



THE SYDNEY BUSHWALKER



AUGUST 2008





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August 2008, Issue 885

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THE SYDNEY BUSHWALKER
is the monthly bulletin of matters of interest to members of

The Sydney Bush Walkers Inc

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Opinions expressed in this magazine are the opinions of the authors and do not necessarily reflect the policies or views of The Sydney Bush Walkers Inc.

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About Our Club

The Sydney Bush Walkers was formed in 1927 for the purpose of bringing bushwalkers together; enabling them to appreciate the great outdoors; establishing a regard for conservation and promoting social activities. The Club's main activity is bushwalking but includes other activities such as cycling, canoeing and social events

Our Walks Program (published quarterly) features day walks on most Saturdays and Sundays, some mid week walks and overnight weekend walks. Extended walks are organised in areas such as The Snowy Mountains, the Warrumbungles as well as interstate i.e. Victorian Alps

Our meetings start at 8pm and are held on Wednesday evenings (see Social Program) at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milsons Point Railway Station).

Visitors and prospective members are welcome www.sbw.org.au

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PRESIDENT'S REPORT

Over the past couple of weeks members have returned with smiles on their faces and in one piece each from some good trips. Tony Holgate's trip went well and with lots of swimming in warm weather. Some hard 3 Peaks Training walks have been done and members are getting fitter for winter and for the Six Foot Track in a day, The Kanangra to Katoomba in a day and of course the Three Peaks in 48 hours. Many other trips have been completed successfully, the current Walks Program has plenty on it.

The new Steering Committee has had its first meeting. If any member has issues in mind with regard to Club operations that they would like us to chew over please let us know. We have decided to send out a survey by email to glean people's feelings about the Club activities. When you get it please give it some thought, fill it in and return it. Your contribution will help us steer the Club in a direction that suits the Members, Prospective or Full.

The new web site is progressing with Caro's web builder and our Electronics Subcommittee working on it. The Committee was given a preview at its last meeting and Caro might be giving another preview to members present at the September General Meeting on the 10th September. It will be completed and on line about then. The Spring walks program in completion stage as I write.

David Trinder

**There's an extra Club night in September
Don't forget the second Wednesday, 10th
September 8 pm
THE SIX MONTHLY GENERAL MEETING
All welcome**

LETTERS TO THE EDITOR

Dear Editor

I have been a member of SBW for 2 years and am in my mid 30's. I have just returned from a 12 day trip to Kakadu which was a fantastic bushwalk. I was slightly surprised by the lack of interest from SBW members in my age group though. I have been on some great bushwalks since I became a full member but I always seem to be one of the youngest walkers (and I'm not really that young !). I would like to use this forum to ask some questions about the focus of SBW in enticing younger bushwalkers to join and contribute.

- What activities are the committee considering to encourage younger bushwalkers?
- Would it be possible to have a committee member purely focus on growing the under 40 yrs demographic? (Perhaps that member should also be under 40 yrs old?)
- Would it be possible to arrange for the walks calendar to have photos as well as text descriptions? For many of these walks the descriptions only seem to make any sense if you know the area - perhaps each walks leader could post 3-4 photos on a free web album such as www.picasa.com (or another site) for walkers to look at when considering a walk? The link could easily be posted together with the walk description. A photo of a beautiful lookout/ creek/ peak etc would be a great way to raise interest.
- Could there be age specific walks - under 40 yrs for example. Not to be exclusive but more to cater for younger walkers so that they know they will not just be at the periphery of a walk but the focus of it. Some of the conversations on the walks that I have been on focus on the early history of SBW 40-50 yrs ago - that may not be an ideal way to gain interest for a younger group of walkers. We have language specific walks - how about a "Young Walkers Group"?
- We recently celebrated the 80th anniversary of the club - how can we ensure another 80 years? What focus is there on this?

Many thanks for your time.

Rory Fagan

MESSAGE FROM THE EDITOR

What lovely cool walking weather we have had in the last month or so and our articles reflect that, with articles on walks conducted in French along the coast to La Perouse; over rough country in the Newnes area; an extraordinary 19 hour epic to climb Guouogang; and, a rather warm walk in Kakadu, which is reported on in a novel and enjoyable style by a 'new' Australian seeking to be worthy of his recently bestowed naturalisation.

David Trinder summarises the changes which will occur to the magazine in the near future, given that this committee decision is ratified by the September general meeting. The majority of the feedback which I have received regarding the frequency of the magazine and the electronic format has been very positive.

