

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR WINTER 2021



COVID-19 SAFE WALKING

All members and visitors should familiarise themselves with the club's [COVID-19 Safety Plan](#) before participating in any club activity. Activity participants should comply with government COVID-19 safe requirements. Carpooling should follow the same requirements as apply to travelling in taxis and ride share vehicles. **Do not participate in any club activity if you are unwell.**

SHORT NOTICE WALKS

Leaders may add extra activities to the program. Check your email regularly for a "Short Notice Walk" email to all club members.

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

JUNE 2021

THU 3 KURNELL - CAPE BAILY & RETURN

We'll set out on this stunning coastal walk from the Kurnell Visitor Centre. Along the way you'll see great cliff-top views, diverse wildlife and Cape Baily Lighthouse. The walk should provide opportunities for whale watching, so don't forget your binoculars. Approx 13km.

Grade: 2 Ascent/Descent: <100m

Contact By: Wed 2 June

Map: Kamay Botany Bay NP

SAT 5 CASTLE HEAD ABSEIL TRIP

🚫 NO HELMET NO GO!

This multi-pitch trip features great views of the Jamison Valley and Mt Solitary. After abseiling down the head, we'll wander up the Ruined Castle for lunch before heading back to the cars via the Golden Stairs. A great beginners trip for those who can lock off and prussic.

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

Grade: Abseiling

Contact By: Wed 2 June

Map: Katoomba

**FRI 11 BUDAWANG NP BACKPACK: WOG WOG - BURRUMBEET BROOK - STYLES CREEK -
SAT 12 QUILTY'S CLEARING - NERRIGA**

SUN 13
MON 14 A four day full pack through walk from Wog Wog to Nerriga. Much of this area was burnt in the 2019/2020 Summer fires. We'll see how it's recovering. Approx 12kms per day with many ups and downs. It used to be all track though I suspect some navigation will be required. We'll also be doing a few side trips along the way. Experienced backpackers only. Limited numbers.

Grade: 3 Ascent/Descent: 450m

Contact By: Mon 7 June

Map: Endrick, Corang

SAT 12 INDOOR CLIMBING: VILLAWOOD

Enjoy a morning of climbing at the Sydney Indoor Climbing Gym, Villawood. Beginners are welcome. \$28 for first-time visitors (includes joining fee, safety induction & harness hire). Contact the organiser by Thursday 10th June.

SUN 13 CAPE BANKS CIRCUIT AT LA PEROUSE

The Cape Banks Circuit is a beautiful coastal walk which travels through bushland, beaches, and along a wild and windswept headland (which is also a great whale watching spot in season). Historically, this walk shows glimpses into the fortifications required during both World Wars. Distance: approximately 10km.

Grade: 2 Ascent/Descent: <100m

Map: Google Maps

Contact By: Thu 10 June

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 20 BLUE GUM WALK & LISGAR GARDENS, HORNSBY

This afternoon walk through lush forest and sandstone ridgetops will get your heart pumping. The Blue Gum track is short (approx 4.5km) but we'll add a few km's by starting/finishing with the Heritage steps and includes a trip to Lisgar Gardens. Lots of up and down, rock scrambling and uneven ground.

Grade: 2 **Ascent/Descent:** 230m
Contact By: Wed 16 June
Map: Hornsby

SUN 20 PADDY PALLIN ROGAINE - NEWNES PLATEAU

This 6hr event run by the NSW Rogaining Association is ideal for beginners to learn and practice navigation skills. Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply). There's also a chance to win the Club's Ross Hamilton Shield award. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

TUE 22 MID WEEK BACKPACK: GOLDEN STAIRS - MT SOLITARY & SINGAGINGAWELL CREEK**WED 23**

Now that the Golden Stairs have reopened we can get back to one of our favourite camp sites, featuring spectacular evening views of the lights of Katoomba. We'll go mid week so we can avoid the crowds. This walk will give us a chance to check out the impacts of recent fires and floods on the area.

Grade: 3 **Ascent/Descent:** 400m
Map: Katoomba
Contact By: Fri 18 June

SAT 26 NAVSHIELD - TARLO RIVER NATIONAL PARK NORTH OF GOULBURN**SUN 27**

Organised by Bush Search and Rescue, the Navshield rogaïne is an opportunity to test your navigational skills. The event is specifically for emergency services personnel to test their mettle, but there are categories for Rogainers and bushwalkers too. Participation can be in a 1 or 2 day event, in teams of 2-5. More information about Navshield - <https://www.bsar.org.au/navshield/>

SAT 26 HISTORIC PASSES AT MT YORK: COXS ROAD & LOCKYERS LOOP ROAD

The 12km (5-hr) circuit starts from the end of Mt York Road and follows Cox's Descent and the Nature Trail down to Hartley Vale where we'll trek uphill on Lockyers Loop Road and return to Mt York via the old side-track back to Mt York Road, stopping at Bardens Lookout for another view of the valley. Interesting features to note are the convict-built steps and the enormous boulder located 100m from the top of Mt York which was cut back to allow Governor Macquarie's coach to pass.


