKING - KIAMA AREA Cooks Nose walk in the Barren Grounds. – 8km return, lunch at a lovely lookout over Brogers Creek valley which adjoins Kangaroo Valley. An easy walk. Refreshments at Jamberoo Pub after walk. 10:30am start, can offer 3 starters lift from Kiama Station meeting 8:01 train from Sutherland.
Sun 13 Oct	2/3	BUSH & TRACK WALK- SYDNEY HARBOUR NATIONAL Take a ferry ride from Circular Quay to the zoo. The walk will begin from Taronga Zoo and take you to Balmoral Beach. All on track with amazing views of Sydney harbour. There will be plenty of time for side trips down to the various beaches and lookouts along the route. Return to the zoo either via bus or along the same track and then public transport home.
Sun 13 Oct	3	CYCLING – to BARANGAROO Fishos at Kyeemagh to Newtown, Glebe, Anzac Bridge, Pyremont Bridge, Barangaroo, Walsh Bay for morning tea then on to lunch at Bourke Street Bakery at Mascot before returning to Kyeemagh. About 40km
Wed 16 Oct	4	BUSHWALK- GNW. THORNLEIGH TO HORNSBY Starting at Thornleigh Station, walking 1 km through suburban streets before getting into Berowra valley through a range of environments and finishing at Hornsby Station. 12km
Wed 16 Oct	3	URBAN BUSHWALK – MANLY From the Warringah Aquatic Centre; walk down Curl Curl Creek to Manly Dam. Walk around the Dam via its wall and return up Curl Curl Creek 11km
Thur 17 Oct	3	BUSHWALK- HEATHCOTE NAT PARK Starting from the Bullawarring Track and then loop walk around Lake Toolooma with a climb up a large rock face for a fantastic view and morning tea after viewing a cave and onward to the scenic dam wall. Mostly management trail but a bit of ascent and descent through bush and over some rocks. Approx 6km. Max 10 people.
Fri 18 Oct	3	BUSHWALK- ROYAL NAT PARK Bottle Forest to Karloo Pool. Start at Heathcote station then onto Kangaroo Creek, Karloo Pool then up to Heathcote station. Note – some fairly narrow, steep sections down to Kangaroo Creek. Approx 9kms
Sat 19 Oct	4	BLUE MOUNTAINS BUSHWALK Victoria Falls Lookout to Perrys Lookdown via Blue Gum Forrest. 630m descent and ascent. Car Shuffle. Approx. 15Km Map: 1:25 000 MOUNT WILSON & KATOOMBA
Sun 20 Oct	4	BUSHWALK / TRAINING- BEROWRA TO HORNSBY Part of the Great North Walk with some very hard hills. Training Day 22.6 km
Sun 20 Oct	3	CYCLING- RHODES “Take a punt” RIDE Meeting at Rhodes for a figure 8 ride along both banks of the Parramatta River via the Silverwater and Rhodes Bridges and Mortlake to Putney punt. Morning tea at Rhodes. About 40 km

