

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR SPRING 2024



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

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

September 2024

SUN 1 SEP BIKE RIDE: BICENTENNIAL PARK TO PARRAMATTA PARK
🚫 NO HELMET NO GO

This will be a morning ride along the Parramatta River. We will stop for coffee in Parramatta Park before returning via the wetlands near Olympic Park. Ride will be around 40kms with a few opportunities to hop off the bike and get the blood circulating again as we check out some interesting viewpoints on the way back. If people are interested, we can have lunch at the Waterview café after the ride.

Grade: Cycling
Map: Google Maps
Contact By: Thu 29 Aug

SAT 7 SEP BEGINNERS ABSEIL DAY - ALFORDS POINT

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.

There is a \$5.00 rope and gear hire fee for the day. Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

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

SAT 7 - SUN 8 SEP WEEKEND BASE CAMP IN MUGII MURUM-BAN SCA

The Muggii Murum-ban State Conservation Area is near Capertee, north-west of Lithgow. We'll camp at the Airly Gap campground, and do a couple of day walks from there. It would be possible to just come out for one of the walks if desired.

Saturday: The Tramway Trail follows the old oil shale mine tramway route from the beginning of last century around Mount Airly and through the ruins of Airly village to a spectacular lookout over the adjacent valley. It's an interesting walk with lots to explore. Grade 2, 10kms, ascent 270m.

Sunday: Glenowlan Summit and Valley of The Dinosaurs; this walk popped up on social media and by all descriptions sounds like one not to be missed with descriptions like: "From crazy pagoda rock formations to a cool slot between giant cliffs, a valley full of ferns and even a little canyon grotto, you hike from one wow to another". Grade 3, 8kms, ascent 440m (but we may cheat a little).

Grade: 2 ; 3
Map: Glen Alice
Contact By: Wed 4 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.

TUE 10 SEP TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe.

Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

SUN 15 SEP MILL CREEK, MENAI

Explore the upper regions of Mill Creek and discover small rockpools and rocky platforms, all in our local area. The wildflowers should be out, too. About 8kms.

Grade: 2 Ascent/Descent: 150m

Map: Google Maps

Contact By: Thu 12 Sep

SAT 21 SEP FESTIVAL OF ROGAINING (INCL 24HR EVENT) - CAPERTEE NP

Looking to extend yourself to overnight or 24-hour rogaining? This event run by the NSW Rogaining Association incorporates the state championships, so it is a good opportunity to see the top rogainers in action. Put a team of 2-5 together and enter at nswrogaining.org.au (entry fees & deadlines apply), or contact the Club Membership Officer at bankswalks@yahoo.com, and they will put you in touch with other potential team members or answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

SUN 22 SEP MANLY - NORTH HEAD

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: 150m

Map: Google Maps

Contact By: Thu 19 Sep

SAT 28 - SUN 29 SEP BACKPACK : STARLIGHT'S 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: Thu 26 Sep

SUN 29 SEP ROYAL NP: CURRA MOORS CIRCUIT- EAGLE ROCK - CURRACORRANG AND RETURN

The Curra Moors is a top place to see wildflowers and many birds. About 12 km, mainly boardwalk and fire trail, so a rather relaxing day. Come and take in the views from Eagle Rock and Garie lookout, and splash in the water at Curracorrang.

Grade: 2 Ascent/Descent: 100m

Map: Royal NP

Contact By: Wed 25 Sep

October 2024

TUE 1 - THU 3 OCT SCHOOL HOLIDAY CAMP AND CANYON ADVENTURE

Bring your kids or grandkids on this leisurely, kid paced exploration of River Caves Canyon, followed by two nights camping at Deep Pass. We will do some short bushwalks near camp and some scrambling to explore nearby interesting slots. There is a walk of about 5kms from the cars to the camp. Cars with high clearance are required. To find out more please contact the Club Membership Officer at bankswalks@yahoo.com if interested.

SAT 5 - SUN 6 OCT NEWNES PLATEAU BASECAMP

We'll be camping at Barcoo Swamp campground, with the following two canyons planned.

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

Saturday 5th Oct Spiral Canyon:

This canyon is seldom visited but it deserves an exploration. There will be a 5km trail walk in before a 1km bush bash to get there. 4 abseils and some dark narrow constrictions before reaching the end in Deanes Creek. This will involve off track navigation and rock scrambling, and it may be a long day out. It is a dry canyon so wetsuits are not needed, but we may get wet feet on the exit. Map: Mt Morgan

Sunday 6th Oct Dumbano Tunnels & Suboir canyon

A shorter and easier trip to finish the weekend. This canyon is north of Gooches Crater with 4WD access roads to the starting point. No abseils but there may be some hand-lines on the trip. Expect wet feet (maybe knee deep) and some long narrow constrictions. Wetsuit optional. Map: Wollangambe

Grade: Canyoning / Camping

Maps: Cullen Bullen / Mt Morgan / Wollangambe

Contact By: Thu 3 Oct

SUN 6 OCT KYEEMAGH TO SANS SOUCI

This is a beach walk around the western side of Botany Bay from Kyeemagh to Bass & Flinders Pavilion in Sans Souci. The walk is about 8.5kms long and along shared walking/cycling paths.

Grade: 1 Ascent/Descent: <50m

Map: Google Maps

Contact By: Wed 2 Oct

SAT 12 OCT FORESHORES OF THE INNER WEST

This 13km walk begins at Rhodes Railway Station and follows the mangrove-lined foreshores of the Parramatta River, passing through bushland, city reserves and heritage grounds. Upon reaching Cabarita, we'll catch a ferry to Kissing Point wharf before returning on foot to our starting point. Public transport friendly.

