

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR SUMMER 2020-21



COVID-19 SAFE WALKING

To help participants be COVID safe on club activities, the club has developed a [COVID-19 Safety Plan](#). We ask that all members and visitors familiarise themselves with the club's [COVID-19 Safety Plan](#) before participating in any club activity.

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.

SHORT NOTICE WALKS

Leaders may add extra activities to the program with one or two weeks' notice to members, so check your email regularly for the details in a "Short Notice Walk" email to all club members.

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

DECEMBER 2020

SAT 5 FORTRESS ROCK - DR DARKES CAVE - FORTRESS RIDGE

This 12km walk features fantastic views over the Grose Valley and the chance to visit a heritage site. We'll head down to the end of Fortress Canyon for lunch near the rock pools at the end of Fortress Canyon. Bring swimmers if it's a hot day so you can cool off in the pools. Although all on track, the track can be loose under foot and scrambling will be required.

Grade: 3 **Ascent/Descent:** 300m

Map: Katoomba

Contact By: Wed 2 Dec

SUN 6 BERRIMA HERITAGE WALK (REPEATED BY POPULAR REQUEST)

We will explore two local walking tracks including the Stone Quarry Walk and Berrima River Walk. Approximately 5-6km with plenty of photo opportunities. Afterwards, roam around town and visit the gift/jam/pottery shops - a great opportunity to do some Christmas shopping.

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

Map: Berrima

Contact By: Thursday 3 Dec

MON 7 DINNER AT ENZO'S CUCINA, CHIPPING NORTON

Celebrate Christmas with pizza, pasta and wine. See enzoscucina.com.au for menu and pricing. Book via the Membership Officer at bankswalks@google.com by Thursday 3rd December. **Limited numbers and no split bills**




SAT 12 - SUN 13 BASE CAMP WEEKEND AT BARCOO SWAMP ON NEWNES PLATEAU

Barcoo Swamp is an informal canyoners campground with no facilities. We will use it as a base for doing some canyons in the area. Come and camp and socialise, or if you prefer to organise a canyon or day walk and email the club list. Two canyons are planned - Rocky Creek / Twister, and Alcatraz.

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 12 ROCKY CREEK & TWISTER CANYONS** 📷 **NO HELMET NO GO**
 A fun and easy canyon trip which involves numerous jumps and slides before reaching the beautiful constrictions of the lower Rocky Creek. No abseils, but there is one hand over hand scramble down a waterfall.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning
Map: Mt Morgan
Contact By: Wed 9 Dec
- SUN 13 ALCATRAZ CANYON** 📷 **NO HELMET NO GO**
 This canyon is off the beaten track and rarely visited. It is a short, dry(ish) canyon with one abseil. We will be doing this one on the way home from the base camp, so you'll need to camp at Barcoo the night before if you want to come along.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning
Map: Cullen Bullen
Contact By: Wed 9 Dec
- SUN 13 TARONGA ZOO - 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 Map
Contact By: Thu 10 Dec
- SAT 19 FORTRESS CREEK CANYON** 📷 **NO HELMET NO GO**
 An easy canyon with a water jump and one small abseil. There are several long swims in some pretty constrictions. The lunch spot at the end of the canyon is a highlight, looking across to Lockley Pylon at the top of the cliffs above Govetts Gorge.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning (wetsuits essential)
Map: Katoomba
Contact By: Wed 16 Dec
- SUN 27 WATSONS BAY - BONDI BEACH**
 This 14km coastal walk takes in majestic views of Sydney Harbour and the stunning cliffs overlooking the Pacific Ocean. We head straight to the Hornby Lighthouse, past The Gap, up to Christison Park past the lighthouses and onto the boardwalk, following the coastline towards Bondi Beach. We will catch the ferry from Circular Quay to Watsons Bay and return from Bondi by bus so don't forget to bring your Opal card.
Grade: 2 **Ascent/Descent:** 160m
Map: Google Map
Contact By: Wed 23 Dec
- WED 30 KURNELL TO CRONULLA**
 Coast, cliff and beach walking. We will catch an early bus from Cronulla to Kurnell to walk through Kamay Botany Bay NP and over the headlands to beautiful Boat Harbour for a swim. Then follow the beaches on the sand back to Cronulla, walking through the water to keep cool if needed. Approximately 16 km.
Grade: 3 **Ascent/Descent:** 50m
Map: Kamay Botany Bay NP
Contact By: Mon 28 Jan

