



## PROGRAM

April – May – June 2020



Lake Eckersley Heathcote NP 8 Jan 2020

**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 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. It is recommended to carry a Personal Emergency Information Sheet, available on the club website.

**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](mailto: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](http://www.bushwalkingaustralia.org/insurance) – Bushwalking Australia Inc PA Policy number 0012117.

### **FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM**

**SEND AN EMAIL TO: [info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)**

## **April 2020**

<b>Wed 1 Apr</b>	<b>3</b>	<b>URBAN WALK- CIRCULAR QUAY TO WATSONS BAY</b> This iconic harbour walk includes spectacular scenery and snippets of history, including the South Head Heritage Trail. A good workout for the legs with possible swims.18 km.
<b>Fri 3 Apr to Sun 5 Apr</b>	<b>4/5</b>	<b>BUSHWALKING -BUDAWANG NATIONAL PARK</b> We stay in local accommodation over the weekend. Ascending The Castle on Sat & Byangee Walls on Sun. Rock scrambling and using fixed ropes. Some exposure. Wait List ONLY at this time
<b>Sat 4 Apr</b>	<b>4</b>	<b>CYCLE- PROSPECT DAM, RIDE A LOOP OUT WEST</b> Start Chipping Norton, ride to Prospect Dam (lunch location) and return. Great pre-ride for Pub to Pub. Mainly on bike track, although linking section of track is via local roads. Lots of undulations. Bring morning tea and lunch, although we usually find a coffee location for morning tea, - no shops at the dam. 60km
<b>Sat 4 Apr</b>	<b>2/3</b>	<b>URBAN WALK - LAKE ILLAWARRA &amp; WINDANG</b> Meet at Boonarah Point parking area Reddall Parade Mt Warrigal 9.30am. Walk around Lake Illawarra on pathway to Windang Island, then to Warilla Beach for a swim and return.
<b>Sun 5 Apr</b>	<b>3</b>	<b>ROYAL NATIONAL PARK – BUNDEENA WANDER</b> We will start with visiting a few of the Bundeena Art Trail exhibits, walking with a swim at Jibbon Beach, if the weather is conducive; explore Jibbon rock carvings –

