

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR AUTUMN 2021



COVID-19 SAFE WALKING

To help participants be COVID safe on club activities, the club has developed a [COVID-19 Safety Plan](#). We ask that all members and visitors familiarise themselves with the club's COVID-19 Safety Plan before participating in any club activity. In particular, do not participate in any club activity if you show any signs of being unwell.

Participants in club activities should comply with all applicable government COVID-19 safe requirements. Carpooling is possible if all passengers comply with the same requirements as do apply to travelling in taxis and ride share vehicles at that time.

SHORT NOTICE WALKS

Leaders may add extra activities to the program with one or two weeks' notice to members, so check your email regularly for the details in a "Short Notice Walk" email to all club members.

For more information on any event, contact the Club Membership Officer at bankswalks@google.com.

MARCH 2020

SAT 6 WATTAMOLLA TO WEDDING CAKE ROCK & RETURN

This walk takes you along one of the most beautiful sections of the Coast Track - across the top of ocean cliffs to the protected cove of Little Marley, and onto Marley Beach. We'll continue to Wedding Cake Rock before returning to Wattamolla for a picnic lunch and an optional short stroll to Providential Point Lookout. Approx 12km.

Grade: 2 **Ascent/Descent:** 200m
Contact By: Wed 3 March
Map: Royal NP

SUN 7 MT WILSON: WOLLANGAMBE RIVER LILO ADVENTURE

A beginners' canyon with no abseils, a lazy trip down the Wollangambe River through a high walled canyon. Bring your lilo mat, a kickboard or even your ring floaty to hang onto while going through the long swim sections, with some walk and rock scramble sections.

Please note: You must be a financial club member to participate in this activity.

Grade: Canyoning
Contact By: Wed 3 March
Map: Mt Wilson

SAT 13 LANE COVE RIVER IN A DAY

The next suburban adventure. Follow the mighty Lane Cove River from its source near Thornleigh as it winds its way shrouded in bushland to join the Parramatta River at Woolwich. A longish walk not for the faint-hearted, this walk is part of the Great North Walk. An undulating 28km with a total climb of 900m.



Grade: 4 **Ascent/Descent:** 900m
Map: Google Maps
Contact By: Wed 10 March

SUN 14 BALMAIN AND BIRCHGROVE - FORESHORE AND HISTORY

Explore the nooks and crannies and parks of Balmain and Birchgrove. Spend time enjoying the historic grounds and buildings of Callan Park. Visit the old tramways site in Forest Lodge and stroll along the foreshore in Glebe and Pyrmont. Involves short ferry and light rail trips. Max of 10 participants. Approx 12km.

Grade: 2 **Ascent/Descent:** 150m
Map: Google Maps
Contact by: Thu 11 March

Please ensure you contact the activity leader by the date indicated, or at least 48 hours before the activity date. Please show consideration and contact before 9pm.

- SUN 14 ABSEIL TRAINING DAY**  **NO HELMET NO GO**
 Club members will be meeting at 9am and practising their abseil skills. The group size will be capped to comply with the club's COVID-19 Safety requirements, and we have a limit of 6 beginners. .
Please note: You must be a financial club member to participate in this activity.
Grade: Abseiling
Contact By: Wed 10 March
Map: TBA
- SUN 21 BONNET BAY TO WORONORA CIRCUIT**
 Walk from Bonnet Bay via wetlands and rocky tracks with lovely views, then over the Woronora Bridge and down to the river. Bring a picnic lunch or buy lunch from the hamburger shop before we head back up to Bonnet Bay. 12km.
Grade: 2 Ascent/Descent: 150m
Map: Google Map
Contact By: Thu 18 March
- THU 25 CAMELLIA GARDENS, CARINGBAH**
 Stroll through the grounds of Camellia Gardens and enjoy morning tea at The Teahouse. Contact organiser before Thursday 18 March if interested.
- SAT 27 ARCHERY AT THE ARCHERY CENTRE, SYDNEY OLYMPIC PARK.**
 The perfect introduction to the world of Archery. Skilled instructors will supervise and guide you through the session giving you the necessary skills to shoot a bow and arrow in a fun and social environment. 10-11:30am \$25 TBC.
- SAT 27 JERRARA CREEK CANYON, BUNGONIA**  **NO HELMET NO GO**
 The Bungonia area is famous for its limestone caves and canyons. The abseil down Jerrara Falls is around 80m in total. Jerrara Creek has a fair few swims, some of them fairly long. (Wetsuits optional). A long day; for experienced canyoneers only.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning
Contact By: Wed 24 March
Map: Bungonia
- SUN 28 BRIGHTON LE SANDS TO CAPTAIN COOK BRIDGE AND RETURN**
 Walk the ocean shore for most of this 14km or so flat picturesque walk from Brighton le Sand to Captain Cook Bridge and return. Plenty of opportunity to paddle, and for fish & chips and ice cream!
Grade: 2 Ascent/Descent: <50m
Map: Google Maps
Contact by: Friday 28 March
- SUN 28 6HR METROGAINE - WOLLONGONG**
 Metrogaines are primarily street-based rogaines. These are great for getting to know new places, people with prams and those who like a nice cafe lunch. Maps will be supplied on the day. Entry fees apply. Make sure you register early. To find out more about Rogaining and future events visit <https://nswrogaining.org/wpblog/>
- WED 31 CRONULLA MURAL WALK**
 A casual wander around the streets of Cronulla to see the colourful artworks on the buildings. Enjoy lunch by the seaside.
Grade: 1 Ascent/Descent: <50m
Map: Google Maps
Contact By: Mon 29 March

