

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR AUTUMN 2025



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.

SHORT NOTICE ACTIVITIES

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

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

March 2025

SAT MAR 1 AUDLEY TO OLYMPIC POOL WATERHOLE ON KANGAROO CREEK AND RETURN

10kms return. 3 creek crossings, some slippery, rough track. Swim at Olympic pool, and 3 waterholes to cool off on return trip. Just a good excuse for swims and socialising. You'll need a National Park Pass to start at Audley.

Grade: 3 Ascent/Descent: 200m

Map: Royal NP

Contact By: Wed 26 Feb

SUN MAR 2 LOCKLEYS PYLON AND LINCOLN'S ROCK

Lockleys Pylon walking track, just near Leura, is an easy walk offering scenic views, outstanding photography opportunities, and wildflower displays. 7km return walk, and with an optional extension to Lincoln's Rock.

Grade: 2 Ascent/Descent: 350m

Map: Katoomba

Contact by: Wed 26 Feb

SAT MAR 8 CASULA POWERHOUSE ARTS CENTRE

There is so much to see and do at Casula Powerhouse Arts Centre. The Powerhouse Artisans & Growers Markets will be on, and we can check out the free 2024 Archibald Prize exhibition. Afterwards, we'll explore the nearby walking trails including the Bellbird walking track which meanders through dense rainforest in southwestern Sydney's Leacock Regional Park.

Grade: 1 Ascent/Descent: <50m

Map: Google Maps

Contact By: Wed 5 Mar

SUN MAR 9 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 if interested.

There is a \$5.00 rope and gear hire fee for the day.

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

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 11 MAR TRIVIA NIGHT AT BIRRONG SPORTS CLUB, BIRRONG

Join us for bit of brain teasing and sociable fun as we test our trivia knowledge (at this [new venue](#)). Come for a bistro dinner or snack before the trivia begins at 7.00 pm, Birrong Sports Club, 100 Gascoigne Road, Birrong.

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

SAT MAR 15 LOFTUS - AUDLEY - WINIFRED FALLS - RETURN

A walk though the Royal National Park with a mix of narrow tracks, steps, rocky scrambles and wide, but steep fire trails leading to the beautiful Winifred Falls. Around 14km.

Grade: 3 Ascent/Descent: 150m

Map: Royal NP

Contact by: Wed 12 Mar

SUN MAR 16 SCYLLA BAY - COMO BRIDGE - OATLEY - JEW FISH BAY AND RETURN

We commence by walking through the reserve and also around Como Pleasure Grounds, then over the pedestrian bridge crossing Georges River. Follow the rail line along a pathway and through reserves until crossing under the rail line at Oatley station. Walk for 1.3km through suburban Oatley, then a bush track around the point at Jew Fish Bay. 10.5km return.

Grade: 2 Ascent/Descent: 80m

Map: Google Maps

Contact By: Wed 12 Mar

SAT MAR 22 CANYONING: BELL CREEK**🚫 NO HELMET NO GO**

A beautiful canyon, with a long dark lower constriction. While no abseils, there is some scrambling, and a few hand-over-hand down climbs before reaching some good sections for lilos.

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

Grade: Canyoning

Map: Mt Wilson

Contact By: Tue 18 Mar

SAT MAR 22 KAYAKING - NEPEAN GORGE.

This 2.5 hour guided kayak tour is beginner friendly. Cost is \$70 per person and includes all equipment (kayaks, paddles, life jackets) and kayak guide/instructor. Check out Nepean Gorge Kayak Tours for further details. For more information, contact the Club Membership Officer at bankswalks@yahoo.com.

SUN MAR 23 BOWTELLS SWING BRIDGE WALK - SIX FOOT TRACK

Starting at Old Ford reserve in Megalong Valley, this walk follows the well-known Six Foot track down to the Cox's River campground, with the highlight of crossing the long suspension bridge. 15km return walk.

