



PROGRAM

July – August – September 2020



Cape Banks 27 May 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: The Smartphone App *Emergency +* uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide location details required to mobilise emergency services. *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 from the 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	Please adhere to all the current club COVID-19 guidelines available via our website homepage.
2	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.
3	Carry sufficient water for conditions of the trip – generally a minimum of 1 or 2 litres, or more in hotter conditions.
4	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.
5	Follow instructions. The Activity Organiser has your welfare at heart. Be courteous, co-operative and helpful to others in the group.
6	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.
7	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.
8	Ensure there is sufficient space between yourself and the person in front so that branches flicking back do not injure you.
9	Do not proceed past track junctions until advised to do so.
10	Do not fall behind the person appointed "tail" for any reason without advising the "tail".
11	Ensure the Activity Organiser is aware that you have made it to the end of the activity.
12	Ensure all vehicles start before leaving for home.
13	Thank the Activity Organiser & bring a sense of humour & adventure. The Activity Organisers are all volunteers, so please remember to be patient and kind.

14	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 in the members area of 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 INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM

SEND AN EMAIL TO: info@sutherlandbushwalkers.org.au

July 2020

Wed 1 July	3	BUSHWALK--ROYAL NATIONAL PARK - HEATHCOTE TO HEATHCOTE Lovely circuit walk in RNP. Starting at Heathcote station, up to Uloola track, down to Uloola falls then to Karloo pool. Short off track section along Kangaroo creek then a short scramble up Bottle Forest trail back to Heathcote station. Approx. 17kms. Approx 350metre asc/desc. Pace moderate. Creek crossings, tree roots and slippery sections
Sat 4 July	3	BUSHWALK ROYAL NATIONAL PARK Wattamolla to Garie and return along the coast track. Hopefully whale watching along the way, bring your binoculars. Plenty of cliff, ocean and beach views. 100m descent and ascents. 16 Km.
Sat 4 July	3	KURNELL TO CRONULLA- BUSHWALK Leisurely walk through Kamay Botany Bay NP looking at the monuments within the park, then via cliffs, light house, and beach back to Cronulla. Bring morning tea and lunch. 12km.
Sat 4 July	3	BUSH/ URBAN WALK - GREAT WEST WALK PART 3 Mt Druitt to Penrith? But if we don't finish we will finish it another day. Walking through the new suburbs of Western Sydney....Ropes Crossing, Wianamatta Park and Jordan Springs.
Sun 5 July	3	CYCLE - FOUR BRIDGES and WETLANDS A quite challenging start from Como Pleasure Grounds over the Como railway bridge, Woronora Bridge to Menai, Alfords Point Bridge then through Riverwood wetlands to the cycleway beside (but not on) the M5 to Bexley North. Decision then

		on onward journey home. About 40 Km.
Mon 6 July	2	ADOPT A TRACK PROJECT- RNP- ANICE FALLS TRACK 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.
Mon 6 July	3	BUSHWALK- RNP- WATERFALLS AND CASCADES A short walk in a little visited part of the park near Waterfall. With the water flowing again in the creeks, the waterfalls and cascades of Kangaroo Creek are looking amazing. This walk explores the upper reaches of Kangaroo Creek with arguably the best swimming hole in the park.(don't tell anyone) Some parts possibly off-track or through some overgrown areas. 8-10 km.
Tue 7 July	3	BUSHWALK- ROYAL NAT PARK Deer Pool and Marley .Walk from Bundeena Drive down to Big and Little Marley Beaches via Deer Pool and back. About 12 km
Wed 8 July	4	BLUE MOUNTAINS BUSHWALK Valley of the Waters to Sublime Point – Conservation Hut, Lilians Bridge, Moya Point, Roberts Pass, Lindeman Pass, Copeland's Pass (a few fixed rope sections with limited exposure). Agility & fitness required. Approx. 9km Map: 1:25 000 KATOOMBA
Thurs 9 July	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.
Fri 10 July	3	BUSHWALK - ROYAL NATIONAL PARK Bundeena to Wattomolla. Catch the ferry or drive. This is a coastal walk to see the whales and enjoy the winter sunshine. 18 km return
Sat 11 July	3	BUSHWALK- ROYAL NAT PARK Temptation Creek area starting in Kirrawee, a nice piece of bushland seldom walked in. Approx. 8km
Sun 12 July	4	CYCLE- CHIPPING NORTON TO PROSPECT DAM Mainly on cycle ways with a bit of road riding linking up cycling tracks. Plan to do a stop of the Dutch Shop, so make sure you have a bike lock with you and a bag to carry any treat you may find. Bring morning tea and lunch. 60km
Mon 13	2	COASTAL WALK- CRONULLA Social walk starting from North Cronulla to Bass And Flinders Point and return, easy walking on path along the coastline. 7 km
Tue 14 July- Thur 16 July	3	MID WEEK GETAWAY- JERVIS BAY Staying 2 nights in cabins and doing day walks in the area. Including The White Sands Walk-12 km Jervis Bay. As long as I can find cabin accommodation in the local area.
Wed 15 July	3	BUSHWALK- ROYAL NAT PARK. HELENSBURG TO GARIE RETURN Helensburgh to the coast via Thelma Head and then on to Garie Beach. Hopefully to spot whales passing on their migration north. Expansive coastal views and imposing escarpments. Return to Helensburgh via the lush Burgh track. Map RNP Approx

