



PROGRAM

October – November – December 2020



Illawong Walk July 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.
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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.

LATE PROGRAM CHANGES OR NEW ACTIVITIES

Email alerts for Late Changes, Cancellations, New Activities

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 2020

Fri 2 Oct	3	BUSHWALK - ROYAL NAT PARK WATTAMOLLA - GARIE BEACH - WATTAMOLLA Walk the middle section of the Coast Track - Vast cliff sea views, Curracurrang Creek Inlet, Eagle Rock, Curracurrang Waterfall, native birds and flora. Mix of track/ board walks and a section with steep steps. Approx 13km
Sat 3 Oct	3	CYCLE-MORNING BREAKY RIDE TO ENFIELD 50km ,meet 16ft sailing club 7.45 am for 8am start Mainly bike paths to Enfield nursery? For Breaky and return . Option to be picked up at fisho club Bestic St for a shorter ride .
Sat 3 Oct	3	BUSHWALK- MANLY DAM WILDFLOWER CIRCUIT A walk through diverse ecosystems of heath, swamp, wildflowers and woodlands. Catching the ferry to Manly and walking to Manly Lagoon and onto Manly Dam.

		Seeing lots of flowers. Returning via the lagoon and Manly beachfront. Approximately 18 km
Wed 7 Oct	4	BLUE MOUNTAINS BUSHWALK Sharks Head Cave & Lost World Lookout – Descend from Martins Lookout we go off track up the Glenbrook Creek to a point where we pick a route to the cave. Rock scrambling through the cliff line - some exposure (Agility & fitness required). Then Bunya Lookout & back to Martins Lookout. 8Km approx. Map: 1:25 000 SPRINGWOOD
Fri 9 Oct	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
Fri 9 Oct	3	URBAN/PARKLAND WALK- NORTHERN SUBURBS Cremorne Junction via Cammeray to Northbridge A walk through the quiet bush of Northbridge parklands. Somewhere different to explore our beautiful city finishing at Artarmon Station. Approximately 15 km.
Sat 10 Oct	4	BUSHWALK- MACQUARIE PASS NATIONAL PARK Clover Hill Road, Rainbow Falls, Up creek to Mulangong Falls then Clover Falls to Macquarie Falls then under cliffline to McAndrew Falls then down to Rainbow Falls and Clover Hill. Much off track including some slippery rocks. 6-7 kms. Map Robertson.
Sun 11 Oct	3	BUSHWALK- BIDJIGAL RESERVE Bidjigal Reserve and surrounding Bushland Baulkham Hills 3 tracks to follow and explore. Burruga Track, Platypus Track and Murray-yanna Track. Approximately 9.5 km
Mon 12 Oct		ROYAL NP - ADOPT A TRACK PROJECT, 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 13 Oct	3	BUSHWALK- ROYAL NAT PARK Grays Point to Winifred Falls & South West Arm Pools Starting at Grays Point we walk down the fire trail to the Honeymoon Steps and down to Audley then across to Winifred Falls and visit South West Arm Pools and return to Grays Point. About 15km
Wed 14 Oct	3	BUSHWALK - WORONORA RIVER From Engadine walk down to Woronora River, then go up stream under and past Heathcote Rd Bridge. Approx 9km, with about half off track and river bed.
Thur 15 Oct	3	BUSHWALK- BARREN GROUNDS WILDFLOWERS AND LOOKOUTS. This walk follows the Cooks Nose trail to the lookouts over Berry and Kangaroo Valley, then loops back via the Griffiths trail. Being spring there should be plenty of flowers and birds around.
Fri 16 Oct	3	BUSHWALK- ROYAL NAT PARK ENGADINE – AUDLEY - ENGADINE Loop walk on bush track, some steep sections. Approx. 12km.

