

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR AUTUMN 2023



COVID-19 SAFE ACTIVITIES

All members and visitors are requested to comply with current government COVID-19 rules and the club's COVID-19 Safety Plan. **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.

WALK GRADES

Walks differ greatly in their level of difficulty. Please refer to our [club grading system](#) to make an informed decision about whether a walk is suitable for you. Club grades indicate the level of difficulty associated with the **walk**. Many other grading systems you may see online refer to the type of **track** and do not give an accurate idea of the difficulty of the walk.

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

MARCH

SAT 4 BUNDEENA TO MARLEY HEAD AND 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 continue to Marley Head. Return to Jibbon Beach via a slightly different route. Lots of sand walking and great views. Approx 16km.

Grade: 2 Ascent/Descent: 200m

Map: Royal NP

Contact By: Wed 1 Mar

SUN 5 BEGINNERS ABSEIL DAY - ALFORDS POINT

🚫 NO HELMET NO GO

This is the first abseil training day of the year. This is an opportunity for club members with little or no experience in abseiling to come along and see if they like it. There are six spots available for beginners, so get in early if you would like to attend. Experienced abseilers can come along and brush up on their skills ahead of the Autumn and Winter caving trips. There is no limit on the number of experienced people who can attend, providing they have their own harness and abseil gear.

For more information, contact the organiser via the Club Membership Officer at bankswalks@yahoo.com. There is a \$5.00 rope and gear hire fee for the day. Please bring along the correct change.

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

SAT 11 FOREST PATH & LADY CARRINGTON DRIVE

The Forest Path is a 4.5km circuit in the Royal National Park. Built in 1886, the track will take you into one of the finest remaining rainforests of the Sydney region. We'll extend the walk and stroll part way along Lady Carrington Drive before returning to our cars. Approx 10km total.

Grade: 2 Ascent/Descent: <100m

Map: Royal NP

Contact by: Wed 8 Mar

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 11 - SUN 12 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

Map: Kangaroo Valley

Contact By: Mon 6 Mar

SUN 12 GLENBROOK TO RED HANDS CAVE AND RETURN VIA LINK TRACK

From Glenbrook Ranger Station, we walk down to Erskine Creek and then follow the Red Hands Cave track next to the creek, gradually ascending to the Aboriginal hand paintings at Red Hands Cave. Return via the Link track loop along Campfire Creek. Approx 11km.

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

Map: Penrith

Contact By: Wed 8 Mar

SAT 18 MOUNTAIN LAGOON TO COLO MEROO

Starting from the village of Mountain Lagoon, we will follow a fire trail to the edge of the Colo valley, where we will enjoy the views before the steepish descent down the ridge to the river. There will then be a leisurely couple of kms following the river followed by a car shuffle. Approx. 15km in total.

Grade: 3 **Ascent:** 100m / **Descent:** 580m

Map: Mountain Lagoon

Contact By: Mon 13 Mar

SUN 19 CANYONING: JUGGLERS AND GRAND CANYON  NO HELMET NO GO

Two short but enjoyable canyons conveniently within walking distance of each other. Jugglers is a dry canyon with a few good abseils, and afterwards we'll do the Grand Canyon with only one abseil but some good swims. Suitable for canyoning beginners. Wetsuit needed for the Grand.

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

Grade: Canyoning

Map: Katoomba

Contact By: Wed 15 Mar

SUN 19 GREAT NORTH WALK: SECTION 4 - ROSEVILLE TO MACQUARIE PARK

Join the leader as they embark on the quest to complete the Great North Walk, a 260km walk that starts in Sydney and finishes at Newcastle. This fourth section starts at Roseville Station and explores the eastern banks of the Lane Cove River with a diversity of dry forest and sandstone rock formations. The walk ends at Macquarie Park train station. Distance is 9km one way.

Grade: 2 **Ascent/Descent:** 50m

Map: Google Maps

Contact by: Fri 17 Mar

WED 22 KAYAKING AT AUDLEY

Enjoy breakfast at the Audley Cafe before heading off for a paddle along the Hacking River. Early start to avoid the crowds. See www.audleyboatshed.com for hire rates.

Grade: Kayaking

Map: Google Maps

Contact By: Sun 19 Mar

SAT 25 CANYONING: HOLE IN THE WALL CANYON  **NO HELMET NO GO**

Experienced canyoning only. Hole-in-the-Wall is an impressive canyon flowing into the north branch of Bungleboori Creek. It has an upper and a lower section separated by a section of open creek. The lower constriction has an enclosed tunnel populated with glowworms. Some wades and swims. Abseils up to 15m. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.

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

Grade: Canyoning

Map: Rock Hill, Wollangambe

Contact By: Tue 21 Mar

SAT 25 CITY WANDER

Be a tourist for the day and explore the sights of Sydney. Discover historical features, city art and architecture and interesting coffee shops. Walk distance will depend on how adventurous and energetic we feel on the day.

