



PROGRAM

July – August – September 2022



Old Coast Track Royal National Park 2 May 2022

**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>

LATE PROGRAM CHANGES OR NEW ACTIVITIES

Email alerts for Late Changes, Cancellations, New Activities
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.

JULY 2022

FOR INFORMATION ABOUT ACTIVITIES LISTED IN THIS PROGRAM EMAIL
info@sutherlandbushwalkers.org.au

Fri 1 July	3	CYCLE- TEMPE TO DRUMMOYNE Meet at Tempe for a 10.00am start and this ride we will stop for lunch at Petersham for Malaysian Street Food then back to Tempe to finish the ride. Mostly on cycleway and a few roads. Limit of 8 Riders
Sat 2 July	3	CYCLE- TEMPE 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 40m.
Sun 3 July	3	COASTAL WALK- KIAMA to GERRINGONG A winters walk along the cliff tops to spot some whales. With a short train ride back to the cars. 13km
Mon 4 July	2	ADOPT-A-TRACK WORK— ROYAL NATIONAL PARK We will be using secateurs and bush saws to clear walking tracks to make them more navigable & comfortable to walk on. There are always plenty of jobs to be done on our track days, large & small - something for everyone. Tools & gloves supplied. We have cleared 7 track over the past 5 years – we will be re-visiting these to do some maintenance. The tracks we have cleared are generally all in good condition. 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 6 July	3	BUSHWALK- ROYAL NATIONAL PARK Garrawarra Farm to Garie Beach and return via a lovely unnamed ridge, and a reasonable track to our cars. Hopefully we will be able to spot some whales in their migration north, the largest mammals migration in the world. Stunning views of Tasman sea. Approx 10 kms, moderate pace with plenty of time to enjoy.
Wed 6 July	3	WHALE WATCHING WALK – KURNELL TO CRONULLA Peak whale season is late June/early July. Catch the 987 bus from Cronulla Station to Kurnell. Walk the Polo Street trail to Cape Solander. Around the cliffs to Boat Harbour Shore Bird Reserve and on to Cronulla Beach. Around 13 km.
Thur 7 July	2	MORNING WALK RNP- BUNDEENA TO JIBBON HEAD LOOP This walk starts and ends at the Bundeena Ferry Wharf. We will walk through Bundeena township to Jibbon Beach, then visit the Jibbon Head Aboriginal engravings and other points of interest on the Jibbon Head circuit before returning to Bundeena township. If we're lucky, we might spot some whales from the headland and clifftops. There will be a mix of walking on roads, bush tracks, sandy beaches and fire trails. Optional coffee at Bundeena after the walk. Approx 6-7km.
Sat 9 July	3	CYCLE- TEMPE 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. 40 km
Mon 11 July	3	COASTAL WALK- BONDI to MALABAR Just an excuse to enjoy the winter sunshine and get in a few steps and look for whales on this stunning coastal walk.19km
Tue 12 July	2	WHALE WATCHING FROM KURNELL KAMAY NAT PARK Walk from Kurnell visitor centre to Cape Solander watch for whales heading north.Walk through bushland via Yena and Muru tracks. Bring binoculars. 4 km

