



## PROGRAM

January – February – March 2024



Mt Bushwalker Morton NP Nov 1

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 for each 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. Please do not participate in an activity if you are unwell.
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>

**LATE PROGRAM CHANGES OR NEW ACTIVITIES**  
**Email alerts for Late Changes, Cancellations, New Activities**  
**SEND AN EMAIL TO: [info@sutherlandbushwalkers.org.au](mailto: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.

**January 2024**

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

<b>Wed 3 Jan</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Birrabang Canyon – Descend a ridge from the Bells Line of Road into Birrabang Brook, and Canyon. Ascending to join the Dalpura Ridge back to the road. Approx 7km Wet feet guaranteed & possible swim Map: 1:25 000 MOUNT WILSON & KATOOMBA
<b>Wed 3 Jan</b>	<b>3</b>	<b>BUSHWALK/LILO- HEATHCOTE NP – LAKE ECKERSLEY, LILO</b> Walk Pipeline Track to Woronora River then 800m lilo/air mat paddle to Eckersley beach - really just an excuse for a swim. (If you don't want to lilo, come anyway) 12km.
<b>Wed 10 Jan</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Victoria Brook – descend a ridge that leads to 2 x 5m (approx) swims, then on to the Long Undercut. Ascend from the Brook and proceed to Odin Head. 60% off track Approx 8-10 km Map: 1:25 000 MOUNT WILSON
<b>Wed 10 Jan</b>	<b>4</b>	<b>BUSHWALK- Royal NP - A to Z, Middle Rill</b> Curra Moors Track to Middle Rill, then off Track to Garie Beach, Coast Track to Curracurrong & Eagle Rock. Return via Curra Moors FT & Curra Moors Track. 12km
<b>Thu 11 Jan</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 17 Jan</b>	<b>4</b>	<b>BUSHWALK/LILO-PROPOSED GEORGES RIVER KOALA NP – CAMPBELLTOWN.</b> A lovely freshwater section of the Georges River, Freres Crossing to The Basin. Walking, rock hopping & floating on lilos. (If you don't have a lilo give the leader a ring, he has a few to spare). 5km.
<b>Wed 17 Jan</b>	<b>3</b>	<b>SYDNEY HARBOUR</b> Cremorne Wharf to Spit Bridge – via Taronga Zoo, Chowder Bay, and Balmoral Beach. Approx 15Km
<b>Thur 18 Jan</b>	<b>3</b>	<b>MORNING WALK - RNP: ROBERTSON KNOLL - KANGAROO CREEK LOOP WALK</b> A short out-and-back walk at Audley around Robertson Knoll to Kangaroo Creek for an optional swim and then back to Audley. A couple of step sections and stairs. Length approx 6 km.
<b>Sat 20 Jan</b>	<b>3</b>	<b>URBAN WALK- WAVERTON TO MILSONS PT. VIA WHITLEY GARDENS</b> Commencing Waverton railway station walk to “the coal loader” centre for sustainability, Balls Head reserve for spectacular harbour views, around to Sawmillers reserve, Blues Pt, Lavender Bay, the beautiful Whitley Gardens & finish at Milsons Pt station. There are a number of steps & stairs, some steep on this walk. 8.5km

Wed 24 Jan	4	<b>BUSH WALK -- BARGO RIVER</b> Walk along the top track to Rosie's Pass and down to Bargo River where we'll head downstream off track and rock hopping to Nepean River. Approx 15km
Wed 24 Jan		Social BYO everything BBQ or cold spread. A chance to catch up with friends after the Christmas excitement and talk of things to come in the new year. All members past and present welcome. Commonwealth pavilion Royal National Park ( near the visitor centre) 5.30 pm. No need to contact just come along
Thu 25 Jan	3	<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
Thur 25 Jan	3	<b>BUSHWALK- ROYAL NP</b> Heathcote to Karloo pool, then on a foot pad a little rough and overgrown, we will head up to the spectacular, secluded Olympic pool on Kangaroo creek for a swim. We will return to Heathcote via a short ,steep scramble up Bottle Forest track and return to station. Care required on slippery rocks, tree roots etc .Easy pace, approx 10km
Wed 31 Jan	3	<b>BUSHWALK - POOLS AND BEACHES</b> A pleasant day walk, with a cooling dip along the way, looping past Deer Pool, Marley Lagoon and the Marley beaches. Start at the Marley Track trackhead on the Bundeena Rd and follow well-formed tracks to the pools, beaches and clifftops. 13 km

