

**BANKSTOWN BUSHWALKING CLUB INC.**  
**ONLINE \*SPRING 2019\* ACTIVITIES PROGRAM**

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**SEPTEMBER 2019**

**THU 5 GOVETTS LEAP LOOKOUT > EVANS LOOKOUT & RETURN**

The Cliff Top Track between Govetts Leap Lookout and Evans Lookout offers some of the most breath-taking views in all of the Blue Mountains. A short (6km) walk but be warned, there are several sets of steps.

Grade: 2                      Ascent/Descent: 220m                      Map: Mt Wilson

**SAT 7 GREAT RIVER WALK**

The Great River Walk passes through Penrith at the foot of the Blue Mountains and provides amazing scenery along the Nepean River. We will stop along the way to watch the boats, birds and other wildlife, and pay a visit at the renowned Penrith Regional Gallery. An easy 7km loop with plenty of coffee opportunities.

Grade: 1                      Ascent/Descent: <50m                      Map: Penrith

**SAT 7**



**ABSEIL TRAINING DAY: ALFORDS POINT**



**NO HELMET NO GO!**

Club members will be meeting at 9am and practising their abseil skills. We have a limit of 6 beginners, so if you are abseiling with the club for the first time or if you don't own your own gear, you will need to book in. There is no limit on experienced abseilers with their own gear.

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

**SUN 8**



**EXPLORATORY: HONEYCOMB CANYON**



**NO HELMET NO GO!**

Honeycomb Canyon is a beautiful Wollemi Canyon, rarely visited. Honeycomb Canyon is very short & extremely constricted. In places the route through the canyon is a narrow ledge high above the canyon floor. As this is exploratory, the number & length of abseils are not known.

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

**SUN 8 BLAXLAND > GLENBROOK VIA ST HELENA CRATER**

From Blaxland we will make our way down to Glenbrook Creek before taking the ridge out to St Helena Crater (volcanic) and then completing the circuit exiting at Glenbrook. Approx 14km, with some creek crossings and possible wet feet.

Grade: 3                      Ascent/Descent: 350m                      Map: Penrith & Springwood

**MON 9 CLUB NIGHT - AT THE CLUB ROOMS**

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road, Georges Hall.  
**MANAGEMENT COMMITTEE MEETING** (for Committee members only)



**\*\* GENERAL MEETING \*\* starting at 7:30pm**

Club administration, finance & correspondence of interest to members; followed by a yummy supper!

## SEPTEMBER 2019

SAT 14

**ABSEIL: DEVILS HOLE VICINITY****NO HELMET NO GO!**

There are many short abseil trips in this area, so we will have a variety of things we could end up doing. There are a number of spectacular abseils we can choose from and a small, dry canyon. 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 member of the club to participate in this activity**

SAT 14

**CANADA BAY FORESHORE WALK**

Beginning at a lovely park in Concord, this nice foreshore walk around Canada Bay passes the Bushells Factory (which has been sold). Walking to Cabarita and ending just past Mortlake wharf. Nice cafe on the water. Flat walk on path; around 10 km return.

Grade: 1                      Ascent/Descent: <50m                      Map: Google Maps

SUN 15

**PULPIT ROCK > POPES GLEN > GOVETTS LEAP > PULPIT ROCK**

We start from Pulpit Rock (Blackheath), trekking past various lookouts, each giving their own unique perspective of the Grose Valley's dramatic cliff line & waterfalls. The three lookouts at Pulpit Rock provide spectacular views. About 8km return.

Grade: 2                      Ascent/Descent: 260m                      Map: Mt Wilson

SAT 21

**WOLLONGONG BOTANIC GARDEN**

Explore this spectacular 30 hectare botanic garden which features an impressive collection of native and exotic plants.