Wed 13 July	4	BUSHWALK- Royal Nat Park Loftus to Bundeena. A long day, but plenty to see; Loftus, Winifred Falls, Anice Falls, Costens Point, Red Jacks Point, Maianbar then Bundeena for the ferry home. Checkout the Anice Falls Track – beautifully maintained by our Club under our Adopt-A-Track Project. 22 km
Thur 14 July	3	KAYAK - LOCAL WATERWAYS Meet at various places in the Shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity
Fri 15 July	2	BUSHWALK- ROYAL NATIONAL PARK Bundeena to Little Marley. Starting from Beachcomber Ave Bundeena following the Coast track to Marley Beach then around to Little Marley. Moderately undulating, all on track with some beach walking. Return same way. Approx 12.5 km
Fri 15 July	3	CYCLE- PADSTOW to CANLEY VALE Padstow to Canley Vale for Vietnamese lunch. Meeting at my house through parklands and a few quiet roads and cycle paths to a Vietnamese restaurant. Return the same way back to Padstow. Limit 8 riders. 40km
Sat 16 July	3	CYCLE-TEMPE- ROZELLE_ 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. Approx 40 km
Mon 18 July-1 Aug	3	BUSHWALK- WHITSUNDAY ISLANDS 7 nights camping on Whitsunday & South Molle Islands then 2 night Conway Circuit backpack. TRIP FULL
Wed 20 July	3/4	BUSHWALK- Georges River Nat Park Sandy Point to Mill Creek. Sandy Point, Parkesvale, Mill Creek. A look at a lovely local park. Visit the site of Parkesvale, a 'Pleasure Ground' from 1900 and have a look at Mill Creek. 14 km
Thur 21 July	3	MORNING WALK - PRINCE EDWARD PARK, WORONORA LOOP This walk starts and ends at Prince Edward Park, Woronora. We will walk up the hill to Sutherland, along the tracks behind the cemetery to Woronora Lookout (with great views over the river), down the bush track beside Forbes Creek and back to the park. There will be a mix of bush tracks, paths and fire trails, with some steep sections. Optional coffee at Woronora Boatshed after the walk. Approx 5-6km.
Sat 23 July	3	URBAN/ BUSHLAND WALK- HURSTVILLE TO OATLEY Through Poulton Park to Oatley Park via hidden pockets of green space and bushland. Approx 14km
Sat 23 July	3	CYCLE- TEMPE to RUSHCUTTERS BAY Tempe to Rushcutters Bay for morning tea overlooking the yachts. Mostly on cycleways and quiet roads. About 30km
Wed 27 July	3	BUSHWALK- RNP -MAIANBAR Four Points Loop walk.- This walk follows the coastline of Port Hacking from Maianbar to the four points from Yenabilli Point to Costens Point and South-West Arm and then back to Maianbar via the Bass Heights track which is closer to the road. Mostly on small local tracks. 12 km

Wed 27 July		GENERAL MEETING Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be advised
Thur 28 July	3	KAYAK - LOCAL WATERWAYS Meet at various places in the Shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity
Sat 30 July	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 40 km
Sat 30 to Sun 31 July	5	FULL PACK WALK- BLUE MOUNTAINS NAT PARK Overnight: Narrow Neck, Golden Stairs, Ruined Castle, Off track descent with some loose rock to Cedar Creek. Follow Creek and camp before the Fire Trail. Explore side Creek and then join fire trail either via it or the main fire trail that crosses Cedar Creek. Walk up to the end of Narrow Neck road and then follow the road back to the Golden Stairs. Extended off

track walking and rock scrambling in Cedar Creek. A long fire trail walk along Narrow Neck. Strongly advise against using walking poles given the terrain. Subject to tracks being open.

