

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR AUTUMN 2022



COVID-19 SAFE ACTIVITIES

All members and visitors should familiarise themselves with the club's [COVID-19 Safety Plan](#) before participating in any club activity. Car pooling is permitted, in accordance with current government [COVID-19 rules](#). **Do not participate in any club activity if you are unwell.**

SHORT NOTICE ACTIVITIES

Leaders may add extra activities to the program. Check your email regularly for a "Short Notice Activity" email to all club members.

BONDI TO MANLY TRAIL

A small group of members have decided to put on the 80km Bondi to Manly trail on this program, and have split this trail over seven separate walks. These walks are marked accordingly.

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

MARCH 2022

SAT 5 DARGANS ARCH - WOLLANGAMBE RIVER

We start on track to explore Dargans Arch and then find a route down to the Wollangambe. There won't be a track. It is likely, though not guaranteed, that this route will involve walking down a creek, so we'll get wet feet. After reaching the river we will try and find somewhere for a quick dip and refresh before looking for a track back to the cars. Only for experienced walkers. Around 12kms with a substantial off track component through difficult terrain. Scrambling ability and a sense of adventure required as we haven't done this one before.

Grade: 4 Ascent/Descent: 300m

Map: Mt Wilson

Contact By: Wed 2 Mar

SUN 6 ROSE BAY TO WATSONS BAY (BONDI TO MANLY)

The walk brings you to secluded beaches, beautiful parks & picturesque bays while enjoying panoramic views of the city and the harbour. Highlights include Milk Beach, Parsley Bay, Nielsen Park & the Hermitage Foreshore track. Approx 8km. Finish off with fish and chips in the park.

Grade: 2 Ascent/Descent: 150m

Contact By: Wed 2 Mar

Map: Google Maps

SAT 12 - SUN 13 TALLOWA DAM - SHOALHAVEN RIVER KAYAK BASECAMP

Paddling amongst trees submerged when Tallowa Dam was built and then between the spectacular cliffs of the Shoalhaven Gorge. End to end will take about 3 hours with distance of 13km each way. We will camp overnight at Fossickers Flat, a campsite only accessible by water or a difficult walk. BYO kayak, or alternatively kayaks/canoes can be hired from Kangaroo Valley Safaris.

Grade: Canoeing

Contact By: Mon 7 Mar

Map: Kangaroo Valley

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 13 TARONGA ZOO TO BALMORAL (BONDI TO MANLY)

This walk offers spectacular views of the harbour, pristine stretches of bushland, sheltered beaches and lunch at Balmoral beach. We may do a detour to the Middle Head historic precinct if the day is not too hot. About a 9 km walk and we will return by bus to Taronga Zoo ferry wharf or to Wynyard bus stop.

Grade: 2 **Ascent/Descent:** 160m
Map: Google Maps
Contact By: Thu 10 Mar

SAT 19 NEWNES AREA. OLD COACH ROAD, GLOW WORM TUNNEL WALK

Take in the natural and man-made wonders on this scenic walk, and of course be amazed by the display of glow worms seemingly unperturbed by passing visitors. We will follow the old coach road on our descent into the Wolgan valley before turning on to the rail trail for the steady climb back to the famous tunnel. 10km.

Grade: 2 **Ascent/Descent:** 100m
Map: Ben Bullen
Contact By: Wed 16 Mar

SAT 19 YILEEN CANYON**🚫 NO HELMET NO GO**

Experienced abseilers only. Limited numbers. This is one of the beautiful canyons on the south side of Bells Line of Road. Lots of nice canyon sections on this trip. Last abseil is 60 metres into Grose valley, exiting via Pierces Pass. Wetsuit optional, although it's quite wet this season, so their use is advised. This will be part of the assessment for the Leader in Canyoning Leadership pathway with the Abseil Committee.

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

Grade: Canyoning
Contact By: Mon 14 Mar
Map: Mt Wilson

SUN 20 WHUNGEE WHENGEE CANYON**🚫 NO HELMET NO GO**

Experienced canyoning only. Limited numbers. A great canyon in Mt Wilson area. Expect a longer day with 2 steep climbs. It is a long and cold canyon with many swims, a few abseils up to 15m, and at least one proper duck under. If we are lucky, we might see some glow worms too. Participants must have previous canyoning experience.

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

Grade: Canyoning
Contact By: Mon 14 Mar
Map: Mt Wilson

SAT 26 BUNGONIA NP - BUNGONIA GORGE RED TRACK

The Red Track is a short but challenging walk traversing the limestone slot canyon in Bungonia Gorge. This walk of approximately 5km traverses the bottom of the spectacular limestone slot canyon. There may be wet crossings, helmets are advised, and a good level of fitness is required. Camp at Bungonia Campground on Friday 25th ready for an early start on Saturday 26th. NPWS parking and camping fees apply. Bungonia also offers a number of other short walks for those interested in exploring this unique area.