Grade: 1                      Ascent/Descent: <50m                      Map: Google Maps

SAT 21

**MTB RIDE: GLENBROOK STN > NEPEAN L/O RETURN****NO HELMET NO GO**

This 30km return ride has a great lunch spot at a spectacular lookout with views over the Nepean River and across to Mulgoa and Mount Henry. If we feel energetic enough we will return via Bennetts Ridge and Euroka. **Essentials:** helmet, spare tube, pump, repair kit, & sunscreen

Grade: Cycling                      Map: Penrith

**SAT 21 – SUN 22    BACKPACK: HORSE TRACK > BLUE GUM FOREST > MT VICTORIA**

A chance to explore the beautiful Grose Valley and visit the wonderful Blue Gum Forest, scene of one of Australia's first conservation efforts. The route is all on track and features magnificent views of the Grose Valley. We'll be avoiding the crowds and camping at one of your leader's favourite camp sites.

Grade: 3                      Ascent/Descent: 650m                      Map: Katoomba & Mt Wilson

SAT 28

**MAROUBRA BEACH > COOGEE BEACH > BONDI BEACH**

This 14 km coastal walk will take in majestic views of the stunning cliffs overlooking the Pacific Ocean from Maroubra Beach to Memorial Park. After that we will walk alongside Mermaid Ave and Cuzco St, where we will start the coastal walk again towards Coogee Beach and continue to Bondi Beach. Bring your Opal card as we will catch a bus from Circular Quay to Maroubra.

Grade: 2                      Ascent/Descent: 100m                      Map: Google Maps

## SEPTEMBER 2019

**SUN 29 WATERFALL > ULOOLA FALLS > PEACH TREE TRIG > LADY CARRINGTON DRIVE > COURANGA TRACK > WATERFALL**

A good solid 14km spring walk. From Waterfall Station we'll walk the fire trail to Uloola Falls then around to the "lost" Peach Tree trig. From the trig it's a 180m in height off track descent over 800m to the Hacking River. We'll find somewhere to cross the river then turn south along Lady Carrington Drive before reaching Forest Island. Then walk up the Couranga Track and back to Waterfall.

Grade: 3                      Ascent/Descent: 200m                      Map: Royal National Park

## OCTOBER 2019

**SAT 5 THE ROCK POOLS OF MYUNA CREEK, HEATHCOTE NP**

On-track from Waterfall to Kingfisher Pool, off-track from shortly after that. Furthest point: the junction of Myuna and Ripple Rill. Adjacent summit for views if we wish. Part of the route is a loop. Return via Heathcote Creek, Bullawarring & Kingfisher. A pretty area, varied ecology, scrub varying from open to dense. Dips in pools if hot. About 5km – about half off-track – not a long distance walk but not a casual stroll either.

Grade: 3                      Ascent/Descent: 150-300m                      Map: Heathcote NP

**SUN 6 EXPLORATION OF BICENTENNIAL PARK**

Exploration of Bicentennial Park, mangrove walk, Parramatta River, the Armoury and the Brickpit Ring walk (home of the green and golden bell frog). Approx 10km.

Grade: 2                      Ascent/Descent: <50m                      Map: Google Maps

**SAT 12  BIKE RIDE: CHIPPING NORTON LAKES CIRCUIT  NO HELMET NO GO!**

An easy 27 km ride taking in scenic riverside reserves of the Mirrambeena Regional Park, Chipping Norton Lakes and Georges River. The ride is mostly along flat bike paths but does include some urban streets. We will start and finish near Liverpool, where a well-earned coffee awaits us. **Essentials:** helmet, spare tube, pump, repair kit, & sunscreen

Grade: Cycling                      Map: Google Maps

**SUN 13 SASSAFRAS GULLY > VICTORY TRACK > FAIRY DELL TRACK**

Setting out from Fairy Dell (behind Springwood Station), we cut across to the Sassafras Gully track which leads down to swimming holes at the junction of Glenbrook and Sassafras Creeks, before winding back up to Springwood along Fairy Dell Track. Includes a series of pretty pools and small waterfalls. Approx 12km circuit. There is an optional 1-hr side trip to Martin's Lookout. We'll decide if we'll do this on the day.

Grade: 2                      Ascent/Descent: 250m                      Map: Springwood

**MON 14 CLUB NIGHT - AT THE CLUB ROOMS**

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road, Georges Hall.