AUGUST 2022

Wed 3 Aug	4	BUSHWALK- HEATHCOTE NAT PARK Mt Westmacott & Yenga Cave. Waterfall to Lake Toolooma & Mt Westmacott, then on to Yenga Cave & Kingfisher Pool. Return via Bullawarring Track. Off track sections. Leader will supply morning tea. About 2 km off track. 10km
Wed 3 Aug	2/3	COAST WALK – RANDWICK – COOGEE - BONDI Catch the Train and Light Rail to Randwick then walk all downhill to Coogee Beach and follow the beautiful coast walk to Bondi Beach. Picnic lunch by the Sea. Catch the Bus to Bondi Junction and Train home. Around 8km.
Fri 5 Aug	3	BUSHWALK- WATERFALL TO ENGADINE Start at Waterfall Train Station & finish at Engadine Train Station The walk follows a fire trail to Uloola Falls. A narrow track then leads to the junction of Kangaroo Creek and Engadine Creek, where an eroded rough track ascends the ridge to Engadine station. Roughly 18km. Names taken two weeks before the walk.
Sat 6 Aug	3	CYCLE- TEMPE TO OLYMPIC PARK A nice safe ride along Cooks River cycleway with some road riding at the Homebush end. About 50km
Thur 11 Aug	3	BUSHWALK – OATLEY PARK Walk around Oatley Park and Lime Kiln Bay Circuit, with some side trips. Start and finish at Oatley Park entrance. Approx 7-8 km.
Sat 13 Aug	0	LEADERS LUNCH- A THANK YOU & LEARNING EXPERIENCE A thank you lunch and a sharing of ideas on what we all have experienced as leaders and how to support current and new leaders into the future. 12.00- 3.00 Stapleton Rooms Sutherland (where the meetings are held) Catered.
Mon 15 Aug	2	ADOPT-A-TRACK WORK— ROYAL NATIONAL PARK We will be using secateurs and bush saws to clear walking tracks to make them more navigable & comfortable to walk on. There are always plenty of jobs to be done on our track days, large & small - something for everyone. Tools & gloves supplied. We have cleared 7 track over the past 5 years – we will be re-visiting these to do some maintenance. The tracks we have cleared are generally all in good condition. 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!
Mon 15 Aug	3	KAYAK - LOCAL WATERWAYS Meet at various places in the Shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity
Wed 17 Aug	4	BUSHWALK- ROYAL NAT PARK Forest Island, 3 (mini) peaks. Walk over Forest Island, also 2 nearby unnamed hills at the ends of Bola & Gomea Ridges. Interesting & seldom visited part of park. Mostly off track. 10km
Thur 18 Aug	3	MORNING WALK - RNP- AUDLEY TO GRAYS POINT LOOP This walk starts and ends at Bus Stop Flat, Audley. You will need a National Parks day/annual pass to park in the Royal National Park. We will walk beside the Hacking River, then up the track to Grays Point, along Florence Parade Fire Trail to Bungoona Lookout and down the Honeymoon Track back to Bus Stop Flat. There will be a mix of bush tracks and fire trails, with some steep sections, rock scrambling and steps. Optional coffee at Audley Dancehall Cafe after the walk. Approx 6-7km.
Sat 20 Aug	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
Sat 20 Aug	4	BUSHWALK- MACQUARIE PASS NAT PARK Top to bottom with car swap. Mt Murray Road, then follow an old road cutting through the cliffline. Then across Macquarie Pass and off track including to view some ruins of old settlements. Follow creeks to base of Macquarie Pass (with Clover Hill Road being crossed along the way. Lots of moderate rock scrambling in creeks with some slippery and loose

		rocks. Need to carry water despite being in creeks much of the time. Subject to Track being open.
Sun 21 Aug	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 Engine Track.
Tue 23 Aug	1	HISTORY STROLL- O'CONNEL TOWN / NEWTOWN Social history of the area incl visit to St Stephen's church & old Camperdown Cemetery perhaps have lunch in a local pub. Train to Newtown station. Distance -as far as you want to go
Wed 24 Aug	3/4	BUSHWALK- ROYAL NAT PARK Burgh/Lilyvale Loop walk. Starting and finishing at Garrawarra Farm, this loop walk links the Coast, Lilyvale and Burgh tracks so there will be two uphill climbs and some rough smaller tracks along the Hacking River. Some short off-track walking may be encountered.14-15km
Wed 24 Aug	3	CYCLING – CRONULLA TO BARANGAROO HEADLAND My favourite Sydney bike ride! No hills! Meet at Wanda and ride through Woolooware Bay, Botany Bay Foreshore, Alexandra Canal and Bourke Street cycleways. Cruise through Darling Harbour Foreshore to picnic at Barangaroo Headland Reserve overlooking Sydney Harbour Bridge. Return by train. Around 30 km.
Sat 27 Aug	3	CYCLE- FOUR BRIDGES. Can be a taxing ride for newbies but very enjoyable as mostly on safe cycleways. Coffee stop in Oatley. About 40 km
Mon 29 Aug	3	KAYAK – LOCAL WATERWAYS Meet at various places in the Shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity
Wed 31 Aug	3/4	BUSHWALK- DHARAWAL NAT PARK Seven Creeks Way- Dharawal is our less visited local National Park, but it is well worth a look. This is a walk with several small creek crossings including Iluka, Stokes and Four Mile. Short car shuffle required. 12km

Wed 31 Aug	GENERAL MEETING Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be advised
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SEPTEMBER 2022