JANUARY 2021

- FRI 8 POPRAN NP: IRONBARK RD - MT OLIVE - HOMINY CREEK - EMERALD POOL**
 A great circuit walk of around 12kms in Popran National Park, to the beautiful Emerald Pool. Bring your swimmers! This walk passes through a variety of vegetation and offers some great views along the way. There are also Aboriginal rock art sites to discover. All on walking tracks and fire trails.
Grade: 2 **Ascent/Descent:** 300m
Map: Gunderman & Mangrove
Contact By: Wed 6 Jan
- SAT 9 - SUN 10 CARRINGTON FALLS WALK-IN CAMP IN BUDERROO NP**
 Walk-in about 2.5km along Stevos Trail, another scrubby kilometre to camp site then do excursion walk to base of falls, and go for a swim. Sunday, a bit more of an excursion walk, then return via Missingham's Steps. Limited camp area, but a very secluded unknown spot, so max 4-5 people.
Grade: 3 **Ascent/Descent:** 400m
Map: Robertson & Kangaroo Valley
Contact By: Wed 6 Jan
- SUN 10 WEST HEAD - MACKERAL BEACH CIRCUIT, KU-RING-GAI CHASE NP,**
 A scenic walk around the West Head area of this northern Sydney region National Park. We walk along a mixture of fire trails and narrow tracks along woodland ridges, angophora forested foreshores and a couple of beaches, and enjoy spectacular views out over Broken Bay and Pittwater. A moderate grade walk of 8-10 km, depending on possible side trips. Swims are an option for those who want to cool down.
Grade: 2 **Ascent/Descent:** 300m
Map: Broken Bay
Contact By: no deadline
- TUE 12 DINNER AT PIKKIO PIZZERIA TRATTORIA, PANANIA**
 Enjoy a night of Italian food and great company. The menu can be found at pikkio.com.au. Book via the Membership Officer at bankswalks@google.com by Friday 8th January.
- SAT 16  BIKE RIDE: CREEKS, CANALS AND COFFEE  NO HELMET NO GO!**
 This ride visits some less travelled cycle paths in the Inner West. We'll visit Whites Creek, Hawthorne Canal and Cup and Saucer creek as well as the better known Greenway and Cooks River Cycleways. There will be a stop for coffee and another at Pure Gelato. Ride will be somewhere in the 30 - 40km range depending on how energetic we are feeling. Mostly on cycleways and quiet back streets. Bring helmet, pump, spares, snacks, hand sanitizer, water and money for refreshments.
Grade: Cycling
Map: Google Map
Contact By: Wed 13 Jan
- SAT 16 CLAUSTRAL CANYON  NO HELMET NO GO**
 Claustral is known as one of the best canyons in the Blue Mountains. This trip is for a small group of canyoners who want to visit this superb system. You will need to be fit, experienced and have all your own gear. It's a big day out so party size will be limited.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning (wetsuits essential)
Map: Mt Wilson
Contact By: Wed 13 Jan

SUN 17 OTFORD - STANWELL PARK

Starting at Otford, there is a steep descent to Bulgo Beach to look at the huts in this area. Then there will be a heart-pumping ascent back to Lady Wakehurst Drive and an off-track scramble over the hill to Stanwell Tops. We will then scramble down Bald Hill to explore a mysterious old abandoned railway tunnel, so bring torch and good batteries. We'll then continue down to Stanwell Park beach for a swim and late lunch. If there is time and people are keen, there is an optional walk up the Wodi Wodi Track and then down to Stanwell Park Railway Station. Car shuffle required.

