



COVID-19 SAFE WALKING - Participants need to comply with [all applicable government COVID-19 safe requirements](#).

In particular:

- Do not participate in any club walk if you show any signs of being unwell.
- There will be no carpooling. All participants will need to make their own way to the activity starting point.
- Participants should stay at least 1.5m apart at all times.
- All participants should carry hand sanitizer and use it regularly, particularly before eating or during breaks after using handrails etc.
- Do not share food, water and equipment with others who are not from your household.
- Do not hand your mobile phone or camera to someone else to take a picture of you. Get them to use their own and send it to you.

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

JULY 2020

FRI 3 GARRAWARRA FARM - BURNING PALMS BEACH - FIGURE EIGHT POOLS AND RETURN

Figure Eight Pools is an Instagram favourite. But sooo busy of late. Hopefully a Friday in Winter will be quiet and give us a great chance to check them out. From the "farm" parking area we'll walk down to Burning Palms beach before the 700 metre rock platform/rock hop below the cliffline to the pools. It will be low tide around midday but we'll still have to be careful of any swell. Return the way we came. Note the whole walk is only 5ks return but there is a descent and ascent of 250 metres...plus the 1.5ks rock walking.

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

Map: Royal NP

Contact By: Wed 1 July

SAT 4 NATURE TRACK & EMPRESS FALLS, WENTWORTH FALLS

Waterfalls, spectacular views of the Jamison Valley, creek crossings and lots of steps - this short yet challenging walk has it all. Please note there are some very steep sections.

Grade: 2 **Ascent/Descent:** 320m

Map: Katoomba

Contact by: Thur July 2

SUN 5 BIKE RIDE/LUNCH: CHESTER HILL TO CABRAMATTA & RETURN NO HELMET NO GO!

This ride is on road/bike paths and is fairly flat and slightly undulating in parts. We will ride through Granville, Merrylands, Guildford, Yennora and Canley Vale before having lunch at a local establishment in Cabramatta. We will then return the same way. Bring helmet, pump, spare tube, snacks, water, sanitiser and a road worthy bike. There may be limits on restaurant numbers, due to COVID-19, so please contact the organiser in advance.

OR - you can just come for lunch, and meet the riders at the restaurant.

Grade: Cycling or Social

Contact By: Thur July 2

THU 9 SILVER BEACH, KURNELL

An easy, flat walk along Silver Beach to Bonna Point and return. We will also complete the Burrawang loop walk which passes several historic sites within Kamay Botany Bay National Park.

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

Map: Kamay Botany Bay NP

Contact by: Tue 7 July

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 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 spectacular view from each lookout of Nepean Gorge, west across the greater blue mountains NP and The Narrows where Glenbrook Creek meets the Nepean River. The walk is approx. 12kms and will take approx. 4/5 hours, including stops to take in the views and lunch at the Narrows lookout.
Grade: 2 Ascent/Descent: 100m
Map: Google Maps
Contact By: Thur 9 July
- SUN 12 HAZELBROOK - ADELINA FALLS - TERRACE FALLS - HAZELBROOK**
Wander down from Hazelbrook and into the gully seeing several waterfalls and creeks on the way. There are rock pools so you might be able to go for a paddle if there's water. The walk is on tracks with several creek crossings and is 10km with 220m ascent including lots of steps to work up a sweat.
Grade: 2 Ascent/Descent: 220m
Map: Katoomba
Contact by: Thur 9 July
- MON 13 BUSHWALK BONNET BAY**
A leisurely exploration of Bonnet Bay on tracks and trails with hills. Wetlands, wildflowers, rocky tracks and views. A hidden gem. We will be finished by early afternoon. 8km total.
Grade: 2 Ascent/Descent: 100m
Map: Google Maps
Contact By: Fri 9 July
- THU 16 MT VICTORIA ESCARPMENT WALKS FROM MT PIDDINGTON**
First circuit takes us from Pulpit Rock Lookout down along the clifftop track under rock overhang to Wilsons Glen and onto Ross Cave then trekking back to Mt Piddington. From there we'll start another walk to Hourn Pt return (superb 180° view of Kanimbla Valley); with second circuit down the Cox's Cave route to the Fairy Bower grotto (where there is a small waterfall) and head back up to Mt Piddington/Mt Vic village. About 4-5hrs. Approx. 7km.
Grade: 2 Ascent/Descent: 200m
Map: Mt Wilson/Hartley
Contact By: Tues 14 July
- SAT 18 GREAT WEST WALK PT3 - ROOTY HILL TO ROPES CROSSING**
This third instalment of our epic walk takes us from where we left off in Rooty Hill through the wilds of western Sydney to Ropes Crossing. We will take in suburbia, remnant bushland and a hint of history. Distance 17km.
Grade: 2 Ascent/Descent: 220m
Map: Google Maps
Contact By: Wed 15 July
- SUN 19 DOG-FRIENDLY BUSHWALK AT LAKE PARRAMATTA RESERVE**
Bring your dog along or come and befriend a dog on this beautiful walk near Parramatta. The walk is a circuit loop through 75ha of bushland that circles the 11ha man-made lake. Distance is approximately 5 km but there are some additional trails we can explore.
Grade: 2 Ascent/Descent: 100m
Map: Google Maps
Contact By: Sat 18 July