		14kms.Some climbs.Slippery sections. Tree roots. Moderate pace.
Thur 16 July	2	BUSHWALK- KAMAY BOTANY BAY NATIONAL PARK Park visitor centre, Cape Solander, Tabbagai Gap, Cape Bailey and return. All on tracks and boardwalk. Approx. 12km relatively level. Time to watch for whales.
Fri 17 July	3	BUSHWALK- ROYAL NATIONAL PARK Bundeena to Marley, walking part of the coastal track, great views, rock shelves and beaches. 12.5km
Sun 19 July	4	BUSHWALK- ROYAL NATIONAL PARK Kangaroo Creek to Port Hacking River Beginning and end point will be Engadine Railway Station, with section of off track walking. Descending Engadine Track to intersection with Kangaroo Creek, proceeding to follow Kangaroo Creek line to Port Hacking River (this section is approximately 2km of trackless walking on northern side of creek). Rejoining the Engadine Track at Currawong Flat Picnic area for walk back to Engadine.
Sun 19 July	4	BUSHWALK- DHARAWAL NATIONAL PARK Darkes Forest- corner of orchard-tracks to O'Hares Ck – Iluka Ck junction- ridge to road- Iluka Ck-lunch- 10B road-10R road-O'Hares Creek crossing-SE ridge- return track.12 KM – Some off track map: Appin 1:25000 topo 9am start
Sun 19 July	3	CYCLE- TAREN POINT to KURNELL A pleasant ride partly on safe cycleway and then beside Captain Cook Drive to Kurnell for morning tea and, without any other choice, returning the same way. Approx. 30 km
Wed 22 July	3	BUSHWALK - ROYAL NATIONAL PARK -WATTAMOLLA - GARIE - WATTAMOLLA This walk in the middle section of the Coast Track has spectacular cliff sea views, along with Curracurrang Creek Inlet, Eagle Rock, Curracurrong Waterfall and possible whale sightings. Approx 13km
Wed 22 July	4	BLUE MOUNTAINS BUSHWALK Wentworth Falls & Valley of the Waters – Descending at Wentworth Falls, National Pass, Slack Stairs, Hippocrene Track to Hippocrene Falls then Vera Falls, Valley of Waters, returning via Cliff Top Track. Approx. 460m ascent/descent (including metal stairs) – section of rough & indistinct track. Approx. 14Km Map 1:25 000 KATOOMBA
Thur 23 July	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.
Fri 24 July	3	BUSHWALK – ROYAL NATIONAL PARK Audley to Uloola Falls & return. Enjoy a climb up the ridge then a scenic walk to the beautiful falls. Approx. 10 km.
Sun 26 July	3	CYCLE- THIRROUL to OAK FLATS Meet at Thirroul, follow safe cycleway all the way to Oak Flats for return to Thirroul by train. Morning tea overlooking the ocean at Port Kembla and choice of lunch back at Thirroul. About 40 km
Sun 26 July	3	BUSHWALK- SYDNEY HARBOUR FORESHORE Harbour Bridge to Spit Bridge 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.

Wed 29 July	4	BLUE MOUNTAINS BUSHWALK Fortress Ridge track to Darks Cave, ascend nearby gully to Fortress Ridge Track, then down to Fortress Creek and ascend nearby Gully to Lockley Pylon track near Mt Stead. Approx 9km Map: 1:25 000 KATOOMBA
Wed 29 July	NO GENERAL MEETING	
Fri 31 July	3	BUSHWALKING – ILLAWONG A good 'exercise' walk (some ups and downs), mostly on pleasant bush tracks with great views of two local rivers. Interesting history – ferries and punt, remnants of the road to the Illawarra. Small sections of uneven / overgrown track. 10 km.

