



**Q3 PROGRAM  
(Public version)**

**July - August - September  
2024**



'Happy Hour' at Orroral Campsite - Namadgi National Park ACT - May 2024

**PO BOX 250. SUTHERLAND NSW 1499  
ABN 28 780 135 294**

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

**INTRODUCTION**

**Sutherland Bushwalkers** 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 7.00 pm at the Stapleton Avenue Community Centre: 3A Stapleton Ave, Sutherland (near corner of Stapleton Ave & Belmont St).** For program/membership enquiries or further information, see the club's website [www.sutherlandbushwalkers.org.au](http://www.sutherlandbushwalkers.org.au) or email us at [info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)

**GRADES**

Club activities are generally graded on a scale of 1 to 6. The descriptions below refer only to bushwalking trips. Where these grades are applied to other activities (eg kayaking & cycling), the descriptions no longer apply but a similar level of fitness and experience is required. More information is available on our website.

**Grade 1 (Easy)** 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.

**Grade 2 (Easy/Medium)** 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.

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

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

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

**GUIDELINES FOR NEW MEMBERS & VISITORS**

**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 recent bushwalking experience.

**Overnight 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 overnight 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. On an activity Graded 4 or above you could encounter off-track sections and/or exposed areas at any time. Some activities are more risky than others.

**Please note:** All Activity Organisers are volunteers. An Activity Organiser may exclude any participant who they consider may have difficulty completing the planned activity.

**ACTIVITY PROGRAM**

The quarterly Activity Program can be viewed in the members area of the club website. Activity Organiser's names & contact details are not available on the public version for privacy reasons. Visitors should email [info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au) to express interest in activities and request Activity Organiser's details.

**BOOKINGS It is imperative that bookings are made directly with the Activity Organiser.**

You should email or phone the Activity Organiser in advance to ask whether there are vacancies and to obtain the activity details. At least 4 days' notice should be given for one-day activities and 10 days' notice for overnight activities if you wish to participate. Frequently there is a limit on the number of people, so it is best to book early. A wait list may be created for popular walks. Visitors are welcome to participate 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 the contribution of each person by doubling the cost of fuel and dividing by the number of occupants, including the driver. Additional costs should also be shared equally, e.g. entrance fees, road tolls etc.

**EQUIPMENT**

Activity Organisers can provide advice about equipment required for specific activities. On camping activities, you need to provide your own camping gear or arrange to share. Beginners are advised not to buy expensive equipment without advice. Some club equipment is available for loan, including camping gear, backpacks and PLBs (personal locator beacons). PLBs are also available from some Police Stations, Visitor Information Centres and NPWS Offices. Contact the Equipment Officer for more details.

**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.

**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 and there are 3 or more participants. 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 Incident Report section of the Trip Report. Lodging a claim: information and forms are available from <http://www.bushwalkingaustralia.org/insurance/accident-insurance>

**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 – 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 unexpectedly delayed), 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, inform the nominated "tail" person and leave your pack on the track to indicate your intentions. Also, make sure they know when you have returned.
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 - always wait 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 and 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 for the orderly conduct & 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 cycling, kayaking & canoeing activities are peer activities.

**ESSENTIAL CLUB PAPERWORK - Personal Details**

When booking an activity, please provide the Activity Organiser with your personal details for club paperwork, including: name, mobile number, car registration, emergency contact person's name & their contact number.

**FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM**

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

## JULY 2024

DATE	GRADE	ACTIVITY DETAILS
Wed 3 July	3	<b>BUSHWALK - STANWELL TOPS &amp; KELLYS FALLS</b> This bushwalk climbs the escarpment behind Stanwell Park to provide great views up and down the coast and over the Sea Cliff Bridge and coastal towns. We will use the Wodi Wodi track to ascend and loop back to Stanwell Park after following the Illawarra escarpment northwards and taking the Princess Marina track to Kellys Falls. Length 12 km.
Wed 3 July	4	<b>BUSHWALK - ROYAL NP - LOFTUS TO BUNDEENA</b> A long day, but plenty to see: Loftus, Winifred Falls, Anice Falls, Costens Point, Red Jacks Point, Maianbar, Bundeena. Length 22 km.
Wed 3 July	4	<b>BLUE MOUNTAINS BUSHWALK</b> Hat Hill to Anvil Rock, via Bald Head, Bennett Lookout, Blackheath Walls. Includes steep off track sections and rock scrambling between Bald Head and Anvil Rock. Approx 11 km. Map: 1:25 000 MOUNT WILSON
Sun 7 July	3	<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. Great views and changing vegetation. 12 km on tracks.
Mon 8 July	2/3	<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, 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 regrowth & 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!
Wed 10 July	3	<b>SOUTH COAST WALK – MINNAMURRA – KIAMA</b> Train to Minnamurra then walk to Kiama on the coast track. Estuaries, beaches, headlands and views along the way. Fish & chips near the Blowhole or head into the town. Train home. Around 10 km.
Wed 10 July	4	<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 16 km. Map 1:25 000 COWAN
Thurs 11 July	3	<b>KAYAK - LOCAL WATERWAYS</b> Meet at various places in the Shire or nearby at 8.30 am & return by noon. Organiser will contact participants a few days before the event to confirm the starting point. PFD compulsory, no sit-ons please. This is a peer activity.
Thurs 11 July	3	<b>MORNING WALK - HEATHCOTE NATIONAL PARK - KINGFISHER POOL LOOP</b> This starts and ends at Waterfall. We'll follow the Mooray Track and return via the Bullawarring Track. Some sections of these tracks are damaged and there are numerous rocky sections, so a good fitness level is required. Approx 6 km.
Tues 16 July	2/3	<b>URBAN WALK - HARBOUR FORESHORE</b> Meeting at Redfern Station we will walk through Sydney Uni, along Glebe Point Rd, follow the water around Black Wattle Bay and the fish markets then onto Darling Harbour, Barangaroo and Walsh Bay to finish at Circular Quay. Approx 11 km.
Wed 17 July	4	<b>BUSHWALK - ROYAL NP - A to Z, NATIONAL FALLS</b> See a few historic sights 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. Length 15 km.

<b>Thurs 18 July</b>	<b>2/3</b>	<b>MORNING WALK - OATLEY/GANNONS PARKS</b> Starting at Oatley Park we walk on a bush track through the park and then onto Gannons Park. Return along the Lime Kiln Bay circuit. Some street walking. Approx 6 - 7 km.
<b>Sun 21 July</b>	<b>3</b>	<b>BUSHWALK - WENTWORTH FALLS TO LEURA (Gordon Falls Picnic Area)</b> This is the first section of the new Blue Mountains Track. Lots of stairs, but beautiful views in fine weather. Walking poles could be handy for stairs. Finish at Gordon Falls Picnic Area, then walk back to Leura Station to get the train back to Wentworth Falls. Length 15 km.
<b>Wed 24 July</b>	<b>3</b>	<b>BUSHWALK - TWO VALLEY TRAIL - WOLLI CREEK - COOKS RIVER CIRCUIT</b> Train to Wolli Creek then walk along the Cooks River Trail to Canterbury. Cut across Cup and Saucer Creek to Bexley North and return to Wolli Creek train via the Wolli Creek Reserve Trail. Around 16 km.
<b>Wed 24 July</b>	<b>3/4</b>	<b>BUSHWALK - WATERFALL TO ENGADINE FOLLOWING KANGAROO CREEK</b> A walk with waterfalls, pools and forest. Small sections of off track. Length 11 km.
<b>Wed 24 July</b>	<b>4/5</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Asgard Swamp Area - Ikara Head to Valhalla Plateau then descend to the Grose River via Sharps Pass. Then ascend to the under cliff of Ikara Head through heavy undergrowth, before returning to cars. Approx 10 km, 70% off track. Map: 1:25 000 MOUNT WILSON
<b>Thurs 25 July</b>	<b>3</b>	<b>KAYAK - LOCAL WATERWAYS</b> Meet at various places in the Shire or nearby at 8.30 am & return by noon. Organiser will contact participants a few days before the event to confirm the starting point. PFD compulsory, no sit-ons please. This is a peer activity.
<b>Thurs 25 July</b>	<b>3</b>	<b>MORNING WALK - WORONORA BRIDGE CIRCUIT</b> Urban/bush walk starts and ends at Prince Edward Park, Woronora. Mix of footpaths, suburban roads and local bush tracks. Includes Burnum Burnum Reserve, Woronora Footbridge and Woronora Bridge Walkway (high-level bridge) with great views over the river. Approx 6 km.
<b>Sun 28 July</b>	<b>1/2</b>	<b>BUSHWALK - NARRABEEN LAKE CIRCUIT</b> Flat, easy walking with beautiful bushland and lagoon views from the Narrabeen Lagoon Trail. Length approx 8 km.
<b>Wed 31 July</b>	<b>3</b>	<b>BUSHWALK - WATTAMOLLA TO GARIE &amp; RETURN</b> A whale watching walk taking in various Coast Track vantage points. Up to 16 km return.
<b>Wed 31 July</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Du Faur Cliffs & Creek – Follow ridges from Flagstaff Hill to a viewpoint above the creek. Descend to cross a minor creek, then follow under cliffs. Exit to a ridge line to Watertrough Hill. 95% off track. Approx 7 km. Map: 1:25 000 MOUNT WILSON
<b>Wed 31 July</b>		<b>GENERAL MEETING 7pm</b> Stapleton Avenue Community Centre - 3A Stapleton Ave, Sutherland. Speaker from Sutherland Shire Environment Centre.

