



PROGRAM

April – May – June 2023



Morning tea along the Snowy River
Kosciusko NP

PO BOX 250 SUTHERLAND NSW 1499
ABN 28 780 135 294

<http://www.sutherlandbushwalkers.org.au>

INTRODUCTION

Sutherland Bushwalkers Club provides opportunities for safe bush sports activities. Membership is open to all 18 years of age and over and currently stands at approx. 300 members. The club meets on the last Wednesday of each month (except Jan and Dec) at the Sutherland Council Stapleton Avenue Community Centre, cnr. Stapleton Ave & Belmont St, Sutherland at **7.00 pm**. For membership enquiries and/or further information, see the club's website, email us at info@sutherlandbushwalkers.org.au, or write to us at our post office box.

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 recommended. Where transport is by car, travel costs are shared between passengers. The following formula is suggested for sharing transport costs: calculate contribution of each person by doubling the cost of fuel and dividing by the number of occupants, including the driver, and share equally any additional costs, eg entrance fees, road tolls etc.

GRADES

One day walks: Start with a Grade 1 or grade 2 walk if you haven't been on a full day bushwalk before. Start with a Grade 3 walk if you have some experience.

O/night walks: These require more experience and fitness than day walks of an equivalent grade so try some day walks of a higher grade before attempting an o/night walk.

All activities: Grading is subjective and cannot take into account all possible factors so if you are uncertain about the grade, the experience and fitness required or the terrain, ask for advice. Club activities are generally graded on a scale of 1 to 6: **On an activity Graded 4 or above you could encounter off track sections and/or exposed areas at any time. Some activities come with more risk than others. An Activity Organiser may exclude any participant who may have difficulty completing the planned activity.**

Easy (1) Opportunity for large number of walkers, including those with reduced walking ability to walk on well-marked and even tracks. Tracks are man-made and may have a few steps. Should not be steep. Suitable for beginners. Distance should not exceed 10 km.

Easy/Medium (2) Easy walk, mostly on tracks of low gradient. Opportunity to walk easily in natural environments on well-marked tracks. Tracks should not be steep. Distance should not exceed 15 km.

Medium (3) Some hilly sections &/or rougher terrain. Opportunity to walk on defined and distinct tracks, with some steep sections you will require a reasonable level of fitness. Distance should not exceed 20 km.

Medium/Hard (4) Steeper, rougher terrain & may have off-track sections (up to 50% or more, depending on terrain) or a longer distance track walk. Opportunity to explore and discover relatively undisturbed natural environments, mostly along defined and distinct tracks. Tracks can be steep. There may be short sections of rock scrambling involved. Activity Organisers should have map reading abilities and/or the ability to use a compass. Distance depends on circumstances. Not suitable for beginners.

Hard (5-6) Strenuous walking over difficult terrain, much of which can be unfamiliar. Only suitable for fit and experienced walkers possessing navigation skills. Many people who haven't walked off-track before find these walks extremely difficult.

The descriptions above refer only to bushwalking trips. Where these grades are applied to other activities (eg cycling), the descriptions no longer apply but a similar level of fitness and experience is required. More information is available on our web site.

SAFE BUSHWALKING, SEARCH AND RESCUE

Safety Before and After Your Activity

Participants: Leave a description of activity with a friend or authority and advise them when you are expected to return. Leave the name and a contact number of the Activity Organiser or a Club Committee Member in case they have any concerns. On your return let your contact know you are back. It is recommended to carry a Personal Emergency Information Sheet, available on the club website.

Activity Organisers and Participants: Consider carrying a PLB (personal locator beacon). PLB's are used for serious emergencies or life-threatening situations.

In the event of being lost or a medical incident first call is to **Emergency services on Triple Zero 000** The Emergency Services will initiate [NSW SES BSAR \(NSW SES Bush Search and Rescue\)](#), which is a specialist unit of the SES, if required.

Handy App for All: The **Smartphone App *Emergency +*** uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide location details required to mobilise emergency services. ***Emergency+***

also includes SES and Police Assistance Line numbers as options, so that non-emergency calls are made to the most appropriate number.