Wed 23 Oct	2/3	BUSHWALK – ILLAWONG A little street walking but also pleasant bush tracks with great views of two local rivers. Explore this suburb and learn some of its interesting history – ferries and punt, remnants of the road to the Illawarra. 10 km
Wed 23 Oct	4	BUSHWALK- ROYAL NP- Gooseberry Bay Usually seen from a kayak, this section of the Park invites exploration. We will follow the shoreline from Costens Point around Gooseberry Bay and then along part of South West Arm Creek. It will be a bit rough and scratchy, but the views should make it all worthwhile. Joint Organisers Debbie Coutinho & Tony Larkin. 8 km.
Fri 25 Oct	3	BUSHWALK/TRAINING- ROYAL NAT PARK Heathcote to Waterfall- Uloola Track 11.3km. Enjoying the Spring flowers but still training .
Sat 26 Oct	2/3	BUSHWALK- ROYAL NATIONAL PARK Meet at Audley and Walk to Winifred Falls, South West Arm and Anice Falls. Return the same way. Approx 10km. Good for those new to club.
Sat 26 Oct	4	BUSHWALK- OTFORD TO BUNDEENA Walk the iconic Coast Track in one day, starting at Otford and finishing in Bundeena with great ocean views along the way. Ferry across to Cronulla at the end. HARD 28km
Sun 27 Oct	3	COASTAL WALK- BONDI to BRONTE/ COOGEE Train from Sutherland 8.55am to Bondi Junction (South Coast train) then Bus to Bondi. Join the crowds for this beautiful summer walk, swim and cooling ocean breezes make this a special day out. No rail track work dependent.
Sun 27 Oct		CANCER COUNCIL FUNDRAISER- 7 BRIDGES WALK I am starting from Milsons Pt at 8.30. A 28km fundraiser for the Cancer Council.I have registered Sutherland Bushwalkers as a team. Walk registration is \$70 (this is not a Cancer Council Donation). The course is a 28km closed loop circuit that travels clockwise around Sydney Harbour, highlighting many magnificent views and harbourside localities. You can donate prior or on the day if you choose. For all the details Google 7 Bridges Walk.
Mon 28 Oct	4	MONDAYS MYSTERY HIGHLIGHTS- ROYAL NAT PARK Ever looked at the map and wondered about the local high points with interesting names (Mt Leighton Bailey, Flinders Sugarloaf, Shrapnel Hill, Colbee Knob, Stony Batter Hill, Scouters Mountain etc.) Have you thought 'what is up there'? I know I have. This walk is mostly off track, to have a look at one of these areas. Rough, scratchy, with recently burnt areas. 10 km.
Tue 29 Oct	3	KAYAK- LOCAL WATERWAYS Meet at various places in the shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity
Wed 30 Oct	3	BUSHWALK – TWO VALLEYS Starting at Tempe Station follow the Cooks River valley to Canterbury then up the hill and down to Bexley North. Follow Wollli Creek Valley back to Wollli Creek Station. Snippets of history along the way. Mostly bush and parkland. 15km
Wed 30 Oct	2	URBAN WALK- REDFERN to CIRCULAR QUAY Start at Redfern Station and walk through historic SYDNEY University and Glebe to Blackwattle Bay and along the new park/harbour reserve to the Pyrmont Fish market for coffee, then through Darling Harbour and Barangaroo to finish at either Circular Quay, or the rooftop cafe at the Museum of Contemporary Art, for lunch and the view. About 11 km.
Wed 30 Oct		GENERAL MEETING Sutherland Community Centre, Stapleton Ave. Sutherland at 7pm. Speaker TBA

Thur 31 Oct	3	BUSHWALK- ROYAL NAT PARK Curra moors circuit. Meet at 9am Curra moors carpark. Walk 9.3 kms to coast see eagle rock. Mostly on service trails. Bring morning tea and water. Contact leader for car-pooling.
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November 2019

Fri 1 Nov	3	HARBOUR & HISTORY Harbour view walk with history & sustainability experience. Starting at Waverton railway station. Walk to The Coal Loader Centre for sustainability (amazing redevelopment & rich history) then onto Balls Head Reserve, Blues Point Reserve, Luna Park, under the Harbour Bridge then to Milson's Pt station for the train home. 10km
Sat 2 Nov	4	BLUE MOUNTAINS BUSHWALK Goochs Crater – From near Bell Station follow a number of ridges to a crossing of the Wollangambe River, then on to the Crater. Indistinct and rough sections of track, with some steep rock scrambling points. 10km Map: 1:25 000 WOLLANGAMBE
Sat 2 Nov	4	BUSHWALK / TRAINING- BLUE MOUNTAINS NAT PARK Wentworth Falls area viewing many of the falls. Hippocrene Falls, Vera Falls and Wentworth Falls, included a huge descent and ascent- a training day for Nepal. 14 km
Sun 3 Nov	3	CYCLING- to ROOKWOOD Fishos to Rookwood cemetery with morning tea there then return on the Cooks River cycleway to Kyeemagh, about 40km
Wed 6 Nov	3	BLUE MOUNTAINS BUSHWALK Burra Korain Head – A ridge top walk with some sections of rough & indistinct track. With great views of the Grose Valley from the Head. Approx. 12km Map:1:25 000 MOUNT WILSON
Wed 6 Nov	3	BUSH& URBAN WALK- SUTHERLAND Walk from Burnum Burnum via Prince Edward Park to Loftus . Return via track behind cemetery. Some ups and downs. Approx. 8 km.
Thur 7 Nov	3	BUSHWALKING- ROYAL NAT PARK Starting at the South end of Lady Carrington Drive we walk along one of the oldest tracks in the Royal NP, the Forest Path Track, following the Hacking River through rainforest, and then across Lady Carrington Drive to Palona (limestone) Cave for morning tea and return to cars via the shorter distance on the Lady Carrington Drive trail. About 9 kms and about three/four hours. Meet at Waterfall station to car pool. Max 10 people.
Sun 10 Nov	3	CYCLING- To BONDI JUNCTION Fishos at Kyeemagh on cycleways to Centennial Park and Bondi Junction for morning tea, returning to Fishos by lunchtime. Mostly safe cycleways with a small amount of riding on quiet back streets. about 45km
Sun 10 Nov to 26 Nov 2019	4/5	MOUNTAIN TREK- NEPAL Join me for this classic fully supported World Expeditions 17 day trip. Trekking through Sherpa villages to the Everest Base Camp staying in private Eco campsites and lodges on a private tour. Trip is now full. Waiting list only
Mon 11 Nov		ROYAL NP - ADOPT A TRACK PROJECT We will be continuing our work on tracks in the Anice Falls area. We will be using secateurs, light saws and bush saws to clear the walking track to make it comfortable to walk on. Please come along if you are interested, you will have a fun morning in the bush & go home satisfied that you have made a contribution to Royal NP. There are always plenty of jobs to