August 2020

Sat 1 Aug	3	BUSHWALK- SHOALHAVEN Two walks on the one day Drawing room Rocks. Spectacular views and interesting rock formations near Berry 4.5 km and Bomaderry Creek Gorge, hidden gem on the creek -5 km circuit
Sun 2 Aug	3	CYCLE- TEMPE to BARANGAROO/ OBSERVATORY HILL Tempe Station to Barangaroo via quiet roads and some cycleways through Marrickville, Enmore, Newtown and on to Blackwattle Bay, Pyrmont to Walsh Bay for morning tea on the wharf. Return via Newtown and then cycleway around Mascot. About 40 km.
Sun 2 Aug	2	BUSH/URBAN–Royal National Park – Bundeena Wander (I have optimistically put this activity in the program, optimistic the Art Trail will be open – if not I will extend to wander to Maianbar.) Begin with visiting a few of the Bundeena Art Trail exhibits, followed by a walk to Jibbon rock carvings to view ancient art, and returning to Bundeena via the Big Marley Track
Mon 3 Aug	2	ADOPT A TRACK PROJECT- RNP- ANICE FALLS TRACK 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.
Tue 4 Aug	4	BUSHWALK- ROYAL NAT PARK- Loftus to Bundeena Walk from Loftus station down the Honeymoon Steps to Audley then across the RNP to Winifred Falls, Maianbar and Bundeena. Then catch the ferry back to Cronulla. 19km
Wed 5 Aug	3	BLUE MOUNTAINS BUSHWALK Leura Area – The Pinnacles, Mount Stead, Lockleys Pylon, Du Faur Head & return 8-9km. Map: 1:25 000 KATOOMBA & MT WILSON
Thur 6 Aug	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 6 Aug	3	BUSHWALK- RNP- POOLS AND BEACHES A pleasant day walk looping past Deer Pool, Marley Lagoon and the Marley beaches. Start at the Marley Track trackhead on the Bundeena Rd and follow well

		formed tracks to the pools, beaches and clifftops. 12 km
Fri 7 Aug	3	BUSHWALK- ILLAWARRA ESCARPMENT Starting at Austinmer Station and going up the very steep climb to the top of the escarpment including metal stairs. Following the forest walk and then down the Wodi Wodi Track and walk back to Coalcliff Station. Approximately 16km. Meeting at Waterfall Station as this is a better station for connecting trains.
Sat 8 Aug	3 /4	BUSHWALK – HELENSBURGH TO OTFORD A mix of forest and coast walking with some great views. Two 200m ascents, so a reasonable fitness required. 15 Km
Sun 9 Aug	3	CYCLE - TEMPE to OLYMPIC PARK A pleasant ride along safe cycleway on the banks of Cooks River, safe backroads in Homebush then again safe cycleway into Olympic Park for morning tea. Do it all in reverse but without the morning tea. About 40km.
Mon 10 Aug	2	COASTAL WALK- BOTANY BAY Botany Bay Walk .Social walk starting from Captain Cook Bridge (south side) to Brighton Baths and return, easy walking on path along Botany Bay shoreline. Approx 10 km return
Tue 11 Aug	3	BUSHWALK- ROYAL NAT PARK Honeymoon Steps & return Bridle Track. Lunch by the River. Historical steps and track into Audley. approx. 6km
Fri 14 Aug	3	BUSHWALK – ROYAL NAT PARK – LADY CARRINGTON DRIVE Stretch your legs out on a 21km walk along Lady Carrington Drive, from Audley to Sir Bertram Stevens Drive and back to Audley for a coffee.
Sat 15 Aug	3	COASTAL WALK- KIAMA Minnamurra to Kiama, a beautiful coastal walk past south coast beaches.11km
Sun 16 Aug	3	CYCLE- REDFERN MARKETS and SYDNEY PARK Tempe basketball courts to Redfern Markets then Sydney Park for morning tea, returning via Mascot cycleway. About 40km
Start Mon 17 to 20 Aug 2020 for about 3 weeks	3	HEYSEN TRAIL – PART 5 – BUSHWALKING Due to Coronavirus border restrictions – go / no-go decision will be made mid July 2020. In 2020 we intend to continue south for 200km, through the best scenery of the Lofty Ranges to the east of Adelaide suburban areas. We intend to set up 4 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.
Wed 19 Aug	4	BLUE MOUNTAINS BUSHWALK Mount Hay, Venus Tor & Boorong Craggs. Close up & spectacular views of the Grose Valley. 80% off track, with a short cliff edge traverse around Venus Tor. AWD/FWD vehicles required for Mt Hay Rd.8km Map: 1:25 000 MOUNT WILSON
Thur 20 Aug	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.
Fri 21 Aug	3	BUSHWALK – ROYAL NATIONAL PARK Bungoona track, Audley via Honeymoon track, up Robinsons Knoll, Uloola track then Wattle Forest and back via Reids Flat, a lot of ups and downs and a scramble at the end. Approx. 12km