TRIP REPORT

All Activity Organisers must complete a Trip Report and a Risk Waiver form for the activity. Forms can be downloaded from the Club's website. These must be sent to the Club Secretary (address on form) in a timely manner after the activity.

EQUIPMENT

On camping activities provide your own camping equipment or arrange to share. Activity Organisers will advise on required equipment. Beginners are advised not to buy expensive equipment without advice. Club equipment, including camping gear, backpacks, safety equipment and some maps, is available for loan. At least 14 days' notice should be given if you wish to borrow any equipment. For further information on equipment, contact the Equipment Officer (contact details on page 11). The club has two personal locator beacons (PLB) for use on activities. PLBs are also available from some Police Stations, Visitor Information Centres and NPWS Offices.

GUIDELINES FOR PARTICIPANTS ON CLUB ACTIVITIES

1	Please adhere to all the current club COVID-19 guidelines available via our website Forms Information tab.
2	Ensure you are fit enough for the degree of difficulty of the trip. If in doubt, discuss it with the Activity Organiser prior to the trip.
3	Carry sufficient water for conditions of the trip – generally a minimum of 1 or 2 litres, or more in hotter conditions.
4	Ensure you are suitably equipped including personal medication, first aid kit, sunscreen, hat, food (bring some spare food in case the trip is delayed due to unforeseen circumstances), rain gear, whistle, torch & appropriate clothing & footwear. A map & compass may also enhance your enjoyment of the trip. Some activities, such as cycling, require special equipment, eg bright clothing, helmet, pump, spare tube & tools.
5	Follow instructions. The Activity Organiser has your welfare at heart. Be courteous, co-operative and helpful to others in the group.
6	You should not leave the activity unless pre-arranged, but if it is necessary, you must advise the Activity Organiser and, if requested, sign off on the attendance list. The Activity Organiser may decide to send someone to accompany you.
7	Do not allow yourself to become separated from the group. If experiencing difficulty such as pace, blisters or shortage of water, advise the Activity Organiser immediately. Participants should maintain a line of sight with people in front & behind them. If nature calls, leave your pack on the track to indicate your intentions.
8	Ensure there is sufficient space between yourself and the person in front so that branches flicking back do not injure you.
9	Do not proceed past track junctions until advised to do so.
10	Do not fall behind the person appointed "tail" for any reason without advising the "tail".
11	Ensure the Activity Organiser is aware that you have made it to the end of the activity.
12	Ensure all vehicles start before leaving for home.
13	Thank the Activity Organiser & bring a sense of humour & adventure. The Activity Organisers are all volunteers, so please remember to be patient and kind.
14	All participants share responsibility (or are prepared to) for the orderly conduct and safety of any club activity in which they participate. This extends to helping others in an emergency. Peer activities are activities where no instructional or guiding structure exists and it is the responsibility of each participant to ensure the suitability of their equipment and themselves for the activity. All kayaking and canoeing activities are peer activities.

NEW ACTIVITY ORGANISERS, NEW ACTIVITIES AND THE NEXT PROGRAM

We are always in need of more Activity Organisers, new activities and new ideas. If you have any suggestions or would like to contribute to the program, contact the Activity Collector or the Program Secretary.

The program activities can also be viewed in the members area of the club website. For security purposes names and phone numbers are deleted on the public version.

PERSONAL ACCIDENT INSURANCE

Financial club members are covered under blanket insurance policies taken out by Bushwalking Australia Inc. The Personal Accident Insurance covers some out of pocket expenses. The policies cover activities undertaken in Australia and New Zealand if those activities are included in our activity program. Additional club activities will only be covered if details of the activity are given to a committee member by email, or in writing prior to the start of the activity. Members participating in activities run by other clubs that are members of a body included in the blanket insurance, will be covered. Activity Organisers should report all incidents involving injury in the Post Trip Incident Report section of the Trip Report.