		be done on our track days, large & small - something for everyone. Wear long pants & long sleeve shirts for protection, tools & gloves supplied. Hope to see you there
Wed 13 Nov	2/3	BUSHWALK- AUDLEY , HISTORY Walk via Honeymoon Steps and Bridle Track some history along the way. Steps included in walk and uneven track. Approx. 6km
Wed 13 Nov	3	BUSHWALK- BLUE MTNS NAT PARK- LAZY DAY AT LINDEN We will have a look at several scattered attractions at Linden. Kings Cave, then Caley's Repulse and an associated early colonial road. We will then walk to Paradise pool for lunch and an early season swim for the very brave. 10 km.
Wed 13 Nov	2/3	URBAN WALK- CIRCULAR QUAY TO BRADLEYS HEAD One of my favourite walks with stunning harbour views around Cremorne Reserve, where we will stop at MacCallum Pool for a dip (Optional), then onto Mosman Bay before finishing at Bradley head, a great way to enjoy our beautiful Harbour.11 km
Thur 14 Nov	3	KAYAK- LOCAL WATERWAYS Meet at various places in the shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity.
Thur 14 Nov	3	BUSHWALK- SUTHERLAND Burnum Burnum- Woronora river. Meet 9am Grand Pde Sutherland outside Sutherland Oval tennis courts. Walk through Burnum Reserve across Woronora Bridge Prince Edward park back to cars. Approximately 8 km, some ascent bring morning tea and water
Sat 16 Nov	3	BUSHWALK- ILLAWARRA Mt Kiera Ring Track. From Mt Pleasant. A Lovely walk through rain forest and other vegetation. Visit the Scout Camp and then to the Summit and views. Approx 8 - 9 kms.
Sun 17 Nov	3	CYCLING- THIRROUL to OAK FLATS From Thirroul Beach along the cycleway to Wollongong for morning tea and around the lake to Oak Flats. Train from there to Thirroul for lunch. About 50km
Wed 20 Nov	3	BUSHWALK- ROYAL NAT PARK Loftus Oval – Honeymoon track – Audley – Robertson Knoll – Uloola track to Wattle Forest. Return via Audley and Bridle track to Loftus. Approx 10km
Wed 20 Nov	3	BUSHWALK- HISTORICAL TUNNELS Scarborough to Otford via Sea Cliff Bridge, Coaldale Beach. Stanwell Park Beach and the abandoned 1.6 km Otford rail tunnel. 12km
Thur 21 Nov	2	BUSHWALK - ROYAL NAT PARK FOREST PATH Forest Path, discover why the community protested for this beautiful rainforest area to be protected from logging. Suitable for beginners and those seeking a short early morning social walk after breakfast followed by a cuppa at Audley. Home before lunch. Car shuffle required. 4.4km loop/1hr 30mins to 2hrs. Max 10 people
Sat 23 Nov	3/4	BUSHWALKING - ROYAL NATIONAL PARK A 14Km loop walk from Audley via the Uloola, Karloo, Bottle Forest and Engadine tracks. One section of scrubby track and a couple of steep ascents. Two swimming spots along the way if it's a sunny day.
Sat 23 Nov	3	CYCLE- FANTASTIC SAT NIGHT M7 RIDE AND DINNER Meet at Preston , Ash Rd sports field car park 3.45pm for a 4 pm start 54km on bike track to Lone Pine hotel for dinner & back under lights approx 9pm Jacket (wet weather?), lights & repair kit required. Option one way dinner and return by train