Grade: 3 Ascent/Descent: 350m

Map: Katoomba, Hampton

Contact by: Wed 19 Mar

SAT MAR 29 MANLY - NORTH HEAD AND RETURN

Starting from the ferry wharf, we'll head down to Manly Beach and along The Esplanade where we will join the North Head track. The walk passes through the former School of Artillery and the spectacular Fairfax Lookouts which provide views over the city, harbour and ocean. 12km circuit.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Wed 26 Mar

SUN MAR 30 MEADOWBANK TO PARRAMATTA WALK

Moderately easy walk alongside the Parramatta River, taking in a mixture of riverside parklands and natural reserves, with nice water views throughout. Approx. 11 km. Very well served by public transport - trains and/or ferries. This is the 4th leg of a circuit of the entire inner harbour/Parramatta River over multiple programs.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Fri 28 Mar

SUN MAR 30 6 HR METROGAINE - JORDAN SPRINGS, WESTERN SYDNEY

This event run by the NSW Rogaining Association. The metrogaine is held in and around an accessible urban area. Put a team of 2-5 together and enter at <https://nswrogaining.org/2025-metrogaine/> (entry fees & deadlines apply). For more information, contact the Club Membership Officer at bankswalks@yahoo.com.

April 2025**SAT APR 5 WORONORA - FORBES CREEK LOOP**

This is a lovely undulating walk located in Woronora Heights. The trail is mainly on service trails that follow Forbes Creek and part of the service pipeline through the valley. There are nice views of the valley and creek, with little bridge crossings along the way. Loop walk of just over 7 km.

Grade: 2 Ascent/Descent: 150m

Map: Google Maps

Contact by: Wed 2 Apr

SUN APR 6 NARRABEEN LAGOON

Public transport to the start of the walk. Flat easy walking with beautiful bushland and lagoon views from the Narrabeen Lagoon Trail. Length 8km.

Grade: 1 Ascent/Descent: <50m

Map: Street Map

Contact By: Thu 3 Apr

TUE 8 APR TRIVIA NIGHT AT BIRRONG SPORTS CLUB, BIRRONG

Join us for bit of brain teasing and sociable fun as we test our trivia knowledge (at this new venue). Come for a bistro dinner or snack before the trivia begins at 7.00 pm, Birrong Sports Club, 100 Gascoigne Road, Birrong.

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

SAT APR 12 THE ROCKS AND LAVENDER BAY

Wander through The Rocks and visit historic sites including Susannah Place, a terrace of four tiny houses built in 1844. We'll continue our walk to Lavender Bay via the Harbour Bridge and enjoy the beautiful gardens created by Wendy Whiteley. Return by foot or ferry. A leisurely walk of less than 10km. Entry to Susannah Place is by guided tour only (free entry). Bookings are essential and limited to 8 people (note closing date).

Grade: 1 Ascent/Descent: <100m

Map: Google Maps

Contact By: Sat 29 Mar

SUN APR 13 BLUE GUM SWAMP CREEK - LOOKOUT - RETURN TO WINMALEE

The walk starts at Winmalee and travels along Shaw's Ridge via the Blue Gum Swamp track then climbs up along the fire trail to enjoy the views from the lookout. Then we head back down to follow the Blue Gum Swamp Creek track. Approx. 13 kms.

Grade: 2 Ascent/Descent: 250m

Map: Springwood

Contact By: Wed 9 Apr

FRI APR 18 GOOD FRIDAY**SAT APR 19 WATERFALL TO HEATHCOTE VIA BULLAWAARING TRACK**

Starting at Waterfall, we'll be following the track next to Heathcote Creek from Kingfisher Pool to Battery Causeway, before walking up through the scout camp up to Heathcote. From there, we catch the train back to Waterfall. Approx. 11km all on track, though this track is rocky and eroded in places.

Grade: 2 Ascent/Descent: 150m

Map: Royal NP

Contact By: Wed 16 Apr

SUN APR 20 EASTER SUNDAY**MON APR 21 EASTER MONDAY****FRI APR 25 ANZAC DAY****SAT 26 APR AUTUMNGAINE 2025 - 12/6 HOUR STATE OF ORIGIN - COFFS HARBOUR**

This event run by the NSW Rogaining Association. Enjoy some rogaine tourism in beautiful Coffs Harbour with this event. Challenge yourself to a longer event with the 12 hour or take it easy with the 6 hour. Put a team of 2-5 together and enter at <https://nswrogaining.org/2025-autumngaine/> (entry fees & deadlines apply).