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

FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM EMAIL

info@sutherlandbushwalkers.org.au

SUMMER WEATHER ALERT: Caution High Temps; Hot days may be a health and safety issue
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 2023

Sat 1 Apr	3	CYCLE- THIRROUL TO OAK FLATS Meeting at Thirroul Beach for a ride along cycleway to Wollongong and onwards to Oak Flats station for return train to Thirroul followed by lunch in the park at Thirroul Beach. Morning tea somewhere along the ride. About 40km
Tue 4 Apr	3	BUSHWALK_ ROYAL NATIONAL PARK Grays Point trailhead to Bundeena, with ferry crossing to Cronulla. This grade 3 walk will start from GP, walking down to Audley (coffee?) then via the Winifred falls track (and a possible swim there) to Mainbar and then Bundeena. We can refresh with a drink at the Bundeena shops before taking the ferry over to Cronulla. 18km with significant hills. Approx 7hrs.
Wed 5 Apr	4	BLUE MOUNTAINS BUSHWALK Sharks Head Cave & Lost World Lookout – Descend from Martins Lookout to Glenbrook Creek, then off track up the creek to a point where we pick a route leading to the cave. Then rock scrambling through the cliff line - some exposure (Agility & fitness required). Then Bunya Lookout & back to Martins Lookout. 8Km approx Map: 1:25 000 SPRINGWOOD
Wed 5 Apr	3/4	BUSHWALK- ROYAL NP - A TO Z -GOGERLY TRIG This is a walk to enjoy the beautiful views over Port Hacking & appreciate the surrounding bush at a leisurely pace. Plus two trigs. We will walk to Gundamaian, Deer Park & Warumbul. Some overgrown tracks.10km.
Thur 6 Apr		KAYAK- NEW PADDLERS HIRE AND TRY We will meet at Prince Edward park at 8.30 and new paddlers could hire kayaks for 3 hours from Woronora Boatshed and return by noon. This is a peer activity PFD compulsory.
Fri 7 Apr	3	BUSHWALK- BLUE MOUNTAINS NATIONAL PARK Hazelbrook- Adelina Falls- Terrace Falls- Hazelbrook. This walking area is a naturalist's delight. It's been far too long since I've followed this track. Time for a revisit to see the many falls. 10km
Sat 8 Apr	3	CYCLE -TO PYRMONT AND BARANGAROO Tempe to Pyrmont, Barangaroo and Walsh Bay for morning tea at one or the other place. Returning to Tempe via the fish markets, Redfern and Sydney Park. Some road riding but fairly safe and quiet. About 40km
Wed.12 Apr – Wed. 18 Apr	4	BIKE RIDE - CENTRAL WEST CYCLE TRAIL Trip full. Waiting list available. Mountain bike or Hybrid – with mountain bike set up. Starting at Gulgong, then to Wellington, Dubbo, Ballimore, Mendooran, Dunedoo and ending at Gulgong. Bike must be set up for road use, lights, spare tubes, etc.