In order to prepare for the new magazine format I have asked 3 people to assist David and I as we venture forth into new territory. I am glad to say that the members of this editorial sub-committee are George Mawer, Pam Campbell and Terry Moss. Together with David and I, these members reflect a spread of ages, cover both genders and we have the experience of two past editors in George and Pam.

I trust you enjoy some sunny spring walks filled with wild flowers whilst David and I are away walking in the French mountains and valleys for a month or so. I look forward to printing accounts of all the exciting long walks coming up in the next few weeks.

Maureen

TRIP SECRETARY'S REPORT

The Spring Walks Program accompanies this month's magazine and provides a large variety of both day and weekend walks.

A reminder to all walks leaders - please classify your walk as a 'Q' (qualifier) where appropriate in order to give prospective members a chance to qualify for full membership.

See you on the track ...

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From the Committee Room

A report of proceedings at the Committee meeting 6th August 2008

The meeting opened after President David came in at exactly 7 pm.

Caro Ryan greeted us with some tasty pastry items to whet our appetite for what was to follow ie. her outline presentation of progress to date on the Club's new website. She expects it to be "up and running" over the next few weeks.

The Committee was impressed!

Questions followed relating to the nature of the agreement with Caro; the arrangements with the web content providers and proposed handling of emails.

Moving on to the President's Report, David advised that the Steering Committee has put together two questionnaires and these will be emailed to members and prospectives shortly.

Correspondence included a letter from Blue Mountains Conservation Society about proposals for management of the Newnes Plateau. An earlier letter had dealt with a proposal to enlarge the Gardens of Stone and Blue Mountains National Parks and protection of the Newnes Plateau as a State Conservation Area. Both very welcome proposals. Now they inform us of a study underway by the Roads and Traffic Authority to include a route across the Newnes Plateau as part of an upgrade of the Great Western Highway - see separate letter in this magazine.

The Committee has referred these letters to the Conservation Secretary.

Other letters included one from Gosford City Council about the Five Lands Walk and from Gondwana Consulting advised it was doing a survey of recreation activities on a 11km stretch of the Lane Cove National Park.

The Steering Committee has recommended that the Club magazine should continue until November (when it will change to an upgraded quarterly version), The December magazine will be published but will be a smaller edition. Only an electronic newsletter will be prepared for January (no mail-out) and the next full magazine will be in February 2009. Thereafter it will be published in the same month as the walks programmes (May, August, November) and the intervening months will see small electronic newsletters available by email only.

Tony Holgate presented the Spring Walks Programme which at this stage showed that more day walks and weekend walks were required. Kathy Gero presented the Spring Social Programme.

The Confederation report led to very active discussion on the benefit, or lack thereof, of remaining in Confederation. The next meeting will look constructively at what benefits are obtained for the cost of the affiliation fee. Alternative quotes for insurance will be sought.

The Treasurer's Report (see below) included the following payments: \$340 for magazine postage earlier this year; Insurance and affiliation fee \$8338; First Aid Certificate \$100; Coolana Rates \$1286; July Magazine Postage \$327; Rent \$400.

Earlier in the meeting the Committee had approved \$500 for road repair material for Coolana.

The meeting closed right on the dot of 9 pm.

Treasurer's Report - As at July 2008

	Current Month	Year to Date
Members Subscriptions	405	17,824
Prospective Fees	0	1,583
Investment - Conservation	238	473
Investment - Coolana	576	1,146
Investment - General	261	519
Magazine Advertising	740	1,010
Accrued Advertising	0	370
Donations - Coolana	100	200
Donations - Other	0	201
Total Receipts	\$2,320	\$23,325
Magazine Printing	88	542
Magazine Postage	327	2,384
Coolana Rates	1,287	1,287
Coolana Maintenance	0	226
Rent- Club Rooms	400	2,800
Donations - Conservation	200	200
Insurance - Public Liability	2,628	2,628
Insurance - Personal Accident	3,456	3,456
Affiliation - Confederation	2,255	2,255
Postage. Phone & Internet	0	663
1st Aid Certificate	100	200
Administration	0	955
Expenditure Coolana Grant	0	2,426
Total Payments	\$10,740	\$20,021
Cash Surplus /(Deficit)	\$ (8,420)	\$3,304

JANUARY 2008 WALKS NOTES

Barry Wallace

Walks notes covering the interval 17 January 2008 to 8 March 2008.

