

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR SPRING 2023



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

FRI 1 SEP LAKE PARRAMATTA RESERVE

Celebrate the first day of Spring with an early morning (8am) walk around Lake Parramatta. We'll be doing the Lake Circuit as well as the Outer Loop Circuit. Uneven ground, steps and creek crossings. Approx 10km.

Grade: 2 Ascent/Descent: <100m

Map: Google Maps

Contact By: Wed 30 Aug

SAT 2 SEP HORNSBY TO CROSSLANDS ON GREAT NORTH WALK

Join the leader as they embark on the quest to complete the Great North Walk, a 260km walk that starts in Sydney and finishes at Newcastle. This walk passes through Tunks Ridge Reserve into Galston Gorge. It then follows Berowra Creek past a waterfall to Crosslands. This walk is long and steep, covering a cumulative elevation of 938m and will take a decent amount of time. For that reason, we will need to leave early to ensure we can take our time and arrive at Crosslands while it is still light. Distance: 16.1km one way

NOTE: This walk requires car-pooling because there is no public transport so confirmation of your attendance and number of car seats available will be required in advance.

Grade: 3 Ascent/Descent: 280m

Map: Google Maps / Hornsby

Contact by: Wed 30 Aug

SUN 3 SEP FATHER'S DAY

TUE 5 SEP TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge in this Trivia Quiz night. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe. No need to book in, just turn up. Contact Club Membership Officer at bankswalks@yahoo.com if interested.

SAT 9 - SUN 10 SEP BACKPACK: MORTON NATIONAL PARK - MONOLITH VALLEY

Route is planned to be Long Gully, Kalianna Ridge, Nibelung Pass, Green Room, Monolith Valley, Mt Owen, Mt Cole, Cole Overhang, Monolith Valley exploration, Seven Gods Pinnacles, (possibly Shrouded Gods Mountain, Mt Mooryan; dependent on option), Meakins Pass, The Castle, Kalianna Ridge, return via Long Gully. Optional for 3day hike - camp at Cooyoyo, and hope for stunning sunset & sunrise views. Morning climb of Castle.

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.

Walk will be exploratory as bush is all different after the 2019/20 fires.
Camp Friday night Yadoro Flat.

Contact leader if interested in 3 day hike option. Fri/Sat/Sun or Sat/Sun/Mon

Grade: 5 Ascent/Descent: 800m

Map: Corang

Contact By: Tue 5 Sep

SAT 9 SEP THE ILLAWARRA GREVILLEA PARK BOTANIC GARDEN.

Located in Bulli, this 2.4ha garden is a plant lover's paradise. Open to the public 6 weekends a year, you will be delighted with grevillea and other native plant displays. There are several walking tracks including a rainforest and sensory walk. About 4 to 5 km. Entry fee applies. Contact Club Membership Officer at bankswalks@yahoo.com by Thursday 7 September if interested.

SUN 10 SEP 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 6 Sep

SAT 16 / SUN 17 SEP BACKPACK: MERYLA PASS - GRIFFINS FARM - BEEHIVE POINT - WOMBAT HILL

This backpack involves a half day walk to a gorgeous camp site. After setting up camp we will do a side trip out to Beehive Point to enjoy the view out over Lake Yarrunga. On Sunday we will return to the cars and then head out to Wombat Hill and Rebecca's View with day packs to enjoy more of the local scenery. Walk follows fire trails and is suitable for fit beginners. Leader is also happy to take people who want the easy version (grade 3) and just walk to camp, however they need to be willing to make an early start and walk in quickly so we have ample time for the side trip.

Grade: 4 (full) Ascent/Descent: 800m

Map: Robertson

Contact By: Fri 16 Sep

SAT 16 SEP WATTAMOLLA TO EAGLE ROCK AND CURRACURRONG FALLS

This scenic coastal walk is located in the Royal National Park and forms part of the Coast Track. The majority of the walk is on raised board walk. Amazing views and plenty of photo opportunities. Approx 8km return.

Grade: 2 Ascent/Descent: 235m

Map: Royal National Park

Contact By: Wed 13 Sep

SAT 23 SEP LAWSON TO HAZELBROOK WATERFALL LOOP, WITH OPTIONAL EVENING GLOWWORM EXTENSION

A day of waterfalls (and optional glowworms!). We begin the day by doing a loop from Lawson to Hazelbrook visiting six waterfalls via a series of bush tracks and a few suburban streets. Having explored the area in daylight we will adjourn to a local establishment to re energise with some light snacks and refreshments before returning to Horseshoe Falls after dark to enjoy the light show. This walk has steps, mud and may be a bit rough in parts. It will be dark for the optional part 2. Bring a sense of adventure (and a torch). Approx 12km.