		followed by a section of the Coastal Track and back to Bundeena via the Big Marley Track. Easy grade 3.
<b>Mon 6 Apr</b>	<b>4</b>	<b>BUSHWALK- ROYAL NP - PALONA BROOK &amp; BOLA GULLY</b> South end of Lady Carrington Drive to Palona Cave. We will then follow Palona Brook upstream. We will cross a short saddle to Bola Gully and finally back along Bola Brook to Lady Carrington. You will get your feet wet. 7km.
<b>Wed 8 Apr</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Lawson to Wentworth Falls – via Empire Pass, Dantes Glen, Skarratts Track and Bruces Walk Part1. Several ascents & descent of approx 200m along the way. Approx 11km Map: 1:25 000 KATOOMBA
<b>Fri 10 Apr</b>	<b>3</b>	<b>BUSH/URBAN- THE GREAT WEST WALK- Part 1</b> This walk is also later in the program Section 1-This is a new walk of western Sydney. In total it's 65 km starting at Parramatta and finishing at Penrith. We will be walking today from Parramatta to Blacktown Station approximately 15 km following the Toongabbie Creek and parklands.
<b>Sun 12 Apr</b>	<b>3 /4</b>	<b>BUSH/URBAN- THE GREAT WEST WALK- Part 2</b> 2nd section: Starting at Blacktown Station and following Breakfast Creek to Western Sydney Parklands to finish at Mount Druitt Station. Approximately 21 km
<b>Sun 12 Apr</b>	<b>2</b>	<b>CYCLE- RIDE TO KURNELL</b> A gentle ride on flat cycleways and quiet roads starting at the bird observatory on the new(ish) cycleway extension to Kurnell for morning tea. Approx 30km
<b>Wed 15 Apr</b>	<b>4</b>	<b>BUSHWALK- ROYAL NP – SADDLE GULLY</b> We will start long Mount Bass FT, then walk off-track to join Saddle Gully above Anice Falls – it is the fun way to the falls! From the falls we will continue down the Gully to South West Arm Creek. Once we hit SWA Creek we will head east and follow the bank to take in the views and hopefully a late season swim. 8km
<b>Wed 15-18 Apr</b>	<b>3</b>	<b>SUPPORTING THE SOUTH COAST</b> A visit to the South Coast to support this area. Depart Sydney on the 15th and drive to Hyams Beach. Enjoy a 12 km return walk. The White Sands Walk- Jervis Bay. Overnight at a caravan park. Thursday - drive south to Batemans Bay and stopping at Mogo and a visit to the zoo. Also a side trip to the Eurobodalla Regional Botanic Garden. Overnight at a local caravan park in cabins. Friday- Walk the Bingi Dreaming Track.13.5 km Congo to Tuross Head. This is a coastal Walk with a little beach walking. Possible dinner out on the Friday night and we drive home on Saturday. Please contact Gina Holloway as soon as possible due to the bookings of cabins.
<b>Thur 16 Apr</b>	<b>3</b>	<b>BUSHWALK- ROYAL NATIONAL PARK</b> Bundeena to Providential Point and return, 20km. A coastal walk with a few ups and downs, mostly on track, some short sections on sand and some of that horrible plastic stuff. Great scenery and lunch overlooking the ocean.
<b>18 to 25 April 2020</b>	<b>1,2, 3,4</b>	<b>VICTORIAN ALPS – BRIGHT</b> 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. Could everyone coming please confirm by March 31st. I'll be asking for a deposit shortly after then. At the time of printing most of the walking tracks in the area were not affected by fires. There are still vacancies, please contact me ASAP if interested
<b>Sun 19 Apr</b>	<b>3</b>	<b>CYCLE- 4 BRIDGES &amp; WETLANDS</b> A quite challenging start from Como Pleasure Grounds over the Como railway, Woronora Bridge to Menai, Alford's Point Bridge then through Riverwood wetlands to

		the cycleway beside (but not on) the M5 to Bexley North. About 40 km. Decision then on onwards journey home.
<b>Wed 22 Apr</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Yileen Spur & Liversidge Hill, via Birrabang Ridge and Yileen Gully. 80% off track with scrambles up and down of around 150m and a short section in canyon. Approx 10km. Map: 1:25000 MOUNT WILSON
<b>Wed 22 Apr</b>	<b>2</b>	<b>URBAN WALK- ANNANDALE AND SURROUNDS</b> Starting at Glebe and walking along foreshore of Blackwattle Bay with views across to Anzac Bridge, Glebe Island Bridge, continue onto Annandale noting the architecture of this inner west suburb, also explore White Creek Valley Park wetland with its thriving ecosystem. 7-8 Km
<b>Thur 23 Apr</b>	<b>3</b>	<b>KAYAK- LOCAL WATERWAYS</b> 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.
<b>Sat 25 Apr</b>	<b>4</b>	<b>BUSHWALK - BUNDANOON AREA.</b> Enter largely by the old road above, and west of, Coalmine Creek. From the end of the road continue through bush (with only moderate undergrowth) down to a creek gully heading south west. May then be rock hopping, etc as attempt to drop down below the cliff line and contour under it to reach Bundanoon Creek or possibly Johnson Creek. Return, possibly (depending on the party and success with the earlier contouring) largely via off track exploration of the gully west of the old road used in the morning. Note that much of this area may be recovering from fire. Map Bundanoon.
<b>Sat 25 Apr to 3 May</b>		<b>CYCLING - PUB TO PUB</b> The event will involve three one day rides based in Wagga Wagga followed by three one day rides based in Canberra. The route will be mostly on quiet rural roads and some cycleways. There will be a rest day when we will transfer from Wagga Wagga to Canberra. FULLY BOOKED, WAITING LIST ONLY
<b>Sun 26 Apr</b>	<b>3</b>	<b>BUSHWALKING -MCPHAILS FIRE TRAIL- MORTON NP</b> Walk starts off from the Moss Vale Rd at Fitzroy Falls. Walk follows the Fitzroy Canal Viaduct for 5 km or so to a secret lookout over the Kangaroo Valley for lunch. Then we return for 2 km or so to the start of McPhails Fire Trail, which proceeds downhill past Mt Carrialoo to Jacks Corner Rd in Kangaroo Valley, where we would have left a car refreshments Robertson pie shop afterward. Distance about 13 to 14 km. Car drop off required. Map Bundanoon 8928-1S.
<b>Mon 27 Apr</b>	<b>2</b>	<b>ADOPT A TRACK PROJECT - ROYAL NAT PARK- ANICE FALLS TRACK</b> We will be continuing our work on the tracks in the Anice Falls area. We will be using secateurs, light saws and bush saws to clear the walking track to make it more 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.
<b>Wed 29 Apr</b>	<b>4</b>	<b>BUSHWALK- HEATHCOTE NP - BOOBERA &amp; ECKERSLEY</b> Mirang Fire Trail then Spion Kop, Abaroo Track and Goanna Track to Boobera Pool, a large pool on the 'Wonnie' and historic bushwalkers camp site. Return along Woronora River to Eckersley Causeway. Sections off track, a bit of up and down. 10km.

