

**BANKSTOWN BUSHWALKING CLUB INC.**  
**ACTIVITIES PROGRAM FOR WINTER 2022**



**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.

**For more information on any event, contact the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com)**

**JUNE 2022**

**FRI 3 / SAT 4 / SUN 5 CAVING AT BUNGONIA**

**🚫 NO HELMET NO GO**

Bungonia is a fantastic place for caving, offering caves of varying degrees of difficulty suitable for first timers and experienced cavers. Bungonia is located approximately two hours drive from Sydney. The campground has a camp kitchen, flushing toilets and hot showers. Bungonia also offers great day walks ranging from easy to challenging. National Park entry fees and camping fees apply. The camping fees will be approximately \$20.00 for the weekend.

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

**SUN 5 MANLY AND NORTH HEAD**

This is a beautiful 12km walk. Starting at Manly Wharf we will walk past little Manly Beach to Collins Beach. Then uphill to loop around North Head to be rewarded with harbour and city views, and maybe even spot some whales. Head back down to Manly via bushland and Shelly Beach.

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

**Map: Google Maps**

**Contact by: Wed 1 Jun**

**MON 6 KURNELL - CAPE BAILY & RETURN**

Explore the various walking tracks within the Kamay Botany Bay National Park. Along the way you'll see great clifftop 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: 150m**

**Map: Google Maps**

**Contact By: Thu 2 Jun**

**TUE 7 CAMELLIA GARDENS WALK AND TEAHOUSE**

Located in Caringbah and overlooking Yowie Bay, the Camellia Gardens are a beautiful place to visit. The camellias are in season during autumn and winter, so this a perfect time to visit. Enjoy a stroll around the gardens and tea and scones in The Teahouse afterwards.

**Grade: Social**

**Map: Google Maps**

**Contact By: Sun 5 Jun**

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**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 12 FORESHORES OF THE INNER WEST**

This 12km walk begins at Rhodes 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 Meadowbank before returning on foot to our starting point. Public transport friendly.

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

**Map:** Google Maps

**Contact By:** Wed 8 Jun

**MON 13 ROYAL NP - HEATHCOTE AUDLEY CIRCUIT.**

A 16km circuit in the Royal National Park, starting and finishing at Heathcote Railway Station. Includes a stop at the well-known Karloo Pool as well as Uloom Falls. Lots of up and down, muddy and slippery sections, and creek crossings.

**Grade: 3**    **Ascent/Descent:** 225m

**Map:** Port Hacking, Royal NP

**Contact By:** Thu 9 Jun

**SAT 18 DEVILS HOLE AREA ABSEIL TRIP****🚫 NO HELMET NO GO**

Experienced abseilers only. Limited numbers. There are many abseil routes to choose from: The Chockstone, Wall of Africa, Kilimanjaro. We might do multiple trips depending upon the group and time. Final trip details will be decided closer to the day. This will be part of assessment for the leader in canyoning leadership pathway.

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

**Grade:** Abseiling

**Map:** Katoomba

**Contact By:** Tue 14 Jun

**SUN 19 PADDY PALLIN ROGAINE - BARGO SCA, HILL TOP**

This 6hr event run by the NSW Rogaining Association is ideal to learn and practice navigation skills in a friendly environment. The highest-scoring team from Bankstown Bushwalking Club will win the coveted Ross Hamilton Shield. Put a team together and enter at [nswrogaining.org.au](https://nswrogaining.org.au) (entry fees & deadlines apply), or contact the organiser via the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com). To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

**TUE 21 CARSS PARK LOOKOUT LOOP AND WATER WALK**

A relaxed and easy loop around Carss Bush Park and Todd Park. This short walk includes both bush tracks and waterside views. We will conclude our walk with a stop at By the Bay café which is located in Carss Bush Park. Distance: approximately 3km.

**Grade:** Social

**Map:** Google Maps

**Contact By:** Fri 17 Jun

**SAT 25 COMO HERITAGE WALK**

Start at Oatley side of Como rail/pedestrian bridge, we will walk over the bridge and explore the Como Heritage Trail and Como Pleasure grounds.

Coffee or lunch available for purchase in the park. Then walk back across the bridge to the cars. We will be finished by early afternoon. 7 km.

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

**Map:** Council Map

**Contact By:** Wed 22 Jun

- SUN 26 BEGINNERS ABSEIL DAY - ALFORDS POINT** 🧗 **NO HELMET NO GO**  
 There are six beginner's spots available for this abseil training day. There is no limit on the number of people who have abseil experience, their own abseil gear and know how to lock-off and prusik. There is a \$5.00 rope usage fee for the day. Please bring the correct change.  
 Beginners start on a very short and easy drop and move on to more advanced abseils as the day progresses. The Club has prusik cord for sale, and abseil committee members will help you set your prusik loops to the correct length on the day.  
**Please note: You must be a financial club member to participate in this activity**
- SUN 26 DISCOVERY CENTRE GUIDED BIRD WALK – NEWINGTON ARMORY**  
 Come on a free guided bird walk around the Newington Armory.  
 This fascinating walk helps people of all ages to identify and spot birds in their natural habitat. Tours are led by knowledgeable guides who will open up the world of birds for you. Departing from the Armory Visitor Centre, just inside the gates to the Armory next to the bicycle hire, on the last Sunday of the month from 10am.  
**Grade: 1 Ascent/Descent:** <50m  
**Map:** Google Maps  
**Contact By:** Wed 22 Jun

