

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR WINTER 2024



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

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

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.**

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

June 2024

SAT 1 JUN MANLY - NORTH HEAD

Starting from the ferry wharf, we'll head down to Manly Beach and along the esplanade where we will join the North Head track. The walk passes through the former School of Artillery and the spectacular Fairfax Lookouts which provide views over the city, harbour and ocean. 12km circuit.

Grade: 2 Ascent/Descent: 150m

Map: Google Maps

Contact By: Wed 29 May

SUN 2 JUN FORTRESS ROCK TO FORTRESS CANYON VIEWS AND ROCK POOLS

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 rock pools at the end of Fortress Canyon after a scramble.

Grade: 3 Ascent/Descent: 400m

Map: Katoomba / Mt Wilson

Contact by: Wed 29 May

SUN 9 JUN GREAT NORTH WALK (IN A SOUTHERLY DIRECTION) - SOMERSBY TO MOONEY MOONEY

Another section of the Great North Walk - ok, we are cheating a little bit as going in this direction saves us about 300m of climbing! We will pass reservoirs, rock pools and maybe the odd waterfall as we follow Mooney Mooney Creek downstream eventually passing underneath Australia's tallest bridge above us on the freeway. A short car shuffle will be required. 16km mostly downhill.

Grade: 3 Ascent/Descent: 260m

Map: Gunderman, Mangrove, Wyong

Contact By: Wed 5 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.

SAT 15 JUN BUNDEENA TO MARLEY HEAD & RETURN

From Bundeena ferry wharf we'll walk to Jibbon Beach and on to Port Hacking Point and Shelley Beach. Following the sandy Jibbon Trail, we'll join the Coast Track and continue to Marley Head for some whale watching. Return to Jibbon Beach via a slightly different route. Lots of sand walking and great views. Approx 16km.

Grade: 2 Ascent/Descent: 200m

Map: Royal NP

Contact By: Wed 12 June

SUN 16 JUN PADDY PALLIN ROGAINE (RYDAL AREA)

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 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/>

SAT 22 JUN AUSTRALIAN BOTANIC GARDENS, MT ANNAN - WALK AND PLANTBANK TOUR

We will explore some trails through the Australian Botanic Gardens, Mt. Annan such as the Woodland Trail and Central Valley Trail, along with a guided tour of the PlantBank facility from 11.00am-12.15pm. Around 8km, depending on trails chosen, with lunch either BYO or at the Garden Cafe.

Grade: 1 Ascent/Descent: 100m

Map: Google Maps

Contact By: Wed 12 June

SUN 23 JUN HEATHCOTE - GOARRA RIDGE FIRE TRAIL - HORSESHOE FALLS - ENGADINE TRACK

An adventurous exploration down Engadine Creek to the spectacular, rarely visited Horseshoe Falls. The walk is around one third fire trail, one third off track and one third walking track, so lots of variety. A good intro to off-track walking for fit walkers who haven't already tried it.

Grade: 3 Ascent/Descent: 300m

Map: Royal NP

Contact By: Wed 19 June

SAT 29 JUN KURNELL - CAPE BAILY AND 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 26 June

SUN 30 JUN GABRUGAL YANA WALK, WESTERN SYDNEY PARKLANDS

Gabrugal Yana is a new bushwalk in Western Sydney Parklands that winds through the Cumberland Plain woodland from Cecil Park to Middleton Grange, featuring fantastic views to Sydney Harbour and the Blue Mountains. Most of the walk is on unsealed surfaces with some short hill sections and stepping stones. Gabrugal Yana is an experience for people to learn more about First Nations culture and language on Country. Along the walk you will find six incredible artworks by leading First Nations artists, which represent six Dharug seasons.

Grade: 2 Ascent/Descent: 100m

Map: Western Sydney Parklands

Contact by: Thu 27 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.

July 2024

SAT 6 JUL 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.

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.

There is a \$5.00 rope and gear hire fee for the day. Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

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

SUN 7 JUL TWO RIVER TRAIL IN COOKS RIVER / WOLLI CREEK AREA

This walk is located only 15 kilometres from the centre of Sydney, New South Wales. The trail features a lovely mixture of walking next to the Cooks River and being surrounded by native bushland through various parks and reserves along the way. About 13km.

Leader: Claire Baddeley

Phone: 0409 386 508

E-mail: clairebee1@gmail.com (preferred)

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

Map: Google Maps

Contact By: Wed 4 July

SAT 13/SUN 14 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. Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

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

Grade: Caving

Map: Bungonia

Contact By: Sun 7 July

SAT 13 JUL ILLAWARRA GREVILLEA PARK BOTANIC GARDEN

Located in Bulli, this 2.4ha garden is a plant lovers paradise. Open to the public 6 weekends a year, you will be delighted with grevillea and other native plant displays. There are several walking tracks including a rainforest and sensory walk. About 4 to 5 km. Entry fee applies.

Grade: 1 **Ascent/Descent: <100m**

Map: Google Maps

Contact By: Wed 10 July

SUN 14 JUL LOCKLEYS PYLON AND LINCOLN'S ROCK

Lockleys Pylon walking track, just near Leura, is an easy walk offering scenic views, outstanding photography opportunities, and wildflower displays. 7km return walk, and with an optional extension to Lincoln's Rock.