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

SUN APR 27 NORTH ARM AND HAROLD REID WALKING TRACKS

The North Arm and Harold Reid Reserve walking tracks at Castlecrag/ Middle Cove pass through waterfront bushland with good views, diverse plant communities, mangroves and lots of birds. BYO lunch, water, etc. Some steep sections. About 10km.

Grade: 2 Ascent/Descent: 270m

Map: Google Maps

Contact By: Wed 23 Apr

May 2025**SAT MAY 3 NEATES GLEN - GRAND CANYON BY NIGHT**

The classic walk down Neates Glen and through the Grand Canyon at Blackheath, but after dark to enjoy the many glow worms who come out at night. Torches required.

Grade: 2 Ascent/Descent: 220m

Map: Katoomba

Contact By: Wed 30 Apr

SAT MAY 3 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.

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

There is a \$5.00 rope and gear hire fee for the day.

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

SUN MAY 4 KINGS CROSS STATION - RUSHCUTTERS BAY PARK - DOUBLE BAY BEACH - ROSE BAY BEACH AND RETURN

Commencing at Kings Cross station, we follow the streets and steps to Rushcutters Bay Park. Then continue to Steyne Park, Double Bay Beach and Rose Bay Beach, finishing at Lyne Park. During the return walk, we can swim at Redleaf Pool. 11.5km return.

Grade: 2 Ascent/Descent: 280m

Map: Google Maps

Contact By: Wed 30 Apr

MON MAY 5 DEADLINE FOR WINTER PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Winter 2025 program.

Suggestions for the Winter program must be emailed to bankstownbushwalks@gmail.com by **Monday 5 May 2025**. Late submissions are not guaranteed to make it onto the program.

TUE MAY 6 - WED MAY 7 BACKPACK - GREAT NORTH WALK - LITTLE WOBBY TO WONDABYNE

Join us on this continuation of the Great North walk from Sydney to Newcastle.

The trail has a mix of fire trails, single file tracks, rock hopping, scrambling & creek crossings. Day 1 we will catch the ferry from Brooklyn to Little Wobby & walk to Mount Wondabyne, where we will camp for the night. We will also take a side trip to visit a picturesque waterfall & Infinity Pool. Day 2 we will walk from Mount Wondabyne to Wondabyne Station & catch the train back to Brooklyn. Approx 30km over the two days.

Grade: 2 Ascent/Descent: 600m

Map: Cowan, Broken Bay, Gosford

Contact by: Fri 2 May

SAT MAY 10 MIRRORBALL ABSEIL TRIP 🚫 NO HELMET NO GO

Three large exposed pitches of 50m or more as we descend into the Grose Valley, returning via the Pierces Pass track. Experienced abseilers only. Numbers are limited. Prior to being allowed to do this trip a member must be able to satisfy a member of the abseil committee that they have the skills to complete the trip safely.

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

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: Abseiling

Map: Mt Wilson

Contact By: Wed 7 May

SAT MAY 10 LIZARD LOG - WESTERN SYDNEY PARKLANDS

Starting/finishing at Lizard Log, this loop walk will take us to several lookouts and sites of interest including the Ginger Meggs Memorial, Moonrise Lookout and The Dairy. Hilly terrain. Approx 7km.

Grade: 2 Ascent/Descent: 140m

Map: Google Maps

Contact By: Wed 7 May

SUN MAY 11 MOTHERS DAY**TUE 13 MAY TRIVIA NIGHT AT BIRRONG SPORTS CLUB, BIRRONG**

Join us for bit of brain teasing and sociable fun as we test our trivia knowledge (at this new venue). Come for a bistro dinner or snack before the trivia begins at 7.00 pm, Birrong Sports Club, 100 Gascoigne Road, Birrong.

