

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR AUTUMN 2026



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

SUN 1 MAR MANLY TO COLLAROY

Walk is approx. 13km, and is highlighted by stunning coastal views. We first enjoy a ferry ride from Circular Quay to Manly, then head north to Collaroy via Dee Why Lagoon. Opal card needed for trip.

Grade: 2 Ascent/Descent: 200m

Map: Google Maps

Contact By: Wed 25 Feb

SUN 1 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.

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 bring along the correct change, or talk to the organiser about making an electronic payment.

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

SAT 7 - SUN 8 MAR CANOEING: KANGAROO VALLEY. BUNDEELA - YARRUNGA CREEK

Starting at Bendeela we will paddle down the Kangaroo River (Lake Yarrunga) to Beehive Point where we turn up Yarrunga Creek for a bit of exploring and to find our campsite for the night. Approx 15km each way on flat water. You will need your own kayak, alternatively one can be hired from Kangaroo Valley Safaris.

Grade: Canoeing

Map: Bundanoon, Burrier

Contact By: Wed 4 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 7 MAR JUGGLERS AND GRAND CANYONS 🏠 **NO HELMET NO GO**
Jugglers Canyon features 7 abseils, 2 of which are mandatory, with the longest drop being 20 metres. Wetsuits are not needed, but you may get wet (water is encountered at the base of one abseil).
Grand Canyon includes a single 17-metre abseil and finishes with a 30-metre swim. A wetsuit is required. It is widely regarded as one of the most beautiful canyons in the area.
The walks in and out are relatively short. Abseil equipment is required for both canyons. Please bring \$5 cash for the rope fee on the day.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning
Map: Katoomba
Contact By: Thu 5 Mar

SUN 8 MAR FORTRESS RIDGE - DR DARKES CAVE
This 12km walk visits lookouts that provide fantastic views over the Grose Valley and the chance to visit a heritage site. The walk is mostly on fire trail. Some scrambling and a rough track will be encountered on the way to Dr Darkes cave.
Grade: 3 Ascent/Descent: 450m
Map: Katoomba / Mt Wilson
Contact by: Wed 4 Mar

TUE 10 MAR TRIVIA NIGHT AT BIRRONG SPORTS CLUB, BIRRONG
Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge. Help our team, the Wild Bunch, claim some of the small bonus prizes on offer! 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 14 MAR MACQUARIE PASS CANYON 🏠 **NO HELMET NO GO**
Waterfall abseil trip in the Macquarie Park National Park, less than 2 hours south of Sydney. About 4 abseils, the longest being 18 meters. Meet at Cascade Falls Parking area and drive to Clover Hill Road Carpark (limited parking). This is part of a training activity for Jess to become a trip leader. Max 6 participants including leaders.
Canyoning equipment, wetsuit, and \$5 rope fee is required.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning
Map: Robertson
Contact By: Thu 12 Mar

SUN 15 MAR GRIFFITHS TRAIL, BARREN GROUNDS NATURE RESERVE
The walk is about 8km along undulating fire trails. This Nature Reserve is on the escarpment near Robertson in the Southern Highlands, and is a good place for bird watching, with great scenic views over Kangaroo Valley.
Grade: 2 Ascent/Descent: 50m
Map: Kangaroo Valley
Contact By: Wed 11 Mar

SAT 21 MAR UNKNOWN SYDNEY - WW2 TOUR
Discover hidden, unknown places. Visit German Spy headquarters, the Dee Why surprise, maritime fortifications and other hidden gems. We will have a guide from the club on this niche driving tour/walk. This trip is to show you the unknown things from WW2 in Sydney that 99% of the population has no idea about. We visit some great places too. Bring a camera and a sense of adventure too. A guaranteed eye opener.
Grade: 2 Ascent/Descent: 50m
Map: Google Maps
Contact By: Wed 18 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.

SUN 22 MAR NARRABEEN LAGOON

Flat easy walking on tracks with beautiful bushland and lagoon views from the Narrabeen Lagoon Trail. Length 8.6km.

Grade: 1 Ascent/Descent: <50m

Map: Google Maps

Contact By: Thu 19 Mar

SAT 28 - SUN 29 MAR NEWNES PLATEAU CANYONING - BARCOO SWAMP BASECAMP

🚫 NO HELMET NO GO

We will be camping at Barcoo Swamp campground, with the following canyons planned.

Saturday**Surefire Canyon - Experienced abseilers only**

An excellent canyon in the lower reaches of Rocky creek, involving several short abseils into a narrow and long constriction. The exit involves climbing some exposed tree root, and trees to get up to higher levels. Not to mention a return trip distance of 18km. Wetsuits optional.

Sunday**Breakfast Creek Canyon**

For the end of the weekend, we hope to finish on an easier trip. With 4 to 5 abseils, the longest at 30m, this canyon will finish with the dry Rocky Creek exit that is usually ignored (maybe). 8km return. Wetsuits optional

Please note: You must be a financial club member to participate in these activities.