		Combination of unsealed service tracks, country backroads and Highway sections to access towns. Trip supported.
Wed 12 Apr	4	BUSHWALK- HEATHCOTE NP - BOOBERA POOL Mirang Fire Trail & Spion Kop, Abaroo Track, Heathcote Creek, Goanna Track and on to Boobera Pool (Kingdom Come). A large pool on the 'Wonnie' & historic bushwalkers camp site. Sections of off track, we will follow the river for a short section to Eckersley Causeway, a bit of up and down. 13km. Please note new email address
Wed 12 Apr	4	LOWER BLUE MOUNTAINS BUSHWALK Lapstone Station to Glenbrook Station Via Glenbrook Gorge, Jellybean Pool, Blue Pool. Mostly off track with some rock scrambling & creek crossing. Approx 14Km Map SPRINGWOOD & PENRITH
Fri 14 Apr	3	BUSHWALK - BARDEN RIDGE Follow the Blue Walking Track (opposite ANSTO at Barden Ridge) down to Bardens Creek and then on to Mill Creek. Return via a different route. Lovely vegetation and maybe we can find the elusive aboriginal engravings! 11 km.
Sat 15 Apr	3	CYCLE- 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 40km
Mon 17 Apr		TRACK WORK, ADOPT-A-TRACK – ROYAL NP Engadine Track is where we will be working this time. We will be using secateurs and bush saws to clear the track to make it 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. Please come along if you are interested. You will have a fun morning in the bush & go home satisfied that you have made a contribution to Royal NP.
Tue 18 Apr	3	BUSHWALK- ROYAL NATIONAL PARK Audley via Uloola falls to (nearly) Waterfall and return via Couranga track and forest path. This walk will start from Audley, looping round toward Waterfall before taking the Couranga track and Forest Path and finally Lady Carrington drive to return to Audley. Possible swim. Hills, creek crossing, 25km, approx 8 hrs.
Wed 19 Apr	4	BUSHWALK- ROYAL NP - A TO Z -HEATHCOTE BROOK Heathcote to Heathcote via Goondera Dam, Goondera Brook, Kangaroo Creek, Karloo Pool & crossing Heathcote Brook on our way out. A fairly solid day, with slow going on a scrubby creek. Come prepared for wet feet. 12 km. Please note new email address
Wed 19 Apr	4	BUNGONIA NATIONAL PARK BUSHWALK White Track via Mount Ayre to Hermit Flat, then up Bungonia Gorge to ascend via the Red Track (back to White Track). Rough & steep section of track. Off track in Bungonia Gorge Map: 1:25 000 CAOURA
Thur 20 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

Sat 22 Apr	3	CYCLE- 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 30 kms
Wed 26 Apr	3	BUSHWALK - CREMORNE POINT TO BALMORAL BEACH Starting at Circular Quay station we catch the ferry to Cremorne Point wharf where we will commence walking around Sydney harbour. We walk past Mosman, the zoo, Sirius Cove, Bradleys Head, Clifton Gardens then onto Balmoral Beach where we will catch the bus back to Wynyard station. We also visit Curlew Camp where artists such as Streeton spent many hours. If you dont like steps this walk isnt for you. Nice bush tracks, creeks and harbour views plus steps and ups and downs. 12 km approx.

Wed 26 Apr	GENERAL MEETING Sutherland Community Centre , Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert.
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Thur 27 Apr	3	BONDI to MANLY WALK - SECTION 3 DOUBLE BAY TO CIRCULAR QUAY. Commencing at Edgcliffe Station through Double Bay, Potts Point and Rushcutters Bay. Approx 12km.
Fri 28 to Sat 29 Apr	4	PACK CAMPING OVERNIGHT- BUNGONIA NATIONAL PARK The plan is to walk the red track through the slot canyon. 3.8km and this takes up to 5 hours return. Hard rated grade [3-4] Climbing Over and under boulders and a very steep walk out. This is to be done on the Friday. Saturday-walk the yellow track out to Jerrara Canyon lookout 2.5km return. Walk the green track 6.7km - 3 hour return. Also possible maybe a walk down to the Shoalhaven river on the white track. Camping sites need to be booked
Sat 29 Apr	4	CYCLE- FROM SAILING CLUB TAREN POINT TO DULWICH HILL Another fairly flat ride around Botany Bay and then Cooks River cycleway up to Dulwich Hill for morning tea. About 45km

May 2023

Mon 1 May to Wed 3 May 2023	2/3	BUSH / URBAN WALKING - NEWCASTLE - (2 nights) Day 1: Walk along tracks in Rumbalara Reserve at Gosford (6 km). Maybe a brief historical walk in Newcastle in the afternoon, coffee, or a swim. Day 2: Walk Newcastle to Merewether Beach along the scenic 5km Bathers Way Coastal Walk (paved). Then continue along the Yuelarbah bush track through Glenrock SCA to the Fernleigh track (6 km), ending at the historic rail tunnel. Bus back to Newcastle. Option: stop at Merewether Beach and walk or bus back. Day 3: Short walk before travelling home. Expressions of interest now (to Margaret). For those wanting to stay at Newcastle Beach YHA accommodation, it needs to be reserved (no payment needed now). Joint leaders.
Tue 2 May	3	BUSHWALK- ROYAL NATIONAL PARK Kurnell to Greenhills via Cape Solander. This walk will involve meeting at Greenhills to catch a bus to Kurnell then walking back to Greenhills via Kamay Botany Bay NP past Cape Solander and Cape Bailey Lighthouse along the cliffs and then along the beach at low tide. This is approximately 11 km walking plus the bus journey so it will take approx 4 hours.