Ron Watters opens the bidding this time, with his qualifying day walk on Sunday 20 January out from Rockford Bridge into the Nepean River with a party of 16 starters. The day was humid but fine, apart from a half hour thunderstorm in the afternoon. Higher than usual water levels in the river forced the party into the scrub along the river and this added to the trip time somewhat. A refreshing swim at the cataracts in the gorge helped reduce the effects of the humidity and the big junction pool was as delightful as ever. The return across the plateau was accomplished in time to deliver them to the cars at around 1800, whence they repaired to the Tahmoor Inn for yet another good repast and convivial yarn session. Ron has already staked his claim to a repeat of this walk next January, so watch that walks program.

The midweek walk the following week went on Tuesday 22 January, led by Leigh McClintoch with the party of 4 setting out from Wentworth Falls station on a "messing about between cascades" trip. Conditions were cloudy but without rain. Due to Lillians Bridge being out of action they took a taxi from Conservation Hut to Leura after lunch. They took their time about it, visiting most of the lookouts along the way and finding excellent views to be had throughout. Although they notionally stayed "on the tops"; by the end of the day they had been up and down a great many steps so all felt they had had a very healthy workout.

After something of a hiatus, reporting resumes at the weekend of 3, 4 February with Nigel Weaver's Saturday walk in the Royal out from Otford station. The party of 11 set off along the cliff-top track from Otford in drizzle but by the time they reached Bulgo Lookout this had ceased so they were able to enjoy the great views over the coastline from there. Viewing done, they headed down the Squeezeway Track toward Burning Palms, experiencing some difficulty keeping to the faint track. Lunch was taken on the rock platforms near Figure 8 pool and indeed three of the party had a refreshing swim in the bigger adjacent pool. Then it was upward again via a steep gully to the Palm Jungle Track where it began to rain, at times heavily. Even this was short lived, so by the time they reached Werrong Lookout the rain had cleared and the views down the coast were back. From there they made their way back to Otford; there to partake of well-earned pies at the famous Apple Pie Shop.

There was an undisclosed number of starters, or indeed finishers; out on Pamela Irving's Northern Beaches walk on Sunday 10 February. We do know that the weather was kind, with very little rain in the am and clement conditions in the pm. The walk took in a number of beaches, coffee shops, and rock pools; and there were views from plateaus and headlands. It also clocked in at just 14km in length according to the GPS receiver carried by Brian.

The following Saturday, 16 February, saw Chris Miller out on his canyon trip from Galah Mountain car-park with a party of 7. The walk went as planned and everyone had a very enjoyable day, despite the lower than usual water temperatures that kept the party moving at a steady clip. The overcast that had persisted throughout had the good grace to clear to fine sunny conditions at the critical moment when they finished the swims and were getting out of the wet suits. After all that, it was away for hamburgers at Richmond to complete the day.

Frank Hartigan's Saturday walk into the Colo River from Drip Rock Firetrail and return on 23 February was attended by good weather and party of 7, all of whom are said to have enjoyed the trip. Conditions were not too scrubby and not too slippery, but Frank forgot the attendance form so the presence or absence of Goldilocks cannot be confirmed. The water in Boorai Creek was good too. Frank had 3 cancellations in the preceding week, though just how that connects to his plea for the reinstitution of prospective training weekends is unclear, to me at least.

Extending the run of Saturday walks, the Brading clan, under the notional leadership of Stephen, gathered en masse at West Head Beach to form a crowd of 6 on the 1 March. Richard and the children, Hannah and Jasmine remained at the starting point for paddling purposes whilst Yvonne engaged in a bit of walk upgrading by rock hopping around the shoreline from Resolute Beach to Great Mackerel Beach, taking the 2 other starters with her. All in all a nice easy short day was had by all.

Another Saturday, this time 8 March, saw the beginning of Francis Hartigan's overnight walk from Yalwal out to the Braidwood road. The party of 4 walked onto private property somewhere near the cemetery and the owner was not happy to see them but decided to let them pass after suggesting alternative ways for the future to avoid the possibility of encounters of the biting kind with the resident dogs. He doesn't see a lot of bushwalkers there; the last lot were around three months earlier. Picking their way round the occasional private property boundary the group eventually made their way to Wombat Flat pool. As they lunched they began to hear motor bikes which, when they arrived flew past without stopping. A few hours later they walked through a large motorcycle club camp with a mix of registered and unregistered machines totalling around 20. Then they came across a few 4 x 4 drivers trying to cross creeks, causing damage to the creek banks and laying the foundations for future erosion. The party camped on Boolijong Creek about 13.5 km past the Yarramunmum Creek junction. Such was the state of the party they all slept 11 hours that night. They also found another nice camp further South the following morning where they had a chat with the motorcycle riders. From Boolijong Creek to Peters Pass the going was totally overgrown and beyond Peters Pass to the power-line was very, very, very scrubby.