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## AUGUST 2024

DATE	GRADE	ACTIVITY DETAILS
<b>Sat 3 Aug</b>	<b>3</b>	<b>BUSHWALK - GUULA NGURRA NATIONAL PARK</b> This walk is in the newly named Guula Ngurra National Park, near Moss Vale/Canyonleigh. It is planned to do the 3-4 km Mt Penang Loop Walk, followed by either the Baldy Billy Peak 5 km walk, or an exploration of the Tugalong section of the park, which is only opened to visitors on the 1st or 3rd Saturday of the month. See NSW National Parks and Wildlife web site for background info and detail of the park.

<b>Sun 4 Aug</b>	<b>3</b>	<b>COASTAL WALK - BONDI BEACH TO DOUBLE BAY</b> Public transport to Bondi Beach, then we follow the clifftop walk to Watsons Bay. Next, some street walking through the Eastern suburbs to Rose Bay via Parsley Bay and Nielsen Park. Then, onto Double Bay and train from Edgecliff Station. Length 16 km.
<b>Mon 5 Aug</b>	<b>3</b>	<b>KAYAK - LOCAL WATERWAYS</b> Meet at various places in the Shire or nearby at 8.30 am & return by noon. Organiser will contact participants a few days before the event to confirm the starting point. PFD compulsory, no sit-ons please. This is a peer activity.
<b>Wed 7 Aug</b>	<b>4</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Sharks Head Cave & Lost World Lookout – From Martins Lookout to Glenbrook Creek, then up the creek to the cave. Rock scrambling and some exposure (Agility & fitness required). Return via Bunya Lookout. 8 km approx. Map: 1:25 000 SPRINGWOOD
<b>Thurs 8 Aug</b>	<b>3</b>	<b>MORNING WALK - HEATHCOTE NATIONAL PARK</b> The walk starts and ends at Heathcote. We'll explore numerous pools on Heathcote Creek using the Goburra Track, the Pipeline, Friendly Trail and then along the escarpment using the Bella Vista Path and back to the cars. The usual ups and downs, some rocky areas and sections of damaged track. Approx 6 km.
<b>Fri 9 Aug</b>	<b>3</b>	<b>BUSHWALK - KU-RING-GAI STATION TO BEROWRA STN</b> We will be walking through the Berowra Valley Regional Park. 270m descent - 255m ascent. Walking poles could be a good idea. Public transport today. Length 10 km.
<b>Sat 10 Aug</b>	<b>3</b>	<b>BUSHWALK - CAWLEY, A VILLAGE LOST IN TIME</b> Cawley was a village near Helensburgh that existed in the late 1800s and early 1900s to assist the building of the railway. This walk visits the site of this village and follows well-graded tracks in seldom visited bush around Helensburgh. We will also look at some of the abandoned tunnels which are left after the rerouting of the Illawarra train line. Length 12 km
<b>Mon 12 Aug</b>	<b>2/3</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, 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 regrowth & 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 14 Aug</b>	<b>3/4</b>	<b>BUSHWALK - BURGH TO WATERFALL</b> This is a walk that links Helensburgh and Waterfall, via the Burgh and Couranga tracks. Both tracks cross the Hacking River and can be joined using a local track from Garawarra Farm. The flowers should be beginning to bloom as we cross through a variety of different vegetation types. Length 16 km.
<b>Wed 14 Aug</b>	<b>4/5</b>	<b>BLUE MOUNTAINS BUSHWALK</b> Wongarra Hill to Oranga Gully Canyon exit – return by descending into unnamed creek and then up an unnamed ridge. Some steep and rough sections, along with rock scrambling. Walk mostly off track, Approx 6 km. Map: 1:25 000 MOUNT WILSON