Mon 25 Nov	4	ROYAL NP - MONDAYS MYSTERY HIGHLIGHTS Ever looked at the map and wondered about the local high points with interesting names. (Mt Leighton Bailey, Flinders Sugarloaf, Shrapnel Hill, Colbee Knob, Stony Batter Hill, Scouters Mountain etc.) Have you thought 'what is up there'? I know I have. This walk is mostly off track, to have a look at one of these areas. Rough & scratchy. 12 km.
Wed 27 Nov	2	WALK WITH A PURPOSE: From COMO to YUM CHA Walk over Como Bridge, through parks in Oatley and South Hurstville to Hurstville followed by Yum Cha for those who are interested, train back to Como. 10km
Wed 27 Nov	3/4	BUSHWALKING- BLUE MOUNTAINS NAT PARK Wentworth Falls. Starting at Conservation Hut to Wentworth Falls via the Overcliff-Undercliff track. Approx. 10-12 km

Wed 27 Nov	GENERAL MEETING Sutherland Community Centre, Stapleton Ave. Sutherland at 7pm.	
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Thur 28 Nov	3	KAYAK- LOCAL WATERWAYS Meet at various places in the shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity.
Thur 28 Nov	2	BUSHWALK- ROYAL NATIONAL PARK Bundeena to Marley Beach and return. Coastal views, heathland and rock shelves. Approx 12.7k Good for those new to club.

2 – 7 Dec 2019	3	BUSHWALKING- NEW ZEALAND Best of Southern Alps Trek with a commercial company. Day walks between Tekapo and Queenstown: secluded ridges, the Mackenzie basin, vistas of Mt Aspiring and Mt Cook, hiking alongside Lake Wanaka, exploring the Siberia Valley and more. Waiting list only.
Wed 4 Dec	4	BLUE MOUNTAINS BUSHWALK Leura , Three Sisters, Leura Taking in Pool of Siloam, Gordon Falls, Leura Cascades, Dardanelles Track, Giant Stairway then Cliff Track back to Leura. Several steep ascents/descents (including metal stairs) 16-17km approx.
Wed 4 Dec	2/3	BUSHWALK - HEATHCOTE NAT PARK Heathcote Pipeline to Lake Eckersley. Start at the scout camp at Heathcote down the Friendly Way. Walk along the service track of The Pipeline to Lake Eckersley for lunch and maybe a swim. Steps and a little off track. Approx. 10km
Fri 6 Dec	2	BEACH WALK- CRONULLA CIRCUIT Walk to and from Cronulla station via the Esplanade, Old Fisheries and Gunnamatta Bay at low tide. Lunch and swim on the way. Approx. 6 kms.
7 Dec 2019		PLEASE NOTE CHANGE OF VENUE -RSVP Due Dec1 ANNUAL XMAS BREAKFAST BBQ – WILLOW TREE FLAT OFF LADY CARRINGTON from 7.30am Come along to this year's Christmas gathering with the Club providing the BBQ breakfast. Willow Tree Flat , along Lady Carrington Drive at Audley. Just come along – bring plate, cutlery, chair and any other Christmas treats. Everyone welcome but to know numbers for catering please RSVP by 1st December
Sun 8 Dec	3	CYCLING- ROZELLE BAY Fisho's to Rozelle then Iron Cove Bridge and Bay ride, morning tea at Rozelle, return via Anzac Bridge, Darling Harbour, Central and Redfern to Kyeemagh. Mostly cycleways but some riding on quiet roads. Approx. 45 km

Wed 11 Dec	3	URBAN WALK- MOSMAN BAY WHARF to BALMORAL BEACH Starting at Mosman Bay wharf we follow the shoreline offering great views, walking past picturesque bays, lookouts, and spectacular harbour views, finishing off with a swim at Balmoral Beach, (Optional). Approx. 10km
Thur 12 Dec	3	KAYAK- LOCAL WATERWAYS Meet at various places in the shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity.
Sun 15 Dec	3	CYCLING to ENFIELD Fishos to Enfield nursery for morning tea. All on safe cycleway and quiet roads. About 40km
Wed 18 Dec	3	COASTAL WALK- KIAMA TO MINNAMURRA Ocean views, spectacular rock formations and lovely beaches. If warm enough, a swim at Minnamurra River. Approx 12km
18-23 Dec	3/4	FULL PACK HIKE- ALPINE TRAVERSE PART OF THE ALPINE WALKING TRACK 5 day/4 night Day 1 Falls Creek to Wallace's Hut 14km, Day 2 Wallace's Hut to Blair's Hut 14km, Day 3 Blair's Hut to Mt Hotham 12km, Day 4 Mt Hotham to Federation Hut via Mt Feathertop 14 km, Day 5 Federation Hut to Harriettville 13 km.
Sat 21 Dec	3	CYCLE- MYSTERY XMAS BREAKFAST RIDE Beat the heat - Start early back by 11ish .Combo paths and roads , buy brunch. Approx. 40-45 km

