

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR SUMMER 2023/24



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

December 2023

SUN 3 DEC CANYONING: EMPRESS 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

Map: Katoomba

Contact By: Wed 29 Nov

SUN 3 DEC BIDJIGAL RESERVE WALK

This walk starts/finishes at Ted Horwood Reserve, Baulkham Hills. You'll be surrounded by eucalypt forest and see an abundance of native flora and fauna. Uneven ground and several creek crossings. Approx 9km circuit.

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

Map: Google Maps

Contact By: Fri 1 Dec

WED 6 DEC DINNER AT PIKKIO PIZZERIA TRATTORIA, PANANIA

Enjoy a night of Italian food and great company. The menu can be found at pikkio.com.au. Contact the Club Membership Officer at bankswalks@yahoo.com if interested, before Friday 1 Dec.

SUN 10 DEC OATLEY PARK CIRCUIT

Starting at Oatley Park, we walk to Gannons Pk via Lime Kiln Bay, then to Oatley Heights Pk, finally returning to the starting point via the swimming enclosure. Approx 9km.

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

Map: Digital Maps

Contact By: Wed 6 Dec

TUE 12 DEC 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.

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 16 DEC KAYAKING AT AUDLEY

We'll have breakfast at the Audley Cafe before heading off for a 2 hour paddle along the Hacking River. Optional short walk/wander afterwards. See www.audleyboatshed.com for hire rates.

Grade: Kayaking

Map: Google Maps

Contact By: Wed 13 Dec

SUN 17 DEC CIRCULAR QUAY - MILSONS POINT - TARONGA ZOO

Meeting at Circular Quay, we'll walk across the Harbour Bridge and around the harbour foreshore past Cremorne and Mosman to make our way to Taronga Zoo ferry wharf. The 12km walk is mostly along footpaths and through parkland which offers magnificent views of Sydney Harbour.

Grade: 2 **Ascent/Descent:** 160m

Map: Google Maps

Contact By: Thu 14 Dec

MON 25 DEC CHRISTMAS DAY**WED 27 DEC MARLEY BEACH BY MOONLIGHT**

Supper under the full moon! Afternoon walk, swim and in the late afternoon have an early supper in the bush near Marley beach, using tonight's full moon. Discover old camp building ruins. Route will be from Marley beach track, past Deer Pool to Marley Beach. Return route to be agreed by the group. Side detour possible by following trail up from Deer Pool to another rock pool along that creek. 8km round trip, if along same route.

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

Map: Royal National Park

Contact By: Fri 22 Dec

SAT 30 DEC BIKE RIDE: INNER WEST AND OPERA HOUSE  NO HELMET NO GO

A chance to play tourist in our own city. We will ride from Stanmore around Blackwattle Bay and over Pyrmont Bridge before visiting The Rocks, the Opera House, Barangaroo and Darling Harbour. The ride will be in the 25 - 30km range and is mostly on cycleways with a few quiet back streets. It will be an early start so that we can avoid the pedestrians. Bring roadworthy bike, helmet, pump, repair kit, snacks, and water.

Grade: Cycling

Map: Google Maps

Contact By: Wed 27 Dec

January 2024

SAT 6 JAN LAKE PARRAMATTA RESERVE

Come for a walk and/or kayak at Lake Parramatta. We'll start with an early morning 10km walk which includes the Lake Circuit as well as the Outer Loop Circuit. After morning tea, hire a kayak or bring your own (inflatables are suitable) and have a paddle. Those who are brave might opt to go for a swim. Uneven ground, steps and creek crossings.

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

Map: Google Maps

Contact By: Tue 2 Jan

SUN 7 JAN BELMORE FALLS WALK – DOWNRIVER APPROACH

All access from picnic area and the top of Belmore Falls is closed, so approach will be from below the falls, downstream. Some slippery sections, boulder crawling, bush bashing, no tracks. Swimming option.

