

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR WINTER 2023



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

SUN 4 JUNE FORTRESS ROCK - DR DARKES CAVE - FORTRESS RIDGE

This 12km walk visits two lookouts that provide fantastic views over the Grose Valley and the chance to visit a heritage site. The walk is mostly on fire trail. Some scrambling and a rough track will be encountered on the way to Dr Darkes cave. If we have a quick group, we may even get to visit the rock pools at the end of Fortress Canyon.

Grade: 3 Ascent/Descent: 450m
Map: Katoomba / Mt Wilson
Contact by: Wed 31 May

SUN 4 JUNE CASTLE HEAD ABSEIL 🚫 NO HELMET NO GO

Suitable for experienced abseilers only. A popular multi-pitch abseil trip with spectacular views off Narrow Neck, and return via the Golden Stairs. The road closure due to a landslide means that the walking distance will be 6km longer, so we will need a quick and efficient group for this trip.

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

Grade: Abseiling
Map: Katoomba
Contact By: Wed 31 May

TUE 6 JUNE CAMELLIA GARDENS, CARINGBAH

Stroll through the grounds of Camellia Gardens and enjoy Devonshire tea at The Jade Teahouse. Contact Club Membership Officer at bankswalks@yahoo.com before Tuesday 30th May if interested.

SUN 11 JUNE 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 8 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.

TUE 13 JUNE TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and a laugh 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.

WED 14 JUNE ABSEIL SKILLS REFRESHER 🧗 NO HELMET NO GO

An informal mid-week catch up for experienced abseilers who want to refresh their self-rescue skills. We'll be keeping an eye on each other and practicing core skills. No instruction will be given. Participants are expected to be completely self sufficient. Club ropes will be available, but you must own all other gear. The refresher will be held at Hawkesbury Heights and the plan is to finish by about 1pm and head into Glenbrook for a leisurely lunch at Café 2773. There is a \$5.00 rope and gear hire fee for the day.

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

SUN 18 JUNE GREAT NORTH WALK: SECTION 6 - THORNLEIGH TO HORNSBY

Join Amanda as she embarks on the quest to complete the Great North Walk, a 260km walk that starts in Sydney and finishes at Newcastle. This sixth section follows the Benowie track and explores the southern end of Berowra Valley National Park. It passes creeks, fern forest, grasstrees and eucalypts, as well as some historic sites. Distance: 10.2km one way. Bring your Opal card.

Grade: 2 Ascent/Descent: 380m

Map: Google Maps / Hornsby

Contact by: Wed 14 June

SUN 18 JUNE PADDY PALLIN ROGAINE - CURRAMBENE STATE FOREST (SOUTH OF NOWRA)

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 (entry fees & deadlines apply), or for more information contact the organiser via the Club Membership Officer at bankswalks@yahoo.com and they will put you in touch with the organiser to answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

MON 19 / TUE 20 JUNE MID WEEK BACKPACK: LEURA - KEDUMBA - KEDUMBA PASS

This walk will be mid week so we can camp at the popular camp site in the Jamison Valley without the crowds. Much of the walk is on fire trail, but there is the opportunity for exploring some more interesting tracks if the bush looks friendly. The walk out is steep, but we'll take our time.

Some flexibility with dates, so let me know if you can't make the advertised ones. The only stipulation is that it must be mid-week.

Grade: 4 Ascent/Descent: 800m

Map: Katoomba and Jamison

Contact By: Fri 16 June

WED 21 JUNE BURWOOD TO BREAKFAST POINT VIA CABARITA AND RETURN TO BURWOOD

A lovely walk of about 10km following the shore before diverting past lovely homes into Breakfast Point where we will stop for a bite to eat and coffee, or you can bring your own food and drinks. Meeting at 9.30am at the end of Burwood Road, Concord, just past the Bushells factory. Don't park in the park at the end of the road as it's ticketed and regularly patrolled by the rangers.

Grade: 2 Ascent/Descent: <100m

Map: Google Maps

Contact by: Wed 14 June

SAT 24 JUNE BEGINNERS ABSEIL DAY - ALFORDS POINT **NO HELMET NO GO**

This is a day for club members who are interested in learning how to abseil to get some experience before the 2023 canyoning season starts. We have a limit of 6 beginners on this training day. There is no limit on the number of club members with their own gear to come and practice their abseiling skills. There are no facilities at Alfords Point so you need to bring your own food, drink and sun cream.

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

SAT 24 JUNE 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: Kamay Botany Bay NP

Contact By: Wed 21 June

SAT 24 JUNE 4 HOUR ROW-GAINE, SOUTH NOWRA

Get in quick for this unique paddlegaine event. Hire a canoe or bring your own boat. Navigate, paddle, score points and make friends. Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply), or for more information contact the organiser via the Club Membership Officer at bankswalks@yahoo.com and they will put you in touch with the organiser to answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>.