Wed 26 Dec	NO GENERAL MEETING	
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Sun 29 Dec	3	CYCLING- CRONULLA AREA Woolooware Bay to Kurnell and then Cronulla. An easy ride mostly on cycleway/cycle lane. Burn off some of that Christmas indulgence with the ride and then add back with morning tea at Cronulla. About 30km
Tue 31 Dec	4	BUSHWALK- ROYAL NP - A WALK IN THE DARK A late afternoon/night walk from Heathcote to Waterfall. We will start in the daylight and walk to Karloo Pool for a swim and dinner. As the sun sets we will walk to Uloola Turrets to get a very distant view of the 9.00 pm fireworks. Then the real fun begins as we make our way to Uloola Falls and on to Waterfall by torchlight. Perhaps best suited to Nyctophiles. 11 km

Advance Notices

Sun Feb 2 to Sun 9 Feb 2020	2,3, 4	KOSCIUSZKO NP - ALPINE WALKS - Pygmy Possum Lodge, Charlottes Pass Our annual week of alpine walking activities based at Pygmy Possum Lodge. Walks each day & possibly an overnight walk for those interested. Room rates - Couple \$484, Twin share \$242 each, Single \$315. Rooms have en-suites and meals are self catering. A very social week. Phone/email organisers to reserve a room. PAYMENT DUE NOW.
Sun 2 – Sun 9 Feb 2020		A NIGHT UNDER THE STARS Pygmy Possum Lodge- Charlotte Pass 1 night camping out at spot to be decided, night depends on the weather, not too far or too hard! You need to bring all your gear for an overnight, the club has tents, packs and other gear you can borrow if you want to "test " out over nighting.
17 - 26 Mar 2020	3	3 CAPES TRACK & MARIA ISLAND - TASMANIA Walk the 48km 3 Capes Track with amazing scenery, 4 days 3 nights staying in the well equipped national park huts. \$495 or \$396 for seniors. Then travel to Maria Island NP for 3

		days 2 nights of walks, scenery, history and wildlife. Accommodation in the old penitentiary. TRIP FULL
18 to 25 April 2020	1,2, 3,4	VICTORIAN ALPS – BRIGHT A week in the beautiful town of Bright in the Victorian Alps. Walk, cycle, golf, visit historic towns, admire the autumn foliage. Plenty to do and see. \$100 per room per night. Contact me for details.
April 2020		FULL PACK WALK- BUNDIAN WAY STAGE 2 Flexible date and still in the early planning stage .Byadbo Wilderness to Delegate.40 km + possible 22km by vehicle to Delegate? Tougher and drier than section 1, A number of indigenous features and artefacts along this ancient aboriginal pathway.
25 April to 3 May 2020	3	CYCLING - PUB TO PUB – EXPRESSIONS OF INTEREST The route is yet to be finalised but will involve three one day rides based in Wagga Wagga followed by three one day rides based in Canberra. Please send expressions of interest/commitment.
Fri 5 June - 12 June 2020	1/2	NORFOLK ISLAND 2020 DURING BOUNTY WEEK Bounty Day celebration on Monday 8 June. Package would include the big bounty day luncheon. Need to know numbers asap for accommodation & flights to be reserved for this island's big celebration.
Aug-Sep 2020		NORWAY & ICELAND Expressions of interest wanted I am planning a 4 week trip for August/September 2020. To spend approx. 2 weeks travelling in Norway and then 2 weeks travelling in Iceland. It will be a mixture of history, culture and day outdoor activities such as hiking or biking. I am wanting to get together a group of 14-16 people and then to develop our own itinerary and have our own guide. Wanting to finalise trip by August/September 2019 to get best choice of accommodation etc
Sep / Oct 2020	4	CYCLING - Perth to Albany South West WA 3 week supported cycling trip in south west WA. Approximately 1000km. Accommodation in Motels, cabins or similar. Following the WA wildflower season. Sightseeing along the way, this will not be a rushed trip. Participant must be sufficiently fit to ride and carry panniers. Bikes: hire or BYO, Mountain bike, or wide tyre hybrid. If you're not a bike rider you have 12 months to practice and join in on club rides. Numbers will be limited. Expression of interest by email please.

NOTES

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