<b>Thurs 15 Aug</b>	<b>3</b>	<b>MORNING WALK - STILL CREEK, MENAI</b> Walk starts and ends at Menai Marketplace. We walk down the Still Creek Trail to Woronora River and return via a slightly different route. Local streets, parkland and fire trails with some steep sections. Approx 8 km.
<b>Sat 17 Aug</b>	<b>N/A</b>	<b>ACTIVITY ORGANISERS AND VOLUNTEERS GET-TOGETHER</b> A thank you to our organisers / volunteers and an opportunity to meet and share ideas, experiences and tips. Light lunch provided. More details and invitations to follow. Sutherland Community Centre, 3A Stapleton Ave, Sutherland. <b>Time: 12 - 3pm</b>
<b>Sun 18 Aug</b>	<b>3</b>	<b>BUSHWALK - SPHINX TO GIBBERAGONG - COWAN CREEK AND COCKLE CREEK</b> This is a loop walk with 200m Ascent/Descent. Walking poles would be a good idea. No public transport. Length 12 km.

Wed 21 Aug	3	<b>COMO &amp; BONNET BAY URBAN WALK, VIA ROADS &amp; BUSHLAND.</b> Como Pleasure Grounds, Central Ave, Paruna Res, Woronora Cr, Glen Res, Bonnet Bay Shops, Burnum Burnum Res, Skinners Creek, Glen Res, Bindea St, Como Pde, Como Station, Como Pleasure Grounds. Length 13 km.
Wed 21 Aug	4	<b>BLUE MOUNTAINS BUSHWALK</b> Faulconbridge Station to Springwood, via Victory Track, Numantia Falls Sassafras Ridge, Glenbrook Creek, Steep ascent off-track, on rough pads to Sassafras Ridge. Steep descent to Sassafras Creek. Approx 15 km. Map: 1:25 000 SPRINGWOOD
Thurs 22 Aug	3	<b>KAYAK - LOCAL WATERWAYS</b> Meet at various places in the Shire or nearby at 8.30 am & return by noon. Organiser will contact participants a few days before the event to confirm the starting point. PFD compulsory, no sit-ons please. This is a peer activity.
Thurs 22 Aug	2	<b>MORNING URBAN WALK - CARSS PARK</b> We will explore Carss Bush Park, recently restored foreshore and new wetlands created in Kogarah Bay. Also walk up onto Tom Uglys Bridge. Mostly walking on paths, a small amount of bush track. Approx 7-8 km.
Sun 25 Aug	3	<b>BUSHWALK - BOODEREE NATIONAL PARK</b> Steamers Beach and Brooks Lookout. The walk is in the ACT annex at Jervis Bay. Park entry fee is required. Picturesque bush fire trail most of the way, undulating, with a challenging 260 steps down to the isolated beach and back. Approx 7 km+. Option to stay at a Huskisson Caravan Park before/after walk.
Wed 28 Aug	2/3	<b>WOLLI CREEK TO MARRICKVILLE FOR A TOUR OF LOCAL FOOD OFFERINGS</b> This is a repeat walk from the last quarter due to demand. Meet at Wolli Creek for a pleasant walk through Discovery Park, along the canal through Tempe Recreation Reserve and then along the Cooks River to Marrickville. When we get to Marrickville we will explore some of the food highlights of Illawarra and Marrickville Rds. There will be plenty of time to choose somewhere to eat for lunch, or you can buy. After lunch we will reconvene and walk back to Wolli Creek. Length 13km.
Wed 28 Aug	4	<b>BUSHWALK - ROYAL NP - A to Z, PALM GULLY</b> A look at the area west of Garawarra Farm. Walk the Bola Heights Firetrail & make our way to the Upper Causeway on the Hacking, then follow the river to Palm Gully. We will explore this small but very lovely little creek, before we have a very steep climb back up to Bola Heights. Length 8 km.
Wed 28 Aug	4	<b>BLUE MOUNTAINS BUSHWALK</b> Perrys Lookdown, Blue Gum Forest, Shortridge Pass to Du Faur Head, Lockley Pylon, Mount Stead, The Pinnacles. Approx 10 km - 600m steep descent followed by steep ascent. Maps: 1:25 000 KATOOMBA & MOUNT WILSON
Wed 28 Aug		<b>GENERAL MEETING 7pm</b> Stapleton Avenue Community Centre - 3A Stapleton Ave, Sutherland. Speaker from Rural Fire Service.

## FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM

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## SEPTEMBER 2024

DATE	GRADE	ACTIVITY DETAILS
Sun 1 Sept	3	<b>BUSHWALK - THORNLEIGH RAILWAY STATION TO HORNSBY RAILWAY STATION via Berowra Valley Regional Park.</b> 270m Descent and 275m Ascent. Walking poles needed. Length 11 km.
Wed 4 Sept	3	<b>SYDNEY HARBOUR WALK</b> Kings Cross to ANZAC Bridge along the waterfronts of Woolloomooloo, Mrs Macquarie's Chair, Sydney Opera House, Dawes Point, Barangaroo, Darling Harbour. Approx 16 km.

Thurs 5 Sept	3	<b>KAYAK - LOCAL WATERWAYS</b> Meet at various places in the Shire or nearby at 8.30 am & return by noon. Organiser will contact participants a few days before the event to confirm the starting point. PFD compulsory, no sit-ons please. This is a peer activity.
Thurs 5 Sept	2	<b>MORNING WALK - BOTTLE FOREST LOOP, HEATHCOTE</b> Easy urban/bush walk starts and ends at Heathcote Station. We should see Waratahs in flower around Bottle Forest Loop, then walk back via the 'hidden' Heathcote Sesquicentenary Park. Approx 6 km.
Sat 7 Sept	3	<b>BUSHWALK - ROYAL NP CURRAMOORS TRACK</b> This is the annual spring flower loop walk to Eagle Rock and return. Hopefully lots of spring flowers and waratahs. Please note the track is very eroded and in poor condition. Approx 11 km. No bookings before 7 August.
Wed 11 Sept	4	<b>BLUE MOUNTAINS BUSHWALK</b> Yileen Spur, Liversidge Hill & Birrabang Walls via Birrabang Ridge and Yileen Gully. 80% off track with scrambles up and down of around 150m and a short section in canyon. Approx 10 km. Map: 1:25 000 MOUNT WILSON
Wed 11 Sept	2	<b>BUSHWALK - BARDENS CREEK TRAIL, LUCAS HEIGHTS</b> The Blue Walk from ANSTO through sandstone region with Scribbly Gums, Banksia, King Fern Gully and maybe Waratahs. Half day, approx 5 km on track with some undulation and steps. Coffee at ANSTO cafe on return.
Thurs 12 Sept	3	<b>MORNING WALK - ROYAL NATIONAL PARK</b> This walk will follow the Gundamaian Fire Trail to Danger Point on the Hacking River, across to Lightning and Wants Points and then we'll follow a track that takes us behind the Port Hacking Conference Centre. The last section of the walk is on Rathane Rd back to the cars. Great views of the Hacking River across to Grays Point, Gynea Bay and down river. Mostly good track but a couple of sections of damaged track. Approx. 6 km.
Sat 14 Sept	3	<b>BUSHWALK - ULOOLA FALLS &amp; KARLOO POOL</b> Waterfall Station to Heathcote Station via Uloola & Karloo Tracks. A classic walk in Royal National Park featuring spring wildflowers, sandstone outcrops, a swamp, waterfall and waterhole. Steep walk back up to Heathcote Station. Approx 12 km.
Wed 18 Sept	4	<b>BUSHWALK - HEATHCOTE NP – MT WESTMACOTT &amp; KINGFISHER POOL</b> Waterfall to Lake Toolooma & Mt Westmacott (and trig), then off track on to Yenga Cave & Kingfisher Pool. Return via Bullawarring & Mooray Tracks. Off track sections. Leader will supply morning tea. About 2 km off track. Length 12 km.