<b>Wed 29 Apr</b>	<b>GENERAL MEETING</b> Sutherland Community Centre, Stapleton Ave. Sutherland at 7pm. Speaker TBA.
-----------------------	---

### May 2020

<b>Sun 3 May</b>	<b>3</b>	<b>BUSH WALK- NEW Great West Walk Part 1</b> A 65-Kilometre Walking Trail that Stretches From Parramatta to Penrith. Passing through protected woodlands, bush corridors, local river systems and regional parks, the Great West Walk is the longest continuous route through western Sydney. You can now stroll from Parramatta all the way to the Blue Mountains. I propose walking the Great West Walk over four weekends, walking approximately 16 or 17kms on each occasion. Beginning at Parramatta railway station and for the first day seeing where we get to. The trail is well serviced by public transport access points.
<b>Wed 6 May</b>	<b>1/2</b>	<b>URBAN WALK - RHODES TO CABARITA WHARF</b> Kokoda Track Memorial to Concord hospital and around Foreshore Trail. This area is full of social history ,waterfront views and fresh air. Distance approx. 10km on flat pathways
<b>Thur 7 May</b>	<b>3</b>	<b>KAYAK- LOCAL WATERWAYS</b> 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.
<b>Fri 8 May</b>	<b>3</b>	<b>URBAN/BUSHWALK-HARBOUR FORESHORE</b> Taronga Zoo to Balmoral Beach. Take train, ferry to Taronga Zoo. The walk explores historic sections of the harbour with great views along the way. Approx 7km
<b>Sat 9 May</b>	<b>2 /3</b>	<b>BUSHWALK/URBAN -MIDDLE HARBOUR</b> Seaforth oval to Roseville Bridge. A straightforward walk along Middle Harbour with views.10km
<b>Sat 9 May</b>	<b>3</b>	<b>BUSH/URBAN- GREAT WEST WALK –Part 3</b> 3rd section: Starting at Mount Druitt we will be walking through many new suburbs of Western Sydney...Ropes Crossing,Wianamatta Regional Park and Jordan Springs and then onto the Nepean River Penrith. 29 km
<b>Tue 12 May</b>	<b>2</b>	<b>BUSHWALK- ENGADINE TO ENGADINE</b> Starting & returning Engadine rail station through the Royal National Park on track ,easy walk through bushland approx 5 km
<b>Wed 13 May</b>	<b>3/4</b>	<b>BUSHWALK- WORONORA RIVER TO SUTHERLAND</b> Bus to Shackle Road Bangor and a track down to the Woronora River. Then follow the river bank on a faint track to Woronora. From Woronora we will walk up through Prince Edward Park to Sutherland. 10km
<b>Fri 15 May</b>	<b>3</b>	<b>BUSHWALK- ROYAL NAT PARK</b> Audley to Uloola Falls & back to Audley. Meet near the cafe then enjoy a good climb up to the ridge then a scenic walk onto the beautiful falls. It's a bit steep & sustained climb out of Audley & downhill too. 11 kms return. Maybe a well earned coffee at the completion.
<b>Fri 15 May to Sun 17 May</b>	<b>4</b>	<b>FULL PACK WALK- BUDAWANG NATIONAL PARK</b> Drive to Wog Wog carpark off the Braidwood Road. Walk about 8 km to Burrumbeet Brook Camping Cave for two nights (no tents required). On day two we will walk to Monolith Valley with day packs, about 15 km return. Day three, return to cars. 30km
<b>Sat 16 May</b>	<b>3/4</b>	<b>BUSHWALK- HELENSBURGH TO OTFORD</b> A mix of forest and coast walking with some great views. Two 200m ascents so a reasonable fitness required. 15km.

