



PROGRAM

April – May – June 2022



**City Ride 23 Jan 2022
Photo courtesy of Alix Palmer**

**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. 350 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 and safety equipment are available for loan. For further information on equipment contact the Equipment Officer (contact details at the end of the program). 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 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 IN THIS PROGRAM

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

WEATHER ALERT

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.

APRIL 2022

Sat 2 Apr	3	CYCLE- RIDE TO BARANGAROO Tempe to Barangaroo and Walsh Bay for morning tea on the wharf. Returning to Tempe via the fish markets, Redfern and Sydney Park. Some road riding but fairly safe and quiet. About 50km
Mon 4 Apr	4	BUSHWALK- ROYAL NAT PARK Waterfall to Otford via South Era and Burning Palms. The backbone of this is a relatively unknown link between the end of the Lady Carrington Drive (LCD) and Bola Heights Fire Trail; an excellent ridge path that offers great connectivity between LCD and Garrawarra Ridge Trails, providing an uninterrupted central route through the park. We start at Waterfall station, down the Couranga Track to end end of LCD. Obvious opportunities for swimming at Era/Burning Palms. We walk back from the beaches to Otford Station along the Coast Track. An early car drop at Otford may be organised. 20 km with 400 m elevation.
Mon 4 to Fri 8 Apr	3/4	BUSHWALKING- WARRUMBUNGLE NAT PARK 4 nights in the National park. We will walk Grand High tops via Gould's circuit, summit Belougary Split Rock circuit, and possibly another smaller walk. Also looking to organise a night at the Coonabarabran observatory - well worth the visit. Name can be added to a wait list.
Wed 6 Apr	3/4	BUSHWALK – ROYAL NATIONAL PARK Grays Point to Bundeena. A varied walk. Catch the 975 Bus from Gymea to Grays Point school and then walk through to return by Bundeena Ferry. Pass Bungoona Lookout, Audley, Winifred Falls, Anice Falls and Cabbage Tree Basin. Bundeena RSL an option. Around 22 km.
Thur 7 Apr to 13 Apr	3	CYCLE- CENTRAL WEST CYCLE TRAIL 400km bike ride Central West Cycle Trail which is part gravel roads. Over 6/7 days staying at pubs. May get company to help carry luggage at extra cost. Leaving Sydney on Thursday 7th of April and having first night in Mudgee as the starting point. Mountain bike is needed for this ride due to the terrain. TRIP FULLY BOOKED
Sat 9 Apr	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. About 50km
Sun 10 Apr	4	BUSHWALK- ROYAL NAT PARK Walking along Kangaroo Creek via a footpad, this is not a formal track but manageable. Access the creek via the Bottle Forest Track along the creek and returning via the Engadine Track.
Mon 11 Apr		TRACK WORK – ADOPT-A-TRACK - ROYAL NP We will be using secateurs, light saws and bush saws to clear walking tracks to make them more comfortable to walk on. 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. We have cleared 7 track over the past 5 years – it is now time to re-visit some of these and do a bit of maintenance. The tracks we have cleared are generally all in good condition. We need to keep them that way. Our aim will be to do a 'walk through' of the tracks and clear any obstructions and any re-growth. We should be able to make this a combination of work & fun, as most of the hard toil has already been done!