Wed 18 Sept	4/5	<b>BLUE MOUNTAINS BUSHWALK</b> Red Ledge Pass from Narrow Neck to Devils Hole. Looking for some old relics of mining in an off-track wilderness area. Some moderate exposure on descent. Approx 11 km. Map: 1:25 000 KATOOMBA
Thurs 19 Sept	3	<b>KAYAK - LOCAL WATERWAYS</b> Meet at various places in the Shire or nearby at 8.30 am & return by noon. Organiser will contact participants a few days before the event to confirm the starting point. PFD compulsory, no sit-ons please. This is a peer activity.
Thurs 19 Sept	3	<b>MORNING BUSHWALK - ROYAL NATIONAL PARK</b> Starting at the National Park Education Centre, down the Honeymoon Track, then along the Hacking River past Reids Flat. Return along the river and up the Bridle Track. Approx 6 km.
Fri 20 Sept to Sun 29 Sept	3	<b>SUPPORTED TRIP - CAPE TO CAPE WA</b> A supported trip with Cape to Cape Explorers tours. 7 nights/8 days. Pickup from Perth and return to Perth. All breakfast, lunches, morning tea and every dinner except one. Choice of glamping or room with facilities. You stay at one place and get driven and picked up daily to start of the walk & back from the end. All you have to carry is a day bag. I've heard great feedback from a friend. Must be in Perth by Friday 20th September. Trip starts 21st Sept. Glamping cost is \$2250 that covers everything. <b>TRIP FULL</b>



Sat 21 Sept	3/4	<b>BUSHWALK - BARREN GROUNDS NATURE RESERVE</b> Reasonably flat circuit walk with a couple of spectacular lookouts. Should be a good showing of wild flowers. Let me know if you are interested in car-pooling. 16 km on track.
Sun 22 Sept	3/4	<b>BUSHWALK - ROYAL NATIONAL PARK</b> A Garrawarra loop walk in the RNP taking in the Lilyvale and Burgh tracks. Includes two shallow crossings of the Hacking River and a short off track section. A picturesque forest walk. Length 11 km.
Mon 23 Sept	2/3	<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, 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!
Tues 24 Sept	3	<b>BUSH &amp; URBAN WALK - 3 PARKS WALK</b> A bush and urban loop walk combining the parklands of Oatley, Gannons and Evatt Parks. Approx 13 kms.
Wed 25 Sept	4	<b>ROYAL NP - A - Z, SOUTH WEST ARM</b> Walk a less visited creek in Royal. Starting at Flat Rock Crossing, we will walk down South West Arm Creek to Winifred Falls, to see where it joins the salt water. Rough & wet. Length 10km.
Wed 25 Sept		<b>GENERAL MEETING 7pm</b> Stapleton Avenue Community Centre - 3A Stapleton Ave, Sutherland. Speaker to be confirmed in an Email alert.
Sun 29 Sept	1	<b>URBAN WALK - KINGS CROSS - ROYAL BOTANIC GARDENS</b> Walk through Kings Cross, learning some of its history and seeing remnants of the past. It was a meeting place for artists, poets, activists and early migrants also played their part. Some beautiful old buildings from early Sydney days remain. Then walk down to The Royal Botanic Gardens - spring time and history as well. About 8 km.