## February 2024

Feb 2024 most likely 2 <sup>nd</sup> half.	4	<b>BUSHWALK-EASTERN ARTHURS RANGE, SOUTH WEST TASMANIA.</b> 8-9 day walk across button grass plains and rocky trails, including sections of scree. Must have extensive overnight (and ideally longer) hiking experience and good wet weather gear. Start and end at Huon Creek Camp Ground. Depending on weather and party, may include the eastern-most parts of the Western Arthur Range including West Portal). Limit of 4-5 due to limited tent sites.Contact John for more details.
Thur 1 Feb	3	<b>MORNING WALK - KARLOO POOL</b> A short, scenic 'out & back' walk from Heathcote Station. Morning tea and plenty of time for a swim at Karloo Pool. Track includes some steep, rocky sections. Length approx 6 km.
Sun 4 Feb - Sun 11 Feb	2,3, 4	<b>BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS</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. Rooms have en-suites and meals are self catering. A very social week. <b>WAIT LIST FOR WEEK 1</b>
Wed 7 Feb	3	<b>LOFTUS, AUDLEY THEN KANGAROO CREEK, BY ROWBOAT</b> Loftus to Audley, then head of navigation of Kangaroo Creek by hire rowboat. Short walk up creek for lunch & a swim. Bushwalk the old fashioned way! (boat about \$25 pp). 8 km walk, 4km boat.
Sun 11 Feb- Sun 18 Feb	2,3, 4	<b>BUSHWALKING- KOSCIUSZKO NP - CHARLOTTE PASS</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. Email organisers to reserve a room. <b>TRIP FULL</b>

Sun 11 Feb – Sun 18 Feb	3/4	<b>1 NIGHT UNDER THE STARS</b> Full pack walk as part of 2nd Charlotte Pass week. Day and destination to be decided depending on the weather
Thur 15 Feb - Sat 24 Feb	4	<b>FULL PACK WALK- OVERLAND TRACK TASMANIA</b> Fly to Launceston then bus transfer to Cradle Mountain to commence the 7 day Overland track walk. 65 Kms plus side trips. Finishing at Cynthia Bay then bus back to Launceston. Experienced overnight walkers only. <b>WALK FULLY BOOKED</b>
Thur 15 – Tue 20 Feb	3/4	<b>COMMERCIAL HIKING TRIP- NEW ZEALAND</b> 6 days – Best of the Queen Charlotte & Abel Tasman Tracks, New Zealand. with Life's an Adventure. <a href="https://www.lifesanadventure.com.au/tours/queen-charlotte-and-abel-tasman-track-walks/">https://www.lifesanadventure.com.au/tours/queen-charlotte-and-abel-tasman-track-walks/</a> Approx \$5,249 + airfares and extra accommodation
Wed 21 Feb	3/4	<b>BUSHWALK –ROYAL NATIONAL PARK.</b> Heathcote to Karloo Pool, down Kangaroo Creek to Olympic Pool and Head of Navigation. Back to Heathcote via Engadine track. Swimming will be on the agenda. Approx 12km
Thur 22 Feb	2/3	<b>MORNING WALK – OATLEY PARK</b> Walk around Oatley Park and Lime Kiln Bay Circuit. Start and finish at Oatley Park entrance. Possible swim at Oatley Baths if hot. Approx 6-7km
Thur 22 Feb- Fri 1 Mar	3/4	<b>CYCLE- CENTRAL WEST CYCLE TRAIL</b> The Central West Cycle (CWCT) Trail is the premier Western New South Wales cycle route with relatively gentle gradients, gravel & sealed roads. Limited Numbers. 365km circular route. No support vehicle. For more information contact Rob.
Fri 23 Feb	3	<b>BUSHWALK-NORTH HEAD</b> Catch Ferry to Manly then walk to Manly Beach, Shelly Beach then up through the Barracks Precinct, Hanging Swamp the Quarantine Cemetery returning to Manly Wharf. Approx 11Km
Wed 28 Feb	4	<b>BUSHWALK- ROYAL NP - A TO Z, NATIONAL FALLS</b> See a few historic sights & sites around Waterfall Creek. We will follow Waterfall Creek up to National Falls to see one of Royal's earliest attractions. Then we will climb a high spot to see evidence of the very early days of the Park. Finally a walk around Forest Island path to enjoy the rainforest and see a couple of sites from early European occupation. 15km.
Wed 28 Feb	3/4	<b>SOUTH COAST WALK</b> Gerringong to Kiama via Werri Beach , Bare Buff Little Blowhole, Kendalls Point 16km Map: Kiama 1:2500
Wed 28 Feb		<b>ANNUAL GENERAL MEETING</b> The year's most important meeting. Elections for the new office bearers for 2024. Please come along to have your say or put your hand up for one of the many jobs that constitute the committee. It is a very rewarding experience and there is all types jobs that need doing. Sutherland Community Centre -Stapleton Ave 7pm .
Thur 29 Feb	3	<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
Thur 29 Feb	3	<b>MORNING WALK - RNP: WATTAMOLLA / CURRACURRANG FALLS</b> Explore Wattamolla and the coastal track out-and-back to Curracurrang Falls. Length approx 6 km.