Grade: 2 Ascent/Descent: 260m

Map: Springwood

Contact By: Wed 20 Sep

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 24 SEP 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 prusiking, passing knots, 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 organiser about making an electronic payment.

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

SUN 24 SEP MT KURINGAI TO BEROWRA VIA LYREBIRD TRACK

Join Greg and Caroline from Mt Kuringai station to Berowra station via the Great North Walk. It follows the Lyrebird Creek walk down to Berowra Creek. This walk explores three valleys, with great displays of wildflowers in spring, and some nice sandstone overhangs.

Grade: 2 Ascent/Descent: 250m

Map: Google Maps/Kur-Ring-Gai NP

Contact By: Wed 20 Sep

SAT 30 SEP 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 or ferry ride. About 12km, flat, on good tracks, dodging runners and bike riders. Please bring Opal card.

Grade: 2 Ascent/Descent: <50m

Map: Google Maps

Contact By: Wed 27 Sep

TUE 3 OCT TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge in this Trivia Quiz night. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe. No need to book in, just turn up. Contact Club Membership Officer at bankswalks@yahoo.com if interested.

SUN 8 OCT LOCKLEYS PYLON

Lockleys Pylon walking track, just near Leura, is an easy walk offering scenic views, outstanding photography opportunities, and wildflower displays. 7km return walk.

Grade: 2 Ascent/Descent: 150m

Map: Katoomba

Contact by: Wed 4 Oct

SAT 14 / SUN 15 OCT BUSHWALKERS FIRST AID COURSE

A club member is organising a Bushwalkers First Aid Course. The course enables you to gain certification in three first-aid competencies. If you don't have a current bushwalkers first aid qualification, this course and provider is highly recommended by a number of our members.

Cost is \$240 for the 2 days from 9-5pm at Moss Vale Boy Scout Hall.

If you have any questions or wish to book for the course, please contact Club Membership Officer at bankswalks@yahoo.com if interested.

SAT 14 OCT CANLEY VALE TO HOMEBUSH BIKE RIDE 🚫 NO HELMET NO GO

Ride from Canley Vale to Homebush with a detour to Harris Park for lunch at an Indian/Nepali place. People driving can park near Homebush and catch train to Canley Vale for start of ride. Most of ride near train stations. Bring bike repair kit, helmet, opal card and lunch money. Probably about 30 kms.

Grade: Cycling

Map: Google Maps,

Contact By: Wed 11 Oct

SUN 15 OCT 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 will get your heart going with several 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: 250m

Map: Gunderman

Contact By: Wed 11 Oct

TUE 17 OCT WINIFRED FALLS, ROYAL NATIONAL PARK

Starting from Audley, this out and back walk will certainly give the legs a workout. Although relatively short in distance (approx 8km), sections of the walk are quite challenging with lots of up and down and eroded track. The descent to the waterfall is steep and the path is covered with loose rocks (plus you need to walk back up), but the view at the end is worth it. Option of adding a few extra kms to the walk if we choose to check out Anice Falls.

Grade: 2 Ascent/Descent: 350m

Map: Royal National Park

Contact By: Sun 15 Oct

SAT 21 OCT CARLONS FARM – BREAKFAST CREEK - COXS RIVER - IRONMONGER SPUR

A big adventurous day walk of around 15kms with 750m descent and ascent. The walk features stunning views. Although the walk is all on bush track come prepared for a challenge as we can't be sure of track conditions after the fires.

Grade: 4 Ascent/Descent: 750m

Map: Jenolan

Contact By: Tue 17 Oct

SAT 21 OCT SUNRISE AT CHIPPING NORTON LAKE.

Enjoy the sound of the frogs and bell birds on this easy, early morning walk around Chipping Norton Lake. Mostly on path with a few short bush tracks. Includes a stop at the Liverpool Growers and Foodies Market. Approx 8-10km.

Grade: 1 Ascent/Descent: 50m

Map: Google Maps

Contact By: Wed 18 Oct

SUN 22 OCT GEORGES RIVER MEANDER AND NATIVE GARDEN

We will first walk from Lambeth Reserve along the river through parkland to Fitzpatrick Park. From here we go onto bush tracks with two other walks. Firstly, the Yermaba Lagoon Loop track, looking out for local bird life, then the Ridge Loop track with frequent views out over the river. After lunch on the river and looping back on the upper part of the Ridge walk, we will retrace our steps from Fitzpatrick Park to Lambert Reserve and our cars. From here it is a two minute drive to the local native garden for a stroll around the spring native flower display. A total of 9-10 km.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Thu 19 Oct.