## JULY 2022

- SAT 2 ORANGE GROVE MARKETS AND BAY RUN**  
 We will begin this walk with a browse around the Markets and sustenance from a freshly baked egg and bacon roll with your coffee. The easy 7km walk around the Bay Run offers a flat paved surface with peaceful views over the cove. Remember your opal card.  
**Grade: 1 Ascent/Descent:** <50m  
**Map:** Google Maps  
**Contact by:** Thu 30 Jun
- SAT 2 YILEEN CANYON** 🧗 **NO HELMET NO GO**  
 Experienced abseilers only. Limited numbers. This is one of the beautiful canyons on the south side of Bells Line of Road. Lots of nice canyon sections on this trip. Last abseil is 60 metres into Grose valley, exiting via Pierces Pass. Wetsuit strongly recommended. This will be part of the assessment for the Leader in Canyoning Leadership pathway with the Abseil Committee.  
**Please note: You must be a financial club member to participate in this activity**  
**Grade:** Canyoning  
**Map:** Mt Wilson  
**Contact By:** Tue 28 Jun
- SUN 3 EAGLE ROCK WALK - ROYAL NATIONAL PARK**  
 A short 6 km return walk from Wattamolla to the Eagle Rock. Tracks in the Royal NP are now mostly along board walks, so this will be an easy stroll with coastal views. Possible sightings of dolphins and whales.  
**Grade: 2 Ascent/Descent:** 100m  
**Map:** Port Hacking or RNP  
**Contact By:** Wed 29 Jun
- WED 6 KIRRAWEE GANG SHOW**  
 There are 5 scouts that are the children of members who are in the Kirrawee Gang Show (singing, dancing, skits). It would be good to organise a group of BBC members to attend this performance as a group and be seated together. For more information and bookings,

please contact the organiser via the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com).  
or <http://www.kirraweegangshow.com.au/2022season>

**SUN 10 BOWTELLS SWING BRIDGE WALK - SIX FOOT TRACK**

Starting at Old Ford reserve in Megalong Valley, this walk follows the well-known Six Foot track down to the Cox's River campground, with the highlight of crossing the long suspension bridge. 12km walk return.

**Grade: 3**    **Ascent/Descent:** 250m

**Map:** Katoomba, Hampton

**Contact By:** Wed 6 Jul

**SAT 16 BIKE RIDE: MEADOWBANK TO BIRCHGROVE****🚫 NO HELMET NO GO**

A moderately easy ride of approximately 22 km down the Parramatta River from Meadowbank Wharf to Birchgrove Wharf. It includes a mixture of undulating urban streets and bike paths. From Birchgrove we will catch the ferry back to the start. I'm sure we will find one or more cafes to help revive us on route!

**Grade:** Cycling

**Map:** Google Maps, Cycling trails map

**Contact By:** Thu 14 Jul

**SAT 16 BIDJIGAL NIGHT ROGAINE / WEST PENNANT HILLS**

Are you curious about night navigation, and want to challenge yourself in a supportive environment? This 3/5hr event run by the NSW Rogaining Association is an ideal event to jump into navigation after dusk. Put a team together and enter at [nswrogaining.org.au](http://nswrogaining.org.au) (entry fees & deadlines apply), or contact the organiser via the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com). To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

**SUN 17 KAMAY BOTANY BAY NATIONAL PARK KURNELL - WHALE WATCHING**

From the Visitors Centre, this walk takes in the historic areas of Kurnell before following the trails up to Cape Solander, a great whale watching spot. Lunch, then return to the Visitors Centre along another of the trails in the area. About 10km.

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

**Map:** Kamay Botany Bay NP

**Contact By:** Wed 13 Jul

**SAT 23 / SUN 24 BACKPACK : WOLGAN RIVER, NEWNES TO ROCKY CREEK JUNCTION**

Industrial ruins being reclaimed by the bush, towering cliffs and the promise of really cold weather – what more could you ask for on an overnight backpack! We will explore the Wolgan River downstream from Newnes camping overnight near the junction with Rocky Creek before retracing our steps. Bring your winter woolies. About 24km and 250m ascent

**Grade: 2**    **Ascent/Descent:** 250m

**Map:** Ben Bullen

**Contact By:** Tue 12 Jul

**SUN 24 WATSONS BAY TO BONDI**

This 14km coastal walk takes in majestic views of Sydney Harbour and the stunning cliffs overlooking the Pacific Ocean. We head 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 or by ferry from Watsons Bay, so please don't forget to bring your Opal card.