Grade: 2 **Ascent/Descent: 350m**

Map: Katoomba

Contact by: Wed 10 July

SUN 21 JUL CRONULLA BEACH / GUNNAMATTA BAY CIRCUIT

Starting at Cronulla Park, we walk past the rock pool to North Cronulla, then to Elouera and Wanda. Return to Cronulla Beach, then around Bass and Flinders Point, to old NSW Fisheries and Gunnamatta Bay. Taking advantage of low tide, we follow the beach/water's edge for 1km to the baths, then Tonkin Park, back under the railway, and then return to Cronulla Park. Approx 9km.

Grade: 1 Ascent/Descent: <100m

Map: Google Maps

Contact By: Wed 17 July

SAT 27 - SUN 28 JUL BACKPACK. STARLIGHT'S TRACK - EMMETTS FLAT

Starlight's Track follows Coates Creek down into the Nattai Gorge near Hilltop in the Southern Highlands. Starlight's is an old cattle trail which leads to Emmetts Flat alongside the Nattai River. We'll camp near the remains of a hut which burned down in bushfires leaving nothing but a stove. Approx 20 kms with 490m ascent with some steep, exposed sections.

Grade: 3 Ascent/Descent: 490m

Map: Hilltop

Contact By: Thu 25 July

SAT 27 JUL ROGAINE - 5 HOUR NIGHTGAINE

Dip a toe into night navigation with this short rogaine. 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 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/>.

SUN 28 JUL LOFTUS TO WINIFRED FALLS & RETURN

This trail features a variety of terrains through the Royal National Park from narrow trails and steps to rocky scrambles and wide but steep fire trails leading to the beautiful Winifred Falls. Around 14km.

Grade: 3 Ascent/Descent: 280m

Map: Royal NP

Contact by: Wed 24 July

August 2024

SAT 3 AUG KIAMA COASTAL WALK - LITTLE BLOWHOLE TO WERRI BEACH AND RETURN

Kiama coastal walk from the Little Blowhole, along East Beach and following the coast track to the lagoon at Werri Beach before returning. Distance 13 kms with option to walk to Kiama beaches after return trip. May see whales and sea eagles.

Grade: 3 Ascent/Descent: 150m

Map: Kiama

Contact By: Wed 31 July

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

This 12km walk visits 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.

Grade: 3 Ascent/Descent: 450m

Map: Katoomba / Mt Wilson

Contact by: Wed 31 July

MON 5 AUG DEADLINE FOR SPRING PROGRAM ACTIVITIES

The Walks Committee will be meeting soon to compile the Spring 2024 program. Suggestions for the Winter program must be emailed to bankstownbushwalks@gmail.com by **Monday 5 Aug 2024**. Late submissions are unlikely to make it onto the program.

SAT 10 AUG 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 descent/ascent change overs and other self-rescue skills. Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

There is a \$5.00 rope and gear hire fee for the day. Please bring along the correct change.

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

SUN 11 AUG KATOOMBA - GIANT STAIRWAY - LEURA FOREST - KATOOMBA

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 7 Aug

TUE 13 AUG 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, by Monday 12 August.

SUN 18 AUG CIRCULAR QUAY TO WOLLSTONECRAFT

Easy walk around the inner north harbour via McMahons Point, Balls Head and Berry Island, taking in a mixture of coastal parkland, wooded reserves and wealthy urban streets, and of course great harbour views throughout. Approx. 10 km. Return to Circular Quay by train. This is the first leg of a proposed circuit of the entire inner harbour/Parramatta River over the coming programs.

Grade: 2 Ascent/Descent: 100m

Map: Google Maps

Contact By: Fri 16 Aug

SUN 18 AUG BOARS HEAD ABSEIL TRIP 🚫 NO HELMET NO GO

There are 5 abseils on this trip, including the spectacular "slot" abseil. This is a spectacular and popular trip. Return via the Devils Hole track. Experienced abseilers only. Contact the Club Membership Officer at bankswalks@yahoo.com if interested.

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

Grade: Abseiling

Contact By: Thu 15 Aug

Map: Katoomba

SAT 24 / SUN 25 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.

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

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

Grade: Caving

Map: Wee Jasper

Contact By: Tue 20 Aug

SAT 24 AUG LAKE MACQUARIE ROGAINE (6/12 HR)

Come and join the 'sport of thought'! 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/>

SUN 25 AUG FORBES CREEK LOOP

This is a lovely undulating walk located in Woronora Heights. The trail is mainly on service trails that follows Forbes Creek and part of the service pipeline through the valley. There are nice views of the valley and creek, with little bridge crossings along the way. Loop walk of just over 7 km.

Grade: 2 Ascent/Descent: 150m

Map: Google Maps

Contact by: Thu 22 Aug

SAT AUG 31 HYDE PARK TO DARLING HARBOUR

This 12km city walk will follow the harbour foreshore. Highlights include Mrs Macquarie's Chair, Sydney Opera House, Walsh Bay and Barangaroo. Public transport friendly.

Grade: 1 Ascent/Descent: 50m

Map: Google Maps

Contact By: Wed 28 Aug