<b>Sun 17 May</b>	<b>2/3</b>	<b>BUSHWALKING - ILLAWONG</b> A good 'exercise' walk (some ups and downs), mostly on 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
<b>Mon 18 May</b>	<b>4</b>	<b>BUSHWALK- ROYAL NP - FLAT ROCK TO WINIFRED</b> Walk a less visited creek in Royal. Starting at Flat Rock Crossing, we will make our way down South West Arm Creek to Winifred Falls. See something different and get a bit of exercise. Sections of rough off track. 9km.
<b>Wed 20 May</b>	<b>4</b>	<b>BUSHWALK- BLUE MOUNTAINS NP</b> Kamarah Ridge to Wilkinson Hill via Jungaburra Brook, Following under cliff areas, (limited exposure) 70% off track 8Km. Map: 1:25 000 MOUNT WILSON
<b>Wed 20 May</b>	<b>2</b>	<b>URBAN WALK- BALMAIN HISTORIC VILLAGE</b> Starting the walk at Yurulbin Point and noting the variety of early Australian architecture, onto Darling Street through the village and views of the city as we make our way to Darling street wharf. 6-7 km
<b>Thur 21 May</b>	<b>3</b>	<b>BUSH/ URBAN WALK- SYDNEY HARBOUR FORESHORE</b> Rose Bay to Watsons Bay & South Head. Return by Ferry to Circular Quay. Maybe a swim at Watsons Bay or Nielsen's Park. Bring morning tea and lunch. Limit 14.
<b>Sat 23 May</b>	<b>3</b>	<b>BUSHWALK- ENGADINE</b> One way walk, Engadine to Jannali via wildlife corridors, Loftus Valley, Burnum Burnum Reserve, The Glen Reserve exiting at Jannali. Bring morning tea and Lunch. 12km
<b>Sun 24 May</b>	<b>3</b>	<b>BUSHWALK- GREAT WEST WALK PART 2</b> See May 3 for information, today the starting point depends on where we left off from the previous section. Please join in regardless of if you had the opportunity to walk the first section.
<b>Sun 24 May</b>	<b>2</b>	<b>CYCLE- FIGURE 8 AND TAKE A PUNT</b> An easy ride along the north and south banks of the Parramatta River beginning and ending at Rhodes and involving a short journey on Sydney's last vehicular punt. About 30km
<b>Mon 25 May</b>	<b>3</b>	<b>KAYAK- LOCAL WATERWAYS</b> 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.
<b>Wed 27 May</b>	<b>3 /4</b>	<b>BUSHWALK- HEATHCOTE NP – MT WESTMACOTT &amp; KINGFISHER POOL</b> Waterfall to Lake Toolooma via old steam-train water supply pipeline. Then on to Mount Westmacott and Kingfisher Pool. See remnants of the past, get some fine views and enjoy a 'cuppa' beside a Trig! Leader will supply morning tea. 12km.
<b>Wed 27 May</b>	<b>GENERAL MEETING</b> Sutherland Community Centre, Stapleton Ave. Sutherland at 7pm. Speaker TBA.	
<b>Fri 29 May</b>	<b>5</b>	<b>BUSHWALKING - BUNGONIA NATIONAL PARK- (Goulburn)</b> First follow the Red Track the very steep descent to Bungonia Creek, through the Slot Canyon, which will involve climbing over and under big boulders and possible wet feet. Ascent from creek bed up a ridge of Mt Ayre. Note :- this will be a long 10-12 hour day.
<b>Sat 31 May</b>	<b>3</b>	<b>WALK HARBOUR FORESHORE- HARBOUR BRIDGE TO SPIT BRIDGE</b> Walking the foreshores of the main harbour at Cremorne Point and Mosman Bay past Taronga Zoo and Middle Head then via Balmoral and Chinamans Beach to the Spit Bridge. 16.5 Km

