



**PROGRAM**

**October – November –December 2022**



**Conway Circuit Queensland July 2022  
Photo courtesy of Rebecca Rae**

**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](mailto: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>

**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.

**OCTOBER 2022**

**FOR INFORMATION ABOUT THE ACTIVITIES IN THIS PROGRAM SEND AN EMAIL TO:**  
[info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)

<b>Sun 2 Oct</b>	<b>3</b>	<b>BUSHWALK &amp; ART TRAIL - BUNDEENA</b> Bundeena Art Trail & Jibbon Aboriginal Carvings Walk . Opportunity to view both modern and ancient art creations, Jibbon is home to one of the best preserved and accessible Aboriginal rock art sites in Sydney .The Art Trail is a unique way in which to view art. Art lovers have the opportunity to visit artists studio, talk to the artists, see their galleries and studios.
<b>Wed 5 Oct</b>	<b>3</b>	<b>SYDNEY HARBOUR WALK</b> Circular Quay to Greenwich via Cahill Expressway, Harbour Bridge, Lavender Bay, Balls Head Reserve, Wollstonecraft & Greenwich Wharf. Approx 12km
<b>Wed 5 Oct</b>	<b>3</b>	<b>BUSHWALK- ROYAL NAT PARK - WODI TRACK AND KELLYS FALLS LOOP WALK</b> The Wodi track is a picturesque track behind Stanwell Park station. This walk follows this to the top of the escarpment where we head north to Kellys Falls before returning via the Princess Marina track to Stanwell tops. Some steep ascents and descents.13km
<b>Thur 6 Oct</b>	<b>2</b>	<b>MORNING WALK - BUNDEENA TO JIBBON HEAD LOOP</b> Starts and ends near Bundeena Wharf. Walk through Bundeena township to Jibbon Beach, visit the Aboriginal rock engravings, Jibbon Head Lookout and other features. Mix of walking on roads, sand, rock platforms and bush tracks. Optional coffee at Bundeena after the walk. Length 7.5km.
<b>Sat 8 Oct</b>	<b>3</b>	<b>RIDE TO DRUMMOYNE ABOUT 45 KILOMETRES</b> 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.
<b>Mon 10 Oct</b>	<b>3</b>	<b>KAYAK - LOCAL WATERWAYS</b> 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
<b>Tue 11 Oct</b>	<b>3</b>	<b>BUSHWALK-"A Taste of the Blue Mountains"</b> 3 or 4 shortish walks in the Blackheath area, all with spectacular views. Total 6-7km. Lunch at the Megalong Valley Teahouse. Please book before 3 October.
<b>Wed 12 Oct</b>	<b>3</b>	<b>SYDNEY HARBOUR</b> Spit Bridge to Manly – via Clontarf Reserve, Grotto Point Lighthouse, Dobroyd Head & Fairlight Beach Approx 11km
<b>Wed 12 Oct</b>	<b>3</b>	<b>BUSHWALK- ROYAL NAT PARK</b> Grays Point to Audley along Hacking River. Up Robertson Knoll then Uloola track to Wattle Forest. Return via Audley, Bridle track and Bungoona path to Grays Point. Approx 10-11 km.
<b>Sat 15 Oct</b>	<b>3</b>	<b>RIDE TO RUSHCUTTERS BAY ABOUT 40 KILOMETRES</b> Tempe to Rushcutters Bay for morning tea at Navy Bear cafe. Mostly safe cycleways and quiet roads.
<b>18 Oct to 3 Nov (18 Days)</b>	<b>3</b>	<b>HEYSEN TRAIL – TRIP 6 – BUSHWALKING</b> This trip continues south from Kuitpo Forest HQ where we finished in May 2022 to Victor Harbour and then west to finish the entire 1200 km Heysen Trail at Cape Jervis. Trip is a series of day walks with day packs. Stage 1 – Kuitpo to Victor Harbour staying at Caravan Parks, 91 km. Stage 2 – Victor Harbour to Cape Jervis car camping in national parks, 71 km. The 18 day plan includes days to sightsee and relocate. Prior participants to receive priority to again participate.
<b>Wed 19 Oct</b>	<b>3</b>	<b>BUSHWALK – GREAT NORTH WALK (PART)</b> Circular Quay to Lane Cove National Park, via Woolwich, Hunters Hill, then follows the Lane Cove River to Fairyland & Fullers Bridge. Approx 13km
<b>Sat 22 Oct</b>	<b>3</b>	<b>RIDE TO BARANGAROO ABOUT 50 KILOMETRES</b>