**MANAGEMENT COMMITTEE MEETING** (for Committee members only)

(There will be no **GENERAL MEETING** tonight).



**\*\* SOCIAL EVENING\*\* starting at 7:30pm.** . It's a 'Eat-Drink & Play' evening. Potluck dinner (bring your favourite dish to share) and an evening of card games.

**SAT 19 MT KEMBLA RING & SUMMIT TRACK**

A lovely walk in the Illawarra. Descend through the rainforest and follow the Ring Track. Historical cemetery to visit. Then the summit track which is a rocky track with stairs and one ladder, with a great view at the top. A visit to Mt Kembla pub for coffee to finish the day. Approx 10 km.

Grade: 2                      Ascent/Descent: 150m                      Map: Illawarra Escarpment

**OCTOBER 2019****SAT 19 – SUN 20 BACKPACK: PANTONEYS CROWN**

This walk with 700m ascent and descent is mostly off-track and involves scrambling and some exposure. This is one of the best skyline traverses in the mountains with the view from Pantoneys Crown being certainly worth the effort of getting there! Party numbers will be limited. We'll be carrying water for our overnight camp.

Grade: 4                      Ascent/Descent: 700m                      Map: Ben Bullen

**SUN 20 BRIGHTON BEACH**

Kick off your walking shoes (if you want to) and leisurely walk the ocean shore for most of this 14km or so flat walk from The Novotel to Dolls Point and return. There is also the option to duck out onto public transport if it's too hot. Plenty of opportunity to swim and also for fish & chips and ice cream. Well, we are beside the seaside! Don't forget sunscreen.

Grade: 2                      Ascent/Descent: <50m                      Map: Google Maps

**SAT 26 EXPLORATORY: WALLS PASS & CEDAR VALLEY**

Walls Pass, an old miners' pass from 1889, is one of two passes on Narrowneck's east side. Leaving the cars on Glenraphael Drive we'll head to Bushwalkers Hill. We'll then have a 12 metre exposed scramble (with chains) down Walls Pass, with some route finding down to Cedar Creek for lunch. Then up to Ruined Castle, finishing at the top of the Golden Stairs. It will be an early start as this is a big day.

Grade: 4                      Ascent/Descent: 600m                      Map: Jamison

**SUN 27 DOG-FRIENDLY WALK ALONG TWO-VALLEY TRAIL: BEXLEY > WOLLI CREEK**

Bring your dog along (or come on your own) to this dog-friendly bushwalk. The Wolli Creek Valley includes the 50ha of remnant bushland of the Wolli Creek Regional Park, with rugged sandstone escarpments. A combination of native heath and forest provides shelter for many native birds, insects & lizards. The Trail runs along easy bush tracks and across grasslands, and gives occasional glimpses of the Creek. Approx 10km return trip.

Grade: 2                      Ascent/Descent: <50m                      Map: Google Maps

**SAT 26 - SUN 27  BASE CAMP W/E AT BENTS BASIN STATE CONSERVATION AREA**

This great camping area is close to Sydney, between Camden and Penrith. Ideal for beginners to camping. There are short walks, bike rides, kayaking opportunities in the area, including a short steep 2km track to Caley's Lookout. Or just chill out and relax near the river. Ideal opportunity for socialising with other members and friends.

**FRI 1 CLOVELLY > TAMARAMA > BONDI**

The Tamarama to Bondi section of this walk features all the amazing artworks in the annual Sculpture by the Sea Exhibition (runs from 24 Oct – 10 Nov). This 4km walk also boasts very spectacular coastal views.

Grade: 1                      Ascent/Descent: <50m                      Map: Google Maps

## NOVEMBER 2019

**SAT 2**  **MTB RIDE: BUDEROO PLATEAU FIRE TRAIL**  **NO HELMET NO GO!**

There are a number of well maintained, mainly flat fire trails on Buderoo Plateau. We will explore a number of these fire trails along with any walking tracks we may come across, covering approx 25-30 km depending on how adventurous we are. The highlight of the day will be a visit to the spectacular Gerringong Falls before we head back to the cars. Please make sure you bring something to secure your bike, as we will need to leave the bikes to go for short walks. **Essentials:** helmet, spare tube, pump, repair kit, & sunscreen

Grade: Cycling                      Map: Kangaroo Valley.