Grade: 2 **Ascent/Descent:** 250m
Map: Mt Wilson
Contact By: Wed 23 June

SUN 27 BEGINNERS ABSEIL DAY**🧯 NO HELMET NO GO!**

Club members will be meeting at 9am and practising their abseil skills. The group size will be capped to comply with the club's COVID-19 Safety requirements, and we have a limit of 6 beginners.

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

JULY 2021

- SAT 3 5/3 HOUR NIGHT ROGAINE (LOCATION TBC)**
Starting before sundown, this is a good way to ease into night navigation. You'll be surprised how easy it is. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>
- SUN 4 COWAN TO BROOKLYN, KU-RING-GAI CHASE NP**
This walk forms part of the Great North Walk. It takes in the wonderful woodlands of the national park, with fine views out over Jerusalem Bay and the Hawkesbury River. About 13km on track and fire trail. We will catch the train back from Brooklyn.
Grade: 2 Ascent/Descent: 200m
Map: Cowan
Contact By: Wed 30 June
- TUE 6 GARIE BEACH TO WATTAMOLLA & RETURN**
Walk along the top of the coastal cliffs via Curracurrong and Eagle Rock. Stunning coastal and beach views. Lunch at Wattamolla before returning to our cars at Garie Beach. Approximately 15km return.
Grade: 3 Ascent/Descent: 300m
Contact By: Sun 4 July
Map: Royal NP
- SAT 10 ABSEIL TRIP(S) DEVILS HOLE AREA  NO HELMET NO GO!**
There are many abseil routes to choose from: the Chock Stone, Whore's Bed (a small dry canyon), and the Africa Wall. We may get to do multiple trips depending on the group and time. Final trip details will be decided nearer to the day, but one thing is certain - it will be fun!
Please note: You must be a financial club member to participate in this activity.
Grade: Abseiling
Map: Katoomba
Contact By: Tue 6 July
- SUN 11 DOG-FRIENDLY WALK AT OATLEY PARK**
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 a number of 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 Maps
Contact By: Thu 8 July
- SAT 17 NEWNES AREA. OLD COACH ROAD, GLOW WORM TUNNEL WALK**
Take in the natural and man-made wonders on this scenic walk, and of course be amazed by the display of glow worms seemingly unperturbed by passing visitors. We will follow the old coach road on our descent into the Wolgan valley before turning on to the rail trail for the steady climb back to the famous tunnel. 10km.
Grade: 2 Ascent/Descent: 100m
Map: Ben Bullen
Contact By: Wed 14 July

- SUN 18 ADVANCED ABSEIL DAY ALFORDS POINT** 🧯 **NO HELMET NO GO!**
 This day is for club members who know their knots, can lock off, prusik and perform an abseil/prusik changeover. Numbers will be limited. We will be covering Parrell 3:1's with GriGri's, Mid Rope pick off with GriGri, and we will also look at Load Releasing Hitches. Bring along a GriGri if you have one.
Please note: You must be a financial club member to participate in this activity.
- SAT 24 LANE COVE NATIONAL PARK - LANE COVE RIVER WALK**
 An easy 10km walk that follows the Lane Cove River from the Park entrance near Fullers Bridge up to De Burghs Bridge, returning on the other side. It takes in lovely woodland with lots of views across the picturesque Lane Cove River.
Grade: 2 Ascent/Descent: 50m
Map: Google Maps
Contact By: no deadline
- SUN 25 MT VICTORIA ESCARPMENT WALKS FROM MT PIDDINGTON**
 First circuit taking in Fairy Bower Grotto and past Coxs Cave (hard uphill trek); then from Mt Piddington to Horne Point return; with the second circuit to Witches Glen/Sundeck Cave/Ross Cave back to Mt Victoria village. This 10km (4.5hrs) route takes in a variety of scenery.
Grade: 2 Ascent/Descent: 250m
Map: Mt Wilson
Contact By: Thu 22 July
- SAT 31 6/12 HOUR LAKE MACQUARIE ROGAINE**
 This 6 or 12-hour cross country navigation event is an excellent introduction to navigation skills. You can choose the level of difficulty you want. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

AUGUST 2021

- SUN 1 NORTHERN BLUE MOUNTAINS - MT BANKS CIRCUIT**
 This walk starts from Bells Line of Road near Mt Wilson. We walk a circuit walking around and then up to the top of Mt Banks before heading back to the cars. Great views up the Grose Valley traversing along a wide-ish ledge.
Grade: 2 Ascent/Descent: 150m
Map: Mt Wilson
Contact By: Thu 5 Aug
- SAT 7 BEGINNERS BACKPACK - STARLIGHT'S TRACK**
SUN 8
 This walk is the perfect introduction to overnight walks for those who want to give one a try. Starlight's Track follows an old cattle drover's route down to a beautiful camp site. The area was burnt in the 2019-20 bushfires so the walk will be a chance to see how the bush is regenerating. It's about 7kms to camp. Once we get there we'll set up our tents and explore the valley, visiting nearby Troy's creek to collect water and see if the ruins there survived the fires. Although there is a big change in elevation the track has a gentle gradient and we'll be tackling it at a slow and steady pace.
Grade: 3 Ascent/Descent: 530m
Map: Hilltop
Contact By: Tue Aug 3