## June 2020

<b>Sun June??</b>	<b>3</b>	<b>CYCLE-TOUR ROOKWOOD CEMETERY</b> Due to the website being upgraded I couldn't see what weekend this tour runs. I know it's a Sunday around 10.00am or 11.00am. Ride from Tempe Station to Rookwood- do the tour with the Friends of Rookwood - morning tea at the cafe and a return ride to Tempe. Contact Gina in April for date confirmation
<b>Mon 1 June</b>	<b>2</b>	<b>ADOPT A TRACK PROJECT- ROYAL NAT PARK- ANICE FALLS TRACK</b> We will be continuing our work on the tracks in the Anice Falls area. We will be using secateurs, light saws and bush saws to clear the walking track to make it more 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.
<b>Wed 3 June</b>	<b>3</b>	<b>BUSHWALK – ROYAL NATIONAL PARK</b> Start Heathcote Station. Walk to Karloo Pool, then on to Uloola Falls. Return to Heathcote Station. Approx 12km.
<b>Sat 6 June</b>	<b>3</b>	<b>BUSHWALK- ROYAL NAT PARK</b> Wodi Wodi Track. A circular walk from Stanwell station through varied bush and back via the beach. Although the walk is not long the track may be severely degraded and slow. 7 km
<b>Sun 7 June</b>	<b>3</b>	<b>CYCLE- TO ROZELLE</b> Tempe to Rozelle then Iron Cove Bridge and Bay Ride. Morning tea on route and return to Tempe via the Greenway and quiet back roads. APPROX 45KM
<b>Wed 10 June</b>	<b>4</b>	<b>BUSHWALK - BLUE MOUNTAINS NP</b> Goochs Crater via Dargan Arch – 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
<b>Wed 10 June</b>	<b>2/ 3</b>	<b>URBAN WALK- VAUCLUSE -ROSE BAY</b> Starting at Macquarie Lighthouse and making our to South Head with beautiful view of Sydney Harbour, Sydney skyline, making our way to Parsley Bay across the Suspension Bridge, onto Nielsen Park and finishing at Rose Bay Wharf. 8-9 km
<b>Thur 11 June</b>	<b>3</b>	<b>KAYAK- LOCAL WATERWAYS</b> 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.
<b>Sat 13 June</b>	<b>3 /4</b>	<b>BUSHWALK- ROYAL NATIONAL PARK</b> Grays Point loop walk via Temptation Creek, Bridle Track, Robertson Knoll and Reid's Flat. Lunch by the river. Some hills and steps to get your heart pumping. About 13kms.
<b>Sat 13 June</b>	<b>3</b>	<b>BUSHWALK- BLUE MTNS NP – LOCKLEYS PYLON</b> From Leura we will drive to the start of the track to Lockleys Pylon and Du Faur Head and their magnificent views. Some side trips depending on the group. No steep ascents. 12km.
<b>Sun 14 June</b>	<b>3</b>	<b>BUSHWALK – GREAT WEST WALK PART 3</b> See May 3 for information, today the starting point depends on where we left off from the previous section. Please join in regardless of if you had the opportunity to walk previous sections.
<b>Sun 14 June</b>	<b>3</b>	<b>CYCLE- TO ENFIELD NURSERY</b> Fishos to Enfield Nursery for morning tea. All on safe cycleway and quiet roads roads. APPROX 40KM