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

WED MAY 14 ANNUAL GENERAL MEETING - 7PM (TBC)

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 tea and biscuits served after the meeting so stay around to chat once the formalities are over. The venue will be the 2nd Panania Scout Hall, 21 Wilson St, Panania.

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

SAT MAY 17 KATOOMBA - 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 14 May

SUN MAY 18 SRT ABSEIL TRAINING DAY - BANGOR**🚫 NO HELMET NO GO**

Club members will be meeting at Bangor and practicing their Single Rope Technique skills. This is a technique ideal for vertical caving, and other rope ascension. You will need to purchase your own SRT gear, but we can help you get your kit set up. There is no limit on experienced abseilers with their own gear.

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

There is a \$5.00 rope and gear hire fee for the day.

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

SUN MAY 18 CAMDEN FARM LOOP WALK, WITH POSSIBLE EXTENSION

The walk is mainly on well marked tracks and pavement, distance 6.5km. There is the possibility (depending on group) of including the Camden Nepean River Walk - 7.0km.

Some highlights are picturesque views of the Nepean River, Camden Township, farmland, autumn colours of trees, gliders overhead, Bicentennial Equestrian Centre, Camden Showground, perhaps watch a game of polocrosse. The day can be finished off by resting weary legs at one of the many cosy cafes Camden has to offer.

Grade: 2 Ascent/Descent: <100m

Map: Google Maps

Contact By: Wed 14 May

FRI MAY 23 RIVER CITY VOICES CONCERT AT ST PATRICKS CATHEDRAL PARRAMATTA

A choral concert of Vivaldi's Gloria & Vieira's Stabat Mater. Bookings required -

<https://events.humanitix.com/vivaldi-and-vieira>

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

SAT MAY 24 - SUN MAY 25 BACKPACK - STARLIGHT TRACK - EMMETTS FLAT

Starlight's Track follows Coates Creek down into the Nattai Gorge near Hilltop in the Southern Highlands. Starlight's is an old cattle trail which leads to Emmetts Flat alongside the Nattai River. We'll camp near the remains of a hut which burned down in bushfires leaving nothing but a stove. Approx 20 kms with 490m ascent with some steep, exposed sections.

Grade: 3 Ascent/Descent: 490m

Map: Hilltop

Contact By: Wed 21 May

SAT MAY 24 HANGING ROCK AND BALZERS LOOKOUT

A relatively easy 8km walk mainly on fire trail, with a few small uphill & downhill, to Baltzer Lookout which offers spectacular views over the Grose Valley. An option to trek a further 240m downhill which leads to even better views of Hanging Rock.

Grade: 2 Ascent/Descent: 150m

Map: Mt Wilson

Contact By: Wed 21 May

SUN MAY 25 BUNYAN AND STILL CREEK TRAILS AT BANGOR

This loop walk follows the Bunyan and Still Creeks, with the track beginning at Bunyan Place and ending in the suburb of Bangor. The path is relatively flat throughout, but with some rocky sections. The track winds through bushland with patches of rainforest and fern-filled gullies and has lovely views across the Woronora River in sections. 9 kms.

Grade: 2 Ascent/Descent: <100m

Map: Google Maps

Contact By: Wed 21 May

SAT MAY 31 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. Chance to visit museum in Wisemans Ferry pub afterwards. Distance about 11km.

Grade: 2 Ascent/Descent: 250m

Map: Lower Portland & Gunderman

Contact By: Wed 28 May

Advance Notice**SUN JUN 1 SYDNEY TRAM MUSEUM - AUDLEY WEIR AND RETURN**

Following well-maintained bush tracks this walk of around 10kms descends to the Audley cafe. We will walk from the tram museum at Loftus down to Audley, walking beside the tramline and down the Honeymoon Track. On our return ascent, and having reached the top of the Honeymoon Track, we will take the waiting tram from here which will take us back to the museum in Loftus.

Grade: 2 Ascent/Descent: 220m

Map: Google Maps

Contact By: Wed 28 May