The deadline looms. Time to cut and run until next time.

IT'S GENERAL MEETING TIME AGAIN

You Are Invited to Attend the Six Monthly General Meeting



This meeting will be held at the Clubrooms on **Wednesday 10 September** at 8pm. It will take the form of open discussion between members and the Management Committee. All members and prospective members are invited to attend. There will be refreshments served before and after the meeting.

In addition to voting on any resolutions to be placed before the meeting, we will be inviting reactions from members on matters discussed by the Committee over the past six months since the AGM in March. These include the following:

Changes To Frequency of the Magazine

The Committee has decided to cease printing the magazine each month and instead to produce a copy once per quarter. Members will be encouraged to take an electronic copy (by email or web-site) instead of the printed version. A printed version will be available by mail to those who request it.

Electronic Newsletter

A short newsletter will be available in the two months between each quarter to update members on changes to scheduled walks and other matters at short notice. This newsletter will only be available in an electronic version (emailed PDF or similar)

Electronic Communication Developments

We will discuss the latest progress in creating the new SBW website and planned additions underway. Caro Ryan will give a presentation of the new web site which she is sponsoring.

The Walks Grading System

The walks grading system was changed about two years ago but some members have expressed a wish to return to the old system of grading walks "easy", "medium" or "hard" or at least showing this description alongside the current grades.

The Costs of Insurance and Confederation Affiliation

Concern has been expressed about our participation in NSW Confederation of Bushwalking Clubs and the high cost of the annual Affiliation Fees (\$2,400). We obtain very little benefit other than access to the insurance cover. These insurance costs are very high (near \$6,000) and the Committee has decided to investigate the cost of alternative insurance.

Committee members will be present at the meeting and will report on their areas of responsibility. They welcome your questions. This is your opportunity to have a say in the management of your Club.

A New Format for the Sydney Bushwalker

The Committee has decided to change the magazine in several respects.

- After this year it will be issued quarterly in February, May, August and November. Members and Prospective Members will have the choice of a copy by email or a printed and posted hard copy but the hard copy will be discouraged unless the member cannot receive emails.
- The new quarterly magazine will be larger and will concentrate on articles about walks and they will be supported by coloured photographs and maps. The printed copy will be black on white with the old cover and the emailed copy will be coloured.
- It will include the walks program for the following quarter.
- The months when there is no magazine published will have a one or two page Newsletter emailed to Members and Prospective Members. It will include short walks notices and any other notices. A hard copy of this Newsletter will not be made.
- The first quarterly magazine will be published in November this year and the December issue will be a small issue of the old type. January will have a newsletter only and February 2009 will have the second quarterly issue.

The reasons for the changes have been discussed with Members in the past. I will summarize them.

- The cost in person hours and dollars of writing, printing, collating and postage is high and emailing costs very little.
- There has not been enough new information and articles in each month's magazine.
- The current print quality and presentation is not good enough.

The Committee hopes and expects that you will enjoy the new format.

David Trinder - President

Le Tour Maroubra a La Perouse

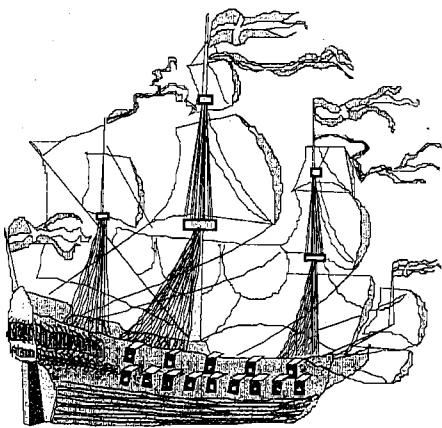
by Patrick James

Walks should have a theme; that my view and so of late I have managed to put together some "language walks". The ability to speak the language is not critical. The last language walk was *Bastille Day French Language, Le Tour Maroubra a La Perouse (and wail watch)* on 13 July 2008 when fifteen members and guests set out from the wilds of Maroubra for the pleasures of La Perouse. This followed the remarkable success of the same walk last year. This year's walk was affected only slightly by a large, international non-racing event at Randwick Racecourse. As a group we managed to neither influence nor be influenced by the yellow backpack brigade. We kept all prophylactics for our own use.