**SAT 9** **RUSSELLS NEEDLE (NATTAI WILDERNESS)**

Russells Needle is a rocky sandstone spine, separated by a deep saddle from the main cliff line, which sticks out dramatically into the Nattai Valley. The summit ridge offers tremendous views. The walk will take us from the helipad at the end of Spring Hill Rd in Woodlands, a steep 300m descent to the Nattai River, walk along the river and then the steep climb of about 450m to Russells Needle, return the same way. Total distance is about 10km all off track with some height exposure, scrambling and scrub bashing. We may need to cross the river and get our feet wet. 4WD is needed to get to the helipad. **Experienced walkers only.**

Grade: 3                      Ascent/Descent: 700m                      Map: Hilltop

**SUN 10** **TARONGA ZOO > BALMORAL**

This walk offers spectacular views of the harbour, pristine stretches of bushland, sheltered beaches and lunch at Balmoral beach with a swim. People can choose to catch a bus back to the start or walk back. We may do a detour to Middle Head historic precinct if the day is not too hot. About 13km return walk. Some steps along the way. Don't forget your swimmers and Opal card!

Grade: 2                      Ascent/Descent: 160m                      Map: Google Maps

**MON 11** **CLUB NIGHT - AT THE CLUB ROOMS**

Held at the GEORGES HALL COMMUNITY CENTRE, 188 Birdwood Road Georges Hall.

**MANAGEMENT COMMITTEE MEETING** (for Committee members only)



**\*\* GENERAL MEETING \*\* starting at 7:30pm**

Club administration, finance & correspondence of interest to members; followed by a yummy supper!

**Summer Program & Bush Telegraph available tonight !!!**

**MON 11– MON 18** **GREAT OCEAN WALK – 2 PLACES LEFT !**

The Great Ocean Walk is a one-way, long distance walk undertaken east to west from Apollo Bay to the iconic Twelve Apostles. The spectacular walk weaves its way through tall forests, coastal heathlands, wild rocky shores, river estuaries and windswept cliff-tops presenting amazing views. We will be doing this walk over 8 days.

There are two places remaining subject to availability of camp sites (which must be pre-booked). Cost of camp sites, accommodation the night before and after the walk and shuttle bus transfer is approximately \$300 per head.

## NOVEMBER 2019

**SUN 17 MT HAY AND HAY MONOLITH**

From Mt Hay carpark we will use both the Mt Hay and Hay Monolith trails to explore the exposed ridges, with excellent views into the Grose Valley. Rock formations and wildflowers as well as the surrounding scenery are highlights. Approx 5km circuit.

Grade: 2                      Ascent/Descent: 270m                      Map: Katoomba & Mt Wilson

**SAT 23 OLD FORD RESERVE > COX'S RIVER CAMPGROUND & RETURN**

Check out part of this classic walk which covers part of the 6-Foot Track, with the highlight of crossing the Bowtells Swing Bridge. Roughly 15km return.

Grade: 3                      Ascent/Descent: 300m                      Map: Hampton

**SUN 24 DELUSIONAL DAY WALK**

The intent on this exploratory walk on the Newnes Plateau is to find a pass through the cliff line overlooking the Wolgan Emirates Resort, and an interesting scramble up a slot to get back. With nothing but a grid reference to guide us, this walk is for the more adventurous walker who is comfortable off track.

Grade: 3                      Ascent/Descent: 200m                      Map: Cullen Bullen

**SAT 30 CANYONING: JUGGLERS & THE GRAND CANYON**  **NO HELMET NO GO**

Two short but enjoyable canyons conveniently within walking distance of each other. Jugglers is a dry canyon with a few good abseils, and afterwards we'll go and do the Grand Canyon with only one abseil but some good swims. Wetsuit needed for the Grand.

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