



PROGRAM

April– May – June 2021



Lilo Heathcote NP Feb 2021

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 or email us at info@sutherlandbushwalkers.org.au

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 an option and the costs are shared between the passengers. The following formula is suggested: 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.

PERSONAL ACCIDENT INSURANCE

Financial club members are covered under blanket insurance policies taken out by Bushwalking Australia Inc. The Personal Accident Insurance covers some out of pocket expenses. The policies cover activities undertaken in Australia 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.

Lodging a claim: information and forms are available from <http://www.bushwalkingaustralia.org/insurance/accident-insurance>

FOR INFORMATION ABOUT ACTIVITIES LISTED IN THIS PROGRAM

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

April 2021

Mon 5 Apr	3/4	CYCLING - CHIPPING NORTON to PROSPECT DAM & RTN A loop ride to Prospect Dam. Final distance may be up to 60KM. Route via Calmsley Hill City Farm and Sydney Water viaduct tracks. Some road riding linking sections but mainly on cycle tracks. Quite a few hills. Being Easter Monday no promise of COFFEE, BYO morning tea and lunch.
Wed 7 Apr	3/4	BUSHWALK - ROYAL NATIONAL PARK Garawarra Farm - The squeeze way track to Burning Palms - Era for a swim - return via North Era Ridge. 12km
Wed 7 Apr	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
Fri 9 Apr	3	URBAN WALK- Castle Crag Join me in following the various walking trails through this leafy suburb looking at the architecture from Walter Burley Griffin and Marion Mahony Griffin. Approximately 10 to 12 km.
Sat 10 Apr	4	BUSHWALK - ROYAL NAT PARK Follow (and sometimes walk in) the Hacking River from a little north of Red Cedar Flat to Waterfall Creek. Follow Waterfall Creek to National Falls or nearby). Nearly all off track and some large boulders to negotiate in Waterfall Creek. Likelihood of slippery rocks.
Sat 10 Apr	3	CYCLE- BREAKFAST RIDE FISHO- ENFIELD 29 km Breakfast ride cycle, meet Fishos Club Bestic St Sans Souci @ 7.45 am for 8am start. Majority on bike path buy at lovely café Enfield or Nursery. Get your

		exercise over early, add on to ride as needed.
Mon 12 Apr	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 14 Apr	4	LOWER BLUE MOUNTAINS BUSHWALK Lapstone Station to Glenbrook Station Via Glenbrook Gorge, Jellybean Pool, Blue Pool. Mostly off track with some rock scrambling & creek crossing. Approx 14Km Map SPRINGWOOD & PENRITH
Wed 14 Apr	3/4	BUSHWALK-BLUE MNTS NAT PARK- RED HANDS, KANUKA BROOK Red Hands Carpark, fire trail to Kanuka Brook & Ironstone Cave. Then follow ill-defined track along Kanuka Brook to Glenbrook Creek & on to Blue Pool. Return back up to Red Hands Cave. 12 km
Thur 15 Apr	3	BUSHWALK- ROYAL NATIONAL PARK Helensburgh to Garie and return. Start from station, some off track walking through a delightful forest to join onto Burgh track to Garrawarra Farm and then down to coast and onto Garie beach ,and return to Helensburgh. Extensive coastal views. Moderate pace, slippery surfaces, steps, tree roots, creek crossing Some steep climbs. Approx. 15km Map RNP
Fri 16 Apr	2	BUSHWALK- ROYAL NAT PARK Ferry to Bundeena, walk along Jibbon Beach then to Port Hacking Point then fire trail to coastal track, walk out to coast then return to Bundeena Ferry wharf.
Sat 17 Apr	3	BUSHWALK - BLUE MOUNTAINS Fortress Ridge Track near Leura. We will walk to two lookouts for magnificent views of the Grose Valley plus a side trip to an interesting feature. 11Km.
Sun 18 Apr	3	FERRY TO PARRAMATTA RETURN ON COOKS RIVER CYCLEWAY Abt. 45 km. Early start (remembering daylight saving has finished) with ferry to Parramatta, ride along the northern bank of Parramatta River to Putney punt, ride to Rhodes for morning tea then return along Cooks River cycleway to Wollli Creek.
Sun 18 Apr to Sun 24 Apr	1,2, 3	VICTORIAN ALPS – BRIGHT A week in the beautiful town of Bright in the Victorian Alps. There are walks, the famous rail trails for cycling, quaint historic towns, golf courses and autumn colours. Cost is \$100 per night per room. Contact me for details.
Mon 19 Apr	2	ADOPT a TRACK PROJECT – ROYAL NATIONAL PARK Anice Falls Management Track. We will continue working on our track 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 21 Apr	4	BUNGONIA NATIONAL PARK BUSHWALK White Track via Mount Ayre to Hermit Flat, then up Bungonia Gorge to ascend via the Red Track (back to White Track). Rough & steep section of track. Off track in Bungonia Gorge Map: 1:25 000 CAOURA
Wed 21 Apr	3/4	BUSHWALK-ROYAL NATIONAL PARK-BUNDEENA TO COSTENS POINT Bundeena to Maianbar, then Costens Point. We will return via Red Jacks Point & Yenabilly Point. We will catch the low tide & walk along the shoreline. Might be a bit muddy in places, but fun. 10 km
Sat 24 Apr	3	BONDI TO MANLY PART 1 Walk from Bondi Beach to Rose Bay Wharf past indigenous sites, lighthouses, heritage and historical landmarks, small beaches and bays. 21km.
Sun 25	3	CYCLE- TEMPE- DRUMMOYNE