Most of the party were sporting some form of French like apparel or were clothed in the colours of the tricolore. The prize, if there had been a prize, would have been for Ron's beret floppy grande, or perhaps to Barrie's son's authentic French football jersey skilfully removed from his son's wardrobe. Catering for morning tea and lunch allowed individuals to express their epicurean bent to le cuisine francaise. Croissants and Perrier water for morning tea; baguette, Camembert and copious quantities and varieties of wine for lunch.

The walk Maroubra to La Perouse has three hazards to be considered. The first hazard is/are the coastal cliffs with plenty of elevation above rocks drenched with pounding waves. No one succumbed to this hazard. Hazard #2 are high speed golf balls from the four golf courses we walked around. Although it took a while for the party to observe, appreciate and adjust to the etiquette of tee-ing off and putting no one succumbed to Hazard #2, nor for that matter to Hazard 2a being chased by irate golfers armed with warlike clubs. Hazard #3 are even higher speed bullets from the rifle range. The warning flags were flying and the flat crack of long arms fire was audible to all, even the hearing challenged. Fortunately they shoot at stationery targets on butts and not at moving, wobbling butts below back packs. No one succumbed to Hazard #3. The whole walk was, I'm happy to report, incident free.

Of course we saw whales; plenty of whales. Well the others did. By the time I had the binoculars ready and pointing in the "over there" direction I managed to see only a few whale tails as they slid back into the water. Maybe the Wail Watch DVD is the way to go.



The walk Maroubra to La Perouse has oodles of history and is perfect for overseas visitors. The walk started at Mons Avenue, Maroubra, named no doubt after the Battle of Mons (in Belgium) on 23 August 1914. Maroubra seem to have a lots of streets with warlike names. The eleven ships of the First Fleet arrived in Botany Bay between 18 to 20 January 1788. Less than a week later, 26 January, in wandered La Perouse with his two ships *La Bussole* and *L'Astrolabe*. No ships since Cook left in May 1770 and then, quick as a flash, thirteen ships within eight days. A bit like Port Jackson on Boxing Day!

After staying in Botany Bay for six weeks La Pérouse sailed on 10 March 1788. He and his ships were wrecked at Vanikoro, north of the New Hebrides. La Pérouse was not just plain Captain La Pérouse, he was Jean-François de Galaup, le Comte de La Pérouse. Had le Comte de La

Pérouse returned to Paris he might have been just in time for the storming of the Bastille on 14 July 1789 by a large number of angry citizens Francaise; an event to be missed by anyone with delusions of grandeur as the title Comte suggests.

The walk Maroubra to La Perouse has oodles of maritime history as well. Between 1898 and 1955 six ships were wrecked in this vicinity. 5 May 1898, SS Hereward ran aground on to northern end of Maroubra Beach; 16 May 1899, SS Tekapo struck the southern headland of Maroubra Beach; 2 April 1931, MV Malabar ran aground on the northern side of Long Bay; 13 May 1937, SS Minmi struck the outside of Cape Banks; 16 January 1939, TSS Belbowrie struck rocks at the southern end of Maroubra Beach; and 29 May 1955, SS Goolgwai ran aground on rocks at Boora Point (North Point) Malabar. Pieces of SS Minmi remain.

The walk Maroubra to La Perouse has oodles of history not discussed such as The Coast Hospital Cemetery, smuggling, lighthouse, fortification, Bare Island, etc. The walk really is ideal for overseas visitors. It is also ideal for know-it-all pontificators; so watch out.

We fifteen had a good day; the rest of you missed a most enjoyable walk. "Language Walks" scheduled for the Spring Program include Dutch, Spanish and Legalese. Brush up on these languages and come and enjoy the theme.

Kakadu Kapers

by Rory Fagan

Kakadu June/ July 2008

9:30AM Darwin YHA - the team of 12 bush walkers was finally assembled. After months of planning by Tony, our leader, we were about to head into the depths of Kakadu National Park. 12 walkers for 12 nights with our food group plans meant 12 different meals cooked for the group in a hidden rota known to no man..The sun was shining and smiles were on everyone's faces as we boarded the bus - my unpleasant night of interrupted sleep at the YHA was soon put aside but not forgotten - the appointment for a "discussion" with the management upon my return had been made. This was to be my first extended walk with SBW after some weekend and day walks over the previous 2 years and I was full of questions. Would the diet of salami/ cheese and dried fruit prove too boring ? Would there be personality conflict within this smallish group over the next 2 weeks ? Would I be up to the fitness standard ? How would the food group work out ? Would my dish of wild rice with dehydrated veggies and lentils and mixed beans with Hungarian spicy sausage hit the mark or would I be ousted from the group in some Kakadu bush version of "Hells Kitchen" ? What would the SBW teams walking routine be like ? Early starts with a slavish adherence to the plan of the day or something more like a holiday walk with friends ? Would some of the older members of the party prove to be the fittest or would they be less swift ? My previous few walks with SBW had definitely led me to avoid making any early judgements since looks could be deceptive.