## March 2024

<b>Sun 3 Mar</b>	<b>2</b>	<p><b>URBAN / BUSHWALK - NORTHBRIDGE</b> Explore the Middle Harbour suburb of Northbridge. Follow Flat Rock Creek through bushland and then follow the harbour foreshore. Great views, maybe a swim, and a bit of history as well. 10km on tracks. Public transport details to be advised.</p>
<b>Mon 4 Mar</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, 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 6 Mar</b>	<b>4/5</b>	<p><b>BLUE MOUNTAINS BUSHWALK</b> Burra Korain Head Cliff lines – Exit the ridge top track to explore the cliffs and rocky pagodas with steep descents and ascents along the off track section. Approx 17km Map: 1:25 000 MOUNT</p>
<b>Wed 6 Mar</b>	<b>3</b>	<p><b>BUSHWALK - MAIANBAR &amp; FOUR POINTS LOOP.</b> 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 with maybe a quick dip in one of the old rock baths made by earlier settlers. 12 km</p>
<b>Thur 7 Mar</b>	<b>2</b>	<p><b>MORNING WALK – CRONULLA</b> Clockwise loop walk around the Peninsula from Cronulla Wharf. Mainly footpaths, with some sand, rocks and shallow water. Morning tea and time for a dip at Darook Park. Length 7igpond 6 km.</p>
<b>Sat 9 Mar</b>	<b>3</b>	<p><b>HARBOUR WALK-WATSONS BAY TO ROSE BAY</b> Ferry from Circular Quay to Watsons Bay. Walk Watson Bay via Camp Gove to Gap and back through Watsons Bay, Vaucluse Park, Nielsen Park and Hermitage Scenic walk to Rose Bay. Possible swim along the way. Ferry from Rose Bay to Circular Quay. Approx 11 km</p>
<b>12 – 15 Mar 3 nights</b>	<b>3</b>	<p><b>CAR CAMP- GANGUDDY- DUNNS SWAMP 3 nights.</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.</p>
<b>Thur 14 Mar</b>	<b>2</b>	<p><b>MORNING WALK – SANS SOUCI LOOP</b> Part of the Rockdale Wetlands Trail: through the green spaces and wetlands of the F6 corridor from the Georges River at Sans Souci to Ramsgate. Return along Botany Bay. Possible swim if hot. Start and finish at Scott Park. Approx 7km.</p>
<b>Sat 16 Mar</b>	<b>3</b>	<p><b>BUSHWALK-RNP</b> Garawarra Farm - Heading south along Garawarra Ridge then down through Palm Jungle to Burning Palms, (depending on tide times) Figure 8 Pools, then steep climb up Burgh Ridge back to the Farm, Approx. 8.2 K</p>
<b>Sun 17 Mar</b>	<b>3</b>	<p><b>BUSHWALK- JANNALI - BANGOR - WORONORA - SUTHERLAND</b> Walk from Jannali Station through Burnum Burnum Sanctuary and then across the Woronora Bridge. After walking along the Bangor ridge line with its glimpses of river we descend a lovely bush track to Woronora. From there we follow the creek towards Loftus and climb the hill back to Sutherland Station. 10km on tracks.</p>

