



SUTHERLAND BUSHWALKERS

NEWSLETTER FOR THE SUTHERLAND BUSHWALKING CLUB

www.sutherlandbushwalkers.org.au

P.O. Box 250 Sutherland NSW 1499

March 2016 NEWSLETTER



**Circular Quay to Wollstonecraft
Urban Walk
Saturday 28th November 2015
Activity Organiser: Pam Stephenson
Participants: 12**

A very pleasant walk with harbour views and a visit to Wendy Whitely's fascinating garden.

By Jennifer Whaite

**Kurnell to Towra Pt – Kayaking
Sat 28th Nov 2015
Activity Organisers: Faye and Peter Wherry
Participants: Peter Hannant, Carol Sefton, Faye Walker (visitor)**

We met at Bonna Point boat ramp, Kurnell and were ready to paddle by 9AM as planned. It was important not to get away late as the nor'easter was blowing slightly and we expected it to increase later. So rather than cross the large expanse of open water (to Towra Pt) an alternative route was taken. We kept closer to shore and paddled south-west to the mangrove forests on the edges of Quibray Bay.

Once inside the tree canopy we entered a different

world. The water outside was choppy but within it was calm and quiet. The tide was quite high and paddling between the trees was perfect conditions with clear clean water. All sense of direction can be lost in this forest and a compass would have been handy, but we bumbled our way through regardless. The downside of this route was that there was nowhere to land for morning tea (Towra has a beach) so it was taken while still in our kayaks but still very pleasant.

We then returned direct to Bonna Point as the wind was steadily increasing and did so considerably after we landed. We then hit the Kurnell coffee shop. It was an enjoyable short paddle and we were very lucky to have such a peaceful pristine area so close to our homes and a major city.

We made it easy for Carol by having males in the group named Peter and females named Fay – I claim this as a first!

By Peter Wherry



National Pass Track

**Wentworth Falls and Valley of the Waters,
National Pass, Blue Mountains
Sunday 29th Nov 2015**

Activity Organiser: Shaune Walsh

Participants: Beatrice Walsh, Tim Gardner, Graeme Rayner, Nerida & Vic Costi, Filomena & Harald Mattner, Pete Guest, Kerry Clarke, Lesley Salzman, Paul Gudgeon, Chris Sorenson, Allan Bunt.

It was great to see fourteen members make the trip up to the Blue Mountains on a Sunday for this iconic walk. What started out to be a potentially wet and miserable activity changed as we all arrived to a beautiful day which was ideal for the magnificent views.

After coffees and the usual walk briefing at Conservation Hut we went down into the Valley of the Waters briefly stopping at the Empress and Queen Victoria lookouts. It wasn't long before we were on wet mossy steps alongside Valley of the Waters Creek as it descends through Empress Falls, Sylvia Falls and then Lodore Falls.

The National Pass, which is a recently restored horizontal track halfway down the cliff, was next. It is hard to imagine how they constructed it back in 1906 with picks, shovels and dynamite for those early tourists. We enjoyed a morning tea stop with the towering sandstone cliffs above us and views of the Jamison Valley in front.

Slacks Stairs with ladder cages and some steep rock scrambles took us to a magnificent pool on Jamison Creek at the base of Wentworth Falls. Here Harald was brave enough to take a swim in the icy water, while the rest of us got some great scenery photos.

Back up to rejoin the National Pass and a stop below the first big drop of Wentworth Falls. Then it was the very steep stone steps up the side of the falls that Peter Mulheran and his team cut in 1908. The views from the cliff ledges at the top were worth the effort. To get complete the circuit we took the Overcliff-Undercliff track back to Conservation Hut and the cars.

A very enjoyable day walk and the opportunity to experience some of the best that the Blue Mountains have to offer.

By Shaune Walsh



Budawang's view from Mt Bushwalker

Car Camp Lake Conjola

Dec 3-5th 2015

Activity Organiser: Lexia Duncan

Participants: Pete Guest, Rebecca Rae, Tony Larkin, Allan Stone, Ken Wooley, Kerry Clarke, Beatrice Walsh, Shaune Walsh, Warren Mizon, (caravanning)

The success of camping depends largely on weather conditions! We were very fortunate and had perfect weather, a great campsite and good company.