Thur 1 Sep	3	BUSHWALK- ROYAL NAT PARK Curra Moors loop track -10km loop walk from Sir Bertram Stevens Drive to Eagle Rock and return. Hopefully a good display of spring wildflowers through the heath. No bookings before 2 weeks prior to the walk .
Sat 3 Sep	3	CYCLE- PARAMATTA TO TEMPE River cat to Parramatta and return along Parramatta River cycleway and Cooks River cycleway to Tempe. About 40 km
Wed 7 Sep	3/4	BUSHWALK – ROYAL NATIONAL PARK Grays Point to Bundeena. A favourite walk across the Royal. Catch the 975 Bus from near Kirrawee 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. Around 22 km.
Thur 8 Sep	3	BUSHWALK- BLUE MOUNTAINS NAT PARK- BLACKHEATH Govetts leap to Evans lookout, Grand Canyon loop to Neates Glen and return to Govetts Leap Enjoy the scenic views and wildflowers between Govetts leap & Evans Lookout then descend into the cooler Grand Canyon with magnificent rain forest vegetation and creek crossings. 150 metre ascent/descent on cliff top track & 350 metre ascent/ descent on the Grand Canyon Loop. Approx 12km all on-track

Sat 10 Sep	3	CYCLE- RHODES ALONG PARRAMATTA RIVER Rhodes up and down each side of Parramatta River using various bridges and the Putney Punt.
Sun 11 Sep	3	BUSHWALK- - BARREN GROUNDS NATURE RESERVE, BUDDEROO NATIONAL PARK Perfect time of the year to explore Barren Grounds in time to appreciate the wildflowers. The reserve has a number of short walks to explore which will well fill the day.
Wed 14 Sep	3	COASTAL WALK - KIAMA Walk from Love Bay Kiama to Werri Beach Gerringong for lunch at the Gerringong Bowlo Club - then will bus it back to our start....distance about 8km. If Werri lagoon is impassable on the day, we will do a 8km walk returning to our cars, and drive to Gerringong for lunch. Coastal scenery, not much shade.
Wed 14 Sep	4	BUSHWALK- ROYAL NAT PARK Engadine & Horseshoe Falls. Follow Engadine Creek down to Head of Navigation, checking out Engadine & Horseshoe Falls along the way. If you like a bit of off-track and possibly wet boots this might be for you. 12km
Thur 15 Sep	3	KAYAK - LOCAL WATERWAYS Meet at various places in the Shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity
Thur 15 Sep	3	MORNING WALK - RNP-FOREST LOOP AND PALONA CAVE This walk starts and ends at the Southern end of Lady Carrington Drive. You will need a National Parks day/annual pass to park in the Royal National Park. We will walk down the Forest Path beside the Hacking River and Bola Creek, along Lady Carrington Drive to Palona Brook then up to Palona Cave. We return along Lady Carrington Drive, with a big hill at the end! There will be a mix of bush tracks and fire trails, with some steep sections. Approx 8km.
Sat 17 Sep	3	CYCLE- KYEEMAGH TO ENFIELD Ride to Enfield nursery for morning tea along Cooks River cycleway. About 30 km
Sat 17- Sun 18 Sep	5	FULL PACK WALK- Budawang Nat Park Overnight walk ,Long Gully, Fire trail to saddle between Castle Head and Byangee Walls. Drop packs and climb to top of Byangee Walls. Then back to saddle and across the southern base of the Castle to join Kalia Ridge Track. Then to Cooyoyo Creek Camping area. The following day climb the Castle and return to cars via Kalia Ridge track. Some off track walking with short descents and ascents.
Wed 21 Sep	3	BUSHWALK- ROYAL NP- CURRA MOORS WILDFLOWER LOOP Spring is a wonderful time to walk the Curra Moors as there is an abundance of wild flowers and birds. The walk will follow the Curra Moors track to the coast, with some stunning views, then up to Curracurrong for a swim if it is warm. We will then loop back via the fire trail to return to the start. Some optional off-track for a short exploration for those interested. 10–11km
Fri 23 Sep	3/4	BUSHWALK- ROYAL NAT PARK Loftus to Bundeena. Meet a Loftus station and walk across the RNP via Audley, Winifred Falls and Maianbar to Bundeena then catch the ferry back to Cronulla 19km
Sat 24 Sep	3	CYCLE- BONDI JUNCTION A (mostly) gentle cycle to Bondi Jct for morning tea in either Centennial Park or Waverley. Quiet roads with bike lanes mostly plus some cycleways. About 40 km
Mon 26 Sep	2	ADOPT-A-TRACK WORK— ROYAL NATIONAL PARK We will be using secateurs and bush saws to clear walking tracks to make them more navigable & comfortable to walk on. There are always plenty of jobs to be done on our track days, large & small - something for everyone. Tools & gloves supplied. We have cleared 7 track over the past 5 years – we will be re-visiting these to do some maintenance. The tracks we have cleared are generally all in good condition. 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!
Tue 27 Sep	2/3	URBAN WALK- OATLEY PARK Walk across the Como/Oatley bridge then through streets and bushland to Oatley Park. Explore this large (50 hectares) area of natural bushland and learn a bit of its history. 12km. Do not contact before September.