Sat 22 Aug	2	URBAN /BUSHWALK - MORTDALE TO OATLEY PARK Starting and finishing at Mortdale station walking through green areas and pockets of bushland to Oatley Park. 14km.
Sun 23 Aug	3	CYCLE- AROUND THE SHIRE AND A BIT Meeting at Sutherland Entertainment Centre in Eaton Street Sutherland, the route will be over quiet roads and some cycleway through Jannali, Como, Oatley and then Oatley Park, returning through Como then Bonnet Bay, Burnum Burnum Reserve and up the steep hill to Sutherland then Woronora Cemetery, Loftus then on to Kirrawee for a bite to eat and a drink at Burke Street Bakery. About 40km
Wed 26 Aug	GENERAL MEETING DEPENDING ON CURRENT RESTRICTIONS TBA Sutherland Community Centre , Stapleton Ave Sutherland 7pm	
Fri 28 Aug	3	BUSHWALK – ROYAL NATIONAL PARK Start from Heathcote Station then track to Karloo pool. Then onto Uloola Falls and Waterfall station. Train back to Heathcote. Approx. 10 km
Sat 29 Aug	4	BUSHWALK – BUNDANOON AREA. 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
Sun 30 Aug	3	CYCLE- END OF WINTER MYSTERY RIDE ??
September 2020		
Thur 3 Sep	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 3 Sep	3	BUSHWALK- CAWLEY_ A VILLAGE LOST IN TIME This walk meanders through Garawarra SCA around Cawleys Rd and the area north of Helensburgh where the village of Cawley existed in the late 1800s and early 1900s. An old railway tunnel is also visited (torch recommended). 14km
Sun 6 Sep	3	CYCLE - FERRY to PARRAMATTA CYCLE BACK A nice chance to greet spring with an early morning ferry to Parramatta, then ride along the Parramatta River cycleway to Newington for morning tea then ride along the Cooks River cycleway to Wolli Creek station. About 45km.
Mon 7 Sep	2	ADOPT A TRACK PROJECT- RNP- ANICE FALLS TRACK 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.
Wed 9 Sep	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 Map: 1:25 000 KATOOMBA

Sat 12 to Sun 13 Sep	5	FULL PACK BUSHWALK- KANANGRA From the end of Kanangra Road along the causeway (with all the great views of Kanangra Deep) out to Krafts Walls and off track steeply down to Kanangra Creek. Camp near the junction of Kanangra Creek and Danae Brook. Sunday up to the first Spire and possibly the second Spire, back to Kanangra Creek and follow it upstream and (after looking at the bottom of Kanangra Falls) exit via Murdering Gully. Kanangra Map. A good opportunity to get just a taste for the area and reasonably challenging off track walking.
Sun 13 Sep	3	CYCLE- TEMPE TO ROZELLE/ DRUMMOYNE Tempe to Rozelle via Marrickville, Enmore, Newtown, Camperdown and White Bay, over Iron Cove Bridge and along the Bay Ride for morning tea. Return same way. About 40 km
Tue 15 Sep	3/4	BUSHWALK- ROYAL NAT PARK Heathcote to Loftus via Karloo Pool Starting at Heathcote Station we walk down the Karloo track to Karloo Pool then up to Uloola Falls and then along the Garrumboola Ridge via the Uloola track to Audley and then up the Honeymoon steps to Loftus Station. About 18km
Thur 17 Sep	1/2	BUSH/URBAN WALK- LOFTUS to ENGADINE Walking on a fire trail and track to Engadine for lunch at the lake. Walking through bushland, side track to see Engadine Falls if the water is running. Wild flowers in spring. Return the same way. Some up and down on track.9 km
Sat 19- Sun 20 Sep	3	CYCLE- CHIPPING NORTON TO WINDSOR 2 DAY EVENT Return over two days. Ascent / descent 200m; 65 km each way. A social weekend away. <u>Saturday 19 Sept</u> meet at Ascot Drive, Chipping Norton, 8.15 am for an 8.30 am start. Cycling mostly on quiet roads and bike paths to Canley Vale for coffee, then on bike paths to the M7 cycle way, then to Rooty Hill Pub for lunch (or BYO). Continue to Richmond Road cycle path, then onto Windsor. I have booked a room at the Windsor Hotel, 54 George Street, Windsor. Best to book your accommodation early, after contacting leader. Local Pub for dinner (possibility of a band Saturday night). <u>Sunday 20 September</u> , Windsor Mall Markets from 9.00 am, departing Windsor. 10.00 am. "Picnic lunch" on the way back. Returning to Chipping Norton between 4.00 – 5.00 pm. Limited numbers.
Sun 20 Sep	3	BUSHWALK- BARREN GROUNDS NATURE RESERVE We should expect a good showing of spring flowers for a pleasant, very flat walk with extraordinary views. Walk is a 19km circuit.
Sun 20 Sep	2	CYCLE- TEMPE to ENFIELD Tempe to Enfield nursery via Cooks River cycleway for morning tea at the nursery and return same way. A nice gentle and safe ride. About 30 km
Mon 21 Sep	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 23 Sep	3	BUSHWALK – ILLAWARRA – MT KEMBLA Mt Kembla offers us two short walks back to back. The Ring Track with it's rain forest and mining history and the beautiful ridge Summit Track with great views. Approx. 10km
Wed 23 Sep	4	BLUE MOUNTAINS BUSHWALK Springwood to Glenbrook, via Sassafras Gully Track to Perch Ponds, Bunyan Lookout, Lost World Lookout, St Helena Track, Duck Hole. Sections of indistinct track and creek crossings 19Km Map: 1:25 000 SPRINGWOOD & PENRITH

