

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR SPRING 2022



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

If you are unsure of the difficulty of a walk, please check the club's walk gradings on our website [here](#). Our gradings align to Bushwalking NSW guidelines. Please note that gradings found on commercial websites generally do not follow these guidelines.

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

SEPTEMBER 2022

THU 1 AUBURN BOTANIC GARDENS

Celebrate the first day of spring with a relaxing stroll through the grounds of this hidden oasis which feature a fauna reserve & aviary, Japanese garden, native garden, and rainforest. We might be lucky to see the last of the cherry blossoms.

Grade: 1 Ascent/Descent: <50m

Map: Google Maps

Contact By: Wed 31 Aug

SAT 3 BUNDEENA TO MARLEY HEAD & 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 walk 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: Thu 1 Sep

SUN 4 FATHERS DAY – NO ACTIVITIES

SUN 11 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: Thu 8 Sep

SAT 17 ADVANCED ABSEIL TRAINING DAY – ALFORDS POINT  NO HELMET NO GO

We will be concentrating on rescue skills on the day including mid-rope rescue and mechanical advantage hauling systems. You need to be proficient at prusiking and have your own abseil equipment to attend this training day. There is a \$5.00 abseil fee for the day. Please bring cash, or contact the organiser to arrange a direct bank deposit.

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.

SAT 17 / SUN 18 BACKPACK: WOLGAN RIVER, NEWNES TO ROCKY CREEK JUNCTION

Industrial ruins being reclaimed by the bush, towering cliffs, and the promise of cold weather – what more could you ask for on an overnight backpack! We will explore the Wolgan River downstream from Newnes camping overnight near the junction with Rocky Creek before retracing our steps. About 24km and 250m ascent

Grade: 2 Ascent/Descent: 250m

Map: Ben Bullen

Contact By: Tue 13 Sep

SUN 18 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. From there, 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 don't forget to bring your Opal card.

Grade: 2 Ascent/Descent: 160m

Map: Google Maps

Contact By: Thu 15 Sep

SUN 25 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 walk return.

Grade: 3 Ascent/Descent: 400m

Map: Katoomba, Hampton

Contact By: Wed 21 Sep

SUN 25 ROOKWOOD - HIDDEN SCULPTURES & HERITAGE CEMETARY TOUR

This will be a leisurely walk around Rookwood Cemetery to see the 40+ outdoor sculptures hidden in one area of its grounds. Afterwards, your leader (also a Rookwood tour guide) will take a history tour around some of the heritage areas of the cemetery.

Grade: 1 Ascent/Descent: 50m

Map: Google Maps

Contact By: Fri 23 Sep

SCHOOL HOLIDAYS (DATE TBD) FAMILY BACKPACK: OVERNIGHT IN ASGARD

Bring your children or grand children along for this overnight adventure in the Asgard Swamp area near Mt Victoria. The walk to camp is an easy 2kms along a fire trail. After making camp we will explore the area including the walk to Mackenzie Mine. On the second day we will return to the cars before doing an 8km walk to Ikara Head.

The leader will choose the date depending on weather and availability of those interested. All children must be accompanied by a parent or other authorised person who will be responsible for the safety and wellbeing of the child

Grade: 2 Ascent/Descent: 320m

Map: Mt Wilson

Contact By: Tue 18 Oct

OCTOBER 2022

- SAT 1 BIDJIGAL RESERVE, BAULKHAM HILLS**
 You'll be surrounded by eucalypt forest and see an abundance of native flora and fauna. There are several creek crossings and lots of shady spots to stop and take in the scenery. Track is narrow and can be a bit challenging in sections (loose rocks, exposed tree roots, fallen trees to climb over). Distance: 9km (approx.) circuit.
Grade: 2 Ascent/Descent: 140m
Map: Google Maps
Contact by: Wed Sep 28
- SAT 8 THORNLEIGH TO HORNSBY.**
 Starting at Thornleigh Railway Station, the track will take us down to the floor of the Berowra Valley and along the slopes of Berowra Creek. The walk includes creek crossings and a couple of steep ascents including the climb up the Depression-era stone steps to Hornsby Station. Return to Thornleigh by train. Approx 10km.
Grade: 2 Ascent/Descent: 200m
Map: Hornsby
Contact By: Wed 5 Oct
- SUN 9 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: Wed 5 Oct
- TUE 11 RIVERBOAT POSTMAN CRUISE.**
 Come cruising with us on the Hawkesbury Mail Boat, the famous Riverboat Postman, and enjoy the magnificent scenery of the lower Hawkesbury River as we deliver the mail and other essentials (the odd bottle of whiskey or rum...) to the river-access-only settlements upriver from Brooklyn. Cruise departs at 10am, returns at 1pm.
 Prices are adults \$59 and \$49 for seniors/concessions. Ticket price includes a three-hour mail delivery cruise of the Hawkesbury, morning tea on departure, and a very Aussie Ploughman's-style lunch, which is served around midday.
- SAT 15 BIKE RIDE: LAKE ILLAWARRA** **🚫 NO HELMET NO GO**
 An almost flat 45km ride that goes around Lake Illawarra. A mixture of bike paths and quiet roads. There's a good café for morning tea and fish and chip shop for lunch at the end of the ride. Bring roadworthy bike, helmet, pump, repair kit, snacks, and water.
Grade: Cycling
Map: Google Maps
Contact By: Wed 12 Oct
- SUN 16 3-6 HOUR SURPRISE ROGAINE - NEWCASTLE**
 Get your compass ready for a fun navigational surprise rogaïne! 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.. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