- SAT 25** **🚲 BIKE RIDE: LIDCOMBE - ROOKWOOD CEMETERY - RHODES - MEADOWBANK - RYDALMERE - LIDCOMBE RIDE** **🚫 NO HELMET NO GO!**
 Start in Lidcombe 9am. Ride through/explore Rookwood Cemetery then to Bicentennial Park, Rhodes, Meadowbank, Parramatta Valley cycleway for coffee. Return by M4 cycleway and then Duck Creek cycle way to Lidcombe. Approx. distance 40 to 45kms. Some quiet roads and mainly cycle ways. Bring helmet, pump, spares, snacks, water.
Grade: Cycling
Map: Google Maps
Contact by: Wed 22 July
- SUN 26** **DHARAWAL NATIONAL PARK - O'HARES CREEK AND MINERVA POOL**
 Explore the new Dharawal NP near Wedderburn and Appin. We will walk to O'Hares creek lookout and then to Minerva Pool stopping here for lunch. Approx 7 km circuit.
Grade: 1 **Ascent/Descent:** <150m
Map:
Contact By: Thur 23July
- MON 27** **ZOOM SESSION: THE OTHER PERU - CHOQUEQUIRAO AND CHACHAPOYAS**
 When people think of Peru they think of Macchu Pichu, the Sacred Valley and the Inca trail. So of course everyone flocks there. When we visited in 2019 we wanted to find some less crowded places and see what they were like. Join me on Zoom from 7.15 for a 7.30 start for a one hour talk and slide show where I'll share our experiences on the Choquequirao trek and in the Chachapoyas Region in northern Peru.
- THU 30** **SOCIAL: MORNING TEA AT FLOWER POWER AND STROLL AROUND THE NEARBY NEWLAND RESERVE**
 Come along for a social gathering at Frankie's at Flower Power in Milperra and enjoy morning tea among the flowers! We can also have a short stroll to the nearby Newland Reserve.

AUGUST 2020

- SAT 1** **AUDLEY - LADY CARRINGTON DRIVE & RETURN**
 This early morning walk along Lady Carrington Drive will follow the Hacking River through the heart of the Royal National Park. Start /finish at Audley. Enjoy a coffee at the Audley Cafe upon completion of the walk. 20km return trip.
Grade: 3 **Ascent/Descent:** 150m
Map: Royal NP
Contact by: Thu 30 July
- SUN 2** **HEATHCOTE - KARLOO POOLS - ULOOLA FALLS & RETURN**
 A lovely walk down to Karloo Pools then along to Uloola Falls. We will also seek out the elusive Uloola Turrets! Return to Karloo Pool before taking the overgrown and slightly flood damaged alternative route back to Heathcote via the Bottle Forest path. Hoping for water in the pools and falls. Approx 16km.
Grade: 3 **Ascent/Descent:** 150m
Map: Royal NP
Contact By: Fri 31 July
- TUE 4** **WALKS COMMITTEE MEETING**
 Suggestions for the **Spring 2020** Program must be given to a member of the walks committee or e-mailed to bankstownbushwalks@gmail.com by **Monday 3 August 2020** or they may not make it onto the program.