Firstly, six of us meeting at Berry for morning tea then driving 7k west of Berry to walk "Drawing Room Rocks" which none of us had previously done. This 4.5k walk heads 250 m up through forest and heath to the escarpment giving us fantastic views of the green pastures and valleys below that surround Berry and out to the coast. The rock formation has weathered in the shape of table and chairs, with some precarious overhangs. On the west of us was Barren Grounds.

Returning to our cars and the drive south through Nowra to Lake Conjola to settle into campsite erecting our various tents. We had to keep a watch out for inquisitive wallabies searching for food, very interested in our bread. The Lake was too tempting for Beck and she was off swimming while others strolled down to investigate the surf beach.

Friday morning up early for a swim in the lake, the water was cool but crystal clear and a great start to the day. After breakfast we headed into Milton to meet Kerry who had driven down that morning and after coffee we drove the 27k to the Pigeon House Car Park and commenced the 800m climb through forests of Black Ash then the famous series of ladders which

are attached to the cliff face and allow access to the peak and the panoramic views of the Budawang Range and gorges carved by the Clyde River. Looking east the coastline stretching from Point Perpendicular in the north and Mt. Dromedary in the south, which can only be seen on a clear day.

This is the 5th time I have done this walk and though it is a tough climb, one of my favorites especially if blessed with perfect weather.

Back at campsite and time for another swim to cool down after a rewarding days walk. We were joined by the rest of our group Shaune and Beatrice.

Saturday morning another 6am swim, the idea had caught on and five of us braved the cool water in the lake. After packing up tents we headed north to Porters Creek Dam Road and a scenic drive on gravel to the Mt. Bushwalker carpark. This 7 km return walk undulates through heath and swampland, there are duckboards to prevent wet muddy feet and cut off logs in strategic places. At the end of the track the view opens up to see Clyde River Gorge, The Castle, Pigeon House Mountain and Mt. Talaterang. A very impressive spot for morning tea. Back to the carpark then a short drive to Rotary Lookout, with views to the coast. A perfect spot for lunch with shaded table and chairs and a great way to end an enjoyable weekend.

By Lexia Duncan



Lower Wentworth Falls

Blue Mtns NP

Wentworth Falls, Vera Falls, Valley of Waters

Wednesday 16th December 2015

Activity Organiser: Tim Gardner

Participants: Margaret Dooley, Shaune Walsh, Josephine Cheah, Ken Wooley, Kerry Clark, Allan Bunt

The weather forecast wasn't good with predictions of storms, wet and windy –great! That was enough to put off a couple of walkers; however seven hardy (or mad) “Wednesday Walkers” took up another of Tim’s Blue Mountain challenges which had been upgraded to a level 4 the night before.

Arriving at Wentworth Falls township early, we had time to contemplate the weather and have a start-up coffee, plus breakfast for one walker. We did start out at 6.30 am, after all.

With rain falling, we set off at 8.30am down to the first scenic lookout. But alas, no view except for a mist filled valley. It was shaping up to be a great day, wet, windy, cold and with no views to boot! But we had a nice surprise after passing over the top of Wentworth Falls. The rain stopped, mist started to disappear, as did our rain jackets. The National Pass Track down the cliff face is always a delight, made even better on hearing the reactions to the sights, from a first timer. At the base of the falls it was time for photos, looking up at the cascading water. Then onto the caged-in metal stairs of “Slacks Steps” to view the tall twin lower Wentworth Falls and to have a morning tea break. Here the mist rolled in and out of the valley below several times, before the sun finally broke through. What’s the Meteorological Bureau talking about? – storms?

Leaving the falls, we got onto the “less trodden” Hippocrene Falls Track along the Jamison Creek, taking us deeper into the valley. A “short cut” was taken over to the Valley of Waters Creek and Vera Falls. Yet another scenic waterfall, coming over a cliff face in two parts, the upper section being a long narrow stream until it hits a ledge two thirds of the way down, where it broadens out into a screen of white water. For some unknown reason, the next section of the walk had no obvious track, but Tim navigated us through. One creek crossing in this rainforest area had huge beautiful green moss and algae covered rocks, with water tumbling into the deep pool below. With hands stretched out to help each other, one at a time the group nervously balanced each step from rock to rock till they were at the other side. When there were only two to go (Shaune and myself) I thought how he had said that if it was sunny he would take a swim. Would this pool be the one? Oh, the power of thought! No, he didn't go swimming but did slip and tightly wedge himself between two of those big, slippery rocks, stopping just short of the pool. With my feet well planted, and a lot of pulling, I managed to dislodge Shaune from his “wedgie” without either of us taking a dip.