Fri 16 Oct	3	BUSHWALK- BRISBANE WATERS NAT PARK- PINDAR CAVE Accessed only by train (7.45 Gosford train from Central, in last carriage and tell the guard you wish to get out at the tiny station of Wondabyne at 8.55) A12 km. return walk to an impressive sandstone overhang, waterfall and a view through unspoiled bushland
Sun 18 Oct		50 YEARS- CLUB ANNIVERSARY CELEBRATION Celebrating our clubs 50 Year Anniversary. Hopefully the outdoor Covid 19 rules will have been eased and we can all get together to talk of all our adventures past and present with old and new members and friends. Everyone welcome. Time and place to be notified closer to the date.
Sun 18 Oct	4	BIKE RIDE- WOLLONGONG Ride around Lake Illawarra, with some added in to get up to 60km. Mainly on track with some road riding to hook up untracked sections. Probably fit in a morning coffee but BYO morning tea and lunch. Good Pub to Pub training ride. 60km
Mon 19 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 21 Oct	4	BLUE MOUNTAINS BUSHWALK Asgard Swamp Area – 4 Norse Heads - Ikara, Valhalla, Thor & Asgard. Some 60% off track with descent/ascent through cliff lines Approx 12km Map: 1:25 000 & MOUNT WILSON
Fri 23 Oct	3	BUSHWALK/ URBAN PATH- MOUNT ANNAN BOTANICAL GARDEN An early 8.00am start just in case it's a hot day. A 7 km circuit with a Spring flower display, swathes of wildflowers, tall forest and quiet bushland. A cafe for morning tea at the end.
Sat 24 Oct	3	BUSHWALK- EXPLORING GARIGAL NATIONAL PARK Walking upper Middle Harbour in the northern part of the Garigal National Park. Along some well-known trails and quiet un-signposted footpads. Meeting at Davidson Park near Roseville Bridge. Driving to this spot.19km Circuit
Sun 25 Oct	4	BUSHWALK- HEATHCOTE NATIONAL PARK From Woronora Dam Rd - to Sarah's Knob - Friar Bird Pool (off track) to Boobera Pool and return via the pipeline track. Opportunities for a swim.
Tue 27 Oct	3	COASTAL WALK- KURNELL TO CRONULLA We will catch the bus from Cronulla Station to Kurnell and then walk back to Cronulla along the cliff tops and coastline via Boat Harbour and then along the beach and sandhills to Cronulla. About 15km
Wed 28 Oct	GENERAL MEETING DEPENDING ON CURRENT RESTRICTIONS TBA. Sutherland Community Centre, Stapleton Ave. Sutherland at 7pm.	
Thur 29 Oct	COMMITTEE MEETING TBA	
Fri 30 Oct	3	BUSHWALK - WORONORA AREA - THREE CREEKS and a LOOKOUT Loftus - Maandowie, Loftus and Forbes Creeks - Woronora Heights Lookout for a view of the Woronora Bridge then descend to Woronora. Return to Loftus via a different route. 13 km with a small section off track.

Fri 30 Oct	3 (4)	HEATHCOTE NAT. PARK Starting from Waterfall then to Bullawarring Track, Lake Toolooma, Camp Coutts, Climb Mt. Westmacott (Gr.4 section, optional), Kingfisher Pool then back to Waterfall Approx. 10km
Sat 31 Oct-8 Nov	3	CYCLING ANNUAL PUB TO PUB RIDE - 2020 Originally scheduled for April this year, but cancelled due to the Covid-19 pandemic, the ride is now re-scheduled to start on October 31st this year. The itinerary will involve three one day rides based in Wagga Wagga followed by three one day rides based in Canberra. There will be a rest day when we will transfer from Wagga Wagga to Canberra. This event is now fully booked, wait list only.

November 2020

Mon 2 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.
Wed 4 Nov	4	BLUE MOUNTAINS BUSHWALK Goochs Crater via Dargan Arch - Follow a number of ridges to cross the Wollangambe River, then on to the Crater. Mainly off-track with indistinct and rough sections, some steep rock scrambling & creek crossing. 13km Map: 1:25 000 WOLLANGAMBE
Wed 4 Nov	3	BUSHWALK- ROYAL NAT PARK Starting at Heathcote, go down to Kangaroo creek and onto Audley. Proceed to Winnifred falls, and then for a swim if wished at beautiful South West arm pool, a Mermaids fantasy. and return to Heathcote. Some rock hopping, off track, creek crossings, slippery sections and tree roots. Approx 15kms. Moderate pace. Approx 300asc/desc Map RNP
Fri 6 Nov to Sun 8 Nov	3/4	FULL PACK WALK- BUDAWANG NATIONAL PARK 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
Sat 7 Nov	3	BUSHWALK - ROYAL NATIONAL PARK Loftus to Engadine via Audley. A few descents and ascents with good views from the peaks and a good spot to stop at Kangaroo Creek. 13km.
Tue 10 Nov	3	BUSHWALK- GRAYS POINT TO ULOOLA FALLS From Grays Point we walk down the fire trail and Honeymoon Steps to Audley and then up the hill and along the Uloola track to Uloola Falls and return. About 17km
Thur 12 Nov	2/3	BUSHWALK - ALFORDS POINT and MILL CREEK From Alfords Point walk down to the Georges River where a prescribed burn has revealed interesting rock shelves and caves (an indistinct track). Then a return walk through forest as we follow Mill Creek towards Menai (mostly a flat fire trail) 11 km.
Thur 12 Nov	3/4	BUSHWALK- ROYAL NAT PARK Waterfall to Heathcote or Engadine 18km Walk initially south to Camp Coutts then cut north west to Mount Westmacott, Kingfisher Pools then back to Heathcote or Engadine. Bring plenty of water, morning tea and lunch.

