



## PROGRAM

July – August – September 2023



Little Marley Beach on 24 May

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](mailto: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	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.
2	Carry sufficient water for conditions of the trip – generally a minimum of 1 or 2 litres, or more in hotter conditions.
3	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.
4	Follow instructions. The Activity Organiser has your welfare at heart. Be courteous, co-operative and helpful to others in the group.
5	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.
6	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.
7	Ensure there is sufficient space between yourself and the person in front so that branches flicking back do not injure you.
8	Do not proceed past track junctions until advised to do so.
9	Do not fall behind the person appointed "tail" for any reason without advising the "tail".
10	Ensure the Activity Organiser is aware that you have made it to the end of the activity.
11	Ensure all vehicles start before leaving for home.
12	Thank the Activity Organiser & bring a sense of humour & adventure. The Activity Organisers are all volunteers, so please remember to be patient and kind.
13	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**

SEND AN EMAIL TO: [info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)

**July 2023**

<b>Wed 5 July</b>	<b>3</b>	<b>BUSHWALK- ROYAL NAT PARK</b> Curra Moors Circuit down to our spectacular coastline with its awesome views, then up to Curracurrong Falls and delightful bush pool, not far from the famous landmark, Eagle Rock. One of the best times to view the whale migration southbound is about June and July about the winter solstice. Map RNP approx 15km. Caution required on slippery rocky surfaces and cliff edges.
<b>Wed 5 July</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> 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
<b>Sat 8 Jul</b>	<b>3</b>	<b>BUSHWALK- LANE COVE NATIONAL PARK FULLERS BRIDGE to THORNLEIGH.</b> A section of the Great North Walk. Walking in the Northern section of Lane Cove National Park following a narrow section of bush on the Lane Cove River. 13km one way. 5/6 Hours. Finish at Thornleigh Station. Please do not contact till early July.
<b>Mon 10 July</b>		<b>TRACK WORK, ADOPT-A-TRACK – ROYAL NP</b> 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 will be re-visiting some of our previously cleared tracks to do some maintenance. The tracks are generally in good condition. Our aim will be to do a 'walk through' and clear any re-growth & obstructions and fix drainage problems. We should be able to make this a combination of work & fun, as most of the hard toil has already been done!
<b>Wed 12 July</b>	<b>4</b>	<b>BUSHWALK - ILLAWARRA</b> My Keira, Mt Pleasant track, Geordies Flat, Byarong Park, Robertsons Lookout, Mt Keira Summit, Five Islands Lookout, descend via Dave Walsh track App 14 km
<b>Thur 13 July to 14 Sep</b>	<b>3</b>	<b>OFFA'S DYKE.</b> This historic 19 day walk starts by heading north along the border between Wales and England, starting near Cardiff and ending near Liverpool. This is about 290km (about 18km/day)+ 3 rest/sightseeing days thrown in. We will be staying in a range of accommodation. This is not a guided tour. <a href="https://www.nationaltrail.co.uk/en_GB/trails/offas-dyke-path/">https://www.nationaltrail.co.uk/en_GB/trails/offas-dyke-path/</a> <b>TRIP FULLY BOOKED</b>
<b>Thur 13 July to 7 Sep</b>	<b>3</b>	<b>FORTH OF FIFE.</b> This walk along the Fife coastal path begins near Edinburgh. The Forth of Fife walk is about 190km, done over 12 days (16km/day) with one rest/sightseeing day and there are baggage transfer services available. This is not a guided tour. <a href="https://www.walkhighlands.co.uk/fife-stirling/fife-coastal-path.shtml">https://www.walkhighlands.co.uk/fife-stirling/fife-coastal-path.shtml</a> . <b>TRIP FULLY BOOKED</b>
<b>Sat 15 to 24 July</b>	<b>3</b>	<b>ORKNEY ISLANDS, SCOTLAND.</b> This 10 day customised tour, starts and finishes in Inverness. From Inverness we catch train and then an overnight ferry to Kirkwall in the Orkney Islands in the north of Scotland for a customised series of day walks over 8 days run by a tour company.. The total tour cost is £2015 per person, and includes a guide, accommodation, most