Grade: 4 **Ascent/Descent:** 520m
Contact By: Tue 22 Mar
Map: Bungonia

SUN 27 BEGINNERS ABSEIL DAY - ALFORDS POINT**🚫 NO HELMET NO GO**

Club members will be meeting at 9am and practising their abseil skills. We have a limit of 6 beginners.

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

APRIL 2022

SAT 2 - SUN 3 BACKPACK: KANANGRA - GINGRA RIDGE - ROOTS RIDGE - ORANGE BLUFF - BRUMBY RIDGE - KANANGRA

A classic walk to the bushwalkers' sacred river, the Kowmung. This walk has it all, wilderness, stunning views, history, a guaranteed 5 star campsite and the most beautiful river in NSW. Please note we will have a number of river crossings with water thigh deep so make sure you are prepared for the wades with appropriate footwear and a good, waterproof liner for your pack. This walk is not suitable for overnight walking beginners.

Grade: 5 Ascent/Descent: 1300m

Map: Kanangra & Yerranderie

Contact By: Sun 27 Mar

SUN 3 ADVANCED ABSEIL DAY - ALFORDS POINT 🧗 NO HELMET NO GO

This day is for club members who know their knots, can lock off, prusik and perform an abseil/prusik changeover. Numbers will be limited. We will be covering Parallel 3:1's with GriGri's, Mid Rope pick off with GriGri, and we will also look at Load Releasing Hitches. Bring along a GriGri if you have one.

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

SUN 3 METROGRAINE - LANECOVERIVERGAINE IV

This 6hr event run by the NSW Rogaining Association is ideal for beginners to learn and practice navigation skills in a friendly environment. At the conclusion of the event, there will be an all-inclusive BBQ, provided by the world-renowned 1st North Sydney Scout Group, with its three-star chef preparing gourmet hamburgers and eats. Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply). For more information, contact the organiser via the Club Membership Officer at bankswalks@yahoo.com. To find out more about Rogaining and future events, visit <https://nswrogaining.org/coming-events/>

THU 7 ANNUAL GENERAL MEETING 7.00PM

The Annual General Meeting is your opportunity to shape the future direction of the club. Come along and either nominate for a position on the management committee or vote for your preferred candidate. You'll also have the chance to let the incoming committee members know if you are interested in being on one of the sub committees.

There will be light refreshments served after the meeting so bring a drink and stay around to chat once the formalities are over.

Financial members of the club should watch their in-boxes for a formal notice of AGM and the agenda.

SAT 9 WEST HEAD - MACKERAL BEACH CIRCUIT, KU-RING-GAI CHASE NP

A scenic walk around the West Head area in this northern Sydney region. We will walk along a mixture of narrow tracks and fire trails along woodland ridges, angophora forested foreshores and a couple of beaches, and enjoy spectacular views out over Broken Bay and Pittwater. A moderate 8-10 km of walking, depending on possible side trips.

Grade: 2 Ascent/Descent: 250m

Map: Broken Bay

Contact By: Fri 8 Apr

SUN 10 CANYON COLLIERY TO IKARA TRACK HEAD

Around 8km with about half of that being Off Track!! From Canyon Colliery Trail we will follow the old Engineers Track (if we can find it) and descend into the Upper Grose Valley. We will follow the line of Surveyors Creek and then work our way to the base of the cliff line of Ikara Head, follow the track around the head to Girraween Cave, and then onto Ikara Head track which will take us to the road. Car shuffle required. Limit 8.

Grade: 3 Ascent/Descent: 300m

Contact By: Thu 7 Apr

Map: Mt Wilson

EASTER FRI 15 / SAT 16 / SUN 17 / MON 18**MON 18 CIRCULAR QUAY TO TARONGA ZOO (BONDI TO MANLY)**

Starting from Circular Quay, we'll wander through The Rocks before making our way across the Harbour Bridge and on to Taronga Zoo. The walk is mostly along footpaths and through parkland, and offers magnificent views of Sydney Harbour. Approx 14kms.

Grade: 2 Ascent/Descent: 150m

Contact By: Thu 14 Apr

Map: Google Maps

FRI 22 NORMAN LINDSAY GALLERY AT FAULCONBRIDGE

Experience the art and legacy of one of Australia's most controversial and prolific artists. Stroll around the gallery and gardens, take a short bushwalk around the outskirts of the property, and enjoy lunch at the cafe. Entrance fee: \$17 (adult). For more information, contact the organiser via the Club Membership Officer at bankswalks@yahoo.com by Wednesday 13th April.

SAT 23 DEVILS HOLE AREA ABSEIL TRIP(S)

🚫 NO HELMET NO GO

There are many abseil routes to choose from: the Chock Stone, Whores Bed (a small dry canyon), and the Africa Wall. We may get to do multiple trips depending on the group and time. Final trip details will be decided nearer to the day, but one thing is certain - it will be fun!