Sun 15 Nov	4	BUSHWALK- ROYAL NATIONAL PARK Flat Rock Crossing Carpark, off track walking along South West Arm Creek to Winifred Falls and Winifred Falls track to Audley. This is an exploratory walk be prepared to walk, wade through the creek. Please ensure bags are watertight; a garbage bag inside your pack, secured with an elastic band works well if you don't have a dry bag.
Sun 15 Nov	3	CYCLING - TEMPE TO PARRAMATTA Approx. 60 km, meet at Tempe Station car park at 7:45 am for 8:00 am start. The ride will be mainly on bike paths and some quieter streets to Rhodes for coffee then on to Parramatta for lunch. Riders should be comfortable riding on roads.
Mon 16 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.
Tue 10 Nov to Thur 12 Nov	3	CAR CAMP- MT WILSON Camp at the free campsite at Cathedral Reserve Mt Wilson. Visit the Turkish Bath Museum, Climb Mt Banks ? walk in local area? Suitable for tents, vans and campers (to be confirmed). No showers. Please call early if interested as I need to book the Museum Tour .
Tue 17 Nov	2/3	URBAN /BUSHWALK- SUTHERLAND AREA Circuit starting Burnum Burnum, up to Bangor, down to Woronora River then Forbes creek, Loftus and Sutherland cemetery and back down again. Approx 10 km.
Wed 18 Nov	3	BUSHWALK - ILLAWARRA ESCARPMENT Starting at Stanwell Park railway station we will walk to the top of the escarpment via the Wodi Wodi Track. There are many lookouts along the way as we follow the Forest Walking Track to Sublime Point. From here we take the stairs down to Thirroul station. Strong legs needed for the up and down parts! 16km
Wed 18 Nov	4	BLUE MOUNTAINS BUSHWALK 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
Thur 19 Nov	3	BUSHWALK- ROYAL NAT PARK Temptation Creek from Kirrawee. A great walk with lots of variety in a little used section of the park. Approx 10km
Sat 21 Nov	3	CYCLE- NIGHT RIDE M7 48kms 3.45 for 4 pm start Ash Rd Preston to Lone Pine pub Rooty Hill, all on Bike Paths, dinner and return under lights, a fun experience. Hills going out and a lovely 7km. Downhill swoop on the return leg. Lights and jacket required
Sat 21 Nov	3	BUSHWALK - ROYAL NATIONAL PARK A loop walk visiting Deer Pool, the Marley Beaches, Wattamolla Dam with a mix of forest and coast views. 13km.
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.

Tue 24 Nov	2	BUSHWALK- GARAWARRA STATE CONSERVATION AREA Kelly Falls and Princess Marina Track Bush track in Garawarra State Conservation Area at Helensburgh overlooking Otford Valley. Historical "Pleasure Walk" of Stanwell Tops. Lunch & morning Tea with views. Approx 4-5km
Wed 25 Nov	4	BUSHWALK - BARGO RIVER - TAHMOOR CANYON Follow Bargo River down past Mermaids Pool. This walk involves cliff tops as well as canyon riverbed, with crisscrossing, rock and boulder scrambling. Approx 10km and long day.

Wed 25 Nov	GENERAL MEETING DEPENDING ON CURRENT RESTRICTIONS TBA Sutherland Community Centre , Stapleton Ave Sutherland 7pm	
Thur 26 Nov	COMMITTEE MEETING TBA	

Fri 27 Nov	3/4	BUSHWALK- ROYAL NAT PARK Heathcote to Heathcote via Head of Navigation, Robertsons Knoll, Uloola Falls, Karloo Pool and Bottle Forest .A 15km Circuit with a couple steep climbs.
Sat 28 Nov	3	BUSHWALK- TWO BUSHWALKS AND A SWIM An early morning start around Thirlmere Lakes National Park 6.5 km. Then a short drive to Little River Cascades Buxton where we will have another walk 2.7 km return and lunch and a swim. Exploring the Creek upstream. Bring a walking stick as a very steep rough and rocky downhill.
Mon 30 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.

December 2020

Tue 1 Dec	3	BUSHWALK- DAY WALKS OF MITTAGONG The aim of this walk is to join the Box Vale track along the old tramway at Mittagong with to the 40 Foot Falls Track via the Nattai River gorge. Plenty of opportunities for swimming, Some rough, steep track and overgrown areas will be encountered. 14-15km
Wed 2 Dec	3	KAYAKING - MINNAMURRA RIVER Join us on this beautiful paddle on a high tide, enabling us to explore the stunning side creeks through the magic mangroves. Lunch on a beach, with a walk through to the ocean, makes for a great day. PFD's compulsory. This is a peer activity.
Wed 2 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. Map: 1:25 000 KATOOMBA
Sat 5 Dec		ANNUAL CHRISTMAS BREAKFAST Hold this date! Our free members BBQ will be on IF COVID 19 Restrictions allow. Notice will come out where and when closer to the date.