APRIL 2021

APRIL (DATE TBC) ROGAINING NSW NAVIGATION WORKSHOP

As previously covered in the Bush Telegraph. This weekend workshop is for beginners, intermediate and advanced navigators to work with top rogainers to hone their skills. Includes night navigation, navigation across different terrains, expert tasks and a mini rogaïne event. Highly recommended. Registration fees apply.

THU 8  **EXPLORATORY BIKE RIDE:** **NO HELMET NO GO!**

The ride will be around 50km mainly on bike paths/quiet streets. Lunch by the sea. Bring a roadworthy bike, helmet, pump, spare tube, snacks, hand sanitizer, water and money for lunch. Contact leaders for more info.

Grade: Cycling

Map: Google Maps

Contact By: Mon 5 April

SUN 11 **GLENBROOK NP ENTRY STATION - BLUE POOL - RED HANDS CAVE - GREY HAT FALLS - RETURN**

Visit scenic sites (waterfalls, pools and heritage) in the National Park at Glenbrook including Blue Pool, Red Hands Cave, Grey Hat Falls and Crayfish Pool on this approx 15km walk. Some flexibility with the route between the sites, which can be discussed by the group on the day.

Grade: 2 **Ascent/Descent:** 200m

Map: Penrith

Contact By: Thu 8 April

SUN 11  **BIKE RIDE: GEORGES RIVER - CHIPPING NORTON LAKES CIRCUIT** **NO HELMET NO GO!**

An easy 27km ride taking in scenic riverside reserves of the Mirrambeena Regional Park, Chipping Norton Lakes and Georges River. The ride is mostly along gentle bike paths but does include some urban streets. We will start and finish near Liverpool station, where a well-earned coffee awaits us. Bring helmet, pump, spares, snacks, hand sanitizer, water and money for refreshments.

Grade: Cycling

Map: Bicycle Route Map

Contact By: no deadline

SAT 17 **ADVANCED ABSEIL DAY** **NO HELMET NO GO!**

This day is for club members who know their knots, can lock off, prusik and perform an abseil/prusik changeover. We will be covering load equalizing anchors, mid-rope rescues, releasable anchors and simple hauling systems. Numbers will be limited to maintain a 5 to 1 learner/instructor ratio. Bring along a GriGri if you have one.

Please note: You must be a financial club member to participate in this activity.

SUN 18 **GRIFFITHS TRAIL, BARREN GROUNDS NATURE RESERVE**

This was the site of the leader's first walk with the club 40 years ago, so it would be good to revisit this place again. The walk is about 13km along undulating fire trails. The Nature Reserve is a good place for bird watching, and is on the escarpment near Robertson in the Southern Highlands with scenic views.

Grade: 2 **Ascent/Descent:** 100m

Map: Robertson

Contact By: Thu 15 April

FRI 23 CAPTAIN COOK BRIDGE TO WOOLLOOWARE & RETURN

This easy 13km walk follows the shared bicycle/pedestrian pathway from Captain Cook Bridge, Sans Souci to Woollooware. There are several viewing decks along the way which overlook Woollooware Bay and Towra Point Aquatic Reserve.