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

Map: Google Maps

Contact by: Wed 22 Mar

SUN 26 CANYONING: LUNA PARK CANYON  **NO HELMET NO GO**

This canyon is off the beaten track and rarely visited. We will be doing this one on the way home from the base camp (Hole in the Wall carpark), so you'll need to camp at Hole in the Wall carpark before if you want to come along. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.

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

Grade: Canyoning

Map: Rock Hill, Wollangambe

Contact By: Tue 21 Mar

SUN 26 STILL CREEK TO WORONORA RIVER AND RETURN

Starting in the bush behind Menai, the track follows Still Creek and undulates downhill to the Woronora River for lunch and then retrace our steps gradually uphill. Note: there are no facilities or water refill spots on this trip. Approx 10 km.

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

Map: Google Maps

Contact By: Thu 23 Mar

APRIL**SAT 1 - SUN 2 BACKPACK: KANANGRA - ROOTS RIDGE - KOWMUNG RIVER - BRUMBY RIDGE**

A chance to visit some of the best walking country in NSW. A steep walk in and out and some kilometres of river walking with frequent crossings mean that this walk is only suitable for fit walkers. Track, river and campsite conditions after the fires and rains are uncertain so bring your sense of adventure.

Grade: 4 **Ascent:** 800m **Descent:** 800m

Map: Kanangra, Yerranderie

Contact By: Wed 29 Mar

SAT 1 RHODES CIRCUIT.

This 12km walk starts/finishes at Rhodes Railway Station and is mostly on concrete paths. We'll explore Wentworth Point and Sydney Olympic Park including the Brickpit, Wentworth Common and Badu Mangroves. Coffee at the Waterview Cafe. Public transport friendly.

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

Map: Sydney Olympic Park

Contact By: Wed 29 Mar

SUN 2 INTERMEDIATE ABSEIL TRAINING DAY - BANGOR **🚫 NO HELMET NO GO**

This day is for club members who already have basic abseil skills. We will be focused on prusiking, passing knots, descent/ascent change overs and other self-rescue skills.

For more information, contact the organiser via the Club Membership Officer at bankswalks@yahoo.com. There is a \$5.00 rope and gear hire fee for the day. Please bring along the correct change.

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

SUN 2 6 HOUR METROGAINE - FORESTVILLE

This 6hr event run by the NSW Rogaining Association is a great event for practice navigation skills in a friendly urban environment. Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply), or for more information contact the organiser via the Club Membership Officer at bankswalks@yahoo.com and they will put you in touch with the organiser to answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

EASTER 2023 - FRIDAY APRIL 7 TO MONDAY APRIL 10**SUN 9 THREE LOOKOUTS WALK - THE ROCK - RILEY'S MOUNTAIN - THE NARROWS**

Located west of Mulgoa in Blue Mountains NP. The walk follows the undulating Riley's fire trail through areas of swampy heath and dry eucalyptus forest with views from each lookout across the Nepean Gorge to the Blue Mountains. The walk is approximately 11kms, including stops to take in the views and lunch at the Narrows lookout.

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

Map: Penrith

Contact By: Wed 5 Apr

SAT 15 - SUN 16 TUGLOW CAVING WEEKEND (DEPENDING ON PERMIT)

Tuglow is a wonderfully varied cave in Kanangra-Boyd National Park. This cave usually requires getting wet (up to neck high in water) and thermals are a must. Skill level requires technical ropework (or ladders). Please contact the Club Membership Officer at bankswalks@yahoo.com and they will put you in touch with the organiser.

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

Grade: Caving

Contact By: Mon 3 Apr

SAT 15 CRONULLA BEACHES AND ESPLANADE

Walk along the Esplanade, Cronulla and enjoy great views, beautiful beaches, rock pools and parks.

Grade: 1 **Ascent/Descent:** <100m

Map: Google Maps

Contact by: Wed 12 Apr

SUN 16 ROYAL BOTANIC GARDENS & COCKATOO ISLAND

Meet at Circular Quay and catch a ferry to Cockatoo Island. Upon our return, wander through the grounds of the Royal Botanic Gardens. An easy walk with plenty of photo opportunities.

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

Map: Google Maps

Contact By: Thu 13 Apr

THU 20 ANNUAL GENERAL MEETING - 6.30PM

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 22 CANYONING: BUNGNIA CANYON**🚫 NO HELMET NO GO**

Bungonia Creek Canyon is fairly open and is better described as a gorge. Wetsuit and abseil gear required. Some long swims. Abseils up to 60 m. Please bring \$5 cash for rope fee on the day.

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

Grade: Canyoning

Map: Caoura

Contact By: Tue 11 Apr

SUN 23 CANYONING: LONG GULLY CANYON**🚫 NO HELMET NO GO**

Long Gully is a dry multi-pitch trip with long abseils and spectacular scenery. No swims. There is a long, steep walk out. Abseil gear required. Suitable for experienced abseilers only. Please bring \$5 cash for rope fee on the day.