Sun 6 Dec	3	CYCLING - TEMPE TO LA PEROUSE Approx. 40 km, meet at Holbeach Avenue, Tempe at 7:45 for 8:00 am start. The ride will be on bike paths and roads to La Perouse for coffee then return. Riders should be comfortable riding on roads.
Wed 9 Dec	4/5	BUSHWALK - BUNGONIA NATIONAL PARK (near Goulburn) Follow Red Track first down 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 10-12 hour day.
Thur 10 Dec	4	BUSHWALK- ROYAL NAT PARK- COAST TRACK Join me on the classic Coast Track . Otford to Bundeena approx 26km, on track but with short stretches of beach walking.
Fri 11 Dec	3	BUSHWALK - ROYAL NATIONAL PARK BUNDEENA TO MARLEY Walking part of the coastal track, great views rock shelves and beaches, possible swim at Marley. Approx. 12.5.km
Sat 12 Dec	3	BUSHWALK- BOB TURNERS TRACK AND THE COLO RIVER 350m descent/350 m ascent In the book from track notes it's says...one of the wildest and most unspoilt areas covered in this book. Great swimming spot and lilo upstream. Spending the whole day and walk out late afternoon. 7 km return
Sun 13 Dec	3/4	BUSHWALK- ROYAL NATIONAL PARK Bottle Forest Track to Kangaroo Creek, walking off track to intersection with Engadine Track which returns us to car park. Swimming opportunities.
Mon 14 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.
Wed 16 Dec	4	BLUE MOUNTAINS BUSHWALK Kamarah Ridge to Wilkinson Hill via Jungaburra Brook, Following under cliff areas, (limited exposure) 70% off track 8Km. Map: 1:25 000 MOUNT WILSON
Sat 19 Dec	4	BUSHWALK- ESCARPMENT ABOVE MACQUARIE PASS Lees Road, lookout, follow edge of cliff north west, explore Green Pass descent then on to top of Tongarra Falls, point above the old Tongarra Colliery. Possibly explore some more cliffline before retracing route. All off track but no huge climbs or descents apart from Green Pass 6-7 kms. Map Robertson.
Sun 27 Dec	3	CYCLE- KURNELL BREAKY RIDE 28 km. Meet 8.15 for a 8.30 start at the end of Bird Track Taren Pt. Easy ride To Kurnell for breakfast and get together after Xmas frolics
Wed 30 Dec	4	BLUE MOUNTAINS BUSHWALK Birrabang Canyon – Descend a ridge from the Bells Line of Road into Birrabang Brook, and Canyon. Ascending to Dalpura Ridge back to the road. Approx 7km Wet feet guaranteed Map: 1:25 000 MOUNT WILSON & KATOOMBA

Advance Notices

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. WAIT LIST ONLY.
Feb or Mar 2021	5	TASMANIA- FULL PACK BUSHWALK The classic Eastern and Western Arthurs walk over nine days starting at Farmhouse Creek and ending at Lake Pedder. A demanding hike with spectacular scenery and have to be prepared for changeable weather. Need to be fit and very experienced with overnight camping. Please contact John Morris if interested. Timing is flexible at this stage within the months indicated (or even late January)
21 Feb 2021 to 13 Mar 2021	3/4	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
23 Feb to 26 Feb 2021	2/3	CAR CAMP- WOLLEMI NAT PARK- DUNNS SWAMP Camping by the lake at Dunns Swamp in Wollemi National Park 180km from Sutherland. Tents or vans. No booking required. Great walks, paddles and swimming. Bring any unpowered watercraft such as canoes, kayaks or sit-ons.
10 Mar to 20 Mar 2021	3	BUSHWALKING- FLINDERS ISLAND, TASMANIA Staying in cabins and walking/ sightseeing daily. Cost approx \$1500 per person. TRIP FULL- WAITING LIST FULL
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.

FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM CONTACT

Info@sutherlandbushwalkers.org.au

EXPERIENCE IS EVERYTHING

Paddy Pallin
SINCE 1930

Osprey day hiking packs designed for comfort so you can enjoy the outdoors for longer this weekend.



The Osprey Tempest and Talon series packs

AirScape backpanel: designed to be breathable for hot days on the track.

Built for speed: designed with lightweight construction and useful features for fast movers.



Hydration Sleeve: just the place to put your Osprey Hydraulics Reservoir

Multi-sport optimised: designed with the needs of hikers and bikers in mind.

Seamless hipbelt: that's right, no niggling seams to rub on your hips so you can travel in comfort.

Lots of storage: accessible pockets for snacks, attachments for trekking poles, and more.

DESIGNED FOR COMFORT

For all your walking gear, head to Paddy Pallin

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