Apr		Tempe to Rozelle and Drummoyne and the Bay Ride via cycleways and quiet roads. Returning to Tempe via the Greenway on cycleway and quiet(ish) roads through Dulwich Hill and Marrickville. Approx 45km
Wed 28 Apr	4	BLUE MOUNTAINS BUSHWALK Wollangambe Wilderness – From near the Bell Heavy Vehicle Station, follow a number of ridges up & down to cross Bell Creek & the Wollangambe River. All off track. Approx 15km Map: 1:25 000 MOUNT WILSON & WOLLANGAMBE
Wed 28 Apr	3	BUSHWALK - ROYAL NATIONAL PARK Out and back on the Wisers Track and Kurani Trail to high spot on Kurani Ridge for lunch. Approx. 10 km.

Wed 28 Apr	GENERAL MEETING Sutherland Community Centre , Stapleton Ave Sutherland 7pm. To be confirmed.	
-------------------	--	--

Thur 29 Apr	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 29 Apr	3	BUSHWALK- Lucas Heights and Barden Ck A stroll through the bush to the west of New Illawarra Rd on trails originally developed by ANSTO. The trail follows Barden Ck down to the king ferns and the junction of Mill Ck then returns.9 - 10 km.
Fri 30 Apr	4	FULL PACK WALK- BUDAWANG NAT PARK Sassafras to Piercy's Clearing via Newhaven Gap (12 km) Tent camp for two nights with a long day walk visiting the aboriginal Bora Ground, Hidden Valley and a general explore out towards Mt Tarn. Return to Sassafras car park on day 3. Total of 45km.

May 2021

Sat 1 May	3	CYCLING – ILLAWARRA AROUND THE LAKE via SHELLHARBOUR. A loop ride around Lake Illawarra. Distance may be up to 50KM. Some road riding linking sections but mainly on cycle tracks. Options to purchase food along the way.
Sat 1 May	3	CYCLE- Cronulla to Fox Studios 62 km return, starting from Sharkies, Cronulla to Fox Studios and return. A flat and easy ride with mainly bike paths and bike lanes, some quiet roads. Lunch at Fox Studios Markets or BYO and a chance to look at the market stalls. Limited numbers, must contact leader. No helmet no go!
Sat 1 to Sun 2 May		CAR CAMP/ CABIN- BLUE MOUNTAINS – MT VICTORIA STAY OR COME AS A DAY WALK Sat 1: Zig Zag track at Pulpit Rock, Mt Victoria (southern side of Hwy). a short 3km circuit with 250m up/down (plus other options). An old bridle track into the Kanimbla Valley. Sun 2: Asgard Swamp track to Thor Head and an old shale mine. This track runs off the road (north side of Hwy) leading to Victoria Falls. It is 7km there and back walk with 300m down/up. We did this walk last October – 80% on a fire trail. The views down the Grose Valley from Thor Head are great, and the Shale Mine location is

		unbelievable. Very burnt countryside. Stay at Blackheath Caravan Park, or do a day trip for either or both walks. Ref: "Blue Mountains Best Bushwalks" Veechi Stuart 3 rd ed.
Wed 5 May	4/5	BLUE MOUNTAINS BUSHWALK Kamarah Bluffs via Canyon Colliery Rd (some exposure crossing landslide). Explore Kamarah Gully & Koombanda Brook. Ascend Kamarah Ridge & proceed to point overlooking Jungaburra Brook. 70% off track. Approx 12km Map: 1:25 000 MOUNT WILSON
Wed 5 May	3	BUSHWALK – RIDGE WALK, GEORGES RIVER NATIONAL PARK We will start by walking around Yeramba Lagoon to see the progress being made to clean it up. Then we will walk up the hill and past the South Sydney sub-station on lesser known tracks down to Henry Lawson Drive. From Cattle Duffers Flat, we will then explore the Ridge Track with its spectacular views and interesting rock formations, spotting tiny flowers and admiring majestic trees. For the return walk, we will enjoy a beautiful river walk through parks and along the boardwalk to Lambeth Park. Approximately 11 km.
Fri 7 May	3	BUSHWALK- ROYAL NAT PARK Waterfall to Palona Cave return. 17km. From Waterfall station walk sections of the Uloola and Couranga Track then follow Forest Path to Lady Carrington Drive. Ascent to Palona Cave for lunch and maybe explore a nearby waterfall before returning to Waterfall station. A mix of bush track / fire trail and creek crossing.
Sat 8 May	2	PARRAMATTA RIVER WALK Catch the ferry to Rydalmere, then walk and catch ferries (including Sydney's last vehicular ferry) back to Sydney. An easy walk on good flat paths with plenty of history. 12- 13km, but it is possible to do less.
Sat 8 to Sun 9 May	4/5	OVERNIGHT PACK WALK – BLUE MOUNTAINS NAT PARK Overnight walk. Golden Stairs (Narrow Neck), Mt Solitary overnight then to Wentworth Falls. A classic Blue Mountains walk with a great campsite. MAP JAMIESON
Sun 9 May	3	CYCLE- PYRMONT AND BARANGAROO Tempe to Pyrmont, Barangaroo and Walsh Bay for morning tea at one or the other place. Returning to Tempe via the fish markets, Redfern and Sydney Park. Some road riding but fairly safe and quiet. Approx 40km
Mon 10 May	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 11 May	3	CYCLE- TIDAL CANALS Four tidal canals and one greenway and a network of creek-side cycling trails, unearthing some of Sydney's secretive canals that lead to the Cooks River. A site seeing tour, approximately 35 kms return. Starting and finishing at Wolli Creek Railway Station, returning approx. 3:30 pm. Bring water, sun screen, morning tea. Lunch at local Thai Restraunt in Newtown or BYO. Meeting 9:45 am for a 10:00 am start, must contact leader. Limited numbers. No helmet no go!
We 12 May	3/4	BUSHWALK- ROYAL NAT PARK-Waterfall to Garie A cross section of Royal from west to east. A variety of vegetation, landforms & a couple of changes of elevation. Uloola Track, Couranga Track, LCD Wallumarra Track, Curra Moors then Coast Track to Garie. Car shuffle needed. 17 km.

Thur 13 May	3	BUSHWALK- BLUE MNTS NAT PARK Springwood to Springwood circuit walk. Start Springwood, Sassafras Gully Track to Perch Ponds, Martin's lookout and return via Magdala creek track to Springwood. Very pleasant walk passing number waterfalls and impressive views. Train friendly. Total climb approx. 300 metres, approx. 16 km. Map Springwood. Enjoyable pace.
Fri 14 May	3	BUSHWALK- ROYAL NAT PARK Winifred Falls – Meeting at Audley walk to Winifred Falls then out to South West Arm, on to Anice Falls then return Steep ascent/decent Approx 12km
Sat 15 May	3	BONDI TO MANLY PART 2 Walk from Rose Bay Wharf to North Sydney Wharf taking in iconic and historical parts of Sydney, including Point Piper and Darling Point, HMAS Kuttabul, Royal Botanic Gardens, Opera House, The Rocks and Sydney Harbour Bridge. 19km.
Sun 16 May	3	CYCLE- BONDI JCT/CENTENNIAL PARK A (mostly) gentle cycle to Bondi Jct. (not beach!) for morning tea in either Centennial Park or Waverley. Quiet roads with bike lanes mostly plus some cycleways. Approx 40km
Tue 18 May	3	BUSHWALK - LOFTUS TO ENGADINE Starting at Loftus, we will walk through the tracks around 'Loftus Heights' to Audley then across to Robertsons Knoll and Kangaroo Creek. The trail continues up to the ridge behind Heathcote and then across the creeks and ridges to Engadine station. There are a few ups and downs along the way. 12 km.
Wed 19 May	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
Fri 21 May	3	URBAN WALK- BIRCHGROVE TO BALMAIN Meeting at King St Wharf and catch a ferry to Birchgrove Wharf. First stop a look at the newly refurbished Dawn Frazer Pool and then we will see the back streets of Birchgrove and Balmain. Finishing at Balmain East Wharf. Hopefully finding a nice café along the way. Approximately 10 km
Sat 22 May	3	CYCLE- RIDE TO RIVERWOOD WETLANDS Tempe to Riverwood wetlands via dedicated cycleway and quiet back streets. Then on through Riverwood to Oatley and across the bridge back into the Shire. Approx 50km
Sat 22 May	3	BUSHWALK - BLUE MOUNTAINS From the Leura area, walk to Lockleys Pylon and Du Faur Head for great views of the Grose Valley, plus a side trip to Flat Top Trig. 11Km.
Wed 26 May	4	BUSHWALK- ROYAL NAT PARK-GOOSEBERRY BAY Usually seen from a kayak, this section of the Park invites exploration. We will follow the shore from Costens Point as much as possible around Gooseberry Bay to 'Four Creek Bay'. It will be a bit rough and scratchy, but the views should make it all worthwhile. 8 km.
Wed 26 May	4	NATTAI NATIONAL PARK BUSHWALK Descent The Slott Track. Follow the Nattai River to Emmetts Flat. Ascend Starlight's Track. Possible river crossings. Approx 15km. Map: 1:25 000 8929-2N HILL TOP
Wed 26 May to 14 June	1-3	TOUR/ BUSHWALKING- BROOME WA Broome to Broome. Including Horizontal Falls, Cape Leveque, Mitchell Plateau (walk up helicopter back to camp), El Questro, Lake Argyle, 3 days Purnululu National Park (Bungle Bungles) Wolf Creek Crater, Fitzroy Crossing. Full, wait list only.

Wed 26 May		GENERAL MEETING Sutherland Community Centre , Stapleton Ave Sutherland 7pm. To be confirmed.
Thur 27 May	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 28 to Sun 30 May	3/4	OVERNIGHT PACK WALK - KEDUMBA VALLEY - BLUE MTNS From the Wentworth Falls area we will descend into the scenic and historic Kedumba Valley and camp for two nights. Day two will be a walk up to Mt Solitary with light packs for the views. Day three return via another route. Steep descents and ascents but all on tracks. Suitable for both experienced and those looking to try out full pack walks.
Sat 29 May	3	BONDI TO MANLY PART 3 Walk from North Sydney Wharf to Spit Bridge past famous Sydney locations, including May Gibb's Nutcote House, Taronga Zoo, Bradley's Head and Balmoral Beach. 20km.
Sun 30 May	3	CYCLE- RIDE TO ENFIELD A gentle farewell to Autumn with a pleasant ride along Cooks River cycleway for morning tea at the nursery. Approx 45km
Mon 31 May	2	ADOPT a TRACK PROJECT - ROYAL NATIONAL PARK Anice Falls Management Track. We will continue working on our track 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.

June 2021

Tue 1 June	3	BUSHWALK - BONNET BAY AND ENVIRONS A leisurely exploration of Bonnet Bay on tracks and trails with hills. Expect to see wetlands, flowers, birds cliff faces, views and more.
Sat 6 June	3	BUSHWALK-GARIGAL NAT PARK Meeting at Davidson Park near Roseville Bridge and walking to the Cascades. Along the Lyrebird Track and Governor Phillip Walk. Approximately 19 km.
Wed 9 June	4	BLUE MOUNTAINS BUSHWALK Ruined Castle – From and to Scenic World via Furber Steps. Some sections require scrambling around rock falls Approx 16Km Map: 1:25 000 KATOOMBA & JAMISON
Wed 9 June	4	BUSHWALK-ROYAL NAT PARK-GUNDAMAIAN & LIGHTNING POINT A different look at a familiar area. Fountain Creek, Maidens Pool, The Fountain, Gundamaian, Lightning Point, Darkes Bay. Return via a high point that shows a 'trig' on an 1886 map. Majority of walk off track, but fairly easy going. 10km
Thur 10 June	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 10 June	3	BUSHWALK - COURIDJAH CORRIDOR WALK Starting near Thirlmere Lakes is the well graded Couridjah Corridor walk which follows Blue Gum Creek down into the Nattai National Park towards Couridjah Creek and the Little River. There are large stands of Blue Gums along the creek along the way. We return via the same track. 14 km.
Sat 12 June	3	BUSHWALK -BLUE MOUNTAINS NAT PARK Red Hands Cave - Blue Mountains, from Glenbrook station we'll follow the footpath down to Jellybean Pool, Glenbrook Causeway and up the steady rise of the Red Hands track to Red Hands Cave. We'll complete the circuit down along Campfire Creek track past axe grinding grooves, a side trip to Blue Pool and then back up to Glenbrook station to meet the train. 13 km. Some rock scrambling.
Sun 13 June	3	BUSHWALK- BLUE MOUNTAINS NATIONAL PARK Lawson-Dante's Glen-Empire Pass-Frederick Falls-Lawson 7km so maybe I will find something else to add on close by.
Wed 16 June	3	SHOALHAVEN BUSHWALK Two walks, Bomaderry Creek & Drawing Room Rock – a plethora of rock features to delight the eye. 8Km
Wed 16 June	3/4	BUSHWALK-ROYAL NAT PARK Audley, Kangaroo Creek to Olympic & Karloo Pools We will take the track to Head of Navigation on Kangaroo Creek, then follow the creek upstream as far as Olympic & Karloo Pools returning the same way. A day to enjoy this lovely creek and its pretty pools. We might even be tempted in for a winter dip! 15 km
Sat 19 June	3	BONDI TO MANLY PART 4 Walk from Spit Bridge to Manly Beach past lookouts, bays, beaches, aboriginal rock engravings and shell middens, North Head Quarantine Station and Manly Surf Life Saving Club. 20km.
Sat 19 June	4	BUSHWALK- MACQUARIE PASS From the southern base of Macquarie Pass follow the track along the creek to the waterfall. Then off track to the fire trail above and then head east to the ford and explore the upper reaches of the creek (to the north). Possibly then cut across to Macquarie Pass and cross country to Clover Hill Road to the car park. Otherwise retrace steps to the base of the Pass. Map Robertson
Mon 21 June	3	SEAFORTH OVAL TO ROSEVILLE BRIDGE Bus to Seaforth Oval then walk along the shores of Middle Harbour to Roseville Bridge and home by train. 10 km
Wed 23 June	4	BLUE MOUNTAINS BUSHWALK The historic Engineers Track from the Darling Causeway to the Grose River & Ikara Head. Rough and indistinct section of track with an uphill scramble. to Ikara Head 10km-12km Map: 1:25 000 MOUNT WILSON
Thur 24 Jun	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 24 June	3	BUSHWALK – ROYAL NATIONAL PARK Loftus Oval – Honeymoon Track – Audley – Robertson Knoll – Uloola track to Wattle Forest. Return via Audley and Bridle track to Loftus. Approx 10km.
Sat 26 June	4	BUSHWALK- ROYAL NAT PARK-COAST TRACK Walk the classic Coast Track in the cooler weather. Whales and amazing coastal scenery. Approx 28km
Sat 26 June	3	CYCLE- WINTER BRUNCH RIDE M7 PATH 50km Brunch ride . Meet 9.15 for 9.30am departure @ Ash Rd Preston, ride to Rooty Hill for Coffee etc. , all on M7 Bike Track and return. Lots of ups and downs with a steady 7km climb at beginning but a great downward at the end . Please

		make sure you have spare tube or puncture kit with you.
Wed 30 June	4	ILLAWARRA BUSHWALK Stanwell Park Station to Austinmer Station via Wodi Wodi, Forest Track- some rough patches,. Approx 150m descent at Sublime Point (including metal stairs). Approx 16Km Maps: 1:25 000 APPIN & BULLI

Wed 30 Jun	GENERAL MEETING Sutherland Community Centre , Stapleton Ave Sutherland 7pm. To be confirmed.	
-------------------	--	--

Advance Notices

14 or 15 Sep		HEYSEN TRAIL – V - 2021 – TRIP 5 - BUSHWALKING Start 14 or 15 September 2021 for 23 days including travel To & From S.A. Using the same plan as that developed for 2020 which was cancelled due to COVID19 & border closures. In 2021 we intend to continue south, doing day walks to cover 200 km, through the best scenery of the Lofty Ranges to the east of Adelaide suburban areas. This is an all accommodation trip staying in 3 locations & encompasses days off for sightseeing as we pass through or close to Tanunda, Mt Lofty, Hahndorf, etc. Please contact me if you would like to participate.
Tue 28 Sep to Sun 3 Oct 2021	3/4	PACK HIKING- JATBULA TRAIL NT Nitmiluk (KatherineGorge) to Leliyn (61km over 6 days starting early to avoid the heat and camping at beautiful wild swimming holes / water every night. Rich in cultural history and amazing remote scenery, this is an experience you'll never forget. Extra time spent in the area prior to the walk. WAIT LIST ONLY
Sun Jan 30 to Sun 6 Feb 2022	2,3, 4	KOSCIUSZKO NP - ALPINE WALKS - Pygmy Possum Lodge, Charlottes Pass Our annual week of alpine walking activities based at Pygmy Possum Lodge. Walks each day & possibly an overnight walk for those interested. Room rates - Couple \$634, Twin share \$317 each, Single \$413. Rooms have en-suites and meals are self catering. A very social week. Phone/email organisers to reserve a room. Payment in September.
24 July to 2 Aug 2022		ORKNEY ISLANDS, SCOTLAND. This 10 day customised tour (inc 2 days ferry) will start on Jul 24th 2022, finish Aug 2nd, starting and finishing in Inverness. From Inverness we catch train and then an overnight ferry to Kirkwall in the Orkney Islands in the north of Scotland for a customised series of day walks over 8 days run by a tour company. We will stay in Kirkwall, with ferry transfers to various islands for historical, wildflower and birdlife walks (averaging about 15km/day). The tour will notably include the fascinating Skara Brae and the Ness of Brodgar and there is a range of Neolithic, Megalithic and Viking historic and archaeological sites to be visited. The total tour cost is £1920 per person, and includes a guide, accommodation, most meals, transport and taxes. This walk/tour will have a limit of 8.
9 to 21 Aug 2022	3/4	FORTH OF FIFE- SCOTLAND This walk along the Fife coastal path starts on Aug 9th, 2022, ending on Aug 21st, beginning near Edinburgh. Prior to the walk, those interested may wish to attend 4 or 5 days of the Edinburgh Fringe Festival which will run from about August 1 to August 30. The Forth of Fife walk has been extended and is now about 190km, done over 12 days (16km/day) with one rest/sightseeing day and there are baggage transfer services available. This is not a guided tour and you will be paying for the usual accommodation, food drink etc. The cost of baggage transfer and accommodation is estimated at £1000. This walk will have a limit of 8. https://www.walkhighlands.co.uk/fife-stirling/fife-coastal-path.shtml

Aug / Sep 2022 (20 days)		<p>TOUR / BUSHWALKING - WESTERN AUST Expressions of interest invited. Perth to Perth, still finalising itinerary. Includes: Mt Augustus, Mt MeHarry, Kennedy Ranges, Karijini National Park then out to coast, Exmouth, swimming with whale sharks (if the are present otherwise snorkelling on or off boat), Ningaloo, Monkey Mia, Kalbarri then back to Perth. Approx \$250/ day. (\$5000)</p>
30 Aug to 17 Sep 2022	3/4	<p>OFFA'S DYKE. This historic 19 day walk starts on Aug 30, 2022, ending Sept 17th, heading north along the border between Wales and England, starting near Cardiff and ending near Liverpool. This is about 290km (about 18km/day)+ 3 rest/sightseeing days thrown in (total 19 days). We will be staying in a range of accommodation (hostels, bunkhouses, pubs, B&B) with slim pickings in some spots. There are baggage transfer services available on this walk for those wishing to use them. This is not a guided tour and you will be paying for the usual accommodation, food drink etc. The cost of baggage transfer and accommodation for the 19 days is estimated at £1200. This walk will have a limit of 8. https://www.nationaltrail.co.uk/en_GB/trails/offas-dyke-path/ There will no doubt be some scheduling changes to these dates but they should be minor. Other optional activities may be organised around these walks but these are currently 'ethereal'. For those interested, I will provide an Excel spreadsheet showing a more detailed itinerary.</p>



Bargo River 25 Nov 2020

EXPERIENCE IS EVERYTHING

Paddy Pallin
SINCE 1930



ROYAL ROBBINS®

patagonia



ARC'TERYX



Smartwool

Marmot

SEATOSUMMIT



Rab



icebreaker



MERRELL

KOMPERDELL

Teva

EX-OFFICIO



THERMAREST

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
General enquiries call 1300 654 259

© Rachlan Gardner