




BANKSTOWN BUSHWALKING CLUB INC.
***SUMMER 2019-2020* ONLINE ACTIVITIES PROGRAM**

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*Members are reminded that the bushfire risk this summer is high. In times of high fire danger, please remember to check your email or contact your trip leader the evening before a programmed activity as park closures are usually not announced until mid-afternoon the day before. Also, note club walks **MUST** be cancelled or moved to another location in the event of a park closure.*





DECEMBER 2019

- SUN 1**  **ABSEIL TRAINING DAY: ALFORDS POINT**  **NO HELMET NO GO!**
Come and practice your abseil skills before the canyon season. 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.
- FRI 6** **CRONULLA BEACH > BOAT HARBOUR & RETURN**
Twilight walk along the beach! We'll be kicking off our shoes and walking along the sand. Approx 10km in total.
Grade: 2 **Ascent/Descent:** <50m **Map:** Google Maps
- SAT 7** **CANYONING: SOUTH BOWENS**  **NO HELMET NO GO!**
A brilliant canyon. A long day out for fit canyoneers and for canyoneers who have some rope skills and are willing to share the rope work and give your leader a good shove up the start of the exit. Limited numbers. Not suitable for beginners.
Please Note: You must be a financial member of the club to participate in this activity
- SUN 8** **CLUB CHRISTMAS LUNCH AT THE BANKSTOWN RSL CLUB**
Join with fellow Club members for our annual Christmas get-together where we get to enjoy a variety of cuisine at the Star Buffet.
- SUN 15** **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 and 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 swimming gear if the weather is suitable. Bring your Opal card as we will catch a bus from Circular Quay to Maroubra.
Grade: 2 **Ascent/Descent:** 100m **Map:** Google Maps

DECEMBER 2019

- SUN 15 CANYONING: HAT HILL HELMETS RECOMMENDED**
A gentle trip down a beautiful canyon. This canyon has three distinct sections with some pretty creek walking in between. **No abseils** in this one, but you will need to be fit and have good scrambling ability. This trip is the ideal introduction to canyoning for people who would like to try it but are feeling a bit nervous. We'll take our time and enjoy the experience.
Essential: Wetsuits and shoes with good grip in the wet.
Please Note: You must be a financial member of the club to participate in this activity.
- SUN 29 KURNELL > CRONULLA**
Coast, cliff and beach walking. We will catch the bus from Cronulla to Kurnell to walk through Kamay Botany Bay NP and over the headlands to beautiful Boat Harbour for a swim. We will then follow the beaches on the sand back to Cronulla, walking through the water to keep cool if needed! Approx 16 km. Please note, a lot of sand walking and no access to drinking water along the way.
Grade: 3 **Ascent/Descent:** <50m **Map:** Kamay Botany Bay

JANUARY 2020

- SAT 4 DOG-FRIENDLY TWILIGHT WALK: OATLEY PK > LIME KILN BAY CIRCUIT**
Bring your dog along if you like, and enjoy this walk along Georges River through one of Sydney's finest areas of natural bushland. Oatley Park is noted for its trees, shrubs & native flowers, as well as the river beaches & prolific birdlife. The 7km walk incorporates a number of tracks including the Jewfish Bay track, Headland track and Lime Kiln Bay Circuit.
Grade: 2 **Ascent/Descent:** <50m **Map:** Google Maps
- SUN 5 CANYONING: EMPRESS FALLS  NO HELMET NO GO!**
A short but impressive canyon in the Valley of the Waters, involving a few jumps and swims, finishing off with a 30m abseil down a waterfall. Afterwards we'll have a coffee at the Conservation Hut. **Essential:** Wetsuits and shoes with good grip in the wet.
Please Note: You must be a financial member of the club to participate in this activity
- SAT 11 – SUN 12  BASE CAMP / CANYONING AT NEWNES PLATEAU**
We will use it as a base for doing some canyons in the area. Come and camp and socialise, or do a day walk or visit the Mt Tomah Botanical Gardens.
Please note: You must be a financial club member to participate in the canyoning activities.
- SAT 11 CANYONING: ROCKY CREEK & TWISTER  NO HELMET NO GO!**
A fun and easy canyon trip which involves numerous jumps and slides before reaching the beautiful constrictions of the lower Rocky Creek. No abseils, but there is one hand-over-hand scramble down a waterfall. **Essential:** Wetsuits and shoes with good grip in the wet.
- SUN 12 CANYONING: ALCATRAZ  NO HELMET NO GO!**
This canyon is off the beaten track and rarely visited. It is a short, dry(ish) canyon with one abseil. We will be doing this one on the way home from the base camp, so you'll need to camp at Barcoo the night before if you want to come along.