Grade: 5 Ascent/Descent: 150m

Map: Kangaroo Valley

Contact By: Fri 5 Jan

TUE 9 JAN 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 13 JAN HEATHCOTE NATIONAL PARK - WATERHOLES DELIGHT

Discover three waterholes in Heathcote national park. Walk starts and ends at Heathcote scout camp. Boobera Pool (rough access track), then Lake Eckersley and Mirang Pool. Approx 6kms return.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Wed 10 Jan

SUN 14 JAN 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. Steps are completed, so now rather mundane walk down to the old, abandoned railway tunnel, so bring torch and good batteries, though maybe we'll find that the tunnel now has lighting all along it. We'll then continue down to Stanwell Park beach for a swim and late lunch. Wodi Wodi (to Railway Station) track is closed, but we can walk up to top of escarpment for views and thereabouts and return. Car shuffle required.

Grade: 3 Ascent/Descent: 150m

Map: Royal National Park

Contact By: Fri 12 Jan

SAT 20 JAN CANYONING: CLAUSTRAL CANYON  NO HELMET NO GO

Experienced canyoneers with self-rescue skills only. Claustral is famous for being one of the best canyon trips. It is a long, demanding trip with beautiful canyon sections. There is a mix of wading and swims. Participants must be fit, confident, competent abseilers. Please bring \$5 cash for rope fee on the day. 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 16 Jan

SAT 20 JAN 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 17 Jan

SAT 27 JAN 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, 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 24 Jan

SUN 28 JAN CANYONING: HAT HILL**🚫 NO HELMET NO GO!**

A gentle trip down a beautiful canyon. This canyon has three distinct sections with some pretty creek walking in between. **No abseils** in this one, but you will need to be fit and have good scrambling ability. We'll take our time and enjoy the experience. Wetsuit and shoes with good grip in the wet required.

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 Jan

SUN 28 JAN KATOOMBA - ECHO POINT - GIANT STAIRWAY - LEURA FOREST - KATOOMBA

A popular walk! 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 24 Jan

February 2023

SAT 3 FEB 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 trip 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: Thu 1 Feb

SAT 3 - SUN 4 FEB BASE CAMP WEEKEND AT BARCOO SWAMP ON NEWNES PLATEAU

Barcoo Swamp is an informal canyons campground with no facilities. We will use it as a base for doing some canyons in the area. Come and camp and socialise. For more information, contact Club Membership Officer at bankswalks@yahoo.com.

SAT 3 FEB CANYONING: ZORRO CANYON**🚫 NO HELMET NO GO**

Zorro canyon is a bit off the beaten track and is rarely visited. It is a fairly dry canyon with some interesting down climbing and a couple of abseils. Not suitable for first-time canyons.

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

Grade: Canyoning

Map: Mt Morgan

Contact By: Tue 30 Jan

SAT 3 FEB CANYONING: ROCKY CREEK GLOW WORM TRIP 🚫 NO HELMET NO GO

This trip will be a bit different from usual. We will be going down in the afternoon (depending on when we get back from Zorro) for the lower Rocky Creek constrictions, but intending to return in the dark to see the many glow worms living down there. There are no abseils, but be prepared for rock scrambles. Wetsuit and waterproof torch required.

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

Grade: Canyoning

Map: Mt Morgan

Contact By: Tue 30 Jan

SUN 4 FEB CANYONING: 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. Abseil gear required.

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

Grade: Canyoning (wetsuits optional)

Map: Cullen Bullen

Contact By: Tue 30 Jan

MON 5 FEB DEADLINE FOR SUMMER PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Autumn 2024 program. Suggestions for the Summer program must be emailed to bankstownbushwalks@gmail.com by **Monday 5 February 2024** or they may not make it onto the program.

SUN 11 FEB WATERFALL TO HEATHCOTE THROUGH HEATHCOTE NATIONAL PARK

Walk from Waterfall railway station to Heathcote railway station through the Heathcote National Park, via the Bullawarring Track, Kingfisher Pool, Battery Causeway for a paddle, Heathcote Creek and the Woronora Pipeline. Track can be rocky in places. Approx 9km.

Grade: 2 Ascent/Descent: 150m

Map: Royal National Park

Contact By: Wed 7 Feb

SUN 11 FEB BIKE RIDE: MEADOWBANK TO ROOKWOOD CEMETERY

🚫 NO HELMET NO GO!

A moderately easy ride of approximately 25 km from Meadowbank Wharf, through Olympic Park then around Rookwood Cemetery before returning. It includes a mixture of bike paths through parkland and undulating quiet urban streets. A coffee or ice cream awaits on our return to Olympic Park.

