

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR SUMMER 2024/25



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

Experienced 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

December 2024

SUN 1 DEC 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 27 Nov

SAT 7 DEC KAYAKING AT AUDLEY

Enjoy a coffee and/or breakfast at the Audley Cafe before heading off for a paddle along the Hacking River. BYO kayak and life jacket or hire from Audley Boatshed (check their website for hire rates). Beginners welcome. Optional short walk afterwards.

Grade: Kayaking

Map: Google Maps

Contact By: Wed 4 Dec

SAT 7 DEC GEORGES RIVER NP TWILIGHT WALK

Enjoy scenic views of the Georges River and abundant bird life as we walk along the Ridge Track, Yeramba Lagoon and various parts of Georges River National Park near Picnic Point. Distance: approximately 10km.

Grade: 2 Ascent/Descent: 50m

Map: Google Maps

Contact by: Wed 4 Dec

SUN 8 DEC RED HANDS CAVE - GLENBROOK CREEK - KANUKA BROOK

This walk involves a number of less often visited swimming holes. The plan is to spend as much time in the water as we like and really savour our swims away from the crowds in the popular spots along the creek. The route involves a mix of on track, creek walking and negotiable route. About 15km.

Grade: 3 Ascent/Descent: 500m

Map: Penrith

Contact By: Wed 4 Dec

TUE 10 DEC 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,

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.

11-17 Church St, Lidcombe.

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

SAT 14 - SUN 15 MT WILSON CANYONING BASECAMP

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

SAT 14 DEC CANYONING: WHUNGEE WHEENGE CANYON 🚫 NO HELMET NO GO

An excellent canyon on the north side of the Wollangambe River. It features two main constrictions of high quality, a few short abseils and depending on water levels, a couple of duck unders. The usual exit is to continue down the Wollangambe through one of its more impressive sections. 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. Experienced canyoneers with self-rescue skills only. 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 10 Dec

SUN 15 DEC CANYONING: DU FAUR CREEK 🚫 NO HELMET NO GO

Also known as Clatterteeth Canyon, this is a tributary of Bell Creek, a little way above where that creek flows into the Wollangambe River. It has some long lilo pools. There are quite a number of canyon sections, interspersed with creek walking. The canyon sections are of good quality, but are never really sustained. Wetsuit required, lilo recommended.

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

Grade: Canyoning

Map: Mt Wilson

Contact By: Tue 10 Dec

SUN 15 DEC WOLLI CREEK - BEXLEY NORTH TO COOKS RIVER, TEMPE AND RETURN

This walk commences not far from Bexley North railway station, generally following Wolli Creek to the velodrome at Cooks River, Tempe, then return. We walk along bush tracks and through open grasslands and reserves. Features along the way are flying foxes, wrens and willy wagtails, as well as some beautifully restored historic sandstone cottages. 10km return walk.

Grade: 2 Ascent/Descent: ~200m

Map: Google Maps

Contact By: Wed 11 Dec

SAT 21 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: Wed 18 Dec

SUN 22 DEC FORTRESS ROCK TO FORTRESS CANYON VIEWS AND INFINITY POOL

This 12km walk visits a lookout that provides fantastic views over the Grose Valley. The walk is mostly on fire trail. We plan to visit the infinity rock pool at the end of Fortress Canyon after a rough scramble.

Grade: 3 Ascent/Descent: 360m

Map: Katoomba / Mt Wilson

Contact by: Wed 18 Dec

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 28 DEC CANYONING: HAT HILL CANYON 📵 **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: Tue 24 Dec

January 2025

SAT 4 JAN TWILIGHT DOG FRIENDLY WALK: OATLEY PARK AND LIME KILN BAY CIRCUIT

Bring your dog along or befriend a dog on this twilight 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. Distance: approximately 9km.

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

Map: Google Maps

Contact by: Wed 1 Jan

SAT 11 - SUN 12 JAN KAYAKING: MOONEY MOONEY CREEK TO MARRAMARRA NP

Paddling from Mooney Mooney Creek to Marramarra NP - about 16km each way along the lower Hawkesbury River. Flat water, but tidal. We'll see shipwrecks, abandoned orange orchards, etc. Possibility of a walk in if anybody not paddling would like to join us.