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

Grade: Canyoning

Map: Caoura

Contact By: Tue 11 Apr

SUN 23 LANE COVE RIVER, BUFFALO CREEK RESERVE TO LINLEY POINT

We start our walk from Buffalo Creek Reserve in East Ryde, mainly following bushland reserve adjoining the Lane Cover River, then cross the river to Linley Point, before more-or-less retracing our steps. We will enjoy nice bushland with river views and some urban streetscape. A moderately easy 10 km walk (no significant hills).

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

Map: Google Maps

Contact By: No deadline

SAT 29 JERRARA CREEK CANYON, BUNGNIA**🚫 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 few swims, some of them fairly long. (Wetsuits optional). A long day for experienced canyioners only. Please bring \$5 cash for rope fee on the day.

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

Grade: Canyoning

Map: Bungonia

Contact By: Mon 24 Apr

SUN 30 CIRCULAR QUAY - MILSONS POINT - TARONGA ZOO

Meeting at Circular Quay, we'll walk across the Harbour Bridge and around the harbour foreshore past Cremorne and Mosman to 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: 160m

Map: Google Maps

Contact By: Thu 27 Apr

MAY**SAT 6 6/12-HOUR AUTUMN ROGAINE - STROUD**

This 6/12hr event run by the NSW Rogaining Association is a great event for extending your rogaining experience. Enter the 6 hour or enter the 12 hour (hint - you don't have to stay out the whole time). Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply), or contact the organiser via the Club Membership Officer at bankswalks@yahoo.com and they will answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

SAT 6 CANYONING: HEART ATTACK CANYON**🚫 NO HELMET NO GO**

This canyon is off the beaten track and rarely visited. Abseils up to 50 m. A very long day with few wades. Wetsuit optional but abseil gear required. Please bring \$5 cash for rope fee on the day.

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

Grade: Canyoning

Map: Mt Morgan

Contact By: Tue 2 May

SUN 7 CANYONING: ALCATRAZ CANYON**🚫 NO HELMET NO GO**

Alcatraz is a short, rarely visited canyon with a single abseil. No swims, although you may get wet abseiling through the waterfall. Abseil gear required; wetsuits optional. We will be doing this one on the way home from Heart Attack canyon, so you'll need to camp there the night before. Please bring \$5 cash for rope fee on the day.

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

Grade: Canyoning

Map: Cullen Bullen

Contact By: Tue 2 May

SUN 7 GREAT NORTH WALK: SECTION 5 - MACQUARIE PARK TO THORNLEIGH

Join Amanda as she embarks on the quest to complete the Great North Walk, a 260km walk that starts in Sydney and finishes at Newcastle. This fifth section explores the eastern banks of the Lane Cove Valley with dry grasstree and eucalypt forest on the ridge and a ferny valley below. The walk starts at Macquarie Park train station and ends at Thornleigh train station. Distance: 11.5km one way

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact by: Wed 3 May

MON 8 DEADLINE FOR AUTUMN PROGRAM ACTIVITIES

The Walks committee will be meeting soon to compile the Winter program. Suggestions for the Winter 2023 program must be emailed to bankstownbushwalks@gmail.com by Monday 8 May 2023 or they may not make it onto the program.

SAT 13 OLD MERYLA ROAD, MERYLA PASS TO LAKE YURRANGA

Follow a historic Aboriginal route and old road, see beautiful views stretching across the valley and a waterfront lunch spot where the road disappears under the waters of Lake Yurranga. The only catch, the walk back up! 16km

Grade: 3 **Ascent/Descent:** 600m

Map: Robertson

Contact By: Mon 8 May

SUN 14 MOTHER'S DAY - VACANT**SUN 21 NORTHERN BLUE MOUNTAINS - MT BANKS CIRCUIT**

This walk starts from Bells Line of Road near Mt Wilson. We walk a circuit walking around and then up to the top of Mt Banks before heading back to the cars. Great views up the Grose Valley traversing along tracks and fire trails. Approx. 12km.

Grade: 2 **Ascent/Descent:** 150m

Map: Mt Wilson

Contact By: Wed 17 May

SUN 21 DEVILS HOLE AREA ABSEIL TRIP

🚫 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: Tue 16 May

SAT 27 - SUN 28 CAVING: WYANBENE CAVE AND BIG HOLE WEEKEND

🚫 NO HELMET NO GO

Wyanbene cave is an extremely well decorated active stream cave in Deua National Park south of Braidwood. The Big Hole is a big hole in the ground, located near Wyanbene, which can be abseiled into for a 100m prusik back out. Please contact Kavita if you are interested.

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

Grade: Caving

Contact By: Tue 23 May

SUN 28 GREAT NORTH WALK: SECTION 6 - THORNLEIGH TO HORNSBY

Join the leader as they embark on the quest to complete the Great North Walk, a 260km walk that starts in Sydney and finishes at Newcastle. This sixth section explores the southern end of Berowra Valley National Park. It passes creeks, fern forest, grasstrees and eucalypts, as well as some historic sites. Distance: 10.2km one way

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

Map: Google Maps

Contact by: Wed 24 May