Grade: 3 **Ascent/Descent:** 150m

Map: RNP

Contact By: Thu 14 Jan

SAT 23 GREAT UNCLE GEORGE CANYON**🚫 NO HELMET NO GO**

This is a nice canyon trip that our club explored a couple of years ago. A few short abseils down cascading waterfalls and creek walking, rounding it all up with a short climb..

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

Grade: Canyoning (Wetsuits optional)

Map: Katoomba

Contact By: Wed 20 Jan

SUN 24 DOG FRIENDLY WALK: OATLEY PARK > LIME KILN BAY CIRCUIT

Bring your dog along or befriend a dog on this walk along the Georges River through one of Sydney's finest areas of natural bushland. This walk incorporates several tracks including the Jewfish Bay track, Headland track and Lime Kiln Bay Circuit. There will also be a café break halfway for dogs and humans! Distance: approximately 9km.

Grade: 2 **Ascent/Descent:** <150m

Map: Google Map

Contact By: Fri Jan 22

WED 27 CAPTAIN COOK BRIDGE TO WOOLLOOWARE & RETURN

This easy 13km walk follows the shared bicycle/pedestrian pathway from Captain Cook Bridge, Sans Souci to Woollooware. There are several viewing decks along the way which overlook Woollooware Bay and Towra Point Aquatic Reserve.

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

Map: Google Map

Contact By: Sun 24 Jan

SAT 30 MINNAMURRA TO KIAMA

A lovely 10km walk starting at Minnamurra station and walking to Kiama. Lovely coastal views and the chance to have several swims along the way.

Grade: 2 **Ascent/Descent:** 50m

Map: Kiama Coast Track map

Contact By: Thu 28 Jan

SUN 31 NEW YEAR GET TOGETHER AT BICENTENNIAL PARK.

Meet up with fellow club members for an early morning coffee and chat at Bicentennial Park (Sydney Olympic Park) before heading off for a walk or bike ride.

The walk will go through Bicentennial Park, the mangrove boardwalk, the Armoury, the Brick Pit and the Parramatta River. It is mostly flat, and it will be an early start to beat the afternoon heat. Approx. 14kms.

Grade: 2 **Ascent/Descent:** 50m

Map: Google Map

Contact by: Thu 28 Jan

The bike ride will go through the grounds of Bicentennial Park and surrounding areas. Bring your own bike or hire one from the bike shop.

Grade: Cycling

Map: Google Map

Contact By: Thu Jan 28

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.

FEBRUARY 2021

TASMANIA WALKS IN FEBRUARY

Now that it looks like Tassie is letting us visit, it's time to make plans. Nothing is set in concrete yet, but Walls of Jerusalem and Maria Island are two possibilities. If you'd like to be included on an email list for planning a short notice Tassie trip with a couple of overnighters please email bankstownbushwalks@gmail.com. No promises, but keep your fingers crossed!

TUE 2 TWILIGHT WALK - CRONULLA BEACH TO BOAT HARBOUR & RETURN

Twilight walk along the beach! We'll have fish n chips in the park (optional) before kicking off our shoes and walking on the sand.

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

Contact By: Sat 30 Jan

THU 4 KAYAKING ALONG THE WORONORA RIVER

Cool off during the hot summer months by hiring a kayak (or bringing your own) and paddling along the Woronora River. Check out the following website for hiring options or bring your own watercraft. <https://www.theboatshedatworonora.com.au/boats>

Grade: Canoeing

Map: Google Maps

Contact By: Tue Feb 2

SAT 6 MT WILSON: WOLLANGAMBE RIVER LILO ADVENTURE

A beginners canyon with no abseils, a lazy trip down the Wollangambe River through a high walled canyon. Bring your lilo mat, a kickboard or even your ring floaty to hang onto while going through the long swim sections, with some walk and rock scramble sections.

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

Grade: Canyoning

Contact By: Wed 3 Feb

Map: Mt Wilson

SUN 7 ROSE BAY TO WATSONS BAY

The walk brings you to secluded beaches, beautiful parks & picturesque bays while enjoying panoramic views of the city and the harbour. Highlights include Milk Beach, Parsley Bay, Nielsen Park & the Hermitage Foreshore track. Approx 8km. Once at Watsons Bay, we have the option of exploring The Gap and Hornby Lighthouse (this will add a few extra km to the walk).