FRI 7 URBAN WALK COMO

Start at Oatley side of Como rail/pedestrian bridge, we will walk over the bridge and explore the Como Heritage Trail and Como Pleasure grounds. Coffee or lunch available for purchase in the park. Then walk back across the bridge to the cars. We will be finished by early afternoon. 7 km total

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

Map: Council map

Contact By: Wed 5 Aug

SAT 8  BIKE RIDE: CREEKS, CANALS AND COFFEE  NO HELMET NO GO!

This ride in the inner west follows some of the less travelled cycle paths. We'll visit Whites Creek, Hawthorne Canal and Cup and Saucer creek as well as the better known Greenway and Cooks River Cycleways. If it's a warm day we'll stop for gelato as well as coffee. Ride can be whatever length we decide, but likely somewhere in the 30 - 40km range. Mostly on cycleways and quiet back streets. Bring helmet, pump, spares, snacks, hand sanitizer, water and money for refreshments.

Grade: Cycling

Map: Google Maps

Contact By: Wed 5 Aug

SUN 9 LUNCH AT TEMASEK, PARRAMATTA

Lunch at Temasek at Parramatta. They serve Singapore/Malaysian cuisine, have rave reviews and is BYO.

THU 13 PULPIT ROCK L/O - ZIG ZAG TRACK - BUSHRANGERS CAVE - RIENITS PASS - WITCHES GLEN - MT PIDDINGTON

Along the Zig-Zag Track to Bushrangers Cave (we will try to enter the main cave this time with strong lighting); then onto Reinitis Pass and Wilsons/Witches Glen/Sundeck Cave before heading back up to Mt Piddington/Mt Vic village. About 4-5hrs. Approx 5km.

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

Map: Mt Wilson/Hartley

Contact By: Tues 11 July

SUN 16 LAKE PARRAMATTA - HUNTS CREEK - CARLINGFORD

An easy walk starting from Lake Parramatta picnic area. We skirt around the picturesque foreshores of the lake before heading up Hunts Creek and the adjoining reserve for a few km, then returning on a similar route. Approx 11 km, mostly through urban bushland.

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

Start: Contact Leader

SUN 23 ABSEIL REFRESHER DAY  NO HELMET NO GO

A day for abseilers with their own gear to come along and brush up on their abseil skills. You must have enough skill and confidence to abseil with limited supervision. We will be running a COVID safe abseil day which means that the only shared gear will be the ropes, tapes and carabiners used to rig the abseils. Numbers will be managed in accordance with current government requirements.

Contact By: Fri 21 Aug

- FRI 28 HONEYMOON TRACK - TEMPTATION CREEK - LOFTUS RIDGE - ENGADINE TRACK - HEAD OF NAVIGATION – AUDLEY**
There is a lot of variety in this 18km walk that visits some less well known nooks and crannies in the Royal. We'll follow a mix of tracks, fire trails and mountain bike tracks to explore the north western corner of the park. Beautiful views and trees are two features of this walk. The Engadine Track has had water damage, so some people may find that section of the walk to be a little challenging.
Grade: 3 Ascent/Descent: 350m
Map: Royal NP
Contact By: Wed 26 Aug
- SAT 29 GREAT WEST WALK PT4 - ROPES CROSSING TO PENRITH**
The home stretch for the participants of parts 1, 2 & 3. (And a sneak peek for those that want to fill in the missing bits). We start at Ropes Crossing, explore Wianamatta Regional Park, pass through Jordan Springs before finishing with a walk along the Nepean River. Distance 15km
Grade: 2 Ascent/Descent: 180m
Contact By: Wed 26 Aug
- SUN 30 FOREST PATH & PALONA CAVE**
The Forest Path track in the Royal National Park takes you into one of the finest remaining rainforests of the Sydney region. We'll also take a side trip to Palona Cave and marvel at the rocks and limestone formations. Start/finish at southern end of Lady Carrington Drive. Approximately 10km total.
Grade: 2 Ascent/Descent: 100m
Map: Royal National Park
Contact By: Fri 28 Aug