As a "new Australian" (my citizenship had come through the month prior and I had planned the trip as a way of celebrating by going walkabout in the sunburnt country) I was very keen to get to know my new country by walking the land. Hopefully some of the other members of the group would be able to pass on some Aussie bush wisdom to me. Only time would tell. One thing I could clearly see was that I would be the youngest on the trip (36 yrs old) - some of the other walkers had been to Kakadu on several occasions - Jan had even walked there 3 times previously so it must be good. The other walkers aged from early 40's to late 60's and for the most part looked very experienced. Anyway we were off.

After a quick 4 hours drive we arrived at the drop off point at Koolpin creek. We had a short walk to the campsite and the driver reversed the bus with a cheery wave. For the next 12 days we were on our own. We headed up the creek walking on alternatively burnt earth and tall grass. The pace of the group was reasonable and we were enjoying a very pleasant walking temperature. I had imagined that we would be walking through "Ten Canoes" type scenery and I was not disappointed. Tall grass on either side, beautiful trees, the occasional bird call made up the scenery we were walking through. In no time we had reached our sandy campsite by the side of the Koolpin creek. We were poised to walk up into the creek system. After the traditional rum and lemon barley (RLB's) we sat out and watched the incredibly bright stars come out and tucked into Col's delicious meal - seconds were had by all. Mike kindly explained how to find due South from the stars and the usual evening banter began - this was going to be a great trip.

The following day saw us head up the creek a short distance to find a huge pool at the bottom of the Koolpin creek waterfall - we all stripped off and dived in. Beautiful, clear, delicious Top End freshwater (and not in the "Wolf Creek" sense of the term). We soon made a habit of walking for a period of time and then after getting pretty warm in the tropical heat, Jody would shout out for a swim and Tony would agree (usually).



Days passed in a pattern of early mornings, good walking alongside creeks and exploring rock sites for art. Tony had identified several art sites before the trip and sure enough we found a great selection - from women only art caves (suitable female names were granted to the men to allow access), to adult education to hunting, to animals, to warfare and also mythical creatures. It was the perfect way to break up a section of walking with either art or swimming as the diversion.

By day 7 we found ourselves at Twin Falls - the view was spectacular! Hard to believe that the smallish creeks we had been following could create such a waterfall - in the wet this would be something to behold. In true trip fashion we also set off and found some rock art nearby after a scramble.

By this stage of the trip we were well into our routine - Col would be first up in the morning on fire duties getting the billy going. I would then join him and get my porridge on the go - to my great surprise I seemed to be the only porridge fan and numerous amusing derogatory comments were made at the expense of my humble rolled oats and dried fruit mix - ah well - one day I will succumb to the delights of the ashy burnt

muffin but not on this trip! I would then dismantle the tent and find a nice cool place in the creek for a swim and then to update the journal whilst sitting in the water/waterfall/pool - that is the way to write. We would set off at a reasonable pace and keep eyes open for rock scrambles, art or creeks with swimming potential. When hungry we would stop for a snack and when hot for a swim. The pace of the trip was ideal for me - fast enough to get to the areas of interest but slow enough to take in my surroundings and enjoy the walking.

Days 8 and 9 were tough - we had to cross between Twin Falls creek and Graveside falls and the long hot walk over rocky ground for much of the day was tough. A lot of water was drunk and some of the team began to feel it a little (myself included) - however my wife was expecting a slimmer version of me to return to Sydney so I pushed myself - Fitness First new Australian style.

Graveside Falls themselves were spectacular - totally unexpected to swim down a narrow pool and look over the edge and see a 150 metre drop straight down. The surprises on this trip were too numerous to count but one of the most stunning was this drop.



In Cascades Creek we had to complete a couple of narrow creek pool swims with packs - my favourite - options included: the rock climb with pack on a narrow shelf around the sides or swim through the slot pool - I thought to do both was the way to go!