Grade: Canyoning

Map: Rock Hill

Contact By: Tue 24 Mar

SAT 28 MAR COOKS TO COVE GREENWAY WALK

A new rail-side walking and cycle trail from the Cook's River, near Dulwich Hill, to the Parramatta River at Iron Cove. The walk combines foreshore areas, cultural and historical sites, and parks. Approx. 6kms. There are also cafes along the way, so can stop on the return at one of them, if walkers would like to.

Grade: 1 Ascent/Descent: 50m

Map: Google Maps

Contact By: Wed 25 Mar

SUN 29 MAR 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 25 Mar

SUN 29 MAR 6 HR EXPLORERGAINE - MT VICTORIA

This event run by the NSW Rogaining Association. Have a fun day out with friends and family. The event has a strong historical theme and is also a fundraiser for the Australian Himalayan Foundation. Put a team of 2-5 together and enter at nswrogaining.org.au (entry fees & deadlines apply). For more information, contact the Club Membership Officer at bankswalks@yahoo.com.

April 2026

SUN 5 APR GLEBE (JUBILEE PARK) TO CIRCULAR QUAY WALK

Moderately easy walk along the landscaped foreshores of Glebe, Pyrmont, Darling Harbour, Barangaroo and the Rocks. We even pass by the impressive new Fish Markets! Flat walking for approx. 10-12 km. Catch light rail to the starting point. This is the final stage of our grand circuit of the inner harbour/Parramatta River (which started from Circular Quay heading north and west some 18 months ago)!

Grade: 2, virtually flat

Map: Google Maps

Contact by: Thu 2 Apr

SAT 11 APR 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 8 Apr

SUN 12 APR RHODES - YARALLA BAY - MAJORS BAY - CABARITA

This walk starts and ends at Rhodes railway station. It follows tracks to Brays Bay, Yaralla Bay and Majors Bay around to Cabarita wharf and then getting the ferry back to Meadowbank wharf and walking across the John Whitton Bridge back to Rhodes station. 10km.

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

Map: Google Maps

Contact By: Wed 8 Apr

TUE 14 APR TRIVIA NIGHT AT BIRRONG SPORTS CLUB, BIRRONG

Join us for bit of brain teasing and sociable fun as we test our trivia knowledge. Help our team, the Wild Bunch, claim some of the small bonus prizes on offer! 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.

THU 16 APR DULWICH HILL TO BALMAIN WEST WHARF VIA GREENWAY WALK

The Greenway walk is a newly opened and picturesque walk through the Callan Park estate and weaves along Inner Harbour shorelines. OPAL card needed. Distance 14km.

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

Map: Google Maps

Contact By: Mon 13 Apr

SAT 18 APR BONNIE VALE - MAIANBAR - RED JACK POINT - COSTENS POINT AND RETURN

From Bonnie Vale Picnic Area, we walk along western side of Cabbage tree basin past Red Jack Point to Costens Point. See old dwelling ruins. Option to look at Yenabilli Point on way back. Swims at Bonnie Vale and/or Horderns beach, Bundeena. 13kms

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

Map: Royal National Park

Contact By: Wed 15 Apr

SAT 18 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. 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 bring along the correct change, or talk to the organiser about making an electronic payment.

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

SUN 19 APR THORNLEIGH TO NORTH RYDE VIA GREAT NORTH ROAD

This walk makes the most of Sydney's public transport system with a train ride to the start and a Metro ride into the city from the end. We will walk through some lovely urban bushland. Walk is on well-formed tracks. Distance of approximately 20 kms.

Grade: 3 Ascent/Descent: 300m

Map: Google Maps / Alltrails

Contact By: Wed 15 Apr

May 2026**SAT 2 - SUN 3 MAY 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 will 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 29 Apr

SAT 2 MAY NSW ROGAINING CHAMPIONSHIPS - 8 & 24 HOUR EVENTS - WATAGANS AREA

This event run by the NSW Rogaining Association. Put a team of 2-5 together and enter at nswrogaining.org.au (entry fees & deadlines apply). For more information, contact the Club Membership Officer at bankswalks@yahoo.com.

SUN 3 MAY BURNING PALMS BEACH AND GARAWARRA RIDGE VIA COAST TRACK

This loop walk will commence at the Otford lookout. We make our way to Burning Palms Beach passing through bush and witnessing some great lookouts. If the tides are right, we can visit Figure Eight Pools which will involve some rock scrambling. There is the option of a cafe stop at day's end at the Otford Pantry. Distance is approx. 10 - 14kms depending on visit to Pools.

Grade: 2 Ascent/Descent: 300m

Map: Royal National Park

Contact By: Wed 29 Apr

MON 4 MAY DEADLINE FOR WINTER PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Winter 2026 program. Suggestions for the Spring program must be emailed to bankstownbushwalks@gmail.com by **Monday 4 May 2026**. Late submissions may not make it onto that program.