## FOR INFORMATION ABOUT ACTIVITIES IN THIS PROGRAM

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

## ADVANCE NOTICES

DATE	GRADE	ACTIVITY DETAILS
Sun 6 Oct 2024	2	<b>BUSH &amp; URBAN WALK - BUNDEENA ART TRAIL</b> ( <a href="http://www.artrail.com.au/">http://www.artrail.com.au/</a> for details) Approx 3 km of bushwalking to Jibbon Aboriginal Rock Carvings and as much strolling from one artist to another as we like. This makes for an interesting and relaxing day, either drive or catch the ferry to Bundeena.
Sun 27 Oct to Tue 29 Oct 2024	3/4	<b>3 DAY BUSHWALK - MURRAMARANG SOUTH COAST WALK</b> Pretty Beach - Depot Beach - South Durras - Oaky Beach - Maloneys Beach. An overnight backpack commencing on Sunday 27th October for 3 days and 2 nights. Distance 34 km. Cost \$243.20 p.p. which includes cabin accommodation, welcome tour and transfer at end of walk. Maximum 8 people in 2 cabins. Email organiser with expression of interest and for further information.
Tue 29 Oct to Thur 7 Nov 2024	4	<b>BUSHWALKING - FLINDERS ISLAND, TASMANIA (Additional Trip)</b> Stay in Launceston 29/10/24 to enable early flight to Flinders on the 30/10. Stay in Launceston 7/11/24 to enable an afternoon flight from Flinders. Cabin accommodation and hire cars. Walks as organized by group, weather dependent. Approx \$2500. <b>PLACES STILL AVAILABLE</b>

Sun 10 Nov to Tue 19 Nov 2024	4	<b>BUSHWALKING - FLINDERS ISLAND, TASMANIA (Original Trip)</b> Staying in cabin accommodation and hiring cars to explore the historic and beautiful terrain of Flinders Island. Walks will vary in grades from mountain hikes to coastal / beach walks. <b>TRIP FULL</b>
Sat 7 Dec 2024	N/A	<b>CHRISTMAS BBQ BREAKFAST - FREE</b> Wattle Forest Picnic area. Turn right over Varney Bridge then follow the river upstream. From 7.30am. BBQ breakfast, cereal, coffee & tea provided. BYO chair. It's a great chance to catch up with old and new friends and talk about the year's events and make plans for 2025. <b>Please advise if you are coming for catering purposes by 1st December.</b>
Sun 2 Feb to Sun 9 Feb 2025	2/3/4	<b>BUSHWALKING - KOSCIUSZKO NP - CHARLOTTE PASS (Week 1)</b> Our popular annual week of alpine walking activities based at Pygmy Possum Lodge. Walks each day of various grades. Room rates - Couple \$886, Twin share \$443 each, Single \$576. Rooms have en-suites and meals are self-catering. A very social week. Email organiser to reserve a room. Payment in September. <b>TRIP FULL - WAITLIST ONLY</b>
Sun 9 Feb to Sun 16 Feb 2025	2/3/4	<b>BUSHWALKING - KOSCIUSZKO NP - CHARLOTTE PASS (Week 2)</b> A 2nd week of alpine walking activities based at Pygmy Possum Lodge has been confirmed. Walks each day of various grades. Room rates - Couple \$886, Twin share \$443 each, Single \$576. Rooms have en-suites and meals are self-catering. A very social week. Email organiser to reserve a room. Payment in September. <b>ROOMS STILL AVAILABLE</b>
Mon 7 Apr to Fri 11 April 2025	3/4	<b>WARRUMBUNGE NP CAR CAMP (4 nights)</b> Expressions of Interest for a car camp at Warrumbungle National Park. Walks range from grade 3 to 4+. Camping at Camp Walaay, the site is suitable for tents, campers or caravans. The camp is unpowered, but toilets and hot showers are available nearby in Camp Blackman. Please register interest via email.

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Morning Walk - Kamay National Park (Kurnell) - May 2024