Wed 28 Sep	3	BUSHWALK- ROYAL NAT PARK Bundeena to Marley return. Spring flowers and warmer weather. 10km "Suggest a walk initiative"
Mon 26 Sep	3	KAYAK - LOCAL WATERWAYS Meet at various places in the Shire or nearby at 8.30 & return by noon. Contact a few days before the event to confirm starting point. PFD compulsory, no sit ons please. This is a peer activity

Wed 28 Sep	GENERAL MEETING Sutherland Community Centre , Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert
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ADVANCE NOTICES

Thur 27 to 30 Oct	3	CYCLING IN CANBERRA Alix Palmer will lead two one day rides - one on Friday 28th and one on Saturday 29th. More details later. Book your own style of accommodation directly with Alivio Tourist Park for three nights, from Thursday night, checking out Sunday, or whatever suits. Numbers limited.
Sat 3 Dec	0	XMAS BREAKFAST Keep this date free for our annual Xmas catch up and free BBQ . More details next program. BBQ cooked and supplied by the club. A great way to connect and get to know new and old members.
Sun 29 Jan to Sun 5 Feb 2023	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. TRIP FULL.
Feb 2022	2,3,4	Expressions of Interest in a second week at Pygmy Possum Lodge. "Suggest a walk initiative"
Feb/Mar 2023	6	FULL PACK WALK- TASMANIA Eastern and/or Western Arthurs traverses depending on group interests and capabilities and any track closures. Demanding walking over up to nine days with fantastic scenery. Some exposed areas and potentially slippery rock in wet weather and muddy sections of track. Need to be a seasoned overnight walker used to rock scrambling and have high quality wet weather and thermal gear and cooking equipment (with no fires allowed in the area).

FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM EMAIL
info@sutherlandbushwalkers.org.au

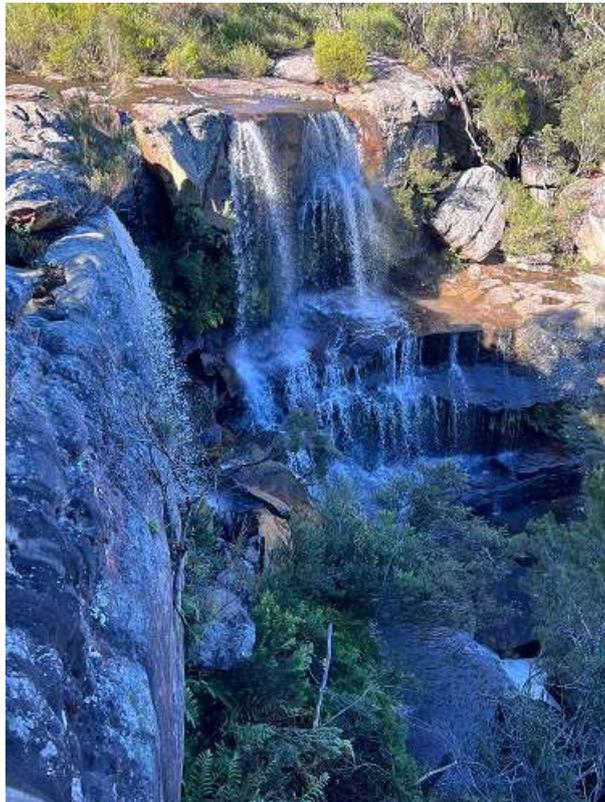




Wombat Creek Barrington Tops 3 May 22



Menai to Barden Ridge



Maddens Falls Darawal NP



Warrumbungles April 2022