Wed 13 Apr	4	BUSHWALK- Royal NP - Wattamolla Area This is a look at the general area around Wattamolla, some on track, plenty of off-track. We will be seeking what the general visitor misses. Yes we will see the beach, the dam, the waterfall – but there is a much more to find around 'Watta-Mowlee'. 12km.
Thur 14 Apr	3	URBAN & BUSHWALK- PARRAMATTA PARK AND LAKE. Ferry to Parramatta. Walk along the river and through the streets to Parramatta Lake, then follow a bush track around the lake. PLEASE DO NOT BOOK BEFORE APRIL
Thur 14 Apr	3	CYCLE- MIDWEEK SECRET KOI & RUSHCUTTERS BRUNCH JAUNT Meet Holbeach St Carpark Tempe 9am start, Via Burke St cycleway & Kings Cross ,back via Central and Redfern. Must be confident on shared roads, some hills. Suitable for well maintained bike with simple repair kit , wet weather gear if applicable .Covid rules to apply / ,Social distancing to be maintained ,mask as required & QR code. 30km Please let me know if you are coming.
Sat 16 Apr	3	CYCLE -RIDE TO DRUMMOYNE 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. About 45km
Mon 18 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.
Mon 18 Apr	4	BUSHWALK- HEATHCOTE NAT PARK Scouters Mountain and Trailers Lake Scout Camp to Goburra Pool downstream to Banya Pool, then up Tamaroo Ridge and along to Trailers Lake (informal but clear footpaths). Then off-track from Trailers Lake up to Eckersley Lookout, then footpath along Scouters Mountain descending down Eddes Lookout trail to Eddes Pool and back to the Scout Camp. Swimming and indigenous art included. 10 km with 500 m elevation
Wed 20 Apr	4	BUSHWALK- Dharawal NP - Maddens Falls Starting at Maddens Falls, we will follow Maddens Creek to the junction with O'Hares Creek. We will then explore further downstream. An interesting way to see part of our 'forgotten' local National Park. 10km.
Fri 22 Apr	3	BUSHWALK – MENAI TO BARDEN RIDGE RETURN This loop walk has a variety of vegetation and tracks. From Menai walk beside a creek then 50m uphill before descending to Barden Creek. From there we walk through lovely forest (flat!) until we reach an upper section of Mill Creek. Mostly on small bush tracks but one section is a rocky firetrail. 13km.
Sat 23 Apr	3	CYCLE- ROYAL NATIONAL PARK/LADY CARRINGTON DRIVE Either ride down to or meet at Audley for a gentle ride along Lady Carrington Drive. Not ideal for skinny tyred road bikes and can be grotty after rain but who minds a bit of mud! About 20km
Sat 23 Apr	2	BUSHWALK- KELLY FALLS HELENSBURGH Princess Marina Cliff Walk to Stanwell Tops and views over coast. History ,romance and folly. Approx 4 km on track
Sun 24 Apr	3	BUSHWALKING- JERVIS BAY-ABRAHAMS BOSUM, CURRARONG Ever been to Currarong?....on the North Head of Jervis Bay? This is a very unusual name for a nice walk. Approx 8/9 km loop walk, visiting Mermaids Inlet, Gosangs Tunnel, Merimbula Trig Station and Abrahams Bosum Creek. Track a little rough in places, so good shoes are required. Track mostly "level", with a short clamber uphill of 50/60m or so! Drive time is 2.5 hr from Sutherland down the freeway.
Mon 25 Apr	4	BUSHWALK- ROYAL NAT PARK- KANGAROO CREEK: MID TO LOWER POOLS Heathcote station to Karloo Pool then all the pools downstream to head of navigation and back to Heathcote. Plenty of swimming. Track a little rough and indistinct in parts and five shallow creek crossings. 12 km with 200 m elevation.

Wed 27 Apr	3	COASTAL WALK- Kiama Coast Walk This scenic walk offers great coastal views as we make our way across beaches and headlands, following grass tracks, footpaths and beaches.14 km
Wed Apr 28	GENERAL MEETING Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be advised	

Fri, 29 April to Tues, 24 May 2022	3	HEYSEN TRAIL V (TRIP 5) – BUSHWALKING (3RD ATTEMPT) In 2022 we intend to continue south through the best scenery of the Lofty Ranges to the east of Adelaide suburban areas. This is a fully accommodated trip staying at Tanunda, Balhannah & Mt Compass. Day walks supported by vehicles, interspersed with days of sightseeing as we pass through or close to Tanunda, Mt Lofty, Hahndorf. TRIP FULL
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Sat 30 Apr	3	CYCLE- 16 FOOT SAILING CLUB TO DULWICH HILL A flat ride with one hill up to Dulwich Hill (funny about that!) for take away coffee in Johnson Park or Sideways Cafe if numbers are smallish. About 40km
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MAY 2022