Grade: 2 Ascent/Descent: <50m

Map: Google Maps

Contact By: Wed 9 Oct

SAT 12 OCT RESCUE SKILLS - 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.

There is a \$5.00 rope and gear hire fee for the day. Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

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

SUN 13 OCT HEATHCOTE - GOARRA RIDGE FIRE TRAIL - HORSESHOE FALLS - ENGADINE TRACK

An adventurous exploration down Engadine Creek to the spectacular, rarely visited Horseshoe Falls. The walk is around one third fire trail, one third off track and one third walking track, so lots of variety. A good intro to off-track walking for fit walkers who haven't already tried it.

Grade: 3 Ascent/Descent: 300m

Map: Royal NP

Contact By: Wed 9 Oct

TUE 15 OCT TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe.

Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

SUN 20 OCT COMO HERITAGE WALK

From Oatley, we walk across the Como Bridge to start the Como Heritage walk, follow the history of Henry Lawson, and also visit the Como Pleasure Grounds. Mostly easy walking but with a few steep hills and stairs along the way. Length approx. 9km.

Grade: 2 Ascent/Descent: 100m

Map: Street map

Contact By: Wed 16 Oct (don't contact before 7th October please)

SAT 26 - SUN 27 OCT TALLOWA DAM - SHOALHAVEN RIVER KAYAK TRIP

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: Tue 22 Oct

SAT 26 OCT 3-6HR SURPRISE ROGAINE

This event run by the NSW Rogaining Association is a great way to see new locations and practice cross-country navigation in a safe and fun atmosphere. Put a team of 2-5 together and enter at nswrogaining.org.au (entry fees & deadlines apply), or contact the Club Membership Officer at bankswalks@yahoo.com, and they will put you in touch with other potential team members or answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

SUN 27 OCT GRIFFITHS AND COOKS NOSE TRAILS, BARREN GROUNDS NATURE RESERVE

The walk is about 13km 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: 100m

Map: Robertson

Contact By: Wed 23 Oct

November 2024

SAT 2 NOV SIMMO'S BEACH

Simmo's Beach Reserve lies on the Georges River near Macquarie Fields and features a network of bushland trails as well as picnic and BBQ facilities. We'll explore the various tracks, admire the spring flowers, and cool off with a swim at Simmo's Beach. Approx 10km.

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

Map: Google Maps

Contact By: Wed 30 Oct

SUN 3 NOV WOLLSTONECRAFT TO LANE COVE DAY WALK

Moderately easy walk around the inner north harbour via Greenwich and Riverview, taking in a mixture of coastal parkland, wooded reserves and pleasant urban streets, and of course harbour views throughout. Approx. 10-12 km. Train to Wollstonecraft then bus from Lane Cove. This is the 2nd leg of a proposed circuit of the entire inner harbour/Parramatta River over the coming programs.

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

Map: Google Maps

Contact By: Fri 1 Nov

MON 4 NOV DEADLINE FOR SUMMER PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Summer 2024/25 program. Suggestions for the Summer program must be emailed to bankstownbushwalks@gmail.com by **Monday 4 Nov 2024**. Late submissions are not guaranteed to make it onto the program.

FRI 8 NOV KAYAKING - WORONORA RIVER

Launch your kayak at Prince Edward Park, Woronora and paddle to the Needles (& return). BYO kayak/life jacket or hire from The Boatshed.

Grade: Kayaking

Map: Google Maps

Contact By: Wed 6 Nov

SUN 10 NOV AUSTINMER BEACH - AROUND ROCKS AND BEACHES TO THIRROUL - RETURN VIA BUSH TRACK TO AUSTINMER

Commence at Austinmer Beach, walk around rocks and along beaches to Thirroul. Walk through suburban Thirroul (for approx. 1.5km), then follow a bush track to Austinmer, then finish at Austinmer Beach.

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

Map: Google Maps

Contact By: Thu 7 Nov

TUE 12 NOV TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and sociable fun as we test our trivia knowledge. Come for a bistro dinner before the trivia begins at 7.00 pm, Baileys Sports Bar, Dooleys Club, 11-17 Church St, Lidcombe.

Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

SAT 16 NOV BEGINNERS ABSEIL DAY - ALFORDS POINT 🚫 **NO HELMET NO GO**

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There is a \$5.00 rope and gear hire fee for the day. Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

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

SUN 17 NOV NARRABEEN LAGOON

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

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

Map: Street map

Contact By: Wed 13 Nov

SAT 23 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: Thu 21 Nov

SUN 24 NOV LANE COVE RIVER - 6HR SOCIALGAIN

This event run by the NSW Rogaining Association is a great way to see new locations and practice navigation in a safe and fun atmosphere. Socialgaine events are relaxed, and family-oriented, often incorporating suburban and bush navigation. Great opportunity to bring the kids along. Put a team of 2-5 together and enter at nswrogaining.org.au (entry fees & deadlines apply - children under 14 free), or contact the Club Membership Officer at bankswalks@yahoo.com, and they will put you in touch with other potential team members or answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

SUN 24 NOV LA PEROUSE CIRCUIT WALK TO CAPE BANKS

This walk is approx. 8kms long (circuit) and a trail through various landscapes, such as beaches, coastal cliffs, and bushland, complemented by several historical sites.

Grade: 2 **Ascent/Descent: 130m**

Map: Google Maps

Contact By: Wed 20 Nov

SAT 30 NOV TARONGA TO BALMORAL

This well-liked 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, depending upon the weather. 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 27 Nov