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

**Map:** Google Maps

**Contact By:** Thu 21 Jul

**SUN 31 HEATHCOTE NP: WATERFALL TO HEATHCOTE VIA BULLAWARRING TRACK**  
Starting at Waterfall, we'll be following the track next to Heathcote Creek from Kingfisher Pool to Battery Causeway, before walking up through the scout camp up to Heathcote. From there, we catch the train back to Waterfall. Approx. 11km all on track.

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

**Map:** Royal NP

**Contact By:** Wed 27 Jul

**SUN 31 ADVANCED ABSEIL DAY** **🚫 NO HELMET NO GO**  
Mermaids Pool is a beautiful abseil spot that we haven't been to for a while. It is located about 1 hour drive from Bankstown and there is a 30 min walk from the carpark to Mermaids Pool. We will be concentrating on rescue skills on the day including mid-rope rescue and mechanical advantage hauling systems. You need to be proficient at prusiking and have your own abseil equipment to attend this training day.

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

## AUGUST 2022

**SAT 6 FOUR BRIDGES CYCLING TRIP** **🚫 NO HELMET NO GO**  
Starting at Revesby, head up towards Alford's Point bridge, then through Menai and over Woronora bridge heading towards Sutherland, across Como bridge, and lastly through Oatley Park across Salt Pan Creek bridge and back to Revesby. If people want to opt out after 2 bridges, there is Sutherland or Jannali Station. Morning tea or lunch stop at either Como pleasure grounds or Oatley, where we can purchase Oatley pies! Bike tracks, quiet streets. Bring Opal card, morning tea, lunch if not purchasing. Helmet and repair kit needed.

**Grade:** Cycling

**Map:** Google Maps, Cycling trails map

**Contact By:** Wed 3 Aug

**SUN 7 BONNUM PIC – NATTAI NATIONAL PARK**  
Bonnum Pic is a narrow outcrop on the escarpment above the Nattai Valley with unbelievable views. A long 18km walk with some rock scrambling in places. Those who want can go an optional last 100m to the Pic via a 2m abseil/handline.

**Grade: 4 Ascent/Descent:** 250m

**Map:** Hilltop

**Contact By:** Wed 3 Aug

**SUN 7 HEN & CHICKEN BAY WALK**  
This pleasant, easy 9km peaceful suburban stroll is by the shores of Hen & Chicken Bay. It is said to have a similar feel to the Bay Run with the section around Exile Bay being the prettiest. Lovely parks and picnic areas, overlooking the sparkling bay. Remember your opal card.

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

**Map:** Google Maps

**Contact by:** Thu 3 Aug

**MON 8 DEADLINE FOR SPRING PROGRAM ACTIVITIES**  
The Walks committee will soon be meeting to compile the Spring program. Suggestions for the **Spring 2022** Program must be emailed to [bankstownbushwalks@gmail.com](mailto:bankstownbushwalks@gmail.com) by Monday 8 August 2022 or they may not make it onto the program.

**SAT 13 LAKE MAC ROGAINE - WATAGAN MOUNTAINS**  
This 6/12hr event run by the NSW Rogaining Association gives you a chance to extend your rogaining experience in a beautiful, rugged location. Put a team together and enter at

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#### SUN 14 GRIFFITHS TRAIL, BARREN GROUNDS NATURE RESERVE

This was the site of your leader's first walk with the club some 40 years ago, so it would be good to revisit this place again. (Hopefully, the walk will go ahead this time, unlike the last two attempts). The walk is about 13km along undulating fire trails. The Nature Reserve, on the escarpment near Robertson in the Southern Highlands, is a good place for bird watching, and has scenic views.

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

**Map:** Robertson

**Contact By:** Wed 10 Aug

#### SAT 20 TIGER SNAKE CANYON

**🚫 NO HELMET NO GO**

Experienced abseilers only. Limited numbers. This is one of the beautiful, narrow, twisting tributary of Deans Creek, in south Wolgan area. Lots of nice constrictions. Longest abseil is of 25 m. Wetsuit or warm clothes along with rain jacket are recommended.

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

**Grade:** Canyoning

**Map:** Ben Bullen, Mt Morgan

**Contact By:** Mon 14 Mar

#### SUN 21 MERMAIDS POOL AND TAHMOOR GORGE

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. 10 km.

**Grade: 3**    **Ascent/Descent:** 200m

**Map:** Google Maps

**Contact By:** Wed 24 Aug

#### SUN 28 INTERMEDIATE 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 prusiking, passing knots, descent/ascent change overs and other self-rescue skills.

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

#### SUN 28 CIRCULAR QUAY TO TARONGA ZOO

Starting from Circular Quay, we'll wander through The Rocks before making our way across the Harbour Bridge and on to Taronga Zoo. The walk is mostly along footpaths and through parkland, and offers magnificent views of Sydney Harbour. Approx 14kms.

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

**Map:** Google Maps

**Contact By:** Thu 25 Aug

### ADVANCE NOTICE

One of our members is keen to organise an overnight trip to Pigeon House Mountain, staying at the Blue Gum Flat campground. Please contact the organiser via the Club Membership Officer at [bankswalks@yahoo.com](mailto:bankswalks@yahoo.com) if you are interested or want to contribute to the planning of this fun weekend.