		meals, transport and taxes. This walk/tour will have a limit of 8. <b>TRIP FULLY BOOKED</b>
<b>Wed 19 July</b>	<b>3</b>	<b>BUSHWALK - MT KEMBLA RING AND SUMMIT TRACKS</b> Mt Kembla, like Mt Keira, stands guard over Wollongong with an altitude of 535 metres. This walk will offer great views across the Illawarra and the mountain has a long history and association with coal mining. The walk will follow the Mt Kembla Ring and Summit tracks. These tracks are generally well graded, with a few steeper parts as we climb the summit track. 9 -10 km
<b>Wed 19 July</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Asgard Swamp Area – Thor & Valhalla ascent/descent. Includes a steep cliff descent from Thor then following under the cliff to view the Grose Valley. 70% off track. Approx 10km Map: 1:25 000 & MOUNT WILSON
<b>Thur 20 July</b>	<b>2/3</b>	<b>MORNING WALK – WORONORA RIVER &amp; HEIGHTS</b> Starts at Prince Edward Park near Woronora River. Walk up to Woronora Heights and a local lookout with great views over the valley. Return via fire trails, local tracks and roads. A short walk with some steep sections. Optional coffee after the walk. Approx 6-7 km.
<b>Sat 22 July</b>	<b>3/4</b>	<b>BUSHWALKING - ROYAL NATIONAL PARK</b> Starting and finishing at Waterfall we'll walk the Couranga & Forest Island tracks and visit the limestone Palona Cave and waterfall. A variety of forest, with nice spots for morning tea and lunch. 16Km.
<b>Mon 24 July to Fri 28 July 2023</b>	<b>3</b>	<b>BUSHWALKING WITH SUNROVER TOURS - CARNARVON GORGE, QLD 5 Day Outback Explorer Tour</b> See website for information: <a href="http://www.sunrover.com.au/carnarvon.htm">http://www.sunrover.com.au/carnarvon.htm</a> 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. <b>VACANCIES STILL AVAILABLE</b>
<b>Wed 26 July</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Goochs Crater via Dargan Arch - Follow a number of ridges to cross the Wollangambe River, then on to the Crater. Mainly off-track with indistinct and rough sections, some steep rock scrambling & creek crossing. 13km Map: 1:25 000 WOLLANGAMBE
<b>Wed 26 July</b>	<b>3</b>	<b>BUSHWALK - HEATHCOTE NATIONAL PARK</b> Lovely circuit walk from Heathcote station, past picturesque waterfalls, bush pools, Aboriginal rock engravings, diverse vegetation. Medium pace, care on tree roots, and rocks, slippery surfaces, short steep scramble up Bottle Forest Trail on return to station. Approx 14 km. Map RNP.
<b>Wed 26 July</b>		<b>GENERAL MEETING</b> Sutherland Community Centre , Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert.
<b>Thur 27 July</b>	<b>3</b>	<b>URBAN WALK - TARONGA ZOO to THE SPIT</b> BONDI TO MANLY WALK- SECTION 4. Walking around Bradleys Head, Chowder Bay and harbour beaches. Catching Ferry at Circular Quay then return by bus. Do not book before 7 July Approx. 12.5 Km