Once again, the valley became very dark as the sun disappeared and black clouds rolled over. The thunder got louder and louder, with lightening thrown in as well. As the uphill going from this valley was slowing us down, we wondered would we get drenched with this looming storm? Just to add a bit more concern we found a big yellow warning sign "TRACKS ARE ROUGH AND HARD TO FIND IN THIS AREA". No worries as we had a competent leader in Tim!

About 1pm we took shelter under a big cliff overhang for lunch, just in case there was a downpour. While there, the sound of nearby waterfalls lured me off the track to take photos, but I ended up nearly ankle deep in mud for my efforts and a lousy photo as well. There are numerous small multi-level waterfalls, all the way up the 460 metre ascent from The Valley of Waters. Towards the top of our climb, near Empress Falls we stopped to watch a group decked out in wet suits, spectacularly abseiling down a tall waterfall. The last leg of our walk took us along the undulating Overcliff Track (a bit longer than some would have wished). After being out for 6½ hours and near the finish line we were surprised to run into other walkers, the first for the whole day. To round off the great day, we got to see two lyrebirds merrily scratching about beside the track with no concern for us watching them.

Over a well-deserved coffee, we heard about Kurnell being struck badly with the storms. So the weather forecast was right for parts of Sydney, but luckily for us, we only got the "sound and lighting" part of the show, without receiving a drenching.

By Allan Bunt



Kiama area

**Kiama Area Coastal Walking
Sunday 10th January 2016**

Activity Organisers: Barry & Irene Mann.

Participants: Lexia Duncan, Ken Woolley, Shaune & Beatrice Walsh, Tim Gardner, Leonie Bell, Richard Carroll and visitors Margaret Carroll and friend Kerrie

It was a great day for this walk – the first dry sunny Sunday for some weeks, 27 degree max, and a cool north Easter off the ocean. Some drove to Shellharbour, some trained to Shellharbour, some drove to Kiama then trained to Shellharbour....and we started the walk at Shellharbour Junction railway station at 10:45. There is a panoramic view over the Dunmore valley, then a walk down to the old Dunmore railway station and on into the Dunmore Swamp...shade at last. There were many interchanges with cyclists who were a little surprised to encounter WALKERS!

We crossed the Minamurra River and stopped at a park for morning tea. The swimmers, kayakers, paddle boarders and fishermen made this a hive of activity and were quite entertaining. The walk continued down the Minamurra River, then over the headland for perhaps the most beautiful view over the Minamurra Inlet and beyond.

Continuing on, we walked around the back of some houses onto Jones Beach, and then up to the road as the ladders at the southern end of the beach have been declared by Kiama Council as "unsafe". We eventually arrived at the "Boneyard" for a lunch break. We were encouraged by seeing an ambulance at the top of the track....and witnessed an obvious cardiac patient being escorted up the steep hill....thank goodness we were all "fit".

Two (males) went for a swim, but others declined as it was "too much hassle", and just relaxed on the lawn. Next there was a steep pinch up the headland to observe the Bombo Quarry, a popular attraction for photographers and their models. Thence, down to Bombo Beach, and under the railway, along the freeway and into the peace and quiet of Kiama Cemetery....nothing to do with the previous Boneyards.

The Spring Creek Wetlands were shady and cool, and took us up to Terralong Street. There was a final (small) hill to eventually arrive in the main drag of Kiama for a welcome ice cream. The walk, advertised as 12km, was, according to Lexia's Vivofit, a 14+km walk. It took us around 5 hours. Ah well, we will know for next time. Irene and I drove home to welcome cold champagne and a cool shower, whilst everyone else had to return to Sydney.

By Barry Mann



Tony Larkin

ONE HUNDRED – NOT OUT!

In a cafe on the 13th January, after a great day out in the Heathcote NP (including a trip down Lake Eckersley on lilos), Tony Larkin announced that this was his 100th walk as a leader for Sutherland Bush Walkers Club.

Congratulations Tony, on this fantastic milestone for the club.

Not only has Tony led 100 walks, he leads them with style and finesse, considering everyone’s capabilities. There is always a helping hand out at creek crossings, going up and down steeper terrain, often a rope comes to light to assist. Then there is sometimes a surprise of cake or a freshly brewed cuppa. “Who needs some wet weather gear” or “Who needs some fresh water” are words often heard from this considerate leader.

