

**BANKSTOWN BUSHWALKING CLUB INC.**  
**ACTIVITIES PROGRAM FOR AUTUMN 2024**



### CLUB ANNUAL GENERAL MEETING

The club's Annual General Meeting has been tentatively scheduled for the evening of **Wednesday May 8**, and will be an in-person meeting. Date will be confirmed when the venue is confirmed. The notice of meeting and meeting agenda will be emailed to all financial club members beforehand.

### 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](mailto:bankswalks@yahoo.com)

## March 2024

### SAT 2 MAR 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 28 Feb

### SAT 2 MAR BEGINNERS ABSEIL DAY - ALFORDS POINT NO HELMET NO GO

This is a day for club members who are interested in learning how to abseil to get some experience. We have a limit of 6 beginners on this training day. There is no limit on the number of club members with their own gear to come and practice their abseiling skills. There are no facilities at Alfords Point, so you need to bring your own food, drink and sun cream. Contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if interested.

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

### SUN 3 MAR CLEAN UP AUSTRALIA DAY 2024

No official club activity, but get involved and make a difference for our environment. Join a clean up activity or register your own. See the Clean Up Australia website for details.

### SUN 10 MAR WATSONS BAY TO BONDI

This 14km coastal walk takes in majestic views of Sydney Harbour and the stunning cliffs overlooking the Pacific Ocean. We head 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 bring your Opal card.

**Grade: 2 Ascent/Descent: 160m**

**Map:** Google Maps

**Contact By:** Thu 7 Mar

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**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.**

**TUE 12 MAR TRIVIA NIGHT AT DOOLEYS, LIDCOMBE**

Join us for bit of brain teasing and sociable fun as we test our trivia knowledge. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe. Contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if interested.

**SAT 16 - MON 18 MAR BACKPACK: NEWNES PLATEAU TO NEWNES & RETURN**

The Wolgan Gap road has been closed for a while, which means no road access to Newnes. But the road closure also provides us with an opportunity to come and explore this popular area without the usual crowds. We will walk from the Glow worm tunnel on Newnes Plateau to Newnes where we will camp and explore. On Sunday we will explore the ruins and take a walk up Mystery Mountain. Full pack component is 11km each day, with the walking on Sunday to be as decided by the group.

**Grade: 3 Ascent/Descent: 650m**

**Map:** Ben Bullen

**Contact By:** Wed 13 Mar

**SUN 17 MAR MANLY TO SPIT BRIDGE**

Starting at Manly Wharf, this classic walk is very scenic and reasonably easy walk of approximately 10km. The track starts along the coastline at Manly, through Fairlight, past Dobroyd Head, then Clontarf reserve, and finishing at the Spit Bridge. Catch a bus back to the city. Lots of photo opportunities.

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

**Map:** Google Maps

**Contact By:** Thu 14 Mar

**THU 21 MAR MORNING IN THE NEPEAN GORGE**

Cruise along the Nepean River on board the Nepean Belle Paddle-wheeler whilst enjoying a delicious Devonshire tea. \$41 adults. \$35 seniors. Boarding 9:30am. Cruising 10am to 11:30am. Go to the Nepean Belle website ([www.nepeanbelle.com](http://www.nepeanbelle.com)) to book/pay. When booking, enter Bankstown Bushwalking Club in the 'please seat me with' field. Please book in early so you don't miss out. Contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if interested.

**THU 21 MAR 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**

**Map:** Google Maps

**Contact By:** Mon 18 Mar

**SAT 23 - SUN 24 MAR 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 touring or sea kayak (no inflatables!), or alternatively kayaks/canoes can be hired from Kangaroo Valley Safaris.

**Grade: Canoeing**

**Map:** Kangaroo Valley

**Contact By:** Mon 18 Mar

**SUN 24 MAR 6HR METROGAINE, LOWER BLUE MOUNTAINS**

The 6 hour Metrogaine is a fun way to improve your navigation skills in a metro area. Set your own course and walk or run with your team of 2-5. Put a team together and enter at [nswrogaining.org.au](http://nswrogaining.org.au) (entry fees & deadlines apply), or contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com), and they will put you in touch with other potential team members or answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

**FRI MAR 29 - MON APRIL 1 BACKPACK - LONG PLAIN HUT EXPLORATION**

This backpack is an exploration of the northern part of Kosciusko NP visiting a six historic huts. The walking will be a mixture of fire trail and rough track, with a flexible itinerary that we can adapt depending on weather, vegetation and what we feel like on the day. Limited numbers as we will be in a wilderness area.