Sun 1 to 5 May	4	OVERNIGHT PACK WALK_BARRINGTON TOPS Postponed trip from October 2021-The trip is fully booked, including a wait list. A three days/two nights sweep from east to west through the Barrington Tops Wilderness area. It includes the Mountaineer Trail, Gloucester Tops and Carey's Peak, and finishes at Lagoon Pinch. Camping will require tents and, good cold and wet weather gear. Steep ascents and descents, all on trails/tracks; approx. 42km.
Sun 1 May	4	BUSHWALK- MACQUARIE PASS NAT PARK We will begin with the Cascades Walk, then crossing to the southern side of the park, off track to Clover Hill Rd, along the road to Macquarie Rivulet and making our way down the rivulet to the bottom carpark. This walk can be muddy and slippery
Mon 2 May	3	BUSHWALK- ROYAL NAT PARK - BUNDEENA OLD COAST TRACK Bonnie Vale through back streets of Bundeena to start of Coast Track. At the Balconies, head North along cliffs (what used to be part of the coast walk) past the Cobblers to Port Hacking Point, then along Jibbon, Gunya, Horden Beaches back to Bonnie Vale. Many swimming opportunities on way back. 11 km with 250 m elevation.
Wed 4 May	2	BUSHWALK – SYDNEY HARBOUR NATIONAL PARK Diamond Bay – Hermitage Foreshore Circuit. Meet/park at Diamond Bay Reserve. Relaxed walk with stunning views at Diamond Bay and Sydney Harbour Foreshore with many small beaches, Nielson Park and Vaocluse House. Bus possible please check Transport Info. Around 10km.
Thur 5 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.
Sat 7 May	3	CYCLE - TEMPE TO OLYMPIC PARK ABOUT 40 KS GRADE 3 . A nice safe ride along Cooks River cycleway with some road riding at the Homebush end. About 40km
Wed 11 May	3/4	BUSHWALK- ILLAWARRA SCA – KELLYS FALLS Stanwell Park Station to the beach, then through the old Otford Tunnel to Otford. There will be a bit of off-track walking to locate the track to Kellys Falls. Views, history, rainforest and of course the falls. Return via Stanwell Tops & the Goat Track. 12km.
Sat 14 May	3/4	CYCLE- GEORGES HALL RETURN VIA PROSPECT DAM Mainly on cycle ways with a bit of road riding linking up cycling tracks. We will stop for morning tea/coffee, BYO lunch. Have your bike riding essentials with you including a BIKE LOCK. 60km. PLEASE DO NOT BOOK IN ANY EARLIER THEN 2 WEEKS BEFORE. Supply your phone no, and emergency contact.

Sun 15 May	3	BUSHWALK- HEATHCOTE NATIONAL PARK Waterfall circuit via Mt Westmacott. Bullawaring track, Camp Coutts, then some scrambling to the top of Mt Westmacott for morning tea. Then back down to the Bullawaring track, then we'll cross Heathcote creek for the uphill climb along the Mooray track and back to the cars or train at Waterfall. Some steepish sections and not too hard creek crossings. 10 km and approx 220 metres total ascent/descent.
Mon 16 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 20 May	3	BUSHWALK - WORONORA AREA - THREE CREEKS and a LOOKOUT From Woronora, follow Loftus Creek. Then up to Engadine Heights and down to follow Forbes Creek before ascending a bush track to Woronora Heights Lookout for a view of the Woronora Bridge. 12km.
Sat 21 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. 40 km
Mon 23 May		TRACK WORK – ADOPT-A-TRACK - ROYAL NP We will be using secateurs, light saws and bush saws to clear walking tracks to make them more comfortable to walk on. 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. We have cleared 7 track over the past 5 years – it is now time to re-visit some of these and do a bit of maintenance. The tracks we have cleared are generally all in good condition. We need to keep them that way. Our aim will be to do a 'walk through' of the tracks and clear any obstructions and any re-growth. We should be able to make this a combination of work & fun, as most of the hard toil has already been done!
Wed 25 May	4	BUSHWALK- ROYAL NP - MUDDY CREEK Follow Muddy Creek as it makes it way from a small brook to its tidal limit, and on to the Hacking River. Scrubby, rough & scratchy - but the only way to see it! About 5km off track. 9km.
Wed 25 May	3	HISTORICAL WALK- Cawley, a village lost in time. This walk meanders through Garawarra SCA around Cawleys Rd and the area north of Helensburgh where the village of Cawley existed in the late 1800s and early 1900s. An old railway tunnel is also visited (torch recommended). 14km