<b>Tue 16 June</b>	<b>2</b>	<b>BUSHWALK- ROYAL NAT PARK</b> Historic Lady Carrington drive at Audley. Easy walk along the Hacking River approx 6 km, suit beginners.
<b>Wed 17 June</b>	<b>4</b>	<b>BUSHWALK - BLUE MOUNTAINS NP</b> Anvil Rock, Bennett Lookout, Bald Hill, Hat Hill. Includes steep off track sections as we descend then ascend Bennett Gully, plus make way to Bennett Lookout and Bald Hill. Approx 11km Map: 1:25 000 MOUNT WILSON
<b>Fri 19 June</b>	<b>3</b>	<b>BUSHWALK- ROYAL NAT. PARK</b> Curra Moors Loop. Walk through heath on track to Coast and views of Eagle Rock, then south along Coastal track to Garie Beach and return to Car Park. Approx. 12km
<b>Sun 21 June</b>	<b>3</b>	<b>CYCLE- TO BONDI JUNCTION</b> Start at Fishos at Kyeemagh mainly on cycleway to Centennial Park and Bondi Junction for morning tea, returning to Fishos by lunchtime. APPROX 45 km
<b>Mon 22 June</b>	<b>3</b>	<b>KAYAK- LOCAL WATERWAYS</b> 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.
<b>Wed 24 June</b>	<b>3</b>	<b>BUSHWALKING - WHALE WATCHING - BOTANY BAY NATIONAL PARK</b> From Kurnell, visit Capt Cook's Landing Place, see monuments for Cook, Banks and Solander. Walk along coastal cliff tops down to Cape Solander and Cape Bailey Lighthouse, spotting whales migrating north. Return to Kurnell. Approx 12km
<b>Wed 24 June</b>	<b>GENERAL MEETING</b> Sutherland Community Centre, Stapleton Ave. Sutherland at 7pm. Speaker TBA.	
<b>Fri 26 June</b>	<b>2</b>	<b>BUSHWALK- HEATHCOTE TO ENGADINE</b> Heathcote rail station to Engadine rail station through Royal N P on track. approx. 5km
<b>Sat 27 June</b>	<b>3/4</b>	<b>BUSHWALK- ILLAWARRA – MT KEMBLA</b> From the car park for the ring and summit tracks follow the old Bridle Trail and then off track down to the railway below Mt Kembla. Follow down alongside the railway line for approx. 1.5 km then through bush to join up with the Ring Track and follow it anti-clockwise. Possibly also walk to summit of Mt Kembla or make a brief car trip to walk parallel to the Mt Kembla Ridge track to the trig at Mt Kembla West and return via the Ridge Track. Up to 14km
<b>Sun 28 June</b>	<b>3</b>	<b>BUSHWALK – GREAT WEST WALK PART 4</b> See May 3 for information, today the starting point depends on where we left off from the previous section. Please join in regardless of if you had the opportunity to walk previous sections.
<b>Sun 28 June</b>	<b>3</b>	<b>CYCLE- TO HOMEBUSH</b> Meeting at Tempe and cycling on mostly Cooks River cycleway to Homebush Olympic Park for morning tea with return early afternoon. Approx. 40KM
<b>Mon 29 June</b>	<b>4</b>	<b>BUSHWALK- ROYAL NP - Squeezeway Track &amp; Lost World</b> Starting at Garawarra Farm we will follow the old Squeezeway Track down to Burning Palms. On the way we will explore Lost World, a hidden gem in the Park, well worth visiting. Return via Palm Jungle. 10km.