JANUARY 2020

SAT 18 VERTICAL DAY FOR KIDS AT BANGOR

 **NO HELMET NO GO!**

A fun day for the kids. Bring your budding young climbers and abseilers along - or just come along to enjoy the zest for life that kids have. Introduction to abseiling at a child's level. We might try and build a zip line. Age range of target participants will be from 7yrs to 77yrs. BBQ lunch & snacks. Note that the venue may change closer to the date.

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

SUN 19 BANTRY BAY & MIDDLE HARBOUR AT GARIGAL NP

This walk takes in fine woodlands, sandstone features & water views within Garigal National Park, mostly adjacent to Bantry Bay and the upper reaches of Middle Harbour. A moderate grade walk of approx. 14 km from Forestville to Davidson Park picnic area & return.

Grade: 3

Ascent/Descent: 150m

Map: Parramatta River

FEBRUARY 2020

SAT 1 & SUN 2



MT WILSON BASE CAMP AND CANYONING

We'll be camping at Mt Wilson and doing day walks, canyons and socialising this weekend.

Please note: You must be a financial club member to participate in the canyoning activities.

SAT 1

CANYONING: BELL CREEK

 **NO HELMET NO GO!**

This will be a long day out in a dark and very beautiful canyon that the club hasn't visited for many years. **No abseils** but you will need to be fit and have good swimming skills and scrambling ability. Flotation will be required. Numbers limited. **Essential:** Wetsuits and shoes with good grip in the wet.

SUN 2

CANYONING: SERENDIPITY

 **NO HELMET NO GO!**

Gentle walk in & exit with lots of abseils & swims. A very pretty canyon to visit, not to mention a great jumping rock at the exit. **Essential:** Wetsuits and shoes with good grip in the wet.

SUN 9

OTFORD > STANWELL PARK

Starting Otford, there is a steep descent to Bulgo Beach to look at the huts in this area. Then there will be a heart-pumping ascent back to Lady Wakehurst Drive and an off-track scramble over the hill to Stanwell Tops. We will then scramble down Bald Hill to arrive near a mysterious old abandoned railway tunnel. The tunnel is over 1km long so **bring TORCHES** (with good batteries) to explore this for just over an hour. We'll then continue down to Stanwell Park beach for a swim (patrolled beach, swim between the yellow flags) and late lunch (kiosk is good). If there is time and people are keen there is an optional walk up the Wodi Wodi Track and then down to Stanwell Park Railway Station. Car swap required.

Grade: 3

Ascent/Descent: 150m

Map: Royal National Park

FEBRUARY 2020

SAT 8 – SUN 9  **DEEP PASS WALK-IN BASE CAMP & KIDS WEEKEND**

Bring your kids or grandkids along to camp at this lovely spot. It has everything; fascinating rock formations to explore, a small canyon, a swimming hole and only a 3km walk to the camp site. We'll probably head out to River Caves Canyon on the way out on Sunday as well. Come along for a lovely weekend exploring a special area through the eyes of children.

Grade: Easy **Ascent/Descent:** 200m **Map:** Rock Hill

MON 10 **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!

Autumn 2020 Program & Bush Telegraph will be released at tonight's meeting.

SAT 15 **MINNAMURRA RAINFOREST WALK**

Starting at Minnamurra Rainforest Info Centre, enjoy spectacular rainforest, waterfall & canyon views from several viewing platforms. We will do both The Falls Walk & the Rainforest Loop, approx 6 km in total. Boardwalks, an elevated walkway & some steep sections to the upper falls. Hopefully it will be shady & cool inside the rainforest. No swimming allowed, however, if it is a hot day, we can always head for a swim at a beach afterwards!

Grade: 2 **Ascent/Descent:** 100m **Map:** Minnamurra Rainforest Centre

SAT 22 **SOCIAL: GUIDED WHITEWATER RAFTING AT PENRITH**

An action packed introduction to whitewater rafting. The trip will begin with a safety briefing followed by flatwater instruction before venturing out. Each raft (with up to 8 crew) will be guided by an experienced river guide. 90-minute duration. Details on what to bring will be advised to participants prior to the day. No experience necessary but you must be physically fit, a strong swimmer and be very confident in the water.

SUN 23 **SOCIAL: CLUB 40TH ANNIVERSARY: PICNIC IN THE PARK AT CHIPPING NORTON**

Join with past & present members to celebrate the Club's 40th Anniversary at Chipping Norton Lakes Liverpool (entry from Newbridge Rd; picnic area tbc). BYO food & drinks and other things to make your lunchtime picnic outing comfortable. We will advise if the BBQ facilities are restricted on the day.

SAT 29 **CANYONING: KOOMBANDA**  **NO HELMET NO GO!**

A short but pleasant canyon near Bell - with 2 or 3 small abseils and a couple of swims.

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