Grade: Cycling

Map: Digital maps

Contact By: Contact Leader

TUE 13 FEB 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 the Club Membership Officer at bankswalks@yahoo.com if interested.

SAT 17 - SUN 18 FEB MT WILSON CANYONING BASECAMP

We'll camp in the Mt Wilson campground at Cathedral Reserve. It has basic facilities. We will use it as a base for doing some canyons in the area. Come and camp and socialise. For more information about the camp site, contact Club Membership Officer at bankswalks@yahoo.com.

SAT 17 FEB CANYONING: WHUNGEE WHEENGE CANYON 🚫 NO HELMET NO GO

Experienced canyoneers with self-rescue skills only. This is a very long day in a very narrow, constricted canyon with multiple abseils. There is some wading and, depending upon water level, some swims. Participants must be fit, confident, competent abseilers. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.

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

Grade: Canyoning (wetsuits essential)

Map: Mt Wilson, Wollangambe

Contact By: Tue 13 Feb

SUN 18 FEB MT WILSON: WOLLANGAMBE ONE LILO TRIP 🚫 NO HELMET NO GO

Wollangambe Canyon 1 has no abseils and is a non-technical canyon, however there's still many scrambles, climbs and swims. Bring your lilo, wetsuit required.

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

Grade: Canyoning (wetsuits essential)

Map: Mt Wilson

Contact By: Tue 13 Feb

SUN 18 FEB FITZROY FALLS - EAST AND WEST RIM TRACKS

A scenic and quite easy walk of approximately 10km along the cliff tops at Fitzroy Falls with a few ups and downs. Lots of lookouts and photo opportunities.

Grade: 2 Ascent/Descent: <50m

Map: Bundanoon

Contact By: Wed 14 Feb

SUN 25 FEB 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. 8km all on track.

Grade: 2 Ascent/Descent: 150m

Map: Wollemi NP

Contact By: Wed 21 Feb

SUN 25 FEB 3 HOUR MINIGAIN, LOCATION TBA

The 3hr minigain is always a fun and family-friendly event. It is the perfect introductory navigation event, and the ONLY rogaine where you can enter solo. Put a team 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/>

THU 29 FEB BUNDEENA & MAIANBAR

Explore the beaches and walking tracks in Bundeena and nearby Maianbar. Steps, ups & downs, sand walking as well as street walking and bush tracks. Approx. 12km. Lunch at Bundeena CSC.

Grade: 2 Ascent/Descent: 100m

Map: Royal NP

Contact By: Tue 27 Feb

Advance Notices**SAT MAR 2 2024 PRETTY BEACH TO NORTH DURRAS BEACH & RETURN WALK**

Starting from Pretty Beach, via Mt Durras Track, note the quite steep part here. (on return we'll do the beach route). Track was damaged in the 2019/20 fires, and have been closed most of 2023, hope its ok in 2024. Distance: ~30km

If interested & camping Pretty Beach (best place, I have site 16), book ASAP! Leave Sun morning for next walk.

Grade: 4 Ascent/Descent: 200m

Map: Murramarang National Park

Contact By: Tue 27 Feb

SUN MAR 3 2024 BAWLEY BEACH TO MEROO POINT AND RETURN WALK

Just a nice walk to conclude the weekend. Distance:~5+km

Grade: 3 Ascent/Descent: 100m

Map: Murramarang National Park

Contact By: Tue 27 Feb

MON 4- FRI 8 MAR 2024 SOUTH DURRAS TO MALONEYS BEACH

Emily Beach, Dark Beach, Myrtle Beach, Richmond Beach, Oaky Beach, Honeysuckle Beach, North Head Beach.

Fantastic near beach and scenic camp sites, leave no trace camping. Easy pace, plenty of beach time swimming, etc, off track walking, will not be following the road, too dusty!!

Will do prior water cache drops. Provide 4lt soft plastics, or wine bags. limited group to ~6 max.

Grade: 3 Ascent/Descent: 150m

Map: Murramarang National Park

Contact By: Fri 23 Feb

FRI 31 MAR – MON 1 APRIL EASTER BACKPACK IN THE HIGH COUNTRY

A club member is planning a four day walk in either Kosciusko NP or the Brindabellas. If you are interested in participating and would like input to the plans, please contact the Club Membership Officer at bankswalks@yahoo.com by Monday, 5 February.