Thur 24 Sep	1/2	BUSH/URBAN WALK- LOFTUS to ENGADINE Walking on a fire trail and track to Engadine for lunch at the lake. Walking through bushland, side track to see Engadine Falls if the water is running. Wild flowers in spring. Return the same way. Some up and down on track.9 km
Sun 27 Sep	3	CYCLE- BONDI JUNCTION/ CENTENNIAL PARK Tempe to Bondi Junction via mostly cycleways, morning tea location to be decided, return via Kensington and Mascot. About 40km
Sun 27 Sep to 5 Oct 2020	4	FULL PACK WALK – Cape to Cape Track, Western Australia The Cape to Cape track runs from Cape Naturaliste to Cape Leeuwin, in the south west corner of Western Australia. The trail is 135km long and involves 6 nights of camping. We plan to walk it over 7 days with the distance walked each day ranging from 14 to 22 km. We will be spending one night before the walk and one night at the end in local hostels. Before the lockdown we had 7 confirmed starters and have a limit of 8.

Wed 30 Sep	GENERAL MEETING DEPENDING ON CURRENT RESTRICTIONS TBA Sutherland Community Centre, Stapleton Ave Sutherland 7pm
-----------------------	--

Advance Notices

21 Nov – 26 Nov 2020	3	WILSON'S PROMONTORY LIGHTHOUSE Staying in dormitory accommodation at Tidal River Saturday 21 st and Sunday 22 nd November. Walk the 20km to stay at Wilson's Promontory Lighthouse Monday 23 rd November. Explore Lighthouse before walking the 26km back to Tidal River. Stay in dormitory accommodation Tidal River Tuesday 24 th and Wednesday 25 th 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.
Sun 31 Jan to Sun 7 Feb 2021	2 / 3 /4	KOSCIUSZKO NP - ALPINE WALKS - Pygmy Possum Lodge Charlotte 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 \$504, Twin share \$252 each, Single \$328. Rooms have en-suites and meals are self-catering. A very social week. Possibility of limited numbers due to social distancing restrictions.
Mid to late Feb 2021 21 Days		HIKING AND BIKE RIDE - NEW ZEALAND Rakiura Track, Stewart Island & Queen Charlotte Track, Marlborough Sound. Rakiura - 2 nights in DOC huts, pack required, 3 days food. Queen Charlotte - 3 nights, probably lodge accommodation. PLUS BIKE RIDE-ALPS to OCEAN Local day walks on arrival or leaving destinations. Bookings don't open until after June 2020. 6-8pp. Max. WAITING LIST ONLY
Mar 2021		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 possibly drier than section 1, A number of indigenous features and artifacts along this ancient aboriginal pathway. Please indicate interest to receive update.
May/ June 2021 (4 weeks)		NORTH-WEST WESTERN AUSTRALIA 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.

EXPERIENCE IS EVERYTHING *Paddy Pallin* SINCE 1930



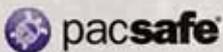
patagonia



SEATOSUMMIT



icebreaker



See complete list of brands online.

FOLLOW US ON



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

PADDY PALLIN
CLUB
LIFETIME MEMBERSHIP

SAVE 10%
In-store and Online

Some conditions apply

www.paddypallin.com.au
General enquiries call 1300 654 259

Lachlan Gardiner