## August 2023

<b>Tue 1 Aug</b>	<b>3</b>	<p><b>BUSHWALK- SPIT to MANLY</b> Starting at The Spit we follow the well known track that has beautiful views of both Middle and Sydney Harbours. Side trips to Grotto Point Lighthouse, Arabanoo Lookout and Crater Cove huts will make this an interesting day out. We'll catch the bus from Wynyard and a ferry home from Manly. 11 km approx.</p>
<b>Wed 2 Aug</b>	<b>4</b>	<p><b>BUSHWALK -MACQUARIE PASS NATIONAL PARK</b> Clover Hill Road and then up to three waterfalls, Rainbow, Mulangong and Clover. Maybe also a fourth higher up to McAndrew Falls. Off track and slippery rocks to reach the waterfalls. Approx 6-7km.</p>
<b>Sun 6 Aug</b>	<b>3</b>	<p><b>HARBOUR WALK- WOLLSTONECRAFT TO MILSONS POINT SPECTACULAR HARBOUR VIEWS</b> Meet at café outside Wollstonecraft station at 9.35am and walk through Gore Cove Reserve, Berry Island Reserve, and Badangi Reserve to café in Bay Rd Waverton near HMAS Waterhen for morning tea, then along the road to the Old Coal Loader, through Balls Head Reserve, Caradah Reserve, Waverton Peninsula Reserve, Sawmillers Reserve, the Lavender Bay walk and across Clark Park and up the road to Milsons Street Station. About 9 km with some steep steps. About 3 to 4 hours.</p>
<b>Wed 9 Aug</b>	<b>4</b>	<p><b>BLUE MOUNTAINS BUSHWALK</b> Fortress Ridge track to Darks Cave, ascend nearby gully to Fortress Ridge Track, then down to Fortress Creek and ascend nearby Gully to Lockley Pylon track near Mt Stead. Approx 9km Map: 1:25 000 KATOOMBA</p>
<b>Wed 9 Aug</b>	<b>3/4</b>	<p><b>BUSHWALK- BURGH to WATERFALL</b> Mostly on well graded tracks, with a short off-track section, this walk incorporates the Burgh and Couranga Tracks. It crosses the Hacking River twice on the way from Helensburgh station to Waterfall station. The walk is fairly lengthy and has two uphill climbs of around 200 metres each. 18km</p>
<b>Thu 10 Aug</b>	<b>2/3</b>	<p><b>MORNING WALK - BUNDEENA &amp; JIBBON HEAD</b> Starts near Bundeena Wharf. Walk through the township to Jibbon Beach, visit the Aboriginal rock engravings, Jibbon Head Lookout and other local features. Mix of walking on roads, sand.</p>
<b>Fri 11 Aug</b>	<b>1</b>	<p><b>MYSTERY URBAN WALK</b> An easy stroll around somewhere taking in interest or history. About 5-6km</p>
<b>Sat 12 Aug</b>	<b>3</b>	<p><b>BUSHWALK- ROYAL NATIONAL PARK CURRA MOORS CIRCUIT</b> A good time to see nature at its best.</p>
<b>Mon 14 Aug</b>		<p><b>TRACK WORK, ADOPT-A-TRACK – ROYAL NP</b> We will be using secateurs and bush saws to clear walking tracks to make them more navigable &amp; comfortable to walk on. There are always plenty of jobs to be done on our track days, large &amp; small - something for everyone. Tools &amp; gloves supplied. We will be re-visiting some of our previously cleared tracks to do some maintenance. The tracks are generally in good condition. Our aim will be to do a 'walk through' and clear any re-growth &amp; obstructions and fix drainage problems. We should be able to make this a combination of work &amp; fun, as most of the hard toil has already been done!</p>

<b>Wed 16 Aug</b>	<b>3</b>	<b>BUSHWALK - ROYAL NATIONAL PARK</b> Stretch your legs out with 20 km walk up and down length of Lady Carrington Drive from Audley. Possible side trip to Palona Cave.
<b>Thur 17 Aug</b>	<b>3</b>	<b>URBAN WALK -BONDI TO MANLY SECTION 5.</b> Spit to Manly walking along the coastline, amazing views and harbour beaches. Approx 12.5Km Bus from Wynyard Station and return by ferry. Do not book before 1st August.
<b>Sat 19 Aug</b>	<b>3</b>	<b>BUSHWALKING - ROYAL NATIONAL PARK</b> A loop starting and finishing at Garrawarra Farm, we'll walk down Era Ridge, south along the Coast track, returning on the fire trail. Forest, coast & beach scenery with nice lookouts and good spots for morning tea and lunch. 11Km
<b>Wed 23 Aug</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Mount Hay, Venus Tor & Boorong Craggs. Close up & spectacular views of the Grose Valley. 80% off track, with a short cliff edge traverse around Venus Tor. AWD/FWD vehicles required for Mt Hay Rd.8km approx.. Map: 1:25 000 MOUNT WILSON
<b>Sat 26 Aug</b>		<b>ACTIVITY ORGANISER'S GET-TOGETHER</b> A thank you to our organisers and an opportunity to meet and share ideas, experiences and tips. Light lunch provided. More details and invitations to follow. Sutherland Community Centre, Stapleton Ave, Sutherland.12- 3pm
<b>Sun 27 Aug</b>	<b>3</b>	<b>COASTAL WALK- MINNAMURRA TO KIAMA</b> Walk from Minnamurra station to Kiama blowhole. Experience the NEW stairway from Bombo headland down to the quarry, and the NEW harbourside walkway around part of Kiama harbour. Walk is about 10km. Enjoy a relaxing coffee at the end. For those training - 7:50 train from Sutherland. For those coming by car, train from Kiama back to Minnamurra at 9:05.
<b>Wed 30 Aug</b>	<b>3</b>	<b>BUSHWALK - ILLAWARRA- MT KEMBLA</b> Mt Kemplla offers us two back-to-back walks, the Ring Track with it's mining history and the Summit Track with great views down to Wollongong. Approx 10km. Top off day with coffee at hundred-year-old pub.