The final couple of days saw us walk out along the creek towards Gunlom - christened "Glumlom" in my mind for the imminent end to the walk - as we began to bump into the day walkers the atmosphere of wilderness and solitude in the bush receded and it was with huge reluctance that some members of the group began to take to the water for their regular swims with shorts included. We particularly enjoyed the Piccanninny Ponds for beautiful smallish pools with an excellent outlook and also the large pool at Gunlom itself - made famous by the film "Crocodile Dundee".

What a walk! When's the next?

Walkers were: Tony Holgate, Jodie Dixon, Mike Arnott, Maureen and David Carter, Colin Atkinson, Rosemary McDonald, Lisa Ochs, Jan and Margaret Mohandas, Liz Wills, Rory Fagan

Photo Gallery: <http://gallery.me.com/roryfagan/100003>

Bibliography: <http://public.me.com/roryfagan>

June Long Weekend 2008 - Wollemi National Park (Newnes area)

by Maureen Carter

I was introduced to this area on the Ben Bullen map twenty years ago as the Red Rocks and it is a section of Wollemi which deserves its popular name.

Due to a false forecast of a weekend of rain, four walkers dropped out and only six of us left Newnes and headed west along Little Capertee Creek. We had morning tea on top of the escarpment, after climbing steeply to the high vantage point. On reflection, it would be easier to take the side creek north at 391261 and ascend a well-walked ramp. We enjoyed glorious views over the Capertee Valley as we hugged the escarpment and then lunched overlooking Pantoneys Crown.

Everyone was involved in the search for 'the Hilton', which David discovered at 388272 and then he realised that it was one of the first way points he ever stored in his GPS when it was a new toy. Our camp site on the cliff edge was perfect, except for the lack of water - a mere trifle! Our search of Canobla Creek was fruitless and just as we were preparing to share the water some of us had carried up, Terry and Isabelle began draining the rock pools overlooking our camp, which provided amply for the party. Apart from enjoying an excellent dinner, we were amazed by Dennis's prediction that we would see an iridium flare at precisely 6.21pm in the western sky, and we did. This bright light is momentary and results from the sun glinting off a communications satellite. On Sunday we followed scrubby Canobla Creek with its steep banks and reached our camp site, near the road, by lunch. We filled up with water from the excellent permanent supply at Canobla Gap and as mist had descended to enshroud our mountain top objective, we spent Sunday afternoon enjoying



a 10km return walk towards Glen Davis. There was no pub and no beer but we did have the wonder of a series of red cliffs guarding the valley to stare at on our little jaunt.

In warm weather on Monday we retreated south along Canobla Creek until we took the side creek at 404280 due south until a saddle between the pagodas from where we headed down the western side of the side creek following quite obvious foot pads and the easiest route down to Little Capertee Creek. The recent rain has provided a proliferation of ferns large and small along all the creeks but sadly little water flows in them.

The six happy bushwalkers who enjoyed a fine and scratchy weekend and a hearty lunch at Blackheath were: Francis Hartigan, Isabelle Kmita, Terry Moss and Dennis Trembath who were led by David and Maureen Carter.

Newnes Plateau - Highway Danger

The following disturbing notification was received from Ian Olsen for the Gardens of Stone sub-committee of Blue Mountains Conservation Society.

The Roads and Traffic Authority has announced that it is extending its study area for upgrading the Mt. Victoria to Lithgow section of the Great Western Highway to include a possible route across Newnes Plateau. This route would travel north west from Clarence to the vicinity of Bungleboori picnic area before turning west and south west to rejoin the Great Western Highway at Marrangaroo. Such a route would of course have a very serious impact on the natural values for which we are seeking improved management. We expect a highway across the plateau would affect the head of the catchment of wilderness streams such as the Wollangambe and destroy the Plateau's present sense of remoteness. Rather than improve access it would more likely create access difficulties due to the RTA's 'limited access' policy for highways. "

For more information on the upgrade of the Great Western Highway from Mt. Victoria to Lithgow contact western_projects@rta.tsw.gov.au or go to www.rta.nsw.gov.au and follow the links for the Great Western Highway.