Wed 3 May	3	BUSHWALK- LUCAS HEIGHTS AND BARDEN CK A stroll through the bush to the west of New Illawarra Rd on trails originally developed by ANSTO. The trail follows Barden Ck down to the king ferns and the junction of Mill Ck then returns. 12km
Wed 3 May	4-5	BLUE MOUNTAINS BUSHWALK Kamarah Bluffs via Canyon Colliery Rd (some exposure crossing landslide). Explore Kamarah Gully & Koombanda Brook. Ascend Kamarah Ridge & proceed to point overlooking Jungaburra Brook. 70% off track. Approx 12km Map: 1:25 000 MOUNT WILSON
Wed 3 - Sat 6 May	3	CAR CAMP - NAMADGI NP, ACT - DAY WALKS A car camp staying at the Honeysuckle Campground. A good choice of day walks to choose from with some history, wildlife and great scenery. Three and a half hours from Sydney. Contact the organiser for campsite booking details.
Thur 4 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
Thur 4 May	3	MORNING WALK - ROBERTSON KNOLL Audley, Robertson Knoll, Uloola Track, Wattle Forest, then return to Audley along the river. A short walk with some steep sections and great views over the Hacking River. Optional coffee after the walk. Length approx 8 km.
Sat 6 May	4	CYCLE- FOUR BRIDGES IN AND OUT OF THE SHIRE Como to Menai, Alfords Point bridge, Salt Pan Creek and then through Oatley and over Como bridge to return. Not for the faint hearted, this is fairly taxing. About 40 km.
Sun 7 May	3-4	BUSHWALK_ BLUE MOUNTAINS NATIONAL PARK Springwood- Sassafras Gully Loop 10.5km circuit. A very shaded walk starting near Springwood station following Magdala Creek to perch ponds-then Sassafras Creek and back to the cars. Quite a good work out along a very pretty track.
Fri 12 May	4	BUSHWALK- ROYAL NATIONAL PARK Loftus to Bundeena .Walk from Loftus station down to Audley and across the RNP via Winifred Falls, Anice Falls and Maianbar to Bundeena. Then catch the ferry to Cronulla. About 19km
Sat 13 May	3	CYCLE- TO 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 13 to Sun 14 May	5	FULL PACK WALK- BLUE MOUNTAINS NAT PARK Golden Stairs to Ruined Castle. Then off track down to Cedar Creek and follow the Creek down to a camping area. Then up fire trails to Narrow Neck and return to the top of the Golden Stairs. Includes scrambling over boulders and potentially slippery areas but some lovely scenery and a sense of exploration even though many a party has covered this ground. Jamison
Wed 17 May	4	NATTAI NATIONAL PARK BUSHWALK Descent The Slott Track. Follow the Nattai River to Emmetts Flat. Ascend Starlight's Track. Possible river crossings. Approx 15km Map: 1:25 000 8929-2N HILL TOP