**Grade: 3 Ascent/Descent: 200m**

**Map:** Rules Point

**Contact By:** Mon 25 Mar

**SAT 30 MAR FOREST PATH AND PALONA CAVE**

The Forest Path is a 4.5km circuit in the Royal National Park. Opened in 1886, the track will take you into one of the finest remaining rainforests of the Sydney region. We'll extend our walk and stroll part way along Lady Carrington Drive, including a side trip to Palona Cave to marvel at the rock and limestone formations. Start/finish southern end of Lady Carrington Drive. Approx 10km.

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

**Map:** Royal National Park

**Contact By:** Wed 27 Mar

## April 2024

**SAT 6 APR WATTAMOLLA - MARLEY**

This 12km circuit 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. Includes a visit to Deer Pool. Start/finish at Wattamolla.

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

**Map:** Royal National Park

**Contact By:** Wed 3 Apr

**SUN 7 APR OATLEY PARK - LIME KILN BAY - SALT PAN CREEK CIRCUIT**

Oatley Park to the footbridge, following Lime Kiln Bay, around Boggywell Creek, then through Evatt Park, and along Salt Pan Creek. Back over and along Lime Kiln Bay and the footbridge, returning to Oatley Park. Approx 8km.

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

**Map:** Digital Maps

**Contact By:** Wed 3 Apr

**TUE 9 APR TRIVIA NIGHT AT DOOLEYS, LIDCOMBE**

Join us for bit of brain teasing and sociable fun as we test our trivia knowledge. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe. Contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if interested.

**SAT 13 APR 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 descent/ascent change overs and other self-rescue skills. There is a \$5.00 rope and gear hire fee for the day. Please bring along the correct change, or talk to the leader about making an electronic payment. Contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if interested.

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

**SUN 14 APR WEST HEAD – MACKEREL 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: 200m**

**Map:** Broken Bay

**Contact By:** Fri 12 Apr

**SAT 20 APR BIKE RIDE: WOLLI CREEK TO KURNELL AND RETURN 🚫 NO HELMET NO GO**

The ride from Wollie Creek station to Kurnell and return is about 60km, and is mostly flat on cycleways and shared paths. Coffee and a bit of sightseeing at Kurnell. Bring roadworthy bike, helmet, pump, repair kit, snacks, Opal card and water.

**Grade: Cycling**

**Map:** Google Maps

**Contact By:** Wed 17 Apr

**SUN 21 APR ABSEIL: CASTLE HEAD 🚫 NO HELMET NO GO**

**Suitable for experienced abseilers only.** A popular multi-pitch abseil trip with spectacular views off Narrow Neck, and return via the Golden Stairs.

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

**Grade: Abseiling**

**Map:** Katoomba

**Contact By:** Tue 16 Apr

**SUN 21 APR FORTRESS RIDGE - FORTRESS CREEK AND POOL - FORTRESS RIDGE**

Walk is north of Leura, and is (initially) mostly flat up to the end of the ridge (easy walk, grade 2) and then a steep and rough descent to the pool (harder, grade 3). 12kms total. The descent to the pool could be optional. (Depending on experience and confidence)

**Grade: 2 Ascent/Descent: 250m**

**Map:** Katoomba / Mt Wilson

**Contact by:** Wed Apr 17

**SAT 27 - SUN 28 APR BACKPACK: PIERCES PASS - BLUE GUM FOREST - ACACIA FLAT - PIERCES PASS**

A walk into the beautiful Grose Valley, camping at Acacia Flat. We'll have ample time to enjoy the iconic Blue Gum Forest on Sunday morning. Our walk down and up out of the Grose Valley is via Pierces Pass, an old cattleman's track, and features fantastic views of the valley while we stop to catch our breath on the steep way out.

**Grade: 4 Ascent/Descent: 450m**

**Map:** Katoomba and Mt Wilson

**Contact By:** Tue 23 Apr

## May 2024

### SUN 5 MAY CRONULLA BEACH AND BAY CIRCUIT

Starting at Cronulla Park, we walk past the rock pool to North Cronulla, then to Elouera and Wanda. Return to Cronulla Beach, then around Bass and Flinders Point, to old NSW Fisheries and Gunnamatta Bay. Taking advantage of low tide, we follow the beach/water's edge for 1km to the baths, then Tonkin Park, back under the railway, and returning to Cronulla Park.