WED 6 MAY CLUB ANNUAL GENERAL MEETING

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, vote for your preferred candidate, or express an interest in one of the sub committees. There will be tea and biscuits served after the meeting. Venue will be in Community Room 2 of the Bryan Brown Theatre and Function Centre, upstairs at 80 Rickard Road, Bankstown. **Financial members of the club will be emailed notice of the AGM and agenda.**

SAT 9 MAY NEVERFAIL FIRE TRAIL - COBA TRIG - COLLINGRIDGE POINT

A mix of fire trail, track, and off-track exploration in Marramarra NP. The walk features rock art and scar trees, a chance to explore and find an historic trig point and lovely views out over Berowra Creek. About 18km

Grade: 3 Ascent/Descent: 400m

Map: Cowan

Contact By: Wed 6 May

SUN 10 MAY BUNDEENA TO MARLEY BEACH AND RETURN

From the track head in Bundeena, we walk along the Coast Track to Marley Beach, passing many cliff views, including Wedding Cake Rock, on the way. We will have a lunch break at Little Marley Beach, with time for a swim or paddle. We return to Bundeena along the same route, with a possible diversion along the Marley Fire Trail. Approx 11km.

Grade: 2 Ascent/Descent: 200m

Map: Royal National Park

Contact By: Thu 7 May

TUE 12 MAY TRIVIA NIGHT AT BIRRONG SPORTS CLUB, BIRRONG

Join us for bit of brain teasing and sociable fun as we test our trivia knowledge. Help our team, the Wild Bunch, claim some of the small bonus prizes on offer! 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 16 MAY 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. Contact Paul for details of what you will need. 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 bring along the correct change, or talk to the organiser about making an electronic payment.

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

SUN 17 MAY DHARAWAL NATIONAL PARK COMBINED WALKS.

This day will incorporate the Minerva Pool lookout walk (3.1 kms return - moderate); O'Hares Creek lookout walk, (2.9km return - easy) and the Stokes Creek Falls trail ,near Minerva Pool lookout (2.6km return - moderate) , which is a short trail to the waterfall at Stokes Creek via a steep descent to the falls and rock pool. Overall walks in the National Park combine to a total of 8.6kms.

Grade: 2 Ascent/Descent: 170m

Map: Google Maps

Contact By: Wed 13 May

SAT 23 MAY NEWNES PLATEAU - BROAD SWAMP TO BIRD ROCK WALK

Time to check out another new NPWS walking track. Broad Swamp to Birds Rock walking track is an adventurous walk in Gardens of Stone State Conservation Area near Lithgow. Explore 17.5km of swamps and creeks, towering forests, gorges and pagoda formations. We will be doing a car shuffle.

Grade: 3 Ascent/Descent: 320m

Map: Cullen Bullen, Wallerawang

Contact By: Wed 20 May

SUN 24 MAY FORTRESS ROCK TO FORTRESS CANYON VIEWS AND INFINITY POOL

This 12km walk visits a lookout that provides fantastic views over the Grose Valley. The walk is mostly on fire trail. We plan to visit the Infinity rock pool at the end of Fortress Canyon after a rough scramble.

Grade: 3 Ascent/Descent: 360m

Map: Katoomba / Mt Wilson

Contact by: Wed 20 Mar

SUN 24 MAY DEVILS HOLE ABSEIL TRIP  NO HELMET NO GO

With a choice of multiple abseil routes in the area we can pick a few fun trips depending on the group. We are hoping to have a go through Skinnies, and we can also do the Chock Stone, Wall of Africa, and Whore's Bed depending on how quickly we go.

Please note: You must be a financial club member to participate in these activities.

Grade: Abseiling

Map: Katoomba

Contact By: Tue 19 May

SAT 30 MAY CYCLING - FERNLEIGH TRACK - NEWCASTLE AREA

Cycle the Fernleigh Track (former rail trail) - Adamstown to Blacksmiths and return, cycling through peaceful scenic bushland and wetlands. All off road. The terrain is graded as easy to cycle, however you will need to be cycle fit and have knowledge of cycling ethics to complete this activity. Essential- a roadworthy bike. Note: this is an all-day activity with an early start. Distance approx. 40km.

Grade: Cycling

Map: Google Maps

Contact By: Wed 27 May

SAT 30 MAY HANGING ROCK AND BALZER'S LOOKOUT

An 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 27 May

SUN 31 MAY PARRAMATTA TO MEADOWBANK

From Parramatta Park, we follow tracks and bike paths along the north side of the Parramatta River finishing at Meadowbank for either a return train trip or ferry ride. About 10km, flat, on good tracks, dodging runners and bike riders. Please bring Opal card.

Grade: 1 Ascent/Descent: <50m

Map: Google Maps

Contact By: Wed 27 May