SAT 24 / SUN 25 / MON 26 (OPTIONALLY) JUNE**BACKPACK: MORTON NATIONAL PARK MONOLITH VALLEY**

Route is planned to be Long Gully, Kalianna Ridge, Nibelung Pass, Green Room, Monolith Valley, Mt Owen, Mt Cole, Cole Overhang, Monolith valley exploration, Seven Gods Pinnacles, (Shrouded Gods Mountain, Mt Mooryan : dependent on option), Meakins Pass, The Castle, Kalianna Ridge, return via Long Gully.

Optionally, camp at Cooyoyo, and hope for stunning sunset & sunrise views. Morning climb of Castle. Walk will be exploratory as bush is all different after the 2019/20 fires. Camp Friday night Yadboro Flat. Please indicate if you can do the 3 day hike option.

Grade: 5 Ascent/Descent: 1600m

Map: Corang

Contact By: Tue 20 June

MON 26 / TUE 27 / WED 28 JUNE BASE CAMP: MORTON NATIONAL PARK / MOUNT BYANGEE

To follow backpack. The Yadboro Flat area is a great place to camp and chill out for a few days, if the weather is good. Bring your camp oven cooking skills etc. Walks in area include ascents of Mt Byangee and Pigeon House Mountain (that is, if Pigeon House track re-opens in time).

Grade: 3 Ascent/Descent: 1600m

Map: Corang

Contact By: Tue 20 June

WED 28 JUNE RIVERSIDE PARK - WENTWORTH POINT - RHODES - MEADOWBANK - SILVERWATER BRIDGE - RIVERSIDE PARK.

A 12 km walk on both sides of the Parramatta River. We will stop for a bite to eat and coffee at the Armoury café once back at Riverside Park, or you can bring your own food and drinks. Meeting outside the Armoury café. Note there are 3 hours free parking here which should be plenty of time to do the walk and should you need to move your car before lunch, that's ok.

Grade: 2 Ascent/Descent: 40m

Map: Google Maps

Contact by: Wed 21 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.

FRI 30 JUNE THE AUSTRALIAN BOTANIC GARDEN

Located at Mount Annan, the Australian Botanic Garden features over 4000 native species and includes a network of walking tracks. Come along and explore this oasis and enjoy a coffee afterwards at the newly opened cafe. Approx 8km.

Grade: 1 Ascent/Descent: 100m
Map: Google Maps
Contact By: Tue 27 June

SUN 2 JULY 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 28 June

SAT 8 JULY WATTAMOLLA - MARLEY

This 12km circuit takes you along one of the most beautiful sections of the Coast Track, across the top of ocean cliffs to the protected cove of Little Marley, and onto Marley Beach. Start/finish at Wattamolla.

Grade: 2 Ascent/Descent: 200m
Map: Royal NP
Contact By: Wed 5 July

SUN 9 JULY MT VICTORIA ESCARPMENT WALK - FAIRY BOWER TO MT PIDDINGTON WITCHES GLEN

The circuit takes in Fairy Bower grotto and past Coxs Cave (uphill trek); back to Mt Piddington with the second part to Witches Glen/Sundeck Cave/Ross Cave and back to Mt Victoria village. This 8-10km (4.5 hrs) route takes in a variety of scenery and will finish off by having lunch at one of the local cafes (walks subject to change-be advised)

Grade: 2 Ascent/Descent: 250m
Map: Hartley and Mt Wilson
Contact By: Tue 4 July

TUE 11 JULY TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and a laugh 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.

SUN 16 JULY HEN AND CHICKEN BAY BY FERRY AND FOOT

Starting at Circular Quay, we take a ferry to Abbotsford and walk around the foreshore of Hen and Chicken Bay, ending up at Cabarita wharf for lunch and return ferry ride to the Quay. This walk is fairly easy and flat with lovely views over the water for most of the way with an historical detour at Quarantine Reserve. It is mainly on waterside footpaths and through parklands with some street walking . About 10 km.

Grade: 2 Ascent/Descent: <100m
Map: Google Maps
Contact By: Wed 12 July

WED 19 JULY BIKE RIDE WILSON PARK, SILVERWATER - RHODES - MEADOWBANK - RYDALMERE - PARRAMATTA - RETURN TO WILSON PARK 🚲 NO HELMET NO GO

We will stop for a bite to eat and coffee at one of the cafés in Parramatta Park, or you can bring your own food and drinks. We will meet on the bike path outside NSW Cricket headquarters (161 Silverwater Road, Sydney Olympic Park) at 10am. Bike must be roadworthy, helmet is mandatory and carry a spare tube and repair kit.

Grade: Cycling

Map: Google Maps

Contact by: Wed 12 July

SUN 23 JULY 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. There is a \$5.00 rope and gear hire fee for the day. Please bring along the correct change, or talk to Paul about making an electronic payment.

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

SUN 23 JULY MITTAGONG: LAKE ALEXANDRIA - 40FT FALLS - NATTAI RIVER - 60FT FALLS LOOP

This 10km loop walk just west of Mittagong features 2 waterfalls, riverside walking, and a lake with some great views. Might even have time for a coffee afterwards.