Grade: Kayaking

Map: Gunderman

Contact By: Wed 8 Jan

SUN 12 JAN NORTH ARM AND HAROLD REID WALKING TRACKS

The North Arm and Harold Reid Reserve walking tracks at Castlecrag/ Middle Cove pass through harbour-side bushland, walking along the waterfront bushland with good views, diverse plant communities, mangroves and lots of birds. BYO lunch, water, etc. Some steep sections. About 10km.

Grade: 2 **Ascent/Descent: 270m**

Map: Google Maps

Contact By: Wed 8 Jan

TUE 14 JAN 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 18 JAN CANYONING: GRAND CANYON BY NIGHT 📵 **NO HELMET NO GO**

The classic Grand canyon abseil trip, but after dark to also enjoy the many glow worms who come out at night. Wet suit required. 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 14 Jan

SUN 19 JAN HUNTLEYS POINT TO MEADOWBANK

Moderately easy walk around the inner north harbour and Parramatta River, taking in a mixture of harbourside parklands and pleasant urban streets, with nice water views throughout. Approx. 10 km. Catch the ferry to Huntleys Point then the ferry or train back from Meadowbank. This is the 3rd leg of a circuit of the entire inner harbour/Parramatta River over the coming programs.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Fri 17 Jan

SAT 25 - SUN 26 JAN NEWNES PLATEAU CANYONING

We will be camping at a small campsite on Waratah Ridge Road near the start of Hole in the Wall canyon track. Come and camp and socialise. Please bring \$5 cash for rope fee for each day. Wetsuit and abseil gear required. For more information, contact the Club Membership Officer at bankswalks@yahoo.com.

SAT 25 JAN CANYONING: HOLE IN THE WALL CANYON 🚫 NO HELMET NO GO

Hole-in-the-Wall is an impressive canyon flowing into the north branch of Bungleboori Creek (now less evocatively known as Dingo Creek). It features an upper and a lower section separated by a section of open creek. Both constrictions are of high quality. The lower constriction also features an enclosed tunnel populated with glowworms.

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

Grade: Canyoning

Map: Mt Morgan

Contact By: Tue 21 Jan

SUN 26 JAN CANYONING: ALCATRAZ CANYON 🚫 NO HELMET NO GO

An easier finish to the weekend with a single abseil into a water cavern with an interesting climb out. We will be doing this one on the way home from the base camp, so you'll need to camp 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 21 Jan

SUN 26 JAN THE PONDS WALK AND TERRY'S CREEK WALK.

The Ponds walk follows the Ponds / Subiaco creek and Dundas Valley from Rydalmere to Carlingford, via the Rapanea and Fitzgerald Forests. The Terry's Creek walk weaves throughout parkland and bushland reserves to Eastwood. A beautiful and enjoyable walk through endangered Blue Gum High Forests. About 12km.

Grade: 2 Ascent/Descent: <100m

Map: Google Maps

Contact By: Wed 22 Jan

February 2024

SAT 1 FEB BUNDEENA - JIBBON LOOP TRACK & SWIM

A short walk during the hot summer to enjoy the beauty of Bundeena and a chance to cool off at Jibbon Beach. This walk is an enjoyable way of exploring Jibbon Head and its beaches. We will walk from Bundeena Wharf via the water to Jibbon Beach and then complete the Jibbon Loop Track. Distance is approximately 5km.

Grade: 1 Ascent/Descent: 50m

Map: Google Maps

Contact by: Wed 29 Jan

SAT 1 FEB BIKE RIDE: THIRROUL TO WOLLONGONG & RETURN 🚲 NO HELMET NO GO

30km ride from Thirroul to Wollongong lighthouse and back. Some quiet roads and cycle ways. There will be a café with good coffee for morning tea. Lunch will be at Thirroul Surf Life Saving Club after a refreshing swim, so throw your swimmers and towel in. Bring roadworthy bike, helmet, pump, repair kit, snacks, and water.

Grade: Cycling

Map: Google Maps

Contact by: Tue 28 Jan

SUN 2 FEB KANGAROO CREEK, ULOOLA FALLS, AND KARLOO POOL.