Grade: 1 **Ascent/Descent:** <50m

Map: Google Map

Contact By: Wed 21 April

WED 28 KAYAKING ALONG THE WORONORA RIVER

Enjoy the serenity of the Woronora River by hiring a kayak (or bringing your own). Those who want to can also lunch at The Boatshed, a picturesque café overlooking the river. Check out the website below for hiring options.

<https://www.theboatshedatworonora.com.au/boats>

Grade: Canoeing

Map: Google Map

Contact By: Sat 24 April

FRI 30 MORNING IN THE NEPEAN GORGE

Cruise along the Nepean River on board the Nepean Belle Paddlewheeler whilst enjoying a delicious Devonshire tea. \$35 adults. \$29 seniors. Boarding 9:30am. Cruising 10am-11:30am. Go to the Nepean Belle website (www.nepeanbelle.com) to book/pay. When booking, enter Bankstown Bushwalking Club in the 'please seat me with' field.

FRI 30 GREAT RIVER WALK

The Great River Walk passes through Penrith at the foot of the Blue Mountains and provides amazing scenery along the Nepean River. We will stop along the way to watch the boats, birds and other wildlife, and pay a visit at the renowned Penrith Regional Gallery. An easy 7km loop. Please note: the walk will take place after the cruise (11:30am).

Grade: 1 **Ascent/Descent:** <50m

Contact By: Tue 27 April

Map: Penrith

MAY 2021**🚲 CENTRAL WEST BIKE RIDE, 6 DAYS**

Expressions of interest are called for in a Central West NSW bike ride. Likely 6 days, 400km, staying in pubs. Looking at dates during May. Start and finish in Molong. You will need to contact the organiser by mid March if you're interested as some towns have limited accommodation. If anyone wants to come as a support vehicle driver, you're welcome.

SAT 1 🚲 BIKE RIDE: THIRROUL TO WOLLONGONG LIGHTHOUSE AND RETURN

🚫 NO HELMET NO GO

40km ride from Thirroul to Wollongong lighthouse and back. Some quiet roads and mainly cycle ways. Bring roadworthy bike, helmet, pump, spares, snacks, hand sanitizer, water and money for refreshments.

Grade: Cycling

Map: Google Maps

Contact by: Wed 28 April

SAT 1 HUNTER VALLEY TOUR

After an early morning pick up, our bus driver will take us to the Hunter Valley where we will enjoy beer, wine, vodka, schnapps and cheese tasting. Lunch at Harrigan's Pub (at own cost) and a visit to the Hunter Valley Chocolate Shop before heading home. \$95 pp. See www.penrithminibus.com.au for tour info, T&C's etc. Contact organiser for more info.