The Royal is Tony’s domain and he knows it like the back of his hand; its history, every track, creek, hill, rocky outcrop and great view points, and so many special off track areas. Of course if there is water involved a swim is on the cards. Besides the Royal and Heathcote NP, Tony has led walks in Ku-ring-gai, Blue Mountains and Nattai National Parks.

On behalf of the club and especially the “Wednesday Walkers” a big thank you Tony. On a personal note, thank you for all your encouragement for us “new leaders” and help on trial walks, maps, GPS tracking and helpful advice.

Tony, you have given so much pleasure and great memories to so many bushwalkers – Thank You.

By Allan Bunt



Winifred Falls

Winifred Falls to SW Arm RNP

20th January 2016

Activity Organiser: Allan Bunt

Participants: Chris Burke, Debbie Couthino, Margaret Dooley, Phil Escott, Tim Gardner, Vanessa Hicks, Roger Larkes, Tony Larkin, Wendy Rayner, Allan Stone, Shaune Walsh, Alan Webb.

A great walk for a high 30s summer day! We walked down to Winifred Falls from Warumbul Rd and continued on to SW Arm for the first of our three swims.

We then backtracked and stopped for a cool off and massage under Winifred Falls. I’m not sure what Vanessa was praying for but Allan did get us all out safely. Lunchtime saw us at another great swimming hole up stream of the falls, complete with its ‘mini rapid’ to ride (or at least be photographed on!). A great fun-filled day with lots of time to just relax and cool off. Thanks to Allan for organising the walk - and changing it to suit the weather!

By Margaret Dooley



Summit of Mt Kosciuszko

**Pygmy Possum Lodge, Charlotte Pass
Kosciuszko NP
24th – 31st January 2016
34 members participated.**

Thirty four club members made the trip down to Kosciuszko National Park and enjoyed our annual week of alpine walks of all grades. Again we continued the tradition of staying at Pygmy Possum Lodge with many of the comforts of home. It was great to have a number of members come along for the first time and enthusiastically discover what we like about this area.



Overnight walk to Wilkinson's Ck

On the last night the numbers were counted and it was revealed that the walks totaled 367Km over the six days including Rainbow Lake, Watsons Craggs, Porcupine Rocks, Sawpit Ck and Pallibo, the Main Range Track, an overnight walk to Wilkinson's Ck and the Main Range circuit, Blue Lake, Hedley Tarn, Guthega and Blue Cow, Mt Twynam, Mt Stilwell, Rams Head, Dead Horse Gap, Schlink Hilton Hut, Wraggs Ck track, Guthega Dam and Mt Tate, Illawong Hut, Waterfall walk and Bullocks Flat.

With Australia Day during the week, the club was well represented on the 2228m summit of Mt Kosciuszko on the day.

Thanks to all the activity organisers who put on a great range of walks.

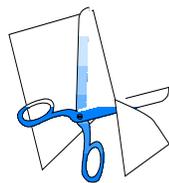
By Shaune Walsh

Welcome to new members:

Nicola Jane Small, Diane Gorman, Greg Melrose, Pam Melrose, Ken McGuinness, Carla Hall, Christine Burke, John Ovenden, Roanna Ovenden, Con Baldas, Brian Burgess, Lyn Kirkaldy, Shilpa Lanka, Louise Ryan, Margaret Carroll, Gordon Pickering, Nancy Pickering, Peter Spratt, Jacqueline Sweeney, Jenny Hwang-Davies, Wendy Sale, Toni Christofides, John Cummings, Kenneth Ingersole.

2016 - Congratulations to the members that have now been with the club for 25 years and have received a club pin to commemorate it.

Mrs Rosalind Farrow
Mrs Jayne Daniels
Ms Helena Chan
Mr Henry Fooks
Mrs Marilyn Fooks



COMMITTEE ROOM SNIPPETS

PRESIDENT'S REPORT 2015-2016

Life is busy, life has up's and down's, life is one foot in front of the other, just the speed varies and the distance sometimes BUT isn't life good (LG) when you can just be outdoors for the pleasure of it. Looking back there were many wonderful ideas and places visited in the 2015 program including very interesting speakers. Everyone should be congratulated for playing a role.