		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.
<b>Mon 24 Oct</b>	<b>3</b>	<b>KAYAK - LOCAL WATERWAYS</b> 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
<b>Wed 26 Oct</b>	<b>3</b>	<b>SYDNEY HARBOUR</b> Cremorne Wharf to Spit Bridge – via Taronga Zoo, Chowder Bay, and Balmoral Beach. Approx 15Km
<b>Wed 26 Oct</b>	<b>4</b>	<b>ROYAL NP, A TO Z - ANICE FALLS</b> Warumbul Road, Winifred Falls, Anice Falls, Saddle Creek, South West Arm, return via Winifred Falls. Includes a bit of off track and creek walking. 10 km Grade 4
<b>Wed 26 Oct</b>	<b>GENERAL MEETING</b> Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be advised	
<b>Thur 27 to 30 Oct</b>	<b>3</b>	<b>CYCLING IN CANBERRA</b> 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.
<b>Sat 29 Oct</b>	<b>3/4</b>	<b>BUSHWALK - ROYAL NAT PARK - AUDLEY LOOP</b> A loop walk from Audley via the Uloola, Karloo and Engadine Tracks plus the scenic Karloo and Olympic pools. A few steep ascents. 15KM
<b>Mon 31 Oct</b>		<b>TRACK WORK, ADOPT-A-TRACK – ROYAL NATIONAL PARK</b> We will be using secateurs and bush saws, 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!

**NOVEMBER 2022**

<b>Wed 2 Nov</b>	<b>3</b>	<b>BUSHWALK- STANWELL PARK</b> Scarborough Station to Otford via Seacliff Bridge, Stanwell Park, then the abandoned 1.6 km rail tunnel to Otford Station. 11km
<b>Wed 2 Nov</b>	<b>4</b>	<b>MT KURING-GAI N.P BUSHWALK</b> Cowan to Taffy's Rock – via Jerusalem Bay - several ascents & descents of approx 220m, Several kilometres along rough track. Approx 16km Map 1:25 000 COWAN
<b>Thur 3 Nov</b>	<b>3</b>	<b>MORNING WALK - COMO HERITAGE TRAIL &amp; SURROUNDS</b> Starts and ends at Como Pleasure Grounds. This trail was established by SSC in 2019 as a self-guided walk around the local streets and bushland of Como. Interpretive signs highlight local features and historical stories. Optional coffee at Como after the walk. Length 5km.
<b>Sat 5 Nov</b>	<b>3</b>	<b>RIDE TO BONDI JCT/CENTENNIAL PARK ABOUT 40 KILOMETRES GRADE 3</b> 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.
<b>Sat 5 Nov</b>	<b>2/3</b>	<b>URBAN WALK KIAMA</b> Starting from the train station, see the major tourist sights in Kiama: the Blowhole, Kiama Harbour, Cemetery, Spring Creek Wetlands, Bonaira Native Gardens, Little Blowhole, Kendalls Beach, Surf Beach, Bombo Beach.....and have lunch BYO at Irene and Barry's home, finishing up at a coffee shop somewhere near the station. Walk anything between 6 to 10k....details to be negotiated with attendees. Some hills, but nothing too steep!
<b>Mon 7 Nov</b>	<b>3</b>	<b>KAYAK - LOCAL WATERWAYS</b> 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
<b>Wed 9 Nov</b>	<b>4</b>	<b>BUSHWALK- ROYAL NAT PARK- LOFTUS TO ENGADINE VIA HORSESHOE FALLS</b> This walk will start at Loftus station and drop down to Audley. We then follow the Engadine track to the head of navigation for Kangaroo Ck. The next section will be off track following a foot pad to Horseshoe Falls and Engadine Falls, finishing up at Engadine station.12km