Wed 17 May	2/3	COAST WALK – RANDWICK – COOGEE - BONDI Catch the Train and Light Rail to Randwick then walk downhill to Coogee Beach and follow the beautiful coast walk to Bondi Beach. Picnic lunch by the Sea. Catch the Bus or Walk to Bondi Junction and Train home. Around 8km.
Fri 19 May	3-4	BUSHWALK- ILLAWARRA ESCARPMENT WALK Starting at Austinmer Station a big hill climb up to Sublime Point- many stairs and ladders. Good training. Follow the forest track all the way through to Coalcliff Station. Lots of beautiful views with beautiful forest paths. Train back to the Shire. 11kms
Sat 20 May	3	CYCLE- TO STRATHFIELD An easy flat ride from Tempe to Strathfield for morning tea. Very safe as along Cooks River cycleway for entire length. About 40km
Mon 22 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
Wed 24 May	4	BUSHWALK- BLUE MTNS NP Red Hands Cave, Kanuka Brook Blue Pool carpark, Red Hands Cave, fire trail to Kanuka Brook, camping cave. Then follow Kanuka Brook to Glenbrook Creek and Blue Pool. 12km. Please note new email address
Sat 27 May	3	CYCLE- TO RUSHCUTTERS BAY Tempe to Rushcutters Bay mostly via cycleways plus some quiet roads with one steep hill on return journey. Return via Kingsford which involves road riding but mostly on cycleway lane on the roadway. About 30km
Sun 28 May	3	COASTAL WALK -KIAMA Walk from Love Bay Kiama (optional start Kiama Station) to Werri Beach Bowling Club at Gerringong. They will bus us back to the start after lunch about 8/9km undulating.(If Kiama Station start, add a further 3km). If Werri Lagoon is impassable due to weather, will do a there and back walk, then drive to Gerringong Bowlo for lunch. Coastal scenery with not much shade.
Mon 29 May		TRACK WORK, ADOPT-A-TRACK – ROYAL NP Engadine Track is where we will be working this time. We will be using secateurs and bush saws to clear the track to make it 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. Please come along if you are interested. You will have a fun morning in the bush & go home satisfied that you have made a contribution to Royal NP.
Wed 31 May	3	BUSHWALK - HEATHCOTE TO WATERFALL VIA SCOUTERS MOUNTAIN This walk follows recognised and local tracks, away from the pipeline, from Heathcote to Waterfall, climbing Scouters Mountain (150 m ascent) for some views and returning to the pipeline track near the Bullawarring track which we will follow back to Waterfall.14km
Wed 31 May		GENERAL MEETING Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert.

June 2023

Thur 1 June	3	MORNING WALK - KARLOO & OLYMPIC POOLS Heathcote Station, Karloo Pool, Kangaroo Creek, Olympic Pool, return via Bottle Forest Trail. A short scenic walk with some steep sections. Optional coffee after the walk. Length approx 8 km.
Sat 3 June	3	CYCLE- To PYRMONT TO BARANGAROO Tempe to Pyrmont, Barangaroo and Walsh Bay for morning tea at one or the other location. Returning to Tempe via the fish markets, Redfern and Sydney Park. Some road riding but fairly safe and quiet. About 40km
Mon 5 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
Wed 7 Jun	3	COAST WALK – ROYAL NATIONAL PARK – LITTLE MARLEY Bundeena Ferry walk to Little Marley return. Enjoy the spectacular Coast Walk in the Royal. Catch the Bundeena Ferry from Cronulla then walk through Bundeena, Balconies Lookout, Big Marley and Little Marley. Return and catch Bundeena Ferry home. Around 14 km.
Wed 7 Jun	4	ILLAWARRA BUSHWALK Stanwell Park Station to Thirroul Station via Wodi Wodi, Forest Track- some rough patches. Approx 150m descent at Sublime Point (including metal stairs). Approx 19km Maps: 1:25 000 APPIN & BULLI
Sat 10 June	3	CYCLE -TO 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
Wed 14 June	3	BUSHWALK-ROYAL NP - A TO Z - IRONBARK FLAT Ironbark Flat, Pool Flat then follow Hacking River to mouth of Muddy Creek. Follow Muddy Creek upstream to Winifred Falls Track.12 km. Please note new email address
Sat 17 June	4	CYCLE- FROM PARRAMATTA TO WOLLI CREEK Nice brisk start to this winter ride with a ferry ride to Parramatta. Morning tea at Rhodes having ridden along the banks of the Parramatta River followed by some road riding before joining the Cooks River cycleway for return to Wolli Creek. About 40km
Mon 19 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
Wed 21 Jun	3	SHOALHAVEN BUSHWALK Two walks, Bomaderry Creek & Drawing Room Rock – a plethora of rock features to delight the eye. 8Km
Wed 21 Jun	3	WHALE WATCHING COAST 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, Boat Harbour Shore Bird Reserve and Cronulla Beach to Train home. Around 13 km.