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

Grade: Abseiling

Map: Katoomba

Contact By: Wed 20 Apr

SUN 24 WATSONS BAY TO BONDI (BONDI TO MANLY)

This 14km coastal walk takes in majestic views of Sydney Harbour and the stunning cliffs overlooking the Pacific Ocean. We head straight to the Hornby Lighthouse, past The Gap, up to Christison Park past the lighthouses and onto the boardwalk, following the coastline towards Bondi Beach. We will catch the ferry from Circular Quay to Watsons Bay and return from Bondi by bus or by ferry from Watsons Bay so please don't forget to bring your Opal card.

Grade: 2 Ascent/Descent: 160m

Map: Google Maps

Contact By: Thu 21 Apr

MON 25 ANZAC DAY**SAT 30 BUNDEENA, JIBBON HEAD, WEDDING CAKE ROCK & RETURN**

From Bundeena ferry wharf we'll walk to Jibbon Beach and on to Port Hacking Point and Shelley Beach. Following the sandy Jibbon Trail, we'll join the Coast Track and head to Wedding Cake Rock. Return to Jibbon Beach via a slightly different route. Lots of sand walking and great views. Approx 12km.




Grade: 2 Ascent/Descent: 200m

Contact By: Wed 27 Apr

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.

Map: Royal NP

MAY 2022

- SUN 1 MALAITA POINT ABSEIL**  **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 if you are feeling lazy.
Please note: You must be a financial club member to participate in this activity.
Grade: Abseiling
Map: Katoomba
Contact By: Tue 26 Apr
- SAT 7 12/6 HR AUTUMNGAINE - LOCATION TBA**
 This 12/6hr event run by the NSW Rogaining Association is a chance to stretch your navigational skills over a longer distance (and time) in stunning bushland. Rogaining is the only sport with a hot toastie thrown in. Give it a try! Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply). For more information, contact the organiser via the Club Membership Officer at bankswalks@yahoo.com. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>
- SUN 8 MANLY AND NORTH HEAD (BONDI TO MANLY)**
 North Head walk is a beautiful 12km walk. Starting at Manly Wharf we will walk past little Manly Beach to Collins Beach. Then uphill to loop around North Head to be rewarded with harbour and city views, and maybe even spot some whales. Head back down to Manly via bushland and Shelly Beach.
Grade: 2 Ascent/Descent: 150m
Map: Google Maps
Contact by: Wed 4 May
- SUN 8 BEGINNERS ABSEIL DAY - CLIFF RESERVE, NORTH WAHROONGA**  **NO HELMET NO GO**
 Club members will be meeting at 9am and practising their abseil skills. We have a limit of 6 beginners.
Please note: You must be a financial club member to participate in this activity
- MON 9 DEADLINE FOR WINTER PROGRAM ACTIVITIES**
 The Walks committee will be meeting soon to compile the Winter program. Suggestions for the **Winter 2022** Program must be emailed to bankstownbushwalks@gmail.com by Monday **9 May 2022** or they may not make it onto the program.
- SUN 15 BOARS HEAD ABSEIL TRIP**  **NO HELMET NO GO**
 There are 5 abseils on this trip, including the spectacular "slot" abseil. This is a spectacular and popular trip. Return via the Devils Hole track.
Please note: You must be a financial club member to participate in this activity
Grade: Abseiling
Contact By: Sun 8 May
Map: tba
- SUN 15 ROSE BAY TO CIRCULAR QUAY (BONDI TO MANLY)**
 This trail passes through some of Sydney's most exclusive suburbs and provides spectacular harbour and city views. Mostly street walking, so wear comfortable shoes. Approx. 11km.
Grade: 2 Ascent/Descent: <150m
Map: Google Maps
Contact By: Thu 12 May

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.

SAT 21 DHARRAWAL NP WALK

This walk will take in some fire trails and less popular tracks as we avoid the more popular and crowded places in the park. About 12 km in total with a couple of creek crossings which may get our feet wet. There are a couple of 150m descents and ascents but we'll take our time so it won't be too strenuous.

Grade: 2 Ascent/Descent: 150m
Contact By: Thu 19 May
Map: Appin

SUN 22 AHERNS LOOKOUT NATTAI NP

A spectacular lookout into the Nattai wilderness. About 12 km, fairly flat with a few ups and downs but nothing major, all on track.

Grade: 2 Ascent/Descent: 50m
Contact By: Thu 19 May
Map: Hilltop

SAT 28 / SUN 29 MOUNTAIN BIKE WEEKEND AT KANANGRA WALLS

An easy (according to the NPWS) ride along fire trails with a couple of creek crossings to cool your feet thrown in. We will be taking the side trip to visit Morong Falls for lunch before returning to Boyd River campground. 28km unsealed road/track.

Grade: 2 Ascent/Descent: 100m
Map: tba
Contact By: Mon 23 May

SUN 29 BALMORAL TO MANLY (BONDI TO MANLY)

Starting at Balmoral Beach, this is a scenic and quite easy walk of approximately 12km. The track starts along the coastline at Balmoral, across the Spit Bridge, and then following the Spit to Manly track. Finishing at Manly, we will catch the ferry back to Circular Quay. Lots of photo opportunities.

Grade: 2 Ascent/Descent: 100m
Map: Google Maps
Contact By: Wed 25 May