- SUN 8 BOARS HEAD MULTI PITCH ABSEIL** 🧗 **NO HELMET NO GO!**
 There are 5 abseils on this trip, including the spectacular “slot” abseil. This is a spectacular and popular trip. Strictly limited numbers so book early.
Grade: Abseiling
Map: Katoomba
Contact By: Tue 3 Aug
- TUE 10 WALKS COMMITTEE MEETING**
 Suggestions for the **Spring 2021** Program must be given to a member of the walks committee or e-mailed to bankstownbushwalks@gmail.com by **Monday 9 August 2021** or they may not make it onto the program.
- SAT 14 FAULCONBRIDGE - VICTORY TRACK - NUMIATA FALLS - MAGDALA CREEK - SPRINGWOOD**
 This is a variation on our usual visits to this area and follows historic bush tracks along creeks the whole way. We'll visit lots of waterfalls and explore some beautiful forested areas.
Grade: 3 Ascent/Descent: 400m
Map: Springwood
Contact By: Wed 11 Aug
- SUN 15 MEGALONG VALLEY TO COX'S RIVER CAMPGROUND AND RETURN.**
 This walk will cover part of the 6 Foot Track and will be roughly 12km long. Come and play on the swing bridge and check out part of this classic walk.
Grade: 2 Ascent/Descent: 200m
Contact By: Wed 11 Aug
Map: Jenolan
- SAT 21 ABSEIL: MALAITA POINT** 🧗 **NO HELMET NO GO**
 Malaita Point is one of our favourite multi-pitch trips. It features spectacular views of the Three Sisters and a very pretty walk out (or the option of a ride up the Scenic Railway). If there is enough interest we may run a second trip down Malaita Walls.
Please note: You must be a financial club member to participate in this activity.
Grade: Abseiling
Map: Katoomba
Contact By: Wed 18 Aug
- SUN 22 MERMAID POOLS AND TAHMOOR GORGE CIRCUIT AT TAHMOOR**
 Mermaid Pools is a beautiful natural water hole on the Bargo River at the start of the Tahmoor Gorge. This walk is a rugged circuit along the Bargo River and Tahmoor Gorge, with some steep and slippery parts. This walk is a beautiful walk with rock formations, river views, waterfalls, and cliff-top lookouts. Distance: approximately 12km.
Grade: 3 Ascent/Descent: 270m
Map: Bargo & Picton
Contact By: Wed 18 Aug
- SAT 28 KANANGRA-BOYD NP: BOYD RIVER BASE CAMP**
SUN 29 Come and camp at this beautiful spot near Kanangra Walls.
 You can join one of the club activities this weekend, organise another activity using bankstownbush@googlegroups.com or simply do your own thing and join the rest of us to socialise around the campfire. If you will be joining, please book your camp site as soon as possible at [this link](#). A \$6 booking fee applies, and the number of camp sites is limited.

SAT 28 KANANGRA-BOYD NP: MOUNTAIN BIKE RIDE - BOYD RIVER LOOP

An easy (according to the NPWS) ride along fire trails with a couple of creek crossings to cool your feet thrown in. We will be taking the side trip to visit Morong Falls for lunch before returning to Boyd River campground. 28km unsealed road/track

Grade: Mountain Biking

Map: Kanangra

Contact By: Wed 25 Aug

SAT 28 KANANGRA WALLS - CRAFTS WALL - PAGES PINNACLE

Enjoy the wonderful views from Kanangra Tops before dropping down Smiths Pass to the track out to Crafts Wall. We'll circumnavigate this rocky outcrop and do a side trip to Pages Pinnacle. Mostly on track with some scrambling involved. Around 10kms in total.

Grade: 3 **Ascent/Descent:** 400m

Map: Kanangra

Contact By: Wed 25 Aug

SUN 29 EVANS CROWN AND LUNCH AT THE PUB

Evans Crown Nature Reserve is just over an hour's drive from camp. We'll head there, and after a 20 minute walk up a hill we'll spend some time exploring the rocky outcrops that form Evans Crown. Once we've worked up an appetite we'll head down to lunch at Tarana Pub before driving home. If you will be coming to lunch I'll need you to book in before Sunday August 15 so we can book a table.

Grade: 2 **Ascent/Descent:** 400m

Map: Hartley & Tarana

Contact By: Wed 25 Aug

Advance Notices**LATE OCTOBER GIBRALTAR WASHPOOL WORLD HERITAGE WALK**

A couple of long time members are heading up to do this walk over 4 days in late October. The base walk is 45kms, but their plan takes in all the side trips and allows time to spend communing with nature at the camp sites.