Grade: 2 **Ascent/Descent:** 150m

Contact By: Thu 4 Feb




Map: Google

TUE 9 WALKS COMMITTEE MEETING

Suggestions for the **Autumn 2021** Program must be given to a member of the walks committee or e-mailed to bankstownbushwalks@gmail.com by **Monday 8 February 2021** or they may not make it onto the program.

THU 11 ZONE BOWLING, VILLAWOOD

Get ready for a morning of action and laughs at Zone Bowling, Villawood. We will be playing two games (see zonebowling.com for prices) and enjoy coffee/lunch afterwards at The Woods Pantry, Villawood. Book via the Membership Officer at bankswalks@google.com by Monday 8th February.

- SUN 14 BUTTER BOX CANYON**  **NO HELMET NO GO**
 Butterbox Canyon is a medium/hard canyon with some good abseils, swims and a relatively easy but very exposed climb out. There are also a number of downclimbs using a handline. Some of these can be jumped if you are keen. A wetsuit is highly recommended and good shoes are essential for the climb out.
Please note: You must be a financial member to participate in this activity.
Grade: Canyoning
Contact By: Wed 10 Feb
Map: Katoomba
- SAT 20 COLO - BOB TURNER'S TRACK**
 A walk to the beautiful Colo River. There's a good swimming spot at the bottom of the hill, and a chance to get some exercise coming back up. 8kms all on track.
Grade: 2 **Ascent/Descent:** 280m
Map: Wollemi NP
Contact By: Wed 17 Feb
- SUN 21 EMPRESS FALLS CANYON**  **NO HELMET NO GO**
 A short but impressive canyon in the Valley of the Waters, involving a few jumps and swims, finishing off with a 30m abseil down a waterfall. Afterwards we'll have a coffee at the Conservation Hut.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning (wetsuits essential)
Map: Katoomba
Contact By: Wed 17 Feb
- THU 25 JIBBON LOOP TRACK & SWIM OR PADDLE AT JIBBON BEACH**
 A short walk during the hot summer to enjoy the beauty of Bundeena and a chance to cool off at Jibbon Beach at the end. This walk is an enjoyable way of exploring Jibbon Head and its beaches. Distance: approximately 5km.
Grade: 1 **Ascent/Descent:** <50m
Map: Google Maps
Contact By: Mon 22 Feb
- SAT 27 - SUN 28 OVERNIGHT PADDLE - SHOALHAVEN RIVER**
 Tallowa Dam to Fossickers Flat and return. 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 14km each way. We will camp overnight at Fossickers Flat, a campsite only accessible by water or a difficult walk. Kayaks/canoes can be hired from Kangaroo Valley Safaris.
Grade: Kayaking
Map: Kangaroo Valley
Contact By: Wed 24 Feb
- SUN 28 KOOMBANDA CANYON**  **NO HELMET NO GO**
 A short but pleasant canyon near Bell - with 2 or 3 small abseils and a couple of swims.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning (wetsuits essential)
Map: Mt Wilson
Contact By: Wed 24 Feb
- SUN 28 BENOWIE TRACK - THORNLEIGH TO HORNSBY**
 This walk is part of the Great North Walk from Sydney to Newcastle. From Thornleigh station, we travel through the Berowra Valley passing over several creeks and past waterholes before finishing at Hornsby. Train back to Thornleigh. Distance about 10 km.
Grade: 2 **Ascent/Descent:** 200m
Map: Hornsby
Contact By: Thu 25 Feb

ADVANCE NOTICE

MAR/APR 2021 MURRAMARANG NATIONAL PARK, PRETTY BEACH CAMPING & WALKS

Booking camp site for Friday & Saturday. We will want to book adjacent sites to maintain our own social bubble.

Camping Fees: adult \$12 per night,+ vehicle fee

Sat: Walk Pretty Beach to North Durras - 35km return

Sun: easy Walk Bawley Point to Merro Point & return

Please register your interest via the Club's Membership Officer as soon as possible so we can work out the weekend to make our site bookings.