<b>Wed 9 Nov</b>	<b>3</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Leura Area – The Pinnacles, Mount Stead, Lockleys Pylon, Du Faur Head & return 8-9km Map: 1:25 000 KATOOMBA & MT WILSON
<b>Thur 10 Nov</b>	<b>2</b>	<b>BUSHWALK -ROYAL NATIONAL PARK</b> Bundeena to Little Marley. Starting from Beachcomber Ave. Bundeena. Follow the Coastal track to Marley then on to Little Marley and return the same way. Moderately undulating, all on track with some beach walking. Approx 11.5 km.
<b>Wed 16 Nov</b>	<b>3</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Burra Korain Head – A ridge top walk with some sections of rough & indistinct track. With great views of the Grose Valley from the Head Approx 12km Map: 1:25 000 MOUNT WILSON
<b>Wed 16 Nov</b>	<b>4</b>	<b>ROYAL NP, A TO Z – BLUE POOLS</b> Waterfall Station, Uloola Track, Callaghans Tor, Blue Pools, Uloola Falls, Uloola Brook, Heathcote Station. About 2km of ill-defined track, 2km of creek walking. 15km
<b>Thur 17 Nov</b>	<b>2</b>	<b>URBAN WALK -SUTHERLAND SHIRE</b> Enjoy Sir Joseph Banks Native Garden in spring. We will walk from Gynea over the Highway and wander through these native gardens to discover what is flowing in spring. Leaving by Bates Drive we will loop back and visit Hazelhurst Regional Gallery to look at the current exhibition.
<b>Wed 23 Nov</b>	<b>4</b>	<b>BEROWRA REGIONAL PARK BUSHWALK</b> Cowan to Brooklyn via Berowra Waters Part of the Great North Walk Approx 13km includes steep descent and ascent Map 1:25 000 COWAN
<b>Wed 23 Nov</b>	<b>3/4</b>	<b>ROYAL NP, A TO Z - COURANGA TRACK</b> A cross section of Royal from west to east; a variety of vegetation, landforms & a couple of changes of elevation. Uloola Track, Couranga Track, Lady Carrington Drive, Wallumarra Track, Curra Moors Track, Coast Track. Car shuffle required. 18km.
<b>Thur 24 Nov</b>	<b>3</b>	<b>KAYAK - LOCAL WATERWAYS</b> 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
<b>Sat 26 Nov</b>	<b>3</b>	<b>RIDE TO RIVERWOOD WETLANDS ABOUT 50 KILOMETRES</b> 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.
<b>Wed 30 Nov</b>	<b>3</b>	<b>BEACH WALK - SEVEN MILE BEACH - GERROA</b> Starting from Shoalhaven Heads, just after low tide. A fabulous remote beach walk north to Gerroa in the Seven Mile Beach NP. Swim opportunities. Car shuffle required. 13KM.
<b>Wed 30 Nov</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Dalpura Canyon & Ridge – Follow the exit route of the canyon to explore the end reaches, then skirt the waterfall and proceed off track to ascend a break in the cliff line of the Grose Valley onto Dalpura Ridge - Approx 8km Map: 1:25 000 MOUNT WILSON

<b>Wed 30 Nov</b>	<b>GENERAL MEETING</b> Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be advised
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## DECEMBER 2022

<b>Thur 1 Dec</b>	<b>2</b>	<b>MORNING WALK - CRONULLA PENINSULA CIRCUIT</b> Starts and ends near Cronulla Wharf. We will walk around the peninsula at low tide - local landmarks will be highlighted. Mostly on suburban paths, but also some sections in shallow water, on sand and rock platforms. Water shoes/sandals recommended. Optional coffee at Cronulla after the walk. Length 6.5km.
<b>Sat 3 Dec</b>	<b>0</b>	<b>XMAS BREAKFAST</b> 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.
<b>Sat 3 Dec</b>	<b>3</b>	<b>CYCLE PARRAMATTA to TEMPE ABOUT 40 KM</b> River cat to Parramatta and return along Parramatta River cycleway and Cooks River cycleway to Tempe.