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

**Map:** Google Maps

**Contact By:** Wed May 1

### SUN 5 MAY KATOOMBA - ECHO POINT - GIANT STAIRWAY - LEURA FOREST - KATOOMBA

From Katoomba station, walk to Katoomba Cascades, then to Three Sisters Lookout at Echo Point. From there, down the Giant Stairway (800 steps down / 300 m) to Federal Pass and Dardanelles Pass to Leura Forest then climb up 300m to Fern Bower and Jamison Lookout. Return walk to Katoomba Station. Distance of 12km with 2km between Echo point and the station each way. (Be warned - lots of steps)

**Grade: 3 Ascent/Descent: 350m**

**Map:** Katoomba

**Contact by:** Wed May 1

### MON 6 MAY DEADLINE FOR WINTER PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Winter 2024 program.

Suggestions for the Winter program must be emailed to [bankstownbushwalks@gmail.com](mailto:bankstownbushwalks@gmail.com) by **Monday 6 May 2024**. Late submissions are unlikely to make it onto the program.

### WED 8 MAY ANNUAL GENERAL MEETING. TO BE CONFIRMED

Date will be confirmed once venue is confirmed. Notice of meeting and agenda to be emailed to financial club members.

### SAT 11 MAY 12/6HR AUTUMNGAINE, LOCATION TBA

Go for the standard 6 hours or extend the fun to 12 hours. Set your own course and walk or run with your team of 2-5. Put a team together and enter at [nswrogaining.org.au](http://nswrogaining.org.au) (entry fees & deadlines apply), or contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com), and they will put you in touch with other potential team members or answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>.

### SAT 11 MAY SRT ABSEIL TRAINING DAY - BANGOR NO HELMET NO GO

Club members will be meeting at Bangor and practicing their Single Rope Technique skills. You will need to own your own SRT gear. There is no limit on experienced abseilers with their own gear.

There is a \$5.00 rope and gear hire fee for the day. Please bring along the correct change, or talk to the leader about making an electronic payment. Contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if interested.

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

### SAT 11 - SUN 12 MAY NARROW NECK MOUNTAIN BIKE RIDE, WALK AND CAMP WEEKEND

Ride out to the end of Narrow Neck in the Blue Mountains along Glenraphael Drive. Distance 12km+, with one VERY steep hill. From the track end, walk from Tarros ladders, scramble off-track to Breakfast Creek for water, then circuit round to Medlow Gap and back to Tarros Ladders, about 3-4km. We will camp at the Fire Tower area. Should be near new moon, so a dark night.

**Sun 12 May - Meeks Falls walk** - Shirlow Ave, Faulconbridge 2 hours, bring lunch.  
Grade 2

**Sun 12 May - Mountain bike ride - Faulconbridge Point and return.**  
All gravel trail ideal for MTB riding.

Please forward any other suggestion for a weekend in the Blue Mountains with your Mountain bike, possibly could fit something else in on Saturday, before the Glenraphael Drive ride.

**Grade:** Mountain Bike riding

**Map:** Katoomba

**Contact By:**

#### TUE 14 MAY TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe.

Contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if interested.

#### SAT 18 MAY ABSEIL: MALAITA WALL

 **NO HELMET NO GO!**

The Malaita Wall abseil is next to Malaita Point near Katoomba. Malaita Wall has some very long abseils and offers great views into the Jamison Valley.

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

**Grade:** Abseiling

**Map:** Katoomba

**Contact By:** Tue 14 May

#### SUN 19 MAY ABSEIL: NARROW NECK BIG HOLE

 **NO HELMET NO GO!**

A little known abseil trip into a large cavern looking out above Megalong Valley, with a long scramble and exit out Redledge Pass. Two large descents of about 40m and 60m. Experienced abseilers only.

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

**Grade:** Abseiling

**Map:** Katoomba

**Contact By:** Tue 14 May

#### SUN 19 MAY MANLY TO COLLAROY BEACH

We will meet at Circular Quay and get the ferry across to Manly. This picturesque walk along the coastline has amazing views and passes several beaches with opportunities to swim. The walk is mainly on footpaths, with some trail and sand walking. There are stairs down to the beaches that we pass and up the other side, but we can take our time. Buses depart from Collaroy Beach back to the city or Manly wharf if a return ferry trip is desired. Approx 12km.

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

**Map:** Google Maps

**Contact By:** Thu 16 May

#### SUN 26 MAY DHARUG NATIONAL PARK - MILL CREEK CIRCUIT

The 11km walking track, near Wisemans Ferry, follows a steep mountain ridge through lush gullies, past clear running creeks and along high ridge tops in Dharug National Park. This track has several short climbs along the way. It's also good for bird and animal spotting. The park has been frequently closed since the 2019 bush fires, so the track condition is likely to be rough.

**Grade: 2 Ascent/Descent: 360m**

**Map:** Gunderman

**Contact By:** Wed 22 May