SUN 16 GREAT NORTH WALK: SECTIONS 1 & 2 - SYDNEY TO NORTH RYDE

Join me as I embark on the quest to complete the Great North Walk, a 260km walk from Sydney to Newcastle. This first and second section explores scenic and historic urban areas around Woolwich and Hunters Hill, as well as a chance to explore the bush and wetlands alongside the Lane Cove River. We will start at the historical starting point, the Obelisk at Macquarie Place (right near Circular Quay). We will then catch the ferry to Woolwich Wharf and finish the walk at North Ryde Station. Distance: 13.5km

Grade: 2 Ascent/Descent: 230m

Map: Google Maps

Contact by:

TUE 18 BIKE RIDE: THIRROUL TO WOLLONGONG AND RETURN 🚫 NO HELMET NO GO

40km ride from Thirroul to Wollongong lighthouse and back. Some quiet roads and cycle ways. Bring roadworthy bike, helmet, pump, repair kit, snacks, and water.

Grade: Cycling

Map: Google Maps

Contact by: Tue 11 Oct

SAT 22 & SUN 23 BACKPACK: BLUE GUM FOREST

The Grose Valley walking tracks have recently opened after a long closure. The exact route and camp site for this walk will be determined closer to the date and will depend on which tracks are open at the time. All tracks in and out of the Grose are steep so a good level of fitness is needed for this one.

Grade: 3 Ascent/Descent: 400m

Map: Katoomba / Mt Wilson

Contact By: Wed 19 Oct

SUN 23 LAKE ILLAWARRA WALK

A bit of an explore near Windang and Warilla Beaches and around pretty Lake Illawarra. We will look for Lake Illawarra Art Trail sculptures, have a side trip to Picnic Island and a walk across Windang Bridge. Approx 10km.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Wed 19 Oct

TUE 25 BIKE RIDE: BICENTENNIAL PARK TO PARRAMATTA AND RETURN

🚫 NO HELMET NO GO

40km ride Bicentennial Park to Rhodes, Meadowbank, Rydalmere to Parramatta where we will have coffee. Then back to the starting point where we can have lunch at Waterview Cafe. Start: 9.00am from outside Waterview Cafe. Bring roadworthy bike, helmet, pump, repair kit, snacks, and water.

Grade: Cycling

Map: Google Maps

Contact by: Tue Oct 18

TUE 25 DINNER AT DOOLEY'S

A chance for club members to catch up for good food and excellent conversation. We'll meet at 6.30pm for dinner in [Lloyds Bistro](#) in Dooleys Catholic Club, Church St Lidcombe. This is a great opportunity for new members to meet existing members and for old friends to catch up. We will meet in the bistro at 6.30 and find a table large enough for the group. No need to book in, just turn up on the night. A member of the walks committee will be in the foyer at 6.30 to help people sign in if they need. The club is next to Lidcombe station.

- SUN 30 BEGINNERS ABSEIL DAY - BANGOR** 📵 **NO HELMET NO GO**
 There are six beginner's spots available for this abseil training day. We will start the beginners on a very short and easy spot and move on to more advanced abseils as the day progresses. There is no limit on the number of people who have abseil experience, their own abseil gear and know how to lock-off and prusik. The Club has prusik cord for sale and the abseil committee members will help you set your prusik loops to the correct length on the day. There is a \$5.00 abseil fee for the day. Please bring cash, or contact the organiser to arrange a direct bank deposit
Please note: You must be a financial club member to participate in this activity
- SUN 30 COWAN TO BROOKLYN, KU-RING-GAI CHASE NP**
 This walk forms part of the Great North Walk. It takes in the wonderful woodlands of the national park, with fine views out over Jerusalem Bay and of course the Hawkesbury River. A solid grade 2 walk of approx. 11 km. We will catch the train back from Brooklyn.
Grade: 2 Ascent/Descent: 200m
Map: Cowan
Contact By: Wed 26 Oct