<b>Wed 30 Aug</b>	<b>GENERAL MEETING</b> Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert.
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<b>Thur 31 Aug</b>	<b>3</b>	<b>BUSHWALK-BLUE MOUNTAINS NATIONAL PARK</b> A lovely walk along Camp-fire Creek track to Red Hands Cave, one of the most significant examples of Aboriginal rock art in the Blue Mountains. Side trips to Jelly Bean Pool and Blue pool. APPROX.14kms ,slippery surfaces, 300 metres asc/desc.
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## September 2023

<b>2 - 21 Sept 2023</b>	<b>2/3/4</b>	<b>COMMERCIAL TRIP-20 DAY PERTH TO PERTH TOUR WITH KIMBERLEY SAFARI TOURS</b> Perth - Kalbarri - Shark Bay - Coral Bay - Exmouth - Cape Range National Park - Karijini - Mt Mehurry - Mt Augustus - Kennedy Ranges - Geraldton - Perth Approx \$5500 <b>WAIT LIST ONLY</b>
<b>Tue 5 Sep</b>	<b>1</b>	<b>MYSTERY URBAN WALK</b> An easy stroll around somewhere taking in interest or history. About 5-6km

<b>Wed 6 Sep</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Mt Piddington –Lookouts including Hourn Point, Pulpit Rock. Caves including Bushranger, Cox's & Ferris. And Fairy Bower Glen. Some rough tracks with steep ascents/descents Approx 10km Maps: 1:25 000 HARTLEY& MOUNT WILSON
<b>Thur 7 Sep</b>	<b>3</b>	<b>ROYAL NATIONAL PARK- BUSHWALKING</b> Spring wildflower walk. Curramoors track to Eagle rock and return. Note the Curramoors track is very rocky and eroded so a slow pace. Approx 10 km.
<b>Sun 10 Sep</b>	<b>3</b>	<b>BUSHWALK- WINNELLS WANDER VIA ENGADINE LAGOON</b> A loop walk: Barden Ridge - Winnell's Wander - Engadine Lagoon - The Needles - return. Some lovely vegetation, nice views. Some short climbs and maybe some sections of indistinct track, but nothing too hard. About 10km.
<b>Wed 13 Sep</b>	<b>3</b>	<b>BUSHWALK - ROYAL NATIONAL PARK</b> From Waterfall head down the Couranga Track to Fosters Flat and see remains of old logging. Cross Hacking River and walk the Forest Path circuit around Forest Island, then back to Waterfall. Approx 12-15km
<b>Wed 13 Sep</b>	<b>4</b>	<b>BUSHWALK- MT KEIRA FROM THE BOTTOM UP</b> Mt Keira stands prominently over the back of Wollongong, reaching a height of 469 metres. This walk will start at the base of the mountain (around the 50m contour) and will make its way up to the summit. We will follow some local tracks and the Mt Keira Ring track. Some parts will be steep. We will descend via a different route to finish back at the cars. 11 - 12km
<b>Thur 14 Sep</b>	<b>3</b>	<b>MORNING WALK – SAVILLES &amp; TEMPTATION CREEK (LOFTUS)</b> Starts at Loftus Oval. Walk along fire trails and tracks past waterfalls on Savilles Creek & Temptation Creek. The Spring wildflowers should be blooming. Optional coffee after the walk. Approx 7-8 km.
<b>Sun 17 Sep</b>	<b>2/3</b>	<b>BUSHWALK- TWO VALLEYS WALK-WOLLI &amp; COOKS RIVER VALLEYS.</b> In 1998 after sustained community campaigning for the area to be preserved and for the M5 east freeway to go underground the park was established. Two choices join us for the whole 13km easy walk or leave us at Bexley North after 5.5km.
<b>Wed 20 Sep</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Perrys Lookdown to Victoria Falls Lookout via the Grose River, Burra Korain Camp Ground. Multiple crossings of the Grose River with steep descent & ascent (approx 450m) 15km Map: 1:25 000 MOUNT WILSON
<b>Sat 23 Sep</b>	<b>2</b>	<b>URBAN WALK- WOLLI CREEK TO FISH MARKET</b> From Wolli Creek to the Fish Markets, walking along the Cook River and catching the Light Rail. A mostly flat easy path. 10km. Please do not contact me about this walk before 17 August.
<b>Mon 25 Sep</b>		<b>TRACK WORK, ADOPT-A-TRACK – ROYAL NP</b> 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 will be re-visiting some of our previously cleared tracks to do some maintenance. The tracks are generally in good condition. Our aim will be to do a 'walk through' and clear any re-growth & obstructions and fix drainage problems. We should be able to make this a combination of work & fun, as most of the hard toil has already been done!
<b>Mon 25 Sep to Wed 27 Sep</b>	<b>3</b>	<b>COASTAL WALKS – NEWCASTLE – (2 nights)</b> Catch the Train and Light Rail to Newcastle YHA. Around 4 hours from the Shire. Day 1 (afternoon after train arrives): Newcastle Harbour Foreshore Walk from Nobbys Beach to Carrington Foreshore. 6-8km. Catch the Light Rail back to YHA. Day 2: Newcastle Beach to Merewether Beach return. Swimming optional. 10km. Day 3 (morning before catching train home): Ferry to Stockton Beach and Beach and Foreshore Walk. 6-8km. Highlights: Beaches, Waterways, History and Food. You will