Please no contact until after 9 Sept

WED 25 OCT KAYAKING AT AUDLEY

Enjoy breakfast at the Audley Cafe before heading off for a paddle along the Hacking River. Early start to avoid the crowds. See www.audleyboatshed.com for hire rates.

Grade: Kayaking

Map: Google Maps

Contact By: Sun 22 Oct

SAT 28 OCT CASTLE HEAD ABSEIL**🚫 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. The road closure due to a landslide means that the walking distance will be 6km longer, so we will need a quick and efficient group for this trip.

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

Grade: Abseiling

Map: Katoomba

Contact By: Wed 25 Oct

SUN 29 OCT HYDE PARK TO DARLING HARBOUR.

This 12km city walk will follow the harbour foreshore. Highlights include Mrs Macquarie's Chair, Sydney Opera House, Walsh Bay and Barangaroo. Public transport friendly.

Grade: 1 Ascent/Descent: 50m

Map: Google Maps

Contact By: Thu 26 Oct

SAT 4 - SUN 5 NOV 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 30 Oct

SAT 4 NOV ROOKWOOD - HIDDEN SCULPTURES WANDER

This will be a leisurely walk around Rookwood Cemetery to see the 40+ outdoor sculptures within one area of its grounds. Contact Club Membership Officer at bankswalks@yahoo.com if interested.

MON 6 NOV DEADLINE FOR SUMMER PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Summer 2023/24 program. Suggestions for the Summer program must be emailed to bankstownbushwalks@gmail.com by **Monday 6 November 2023** or they may not make it onto the program.

SAT 11 NOV NAREMBURN & CREMORNE, MIDDLE HARBOUR RESERVES

An easy 10 km walk through urban bushland reserves and picturesque harbourside parks of Naremburn and Cremorne adjoining the lower Middle Harbour in Sydney's northeast.

Grade: 2 Ascent/Descent: 100m

Map: Digital maps

Contact By: Fri 10 Nov

SUN 12 NOV 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 before the summer canyoning season gets into full swing.

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.

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

TUE 14 NOV TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge in this Trivia Quiz night. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe. No need to book in, just turn up. Contact Club Membership Officer at bankswalks@yahoo.com if interested.

SAT 18 NOV 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 15 Nov

SUN 19 NOV HEATHCOTE - ULOOLA FALLS - ROBERTSONS KNOLL - HEATHCOTE

A loop walk from Heathcote, with two climbs up and down to the Hacking River. From Heathcote, we walk down to Karloo Pool, then up to Uloola Falls, along the Uloola track to Robertson's Knoll. Avoiding the crowds in Audley, we walk down to the head of navigation of the Hacking River, then up the Engadine Track back to Heathcote. About 15km.

Grade: 3 Ascent/Descent: 300m

Map: Royal National Park

Contact By: Wed 15 Nov

SAT 25 / SUN 26 NOV BACKPACK: MT VICTORIA - BLUE GUM FOREST - PIERCES PASS

A walk down the beautiful Grose Valley, camping by the river. There is an excellent swimming hole for those who are brave enough. We'll visit the iconic Blue Gum Forest while our tents dry on Sunday morning. Our walk out of the Grose Valley is via an old cattleman's track and features fantastic views of the valley while we stop to catch our breath. 15km.

Grade: 3 Ascent/Descent: 450m

Map: Katoomba and Mt Wilson

Contact By: Wed 22 Nov

Expressions of Interest

BACKPACK HIKE FROM SOAPY FLAT ROAD TO RUSSELL'S NEEDLE TRAIL AND/OR WANGANDERRY LOOKOUT TRAIL

Contact Leader if interested.

Start at Soapy Flat Road. Exploratory to Russells Needle trail, which includes a fork trail/road to Wanganderry Lookout. These trails are really roads. Previous road access is now blocked by private properties. We should drop most of our packs somewhere when the road is reached, walk the ~6km to Russells Needle, and return. Then walk to Wanganderry Lookout for camp overnight. Distance: ~28km total walking.

We will probably need to carry all water. We do cross Jelore Creek early on, but that originates from private properties. There are side creeks (on map) which may contain water, depending on prior rains. Once we get to the trails, it is on high ground, excessively steep on the sides down to where there might be water, but it's easy walking.

Grade: 4 Ascent/Descent: 200m

Map: Hilltop

Contact By: TBD