**Advance Notices**

<b>August 2020</b>	<b>3</b>	<b>BUSHWALKING - HEYSEN TRAIL – TRIP 5</b> Start 17 to 20 August 2020 for 16 to 20 days. In 2020 we intend to continue south through the best scenery of the Lofty Ranges to the east of Adelaide suburban areas. We intend to set up 2 to 3 base camps in accommodation and do mostly day walks supported by key / car swaps. Interspersed with days of sightseeing as we pass through or close to Tanunda, Mt Lofty, Hahndorf, etc.
<b>10 Sep to 30 Sep 2020</b>	<b>4</b>	<b>CYCLING - PERTH TO ALBANY SOUTH WEST WA</b> Supported cycling trip. Approximately 900km, 60km per day. Accommodation in motels, cabins or similar. Following the WA wildflower season. Participants must be self-sufficient and fit to ride and carry panniers. Bikes: hire or BYO. Contact if you would like an itinerary forwarded.
<b>Oct 2020 or Apr 2021</b>	<b>4</b>	<b>FULL PACK WALK - KANGAROO WILDERNESS TRAIL</b> We are planning to walk the Wilderness Trail on Kangaroo Island. Full Pack walk with 4 nights camping and 5 days walking of approximately 61 kms (with optional side walks of up to 10 kms). Bus transport from and to Island Airport with one night before we start and 1 night at the end in cabins at a local Caravan Park. Popular walk and need to book by late November 2019. Late bookings will be subject to availability. Limit of 8.
<b>Nov 2020</b>		<b>NEPAL AND BHUTAN- EXPRESSION OF INTEREST</b> Honey gatherers trek eastern Nepal near spectacular Annapurna Ranges to view ancient dying tradition of harvesting honeycomb of giant black bee, the largest bee on planet earth, nestled on cliff walls. 15 days trekking, moderate grade, home stay and tents. Cultural sensitivity a major prerequisite and good fitness. We then visit world Heritage sites in Kathmandu and after fly to Bhutan for a cultural tour for 6 days. Leader is organizing trip with a friend's reputable company directly in Nepal and have traveled with over the years. Limit 10 people
<b>21st Nov - 26th Nov 2020</b>	<b>3</b>	<b>WILSON'S PROMONTORY LIGHTHOUSE</b> Staying in dormitory accommodation at Tidal River Saturday 21st and Sunday 22nd November. Walk the 20km to stay at Wilson's Promontory Lighthouse Monday 23rd November. Explore Lighthouse before walking the 26km back to Tidal River. Stay in dormitory accommodation Tidal River Tuesday 24th and Wednesday 25th November. Cost \$350.00 for 5 nights accommodation. Need to carry 2 lunches, 1 dinner, 1 breakfast, sleeping sheet. Doona's provided. Payment required to confirm place.
<b>Feb 2021</b>	<b>3/4</b>	<b>NEW ZEALAND - EXPRESSION OF INTEREST</b> Rakiura Track, Stewart Island & Queen Charlotte Track, Marlborough Sound. 10 - 14 days, start mid to late February 2021. Rakiura - 2 nights in DOC huts, pack required, 3 days food. Queen Charlotte - 3 nights, probably lodge accommodation. Local day walks on arrival or leaving destinations. Bookings don't open until after June 2020. Limit 6-8 max.
<b>May/ June 2021</b>		<b>NORTH-WEST WESTERN AUSTRALIA - EXPRESSION OF INTEREST 4 weeks</b> Kununurra - Broome, then Karijini National Park and Exmouth (to swim with the whale sharks). Currently discussing with various 4WD organisations in WA for price and number of participants.

**NOTES**

EXPERIENCE IS EVERYTHING

*Paddy Pallin*  
SINCE 1930

WATERPROOFS



**Gear you can trust**

For all your walking gear, head to Paddy Pallin

**PADDY PALLIN**  
**CLUB**  
LIFETIME MEMBERSHIP

**SAVE 10%**  
In-store and Online

Some conditions apply



Facebook.com/paddypallin  
Instagram.com/paddy\_pallin  
www.paddypallin.com.au/blog

**MIRANDA** 581-587 Kingsway. 9525 6829  
**SYDNEY** 507 Kent Street. 9264 2685  
**PARRAMATTA** 16 Hunter Street. 8120 8973  
**KATOOMBA** 166 Katoomba Street. 4782 4466

[www.paddypallin.com.au](http://www.paddypallin.com.au)  
General enquiries call 1300 654 259

© Lachlan Gardiner