<b>Tue 6 Dec</b>	<b>3</b>	<b>BUSHWALK &amp; SWIM- HEATHCOTE NAT PARK</b> Starting at Waterfall station a short street walk will take us to the Bullawarring track which we will follow to Kingfisher Pool for morning tea. Then we will continue on to Lake Eckersley and a scramble around to the camp ground for lunch and time for a swim. We will retrace our steps to the Pipeline track and up the Friendly track to Heathcote station. Nice bush tracks and creeks plus steps and ups and downs. 13 km approx.
<b>Wed 7 Dec</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Victoria Brook – descend a ridge to the Long Undercut on the Brook, then proceed down to a Waterfall and ascend thru a break in the cliff line some 100m further down the Brook. 70% off track with steep descent/ascent and wet feet guaranteed Approx 8 km Map: 1:25 000 MOUNT WILSON
<b>Wed 7 Dec</b>	$\frac{3}{4}$	<b>BUSHWALK- WANDER AROUND THE WONNIE</b> The Needles has long been a part of local history and there are many tracks and negotiable routes in this area. Winnells Wander will be traversed, some sections may be off-track or overgrown routes. Maybe a swim at lunchtime!
<b>Thur 8 Dec</b>	<b>3</b>	<b>KAYAK – LOCAL WATERWAYS</b> 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
<b>Sat 10 Dec</b>	<b>2</b>	<b>CYCLE RHODES</b> Taking a punt! About 30 kilometres. Ride from Rhodes up and down each side of Parramatta River using various bridges and the Putney Punt.
<b>Tue 13 Dec</b>	<b>3</b>	<b>BUSHWALK- ROYAL NAT PARK</b> Lovely circuit walk, from Heathcote station to Heathcote, along Uloola track down to Karloo pool for a swim, short off track to Olympic pool for a swim and then short scramble up Bottle Forest trail, back to station. Tree roots, slippery surfaces. moderate pace. Approx. 16kms Map RNP
<b>Wed 14 Dec</b>	<b>3/4</b>	<b>BUSHWALK- ROYAL NAT PARK</b> Otford Gap down to Bulgo Beach, rock hop to Werrong Beach, off track up the north ridge to the coast track then back to Otford Gap. 10km
<b>Wed 14 Dec</b>	<b>3</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Follow an unnamed creek between Wongarra Hill and Oranga Ridge. Turn up Oranga Gully to ascend Oranga Ridge. Follow the ridge to the Grose Valley then return to Bells Line of Road, Wet feet and rock scrambling - mostly off track, Approx 7km Map: 1:25 000 MOUNT WILSON
<b>Sat 17 Dec</b>	<b>3/4</b>	<b>BUSHWALK - BEROWRA TO MT KU-RING-GAI</b> A scenic walk on the Berowra track and then following Cowan Creek to a nice waterfront lunch spot. A steep ascent after lunch up to Mt Ku-ring-gai station. Our club haven't walked these tracks for quite a while. 15KM.
<b>Sat 17 Dec</b>	<b>3</b>	<b>CYCLE- CHRISTMAS GATHERING</b> Ride from 16 Foot Sailing Club to Dulwich Hill About 40 ks Grade 3 A flat ride with one hill up to Dulwich Hill (funny about that!) for take away coffee in Johnson Park. Bring a plate/carton/Tupperware of goodies so we can enjoy a pre-Christmas get together.
<b>Wed 21 Dec</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Centennial Glen Creek, via Walls Ledge, Slippery Dip Falls then descend an indistinct track towards the Megalong Valley. Then ascend to Porters Pass and on to Lambert Lookout & Fort Rock. 9km approx Map: 1:25 000 KATOOMBA
<b>Thur 22 Dec</b>	<b>3</b>	<b>KAYAK - LOCAL WATERWAYS</b> 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
<b>Wed 28 Dec</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Crayfish Creek – Descend from Burra Korain Ridge into the creek and follow for approx 5 km before ascending out. Wet feet guaranteed with several short swims likely. Approx 12km Map: 1:25 000 MOUNT WILSON

<b>Wed 28 Dec</b>	<b>3/4</b>	<b>ROYAL NP – FLAT ROCK</b> A bit of easy post-Christmas/pre NYE walking, some swimming and perhaps some lazing about. We will walk along a short section of South West Arm Creek and enjoy any water we can find! 5km
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<b>ADVANCE NOTICES</b>		
<b>Sun 29 Jan to Sun 5 Feb 2023</b>	<b>2,3,4</b>	<b>BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS</b> 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. <b>TRIP FULL.</b>
<b>Feb 5- 12 2023</b>	<b>2,3,4</b>	<b>BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS</b> As advertised in the latest program, a 2nd week of alpine walking activities based at Pygmy Possum Lodge has now been confirmed. Room rates Approx Couple \$666, Twin Share \$333 each, Single \$433. Rooms have ensuite and meals are self catering. This 2nd week is filling fast. Payment in September. If you have already expressed interest, there is no need to confirm again. <b>Please email Ken to book your place ASAP.</b>
<b>Feb 2023</b>	<b>4</b>	<b>FULL PACK HIKE- GREEN GULLY -OXLEY WILD RIVERS NAT PARK</b> 5 Days, 65 km loop hut to hut. Challenging wilderness experience with a rich pastoral history. Experienced walkers only. <b>TRIP FULL- WAIT LIST ONLY</b>
<b>Feb/Mar 2023</b>	<b>6</b>	<b>FULL PACK WALK- TASMANIA</b> 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).
<b>17 to 22 Mar 2023</b>	<b>2-4</b>	<b>CAR CAMP- BUSHWALKING</b> Staying at Newnes Hotel Campground, which is suitable for tents, trailers and caravans. Toilets and showers available, bring everything else. There are cabins available. Plan is for enjoying easy to medium difficulty day walks which leave from the campground. With a day trip to ascend Patoney's Crown. If someone is willing to navigate and lead a walk up Donkey's Mountain, reportedly well worth the exercise. Cost is \$90 per car. If anyone is interested in the cabins, please organise this yourself via the Newnes Hotel website.
<b>Tues 21-24 Mar 2023</b>	<b>3</b>	<b>CAR CAMP- DUNNS SWAMP</b> Dunns Swamp in Wollemi National Park camping by a beautiful lake suitable for tents, campers and caravans, four hours drive from Sutherland via Lithgow and Kandos. Walking, swimming and paddling. Bring any unpowered watercraft such as kayaks, canoes or sit-on craft.

**FOR INFORMATION ABOUT THE ACTIVITIES IN THIS PROGRAM SEND AN EMAIL TO:**  
[info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)