<b>18 to 22 Mar</b>	<b>2-4</b>	<b>CAR CAMP - WARRUMBUNGLE NATIONAL PARK</b> 4 nights at Camp Walaay. Suitable for tents, caravans, camper trailers. The group campsite is unpowered but toilets and showers are available. Spectacular Day walks, Warrumbungle National Park is approximately 6.5 hours from Sydney.
<b>Wed 20 Mar</b>	<b>3</b>	<b>BUSHWALK – ROYAL NATIONAL PARK&gt;</b> From Bundeena Rd walk to Deer Pool and Little Marley for a couple of swims. Approx 12km
<b>Thur 21 Mar</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>Thur 21 Mar</b>	<b>3</b>	<b>BUSHWALK- RNP</b> Little Marley Loop. From carpark, we will walk through bushland and heath, past a lovely cascade and pool(Deer pool)frequented in the past by deer ,down to spectacular coast track, Little Marley Beach, and start a loop walk back to Deer pool, where we can swim and relax ,before we head back to cars. Map RNP ,medium pace ,approx 11 km Slippery surfaces, tree roots, creek crossings,.
<b>Sat 23 Mar</b>	<b>3</b>	<b>BUSHWALKING- MT BUSHWALKER</b> Mt Bushwalker track has been upgraded recently. Approx 7 km return. Location is up on the Little Forest Plateau near lake Conjola/Milton. A bit of a drive, but fabulous views.
<b>Sat 23 Mar</b>	<b>4</b>	<b>BUSHWALK- MT KEMBLA AREA</b> Car park at end of Harry Graham Drive. Explore creek to north of car park the steep upper parts of which run parallel to the Ridge Track. Possible circuit when reach Ridge Track along a little used trail and then extensive off track to rejoin the Ridge Track and return to car park. Off track along creek and some of the later off track walking may be slippery.
<b>Mon 25 to Wed 27 Mar</b>	<b>3</b>	<b>BUSHWALKS – BLUE MOUNTAINS – (2 nights)</b> Catch the Train and stay at Blue Mountains YHA or close by in Katoomba (private rooms with ensuites available). Day 1: Walk from Wentworth Falls Station and do the Overcliff-Undercliff walk. 8km. Catch the Train to Katoomba. Day 2: Prince Henry Cliff Walk and Leura. 10km. Day 3: Walk to Minnehaha Falls or another walk near Katoomba. 8km. Highlights: Walking, Views, Food and Relaxation. You will need to book your own accommodation in Katoomba. (IMPORTANT: when booking always allow for Free Cancellation just in case).
<b>Wed 27 Mar</b>	<b>3/4</b>	<b>BUSHWALK-Royal NP - A to Z, Otford Lookout</b> Climb from Stanwell Park to Bald Hill via the exhilarating new track, then Otford Lookout, Coast Track & Garawarra Ridge FT. Lilyvale Track & Red Cedar Track to Hacking River, then the old Burgh Track to Helensburgh. 12 km.
<b>Wed 27 Mar</b>	<b>GENERAL MEETING</b> Sutherland Community Centre, Stapleton Ave Sutherland 7pm. Speaker to be confirmed in an alert.	
<b>Thur 28 Mar</b>	<b>3</b>	<b>MORNING WALK - RNP: LILLYVALE TRACK</b> A scenic out-and-back walk exploring the southern end of the RNP via the Lilyvale Track. Length approx 6 km

### Advance Notices

<b>June 2024</b>	<b>1/2/ 3</b>	<b>EXPRESSION OF INTEREST- Norfolk Island</b> Trip to NI to include Bounty Day celebrations on 10 June . History, walking, swimming & fun is what the island is about for a week away. Need to know if interested soon for accommodation and flights availability as this is a popular island celebration.
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FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM EMAIL  
[info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)



On top Mt Strzelecki Flinders Island 12 Nov



Down from Garrawarra Farm 5 Oct



Climbing the ladders to the top of Pidgeon House