Wed 25 May	GENERAL MEETING Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be advised	
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Sat 28 May	3	CYCLE- FOUR BRIDGES. Can be a taxing ride for newbies but very enjoyable as mostly on safe cycleways. Coffee stop in Oatley. About 40km
Sat 28 May	4	BUSHWALK - ILLAWARRA ESCARPMENT Austinmeer to Stanwell park. A steep 350m ascent to Sublime Point to start then an easier undulating walk visiting lookouts with great forest, coast and ocean views. 16 km.

JUNE 2022

Wed 1 June	2/3	URBAN BUSHWALK – Shipwrights Bay, Blakehurst Explore Bald face Point Reserve and Lookout, then a walk through Shipwrights Bay Reserve and loop back to the start. Views across Georges River back to Tom Ugly's Bridge and the Shire. Includes some street walking. This will be a short, morning walk. Approx. 5km.
Thur 2 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.
Fri 3 June	3	BUSHWALK - WATERFALL TO ENGADINE Meet Waterfall ascend Mt Westmacott for views over Heathcote NP, continue via Kingfisher Pools, Lake Eckersley back to Engadine railway via Prestons Gully. BYO all food and water for the day. 20 km. PLEASE DO NOT BOOK IN ANY EARLIER THEN 2 WEEKS BEFORE. Forward Phone No and Emergency Contact on booking.
Sat 4 June	3	CYCLE- PARRAMATTA TO TEMPE River cat to Parramatta and return along Parramatta River cycleway and Cooks River cycleway to Tempe. About 40 k
Sat 4 June	3	BUSHWALK- BUGONG NAT PARK Three Views Trail. Brooks Plateau Tallowa Dam Road, Kangaroo Valley Easy level walking on old trails ? views to Shoalhaven River, Tallowa Dam, Kangaroo River & Yarrunga Creek. 12 km return. NO BOOKINGS BEFORE MAY.
Sun 5 June	4	BUSHWALK- ROYAL NAT PARK Curracurrong Creek. An exploratory walk to see how accessible, the upper Curracurrong Creek is. Will start with Curra Moors Trail to the coast and return to Carpark via a mix of Curracurrong Creek (to the road if manageable or the Curra Moors Trail if needed)
Wed 8 June	3	CYCLING – CRONULLA TO BARANGAROO HEADLAND Meet at Wanda and ride through Wooloware Bay, Botany Bay Foreshore, Alexandra Canal and Bourke Street cycleways. Cruise through Darling Harbour Foreshore to picnic at Barangaroo Headland Reserve overlooking Sydney Harbour. Return by train from Martin Place after walking through Wynyard Walk. Around 30 km.
Thur 9 June	2	BUSHWALK- HEATHCOTE AND ENGADINE AREA On track and fire trail ,level ground easy walk through natural bushland. Approx 4 km
Thur 9 June	3	CYCLE- MIDWEEK ENFIELD BRUNCH RIDE 25km Morning cycle, meet Tempe station 9.15am for 9.30 am start. Majority on bike paths, Brunch at lovely café Enfield Nursery. Separate bills or cash or pay at the counter , QR code and Mask as required. Suitable well maintained bike with simple repair kit , wet weather gear if applicable. Covid rules to apply / ,Social distancing to be maintained Please advise if attending
Thur 9 June	3	BUSHWALK_ SEAFORTH OVAL TO ROSEVILLE BRIDGE Bus to Seaforth Oval then walk through the bush along Middle Harbour to Davidson Park then bus and train home. Some rough patches on the track, but good views and some historical interest. PLEASE DO NOT BOOK BEFORE JUNE
Sat 11 June	3	CYCLE- RHODES & PARRAMATTA RIVER Ride from Rhodes up and down each side of Parramatta River using various bridges and the Putney Punt.
Wed 15 June	4	BUSHWALK- ROYAL NP – KANGAROO CREEK A slight variation on the usual route. We will walk Heathcote to Waterfall, having a look at a couple of small creeks along the way. There will be a section of rough off-track to add to the interest of the day. 13km.
Thur 16 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.
Sat 18 June	2	CYCLE- KYEEMAGH BOAT RAMP TO ENFIELD About 30 km Ride to Enfield nursery for morning tea along Cooks River cycleway about 30km
Mon 20 June	4	BUSHWALK- ILLAWARRA ESCARPMENT Begin at Austinmer Station with the thigh-burning 450 m ascent to Sublime Point Lookout. Then we head north along the recently created escarpment track, taking in excellent lookouts before descending down the Wodi-Wodi track to Stanwell Park. 18 km with 600 m elevation