- SUN 2 WARRIMOO TO BLAXLAND VIA FLORABELLA PASS**
 The Florabella Pass historical walking track winds along pretty Florabella Creek. One short exposed section. Exiting via a scenic track to Plateau Parade. Approx 8 - 10km total.
Grade: 2 Ascent/Descent: 200m
Map: Springwood
Contact By: Thu 29 April
- SUN 2 ABSEIL: MALAITA POINT AND MALAITA WALL** 🚫 **NO HELMET NO GO!**
 Malaita Point is one of our favourite multi-pitch trips. It features spectacular views of the Three Sisters and a very pretty walk out - or the option of a ride up the Scenic Railway for the cashed-up lazy person.
 Beside Malaita Point is the Malaita Wall abseil. Malaita Wall has some very long abseils and offers great views into the Jamison Valley.
 The two groups will be able to watch and talk to each other on the way down!!!!!!
Please note: You must be a financial member to participate in this activity.
Grade: Abseiling
Map: Katoomba
Contact By: Wed 28 April
- SAT 8 BLUE MOUNTAINS WEEKEND AT KATOOMBA & MT VICTORIA**
SUN 9 We'll be combining walks & social activities for this weekend; staying overnight at a motel/hotel or camp. An easy walk on the Saturday morning before we check into the selected accommodation, spend the afternoon/evening exploring Katoomba town to see how the Covid restriction over the year has affected it.
SAT 8: We'll start the Prince Henry Cliff Walk from the Scenic Skyway eastern station, taking in several great lookouts, to Echo Point and The Three Sisters, returning the same route or back through Echo Point Road. Takes about 1.5hrs for the 2.2km return.
SUN 9: We'll do the 4-hour, 6km circuit from Pulpit Rock Lookout down Little Zig Zag Track and some rock scrambling up Bushranger's Cave (this time we may try exploring further to the dark inner cave), continuing through Rienits Pass to Wilson's Glen then following a track under rock overhangs, along the clifftop and stone stairs back to Pulpit Rock. Option to take a short stroll to Engineers Cascade and Sunset Rock. (If you can only do the Sunday walk, please contact the leaders.)
Grade: 2 Ascent/Descent: 100m
Map: Mt Wilson/Hartley
Contact Leaders for more info
- SAT 8 12/6HR AUTUMNGAINE - BELANGLO STATE FOREST**
 Keep warm with a longer rogaining event. 12 and 6 hour options available. Maps will be supplied on the day. Entry fees apply. Make sure you register early. To find out more about Rogaining and future events visit <https://nswrogaining.org/wpblog/>
- TUE 11 WALKS COMMITTEE MEETING**
 Suggestions for the **Winter 2021** Program must be given to a member of the walks committee or e-mailed to bankstownbushwalks@gmail.com by **Monday 10 May 2021** or they may not make it onto the program.
- SAT 15 BURWOOD TO BREAKFAST POINT AND RETURN WALK**
 About 10km. Follow the foreshore around to Cabarita and Breakfast Point where we'll have a snack, before the return walk. Shops available at Breakfast Point to buy a coffee, snack etc.
Grade: 2 Ascent/Descent: <50m
Map: Google Maps
Contact by: Wed 12 May

SUN 16 SPIT TO MANLY WALK

A spectacular 10km walk with beautiful Sydney harbour views. Public transport to the start. Followed by fish and chips at Manly Beach before we catch the ferry back.

Grade: 2 Ascent/Descent: 150m

Map: Google Maps

Contact By: Thu 13 May

SUN 16  MOUNTAIN BIKE RIDE: FAULCONBRIDGE TO FAULCONBRIDGE POINT AND RETURN  NO HELMET NO GO!

Spectacular views overlooking the Grose Valley. Total: 20km. Moderate cycling, with some short, steep sections. Bring helmet, pump, spares, snacks, hand sanitizer, and water.

Grade: Cycling

Map: Springwood

Contact By: Thu 13 May

THU 20 COMO HERITAGE WALK

Starting on Oatley side of rail/pedestrian bridge, we will walk over bridge and explore the Como Heritage Trail and Como Pleasure Park. Coffee and lunch can be purchased at the Blackfish Cafe or bring your own. Then walk back across the bridge to the cars. Total 8km.

Grade: 1 Ascent/Descent: 50m

Map: Council

Contact By: Tue 18 May

SAT 22 BUSHWALKERS FIRST AID COURSE**SUN 23**

This comprehensive Bushwalkers First Aid course will be delivered for members of our club by Highlands First Aid at a venue in Panania. The course is extremely practical and hands on, based on real scenarios that would be encountered by bushwalkers. We are encouraging people to update their first aid skills with people they will be walking with. Watch your email for details of how to register. And remember if you have done 3 or more activities with the club over the last 12 months, the club will refund part of your course fees on successful completion.

SAT 29 WISEMAN'S FERRY. OLD NORTHERN ROAD, RETURN VIA FINCH'S LINE

This walk is in Dharug National Park across the Hawkesbury from Wiseman's Ferry. The walk ascends Devine's Hill to inspect the World Heritage convict-built road from the 1820s, stops for lunch with views over the Hawkesbury, and returns down another even earlier track before looping back to the ferry along the current road. Distance about 11km.

Grade: 2 Ascent/Descent: 200m

Map: Lower Portland & Gunderman

Contact By: Wed 26 May

SUN 30 CIRCULAR QUAY - MILSONS POINT - TARONGA ZOO

After a hearty breakfast at Pancakes on the Rocks, we'll walk across the Harbour Bridge & make our way to Taronga Zoo ferry wharf. The 12km walk is mostly along footpaths and through parkland which offers magnificent views of Sydney Harbour.

Grade: 2 Ascent/Descent: <200m

Map: Google Maps

Contact by: Thu 27 May