		need to book your own share or private accommodation at YHA. (IMPORTANT: when booking YHA always allow for Cancellation just in case).
<b>Wed 27 Sep</b>	<b>5</b>	<b>BUSHWALK - BUNGONIA NATIONAL PARK (near Goulburn)</b> Follow Red Track down steep descent to Bungonia Creek. Through The Slot Canyon, which will involve climbing over huge boulders and squeezing between some. Possible wet feet. Steep 400m ascent from creek up Mt Ayre Ridge. NOTE - this will be a 10 plus hour day

<b>Wed 27 Sep</b>	<b>GENERAL MEETING</b> Sutherland Community Centre , Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert.
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### Advance Notices

<b>Thur 26 Oct to Sun 29 Oct</b>	<b>3</b>	<b>CYCLING- CANOWINDRA - 3 nights</b> Staying at Eddy's of Canowindra and doing day rides. There are plenty of rides to choose from, on sealed and gravel roads. <b>TRIP FULL.</b>
<b>Oct/ Nov</b>	<b>2 or 3</b>	<b>BUSHWALKING- WILSON PROM AREA</b> Adventure currently in the planning stage. Anticipate 3 stages not necessarily in the following order. Stage 1 centred on Tidal River, day walks with accommodation or camping. Stage 2 - walking the southern tourist loop. Stage 3 - exploring the northern more remote area of the Prom. Stage 2 & 3 are full pack walks. Likely duration up to 3 weeks.
<b>Wed 22 Nov to Sat 25 Nov</b>	<b>3/4</b>	<b>FULL PACK WALK - MURRAMARANG COAST WALK</b> A 3 day, 35 Km overnight hike on the new Murramarang South Coast Walk, camping at Pretty, Depot and Oaky Beaches. Car shuffle required. Contact organiser regarding campsite bookings. Limited numbers.
<b>Sat 2 Dec</b>		<b>CHRISTMAS BBQ BREAKFAST</b> Wattle Forest Picnic Area. Turn Right over Varney bridge then follow the river upstream. From 7.30am. BBQ breakfast or cereal, coffee, tea supplied. Bring a chair. It's a great chance to catch up with old and new friends and talk about the years events and make plans for 2024. Always a fun morning.
<b>Sun 4 Feb- Sun 11 Feb 2024</b>	<b>2,3, 4</b>	<b>BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS WEEK 1</b> 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.. Payment in September <b>TRIP FULL WAITLIST ONLY</b>
<b>Sun 11 Feb - Sun 18 Feb 2024</b>	<b>2,3, 4</b>	<b>BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS WEEK 2</b> 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.. Payment in September. <b>ROOMS AVAILABLE</b>
<b>21 May-10 June 2024</b>	<b>2/3/ 4</b>	<b>COMMERCIAL TRIP-20 DAY BROOME TO BROOME WITH KIMBERLEY WILD</b> 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



Booroomba Rocks 1347m Namadgi NP 4 May



Era beach RNP