Thur 22 June	3	BONDI to MANLY WALK SECTION 4 CIRCULAR QUAY TO MOSMAN. This Section takes us over the harbour Bridge and past Kirribilli House and many interesting areas and parks and bays. Ferry back to Quay from Mosman Wharf.
Sat 24 June	3	CYCLE- 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 30km
Sat 24 June	4	BUSHWALK - MACQUARIE NATIONAL PARK, Clover Hill to Rainbow Falls. Up a nearby ridge to the cliff line with some scrub enroute, then up through dry creek to the top and explore the area to Mc Andrew Falls before returning. Nearly all off track past Rainbow Falls with some steep parts in the ascent though no great exposure. Robertson Map
Sat 24 June	3	COASTAL WALK- KIAMA TO GERRINGONG Whale sighting day with a coastal walk. Great viewing vantage point from the hills. A possible stop at the brewery on the way to the train back to Kiama. 11km
Wed 28 June	3	BUSHWALK - DEER POOL TO CURRAMOORS This walk has been scheduled for the whale viewing season from the cliff tops of Royal National Park. It follows the track through Deer Pool to Marley and the coast track past Wattamolla. The track continues along the coast past Curracurrang and Curracurrong before walking out through the Curramoors to the cars. The walk is on designated tracks but is fairly long.18km

Wed 28 June	GENERAL MEETING Sutherland Community Centre , Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert.
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Thur 29 June	2-3	MORNING WALK - STILL CREEK AND SURROUNDS (MENAI) Still Creek Trail down to Woronora River then back via a different route. Local streets, parkland and fire trails with some steep sections. Optional coffee after the walk. Length approx 8 km.
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Advance Notices

Mon 24 July to Fri 28 July 2023	3	BUSHWALKING WITH SUNROVER TOURS - CARNARVON GORGE, QLD 5 Day Outback Explorer Tour See website for information: http://www.sunrover.com.au/carnarvon.htm We will be travelling from Brisbane and doing days walks in Carnarvon Gorge with this tour company. Cost is on the website but will depend on the accommodation that you choose. Accommodation at Carnarvon Gorge is filling up fast so we will need to book now. Maximum 12 people.
2 - 21 Sept 2023	2/3/4	COMMERCIAL TRIP-20 DAY PERTH TO PERTH TOUR WITH KIMBERLEY SAFARI TOURS Perth - Kalbarri - Shark Bay - Coral Bay - Exmouth - Cape Range National Park - Karijini - Mt Mehurry - Mt Augustus - Kennedy Ranges - Geraldton - Perth Approx \$5500 WAIT LIST ONLY

Thur 26-Sun 29 Oct 2023	3	CYCLING- CANOWINDRA - 3 nights Staying at Eddy's of Canowindra and doing day rides. There are plenty of rides to choose from, on sealed and gravel roads. Numbers strictly limited.
Sun 4 Feb - Sun 11 Feb 2024	2,3, 4	BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS Pygmy Possum Lodge, Charlotte Pass. Our popular annual week of alpine walking activities based at Pygmy Possum Lodge. Walks each day & possibly an overnight walk for those interested. Room rates a - Couple \$768, Twin share \$384 each, Single \$500. Rooms have en-suites and meals are self catering. A very social week. Email organisers to reserve a room. Payment in September.
21 May-10 June 2024	2/3/ 4	COMMERCIAL TRIP-20 DAY BROOME TO BROOME WITH KIMBERLEY WILD Cygnet Bay - Cape Leveque - Broome - Stairway to the Moon - Windjana Gorge - Gibb River Road - Mitchell Plateau - El Questro - Lake Argyle - Bungle Bungle 3 nights - Wolfe Creek Crater - Geikie Gorge. Approx \$5500



The Sentinel Kosciuszko NP

FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM EMAIL

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Snow Gums
KOSCIUSZKO NP