NOVEMBER 2022

- SAT 5 - SUN 6 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 31 Oct
- SUN 6 TARONGA TO BALMORAL**
 This walk offers spectacular views of the harbour, pristine stretches of bushland, sheltered beaches and lunch at Balmoral beach. We may do a detour to Middle Head historic precinct if the day is not too hot. About a 9 km walk and we will return by bus to Taronga Zoo ferry wharf.
Grade: 2 Ascent/Descent: 160m
Map: Google Maps
Contact By: Wed 2 Nov
- SUN 6 MALAITA POINT ABSEIL** 📵 **NO HELMET NO GO**
 Malaita Point is one of our favourite multi-pitch trips. It features spectacular views of the Three Sisters and a very pretty walk out - or the option of a ride up the Scenic Railway if you are feeling lazy.
Please note: You must be a financial club member to participate in this activity.
Grade: Abseiling
Map: Katoomba
Contact By: Tue 1 Nov

MON 7 DEADLINE FOR SUMMER PROGRAM ACTIVITIES

The Walks committee will soon be meeting to compile the Summer program. Suggestions for the **Summer 2022/23** Program must be emailed to bankstownbushwalks@gmail.com by Monday 7 November 2022 or they may not make it onto the program.

SAT 12 SERENDIPITY CANYON**🚫 NO HELMET NO GO**

Gentle walk in & exit with lots of abseils & swims. A very pretty canyon to visit, not to mention a great jumping rock at the exit. Essential: Wetsuits and shoes with good grip in the wet.

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

Grade: Canyoning

Map: Mt Wilson

Contact By: Tue 8 Nov

SUN 13 NORTH BOWEN CANYON**🚫 NO HELMET NO GO**

Experienced canyoning only. Lower canyon section of Bowens Creek North certainly offers plenty of "bang for your buck". The canyon section is a good length compared to many others, though it is fairly quick to traverse as the two abseils are near the beginning. Wetsuit required. Few abseils up to 15m.

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

Grade: Canyoning

Map: Mt Wilson

Contact By: Tue 8 Nov

SAT 12 & SUN 13 MT WILSON BASE CAMP, CANYONS, AND WALK

Why not camp up here for the night? Mt Wilson is a lovely village off the Bells Line of Road with an excellent camping area. Come for an enjoyable weekend's camping and perhaps join Sunday's walk if you aren't a canyoner. Contact leader if interested.

SUN 13 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 9 Nov

MON 14 SILVERWATER BRIDGE TO PARRAMATTA VIA RYDALMERE

Silverwater bridge to Parramatta through Rydalmere, following the path along the banks of the Parramatta River. Lunch at a Cafe in Parramatta or BYO. Walking pace will be minimum 4 kms per hour. Bring water, snacks etc. 14km walk.

Grade: 2 Ascent/Descent: 40m

Map: Google Maps

Contact by: Mon 7 Nov

SAT 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 16 Nov

SUN 20 CIRCULAR QUAY TO WOLLSTONECRAFT WALK

Starting at Circular Quay station we will walk over the Harbour Bridge, then through Lavender Bay to McMahons Point wharf, onto Blues Point, Berry's Bay, Balls Head, Oyster Cove, Berry Island Reserve and will finish at Wollstonecraft station. Walk is approx. 14km and is public transport friendly.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Wed 16 Nov Oct

SUN 20 6 HOUR ROGAINE - TERREY HILLS

Come and join the "Search For Skippy" socialgaine in Terrey Hills / Ku-ring-gai. Free entry to any members of the Skippy fan club. 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.. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

SAT 26 BEGINNERS ABSEIL DAY - ALFORDS POINT**🚫 NO HELMET NO GO**

There are six beginner's spots available for this abseil training day. We will start the beginners on a very short and easy spot and move on to more advanced abseils as the day progresses. There is no limit on the number of people who have abseil experience, their own abseil gear and know how to lock-off and prusik. There is a \$5.00 abseil fee for the day. Please bring cash, or contact the organiser to arrange a direct bank deposit.

The Club has prusik cord for sale and the abseil committee members will help you set your prusik loops to the correct length on the day.

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

SUN 27 GREAT NORTH WALK: SECTION 3 - NORTH RYDE FAIRYLAND CIRCUIT

Join me as I embark on the quest to complete the Great North Walk, a 260km walk from Sydney to Newcastle. This third section explores the Lane Cove River, Fairyland Pleasure Grounds, and the Riverside Walking Track. It is a mix of shaded bushland and open parkland. We will start and end at North Ryde Station. Distance: 7km circuit

Grade: 2 Ascent/Descent: 200m

Map: Google Maps

Contact by:

SUN 27 YILEEN CANYON**🚫 NO HELMET NO GO**

Experienced abseilers only. Limited numbers. This is one of the beautiful canyons on the south side of Bells Line of Road. Lots of nice canyon sections on this trip. Last abseil is 60m into Grose valley, exiting via Pierces Pass. Wetsuit and abseil gear required.

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

Grade: Canyoning

Map: Mt Wilson

Contact By: Tue 22 Nov