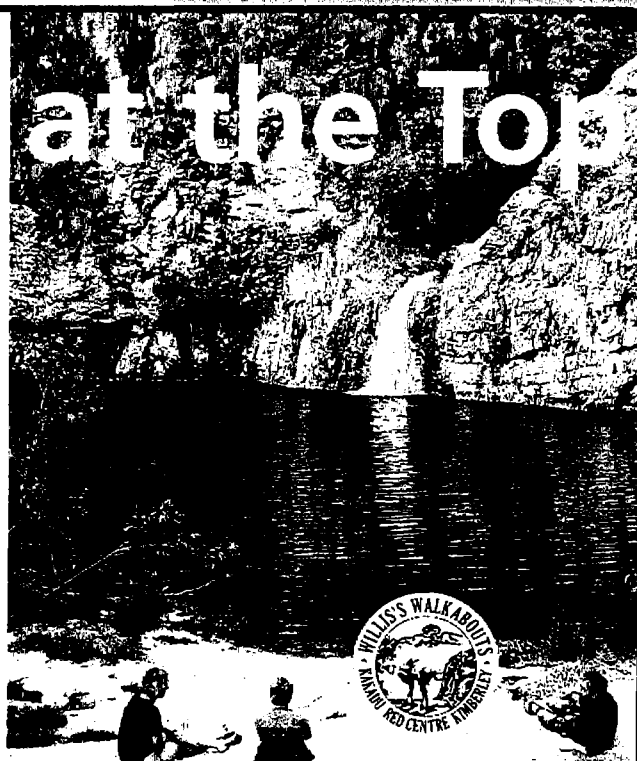
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ANZAC LONG WEEKEND EPIC (& DAWN SERVICE)

By Pam Campbell

*Karl Miller (Leader of Anzac and dawn service walk) Sue Bucknell and Pam Campbell
Second group- Melinda Turner (Leader) David Trinder, Mark Dabbs, Stephen and Yvonne Bradin*

The weather forecast was rain and that is how it started out when I met Karl at 5:30 pm outside Norm's Milk Bar at Strathfield Station on Thursday night. Every other person had the same idea of escaping for the long weekend and the traffic was bumper to bumper until we reached Katoomba and finally Carlon's Farm at 9:30 pm. We met Sue at Carlon's Farm and donned our gortex rain jackets, gaiters and head torches to start the walk along the Medlow Gap firetrail to Mount Dingo where we would camp. We needed to be ready to rise for the Dawn Service at Splendour Rock (which is at the southern end of Mount Dingo) at 6am on Friday Morning.

The full moon had just started to wain, but tonight it was nowhere to be seen and I was glad that I had purchased the Kathmandu head torch that I was wearing. It had four settings and a bright light that shone for about 5 metres. The fun started when we took the turnoff to the fire trail past Kennel Flat. About 50 other bushwalkers had been through and the mud was thick and slippery and in parts was a small river. After attempting to avoid the water I just decided to plough through the middle as my feet and boots were already wet with the rain. We decided to rotate the leader every 20 minutes which kept us alert and enthusiastic.

After passing Mobbs Swamp we finally came to the rocky climb that is Mount Dingo and a number of tents with sleeping bushwalkers. We quietly erected our tents (unbeknown to us, in the middle of the fire trail) and went quickly to sleep.

Pam, get up! It is time to go!

Karl and Sue were standing outside my tent ready to go - it took me a while to realise where I was (and I couldn't believe it was STILL raining). I quickly put on my boots, rain jacket and torch.

We arrived at the Service at Splendour Rock where there were an estimated 50 bushwalkers from a number of different clubs including the Wilderness Bushwalkers Rescue Service, committee members of the the Confederation of Bushwalking Clubs and a late group of teenage school kids. The actual service was very moving, with the Service Leader reading out the list of bushwalkers who had served and lost their lives in the war. A piper played the bagpipes to conclude the event and there was a general mingling, photo opportunities and a return to the tents to warm up.

After a cup of tea and a bite to eat we discussed changing the original plan which was to walk to Mt Cloudmaker via Mt Strongleg which would mean



After the Dawn Service on Splendour Rock

crossing the Cox's River (which at this stage was high and moving quickly). We decided to walk to Mount Yellow Dog and take the spur to Yellow Dog Point and camp at the beach this side of the Cox's. We packed up and as we had plenty of time, explored the chains used to climb the rock on the southern side of Splendour Rock. Karl climbed up the full height and took in the view from the top. The fog which had previously blocked the view had now disappeared. The sun came out at last and we were able to put our gortex jackets back in the packs.

It was wonderful to reach the beach at Yellow Dog Point at an early hour. We had a sandy beach to camp on beside the river and there was dry firewood to be found if we looked carefully. Karl had collected two bundles of firewood from under shelter back at Mount Dingo and Sue and I had stowed away kindling in our packs that we used to get a fire going.



Dawn Service Piper

Not long after putting up our tents