Wed 22 June	3/4	BUSHWALK- KU-RING-GAI CHASE NAT PARK Warrimoo Track (St Ives) to Berowra. This walk is part of the Harbour to Hawkesbury walking track and follows Cowan creek through Bobbin Head, Apple Tree Bay and with a fairly steep climb up to Berowra from Cowan creek. Possible swim opportunity and shortening the track by going up at Mt Ku-Ring-Gai depending on the day. Approx 17km
Thur 23 June to Sat 25 June	3/4	FULL PACK BUSHWALK - BLUE MOUNTAINS Drive from Blackheath to Dunphys campground, then walk to Mobb's Swamp which will be our camp for 2 nights. Day 2 walk with day packs to Splendour Rock for the views and history and then visit some other Wild Dog Mountains lookouts. Day 3 return possibly via another route. Mix of fire trail and tracks. 30Km. Map Jenolan 1:25000.
Sat 25 June	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. About 40km
Mon 27 June	4	BUSHWALK- HIGHLIGHTS OF MITTAGONG We start at Lake Alexandra and walk up a pretty, fern-lined track to Katooba Lookout. Then down through the old Coke Tunnel down the Nattai River to Sixty-Foot Falls. We continue upstream to entry of Nattai Creek where the keen will visit Forty-Foot Falls. After passing under the highway, we press on up the river under the Natural Arch to the famous coal-truck incline. This 200 m ascent is VERY steep (think Katoomba Scenic Railway without the machinery!). Once at the top, we have an easy, flat route along the Old Tramway, through several spectacular cuttings and one magnificent tunnel. 16 km and with 400 m elevation (half in one place!). A car swap will deliver us back to Mittagong for coffee!
Wed 29 June	3	BEACH WALK- Kurnell to Wanda This date has been set for whale watching as we make our way around Cape Solander and Cape Bailey through the Kamay National Park and down the beach from Boat Harbour to Wanda. 14-15km
Wed 29 June	4	BUSHWALK- Royal NP – Marley We will take the usual Deer Pool Track to Marley, but with a diversion along the way. Deer Pool/Marley Lagoon, where does the water flow from? Come along and find out. Chance to get your feet wet. 12km.

Wed 29 June	GENERAL MEETING Sutherland Community Centre , Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert
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Thur 30 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.
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ADVANCE NOTICES

Sun 29 Jan to Sun 5 Feb	2,3,4	BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS 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 approx - Couple \$666, Twin share \$333 each, Single \$433. Rooms have en-suites and meals are self catering. A very social week. Phone/email organisers to reserve a room. Payment in September.
July or Nov 2022		EXPRESSION OF INTEREST JULY OR & NOVEMBER 2022 Provide First Aid in a Remote or Isolated Environment. 3 day course with St Johns Ambulance. OR Provide First Aid 1 day course with St Johns Ambulance. Club will pay a contribution to the course cost.

On the way to Watson's Crags
Kosciuszko NP Feb 3
Courtesy Marilyn Fooks



National Fall RNP 4 Feb 2022
Courtesy Anne Brian



Sydney NP 21 Jan
Courtesy Linda Sesta



New track from Guthega Kosciuszko NP 31 Jan
Courtesy Marilyn Fooks



Mt Kosciuszko NP Feb 2
Courtesy Marilyn Fooks