We'll be doing a 16 kms loop walk in the Heathcote / Waterfall area of the Royal NP. There's a few ups and downs, and a bit off track. Swimming in Kangaroo Creek optional.

Grade: 3 Ascent/Descent: 490m

Map: Royal NP

Contact by: Wed 29 Jan

MON 3 FEB DEADLINE FOR AUTUMN PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Autumn 2025 program. Suggestions for the Autumn program must be emailed to bankstownbushwalks@gmail.com by Monday 3 Feb 2025. Late submissions are not guaranteed to make it onto the program.

SAT 8 FEB ROSE BAY TO WATSONS BAY

The walk brings you to secluded beaches, beautiful parks and picturesque bays while enjoying panoramic views of the city and harbour. Highlights include Milk Beach, Parsley Bay, Nielsen Park and the Hermitage Foreshore Track. Approx 8km.

Grade: 2 Ascent/Descent: 150m

Map: Google Maps

Contact By: Wed 5 Feb

SUN 9 FEB BONG BONG TRACK, MOSS VALE

The Bong Bong Track is a walk through the Bong Bong Common between Moss Vale and Burradoo, following the Wingecarribee River. It is a flat walking track through some picturesque landscapes with historic markers along the way. BYO lunch. About 9kms.

Grade: 2 Ascent/Descent: 130m

Map: Google Maps

Contact By: Wed 5 Feb

TUE 11 FEB 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 15 - SUN 16 MT WILSON CANYONING BASECAMP

We'll camp in the Cathedral Reserve campground at Mt Wilson prior to canyoning. It has basic facilities. We will use it as a base for doing the two canyons. Come and camp and socialise. For more information, contact the Club Membership Officer at

bankswalks@yahoo.com.

SAT 15 FEB CANYONING: CLAUSTRAL CANYON  **NO HELMET NO GO**

Claustral Canyon is one of the most impressive canyons in the Blue Mountains, and indeed, anywhere in Australia. Three abseils through the dark Black Hole of Calcutta are followed by 700m of high quality canyon. It is a long, demanding trip with beautiful canyon sections. There is a mix of wading and swims. Experienced canyoners with self-rescue skills only. 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 11 Feb

SUN 16 FEB CANYONING: BETTER OFFER CANYON  **NO HELMET NO GO**

Better Offer canyon is a pleasant trip. It features a number of interesting abseils and can usually be done without getting much more than waist deep. It is also known as Magnifying Glass Canyon. 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 11 Feb

SUN 16 FEB AUSTINMER - COLEDALE CIRCUIT

Commencing at the park at Austinmer Beach, for this 7.5km walk, we pass through the historical village of Austinmer and over the railway line at the station. We climb a steep, windy road to Illawarra Escarpment, and follow the base of this to Coledale. Back over the rail line at the station, then follow coastal parks and beaches, returning to Austinmer Beach. If you wish, swim at the beach or rock pools.

Grade: 2 Ascent/Descent: ~180m

Map: Google Maps

Contact By: Wed 12 Feb

THU 20 FEB KAYAKING - HACKING RIVER

Launch your kayak at Swallow Rock, Grays Point and paddle to Audley and return. You need to have your own kayak and life jacket.

Grade: Kayaking

Map: Google Maps

Contact By: Tue 18 Feb

SUN 23 FEB RANDWICK TO MALABAR, RETURNING TO MAROUBRA.

Randwick to Malabar via Malabar Headland National Park eastern track and returning to Maroubra via western track. Walk is marked by stunning coastal scenery and endangered scrub banksia. Distance 13km.

Grade: 2 Ascent/Descent: <100m

Map: Google Maps

Contact By: Wed 19 Feb

SUN 23 FEB 3HR MINIGAINES - KURNELL

This event is run by the NSW Rogaining Association. The 3 hour minigaine is a fun intro to rogaining, great for families with small kids. If you want to challenge yourself this is the only rogaining event you can enter as a solo competitor. Or you can put a team of 2-5 together and enter at nswrogaining.org.au (entry fees & deadlines apply). 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 you have about rogaining.