Grade: 2 Ascent/Descent: 200m

Map: Mittagong

Contact By: Wed 19 July

SAT 29 JULY 5/3 HOUR NIGHT ROGAINE / VENUE TBA

Dip a toe into night navigation with this short rogaîne. Nightgaines usually start before dusk and finish when the moon is high. They're a great way to bust your bushland night terrors. Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply), or for more information contact the organiser via the Club Membership Officer at bankswalks@yahoo.com and they will put you in touch with the organiser to answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>.

SAT 29 / SUN 30 JULY BUNGONIA CAVING WEEKEND 🧗 NO HELMET NO GO

Bungonia is a good place to learn a bit more about caving as there are various levels of caves there. There will be a fair few options for caves depending on who comes along. The short list involves: B4-5, Grill, Blowfly, Acoustic Pot, maybe Drum and upper Argyle (foul air and experience dependent). All people welcome regardless of experience, there should be something for everyone. Camping fees apply and hot showers are available.

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

Grade: Caving

Contact By: Tue 25 July

SUN 30 JULY HISTORIC PASSES AT MT YORK: COXS ROAD & LOCKYERS LOOP ROAD

A 12km (5-hr) walk down from Mt York down Cox's Road track to Hartley Vale where we'll trek uphill on Lockyers Loop Road and return to Mt York via the old track back, 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 Gov Macquarie's coach to pass.)

Grade: 2 Ascent/Descent: 250m

Map: Hartley/Mt Wilson

Contact By: Tue 25 July

SAT 5 AUGUST MT JELLORE SUMMIT WALK

Visit the site of Australia's first trig station. This walk to Mount Jellore offers views across the Southern Highlands, the Blue Mountains and even Sydney CBD on a clear day. The 11 km walk follows a fire trail most of the way, but some sections including the final 150 metres are very steep and rough.

Grade: 3 Ascent/Descent: 370m

Map: Mittagong and Hill Top

Contact By: Wed 2 Aug

SUN 6 AUGUST HUNTLEYS COVE TO DRUMMOYNE RIVERSIDE RESERVES

An easy mid-winter walk along the foreshores of the mid Parramatta River and associated waterways. We will take in the charming Riverglade - Tarban Creek Reserve, riverfront reserves in Drummoyne, Gladesville Reserve and some urban streetscape. An easy 8 km walk.

Grade: 1 Ascent/Descent: 100 m

Map: Digital maps, street directory

Contact By: Sat 5 Aug

SUN 6 AUGUST BEGINNERS ABSEIL DAY - ALFORDS POINT 🚫 NO HELMET NO GO

This is a day for club members who are interested in learning how to abseil to get some experience before the 2023 canyoning season starts. We have a limit of 6 beginners on this training day. There is no limit on the number of club members with their own gear to come and practice their abseiling skills. There are no facilities at Alfords Point so you need to bring your own food, drink and sun cream.

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

MON 7 AUGUST DEADLINE FOR SPRING PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Spring program. Suggestions for the Spring 2023 program must be emailed to bankstownbushwalks@gmail.com by Monday 7 August 2023 or they may not make it onto the program.

TUE 8 AUGUST TRIVIA NIGHT AT DOOLEYS, LIDCOMBE

Join us for a bit of brain teasing and a laugh 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.

SUN 13 AUGUST GLENBROOK TO RED HANDS CAVE AND RETURN VIA LINK TRACK

From Glenbrook Ranger Station, we walk down to Erskine Creek and then follow the Red Hands Cave track next to the creek, gradually ascending to the Aboriginal hand paintings at Red Hands Cave. Return via the Link track loop along Campfire Creek. Approx 11km.

Grade: 2 Ascent/Descent: 200m

Map: Penrith

Contact By: Wed 9 Aug

SUN 13 AUGUST MALAITA POINT ABSEIL 🚫 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 you are feeling lazy.

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

Grade: Abseiling

Map: Katoomba

Contact By: Tue 8 Aug

SUN 20 AUGUST 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 17 Aug

SAT 26 AUGUST 12/6 HOUR LAKE MACQUARIE ROGAINE, WATAGANS NEAR NEWCASTLE

Come and join the 'sport of thought'! Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply), or for more information contact the organiser via the Club Membership Officer at bankswalks@yahoo.com and they will put you in touch with the organiser to answer any questions. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>

SAT 26 / SUN 27 AUGUST WEE JASPER CAVING WEEKEND  NO HELMET NO GO

Caving at Wee Jasper is great fun with sporty climbs, crawls and scrambles as well as beautiful formations. And mud. And bats.

The trip is suitable for people with SRT experience (vertical ropework involved). It would be best if you've been to a SRT session beforehand. Campsite bookings in advance are required for each carload of people.

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

Grade: Caving

Contact By: Tue 22 Aug