To the volunteer activity organisers, participants, committee members, non-committee members and for just being a financial member who supports the Club, thank you all. I am sure there have been new friendships made along the way, recipes swapped, the world sorted out and technical things discussed but this is what you do along the way meeting people. The track is an interesting place. My T-shirt says "Nature is cheaper than Therapy" how true.

Sutherland Bushwalking Club is 45years and still going strong.

2015 Achievements

Election of a strong Committee to steer the club & represent the membership.

Financially strong and responsible

Always a varied activity program each quarter incl social events and the 45 year Anniversary camp at Killalea

Adopt a Track project - the Burgh Track in the Royal NP now getting our maintenance quarterly. A great success in partnership with NPWS delivering visible improvements to the track. A unique project and SBC is pleased to be involved.

New website which was months in the making that came alive in November and still has more to offer, so keep watching this change.

Charitable donations to worthy causes that were closely connected to the Club including donations to Vanuatu post cyclone Pam.

2016 What will be

The February AGM is a social but important night. It is the election of officers for the Club. Who will help to steer the Club this year? Results will be advised asap after so you will know who represents your interests. Continued upgrade of the website and document revisions.

Sourcing new & interesting Speakers for meetings.

Club promotion ongoing incl being invited to speak at Menai Library in March

The Club is yours, be part of it.

2016 Committee pledge will be to do our best, and so if you have any suggestions or ideas or issues please speak to a Committee Member.

Look forward to meeting on the track,
Vanessa Hicks

TREASURER'S REPORT

Our income for the 2015 year was a healthy \$10,580. As always most of this came from membership fees - \$8,970; Paddy's advertising in the club programme - \$720 and payments for printed programmes - \$460.00. Lesser amounts were received from interest on our bank accounts and donations.

The major expense, as always, was for club insurance and Bushwalking NSW affiliation - \$4,280, followed by \$2,464 for printing and stationery and \$2,063 for web expenses. Postage and the rental of our post office box cost \$856; we gave \$600 in donations and in the category Miscellaneous we spent \$782, plus of course, many smaller amounts. While most of our expenses

remained more or less the same as last year, some rose considerably. Printing and stationery costs almost doubled and our web costs more than doubled. This was caused by the sad death of Paul Brennan our web administrator. The committee had been considering revamping the web site and with Paul's death it was obviously time to do so. Our new web site not only looks better, but can also be administered by our club members, which is an obvious advantage.

As well as our usual donations to Careflight, NSW Rural Fire Service, Bushwalkers' Wilderness Rescue Service, National Parks and Wildlife Foundation and Australian Wildlife Conservancy we donated an extra \$100 to aid the people of Vanuatu after the disastrous cyclone.

Miscellaneous expenditure was also higher than budgeted. As well as a new PLB, which had been budgeted for, we purchased a much needed PA amplifier. Members also celebrated our 45th anniversary with a weekend's camping and a very impressive anniversary cake. Flowers were sent to Paul's funeral.

The total expenditure for the year was \$12,262. This was somewhat higher than our income so the Club's assets decreased by \$1,682. However, the club continues to flourish financially. The total cash in our bank accounts at December 31 being \$14,711.

Jennifer Whaite

Membership Renewal

A new year has begun and have you completed your Membership Renewal which must be paid by 29 February 2016. Remember to send in the **signed** "Application for Membership" and on the reverse the "Waiver" form. Additional copies of the form can be found in the Membership section on website. Important: **Signed** forms need to be held by the Membership Officer so please do not scan signed copies and send by email.

The Club is maintaining constant membership numbers with new members being introduced by way of family, friends, newspaper articles and searching the website. So welcome all new members of 2016. I am sure you will have a fun time and I hope we get to chat along the track.

Vanessa Hicks

Activity Statistics (from returned trip reports)

	Events	Events	Participants	Participants
	2014	2015	2014	2015
Walks	126	127	1189	1295
Cycling	19	12	111	72
Kayaking	10	9	59	27

Activity Organisers:

Activity email alerts for alterations /cancellations
please notify *TBA*

Items for the next Newsletter:

Write an article about a bushwalk, bike ride, paddle or
trip you have enjoyed for the next newsletter.
Please email newsletter items and a couple of photos
to your editor,



Changing your Details.....

Remember to notify the Membership
Officer or contact the Club on

info@sutherlandbushwalkers.org.au

to update your membership information

*change of address

*change of email or contact details

We don't want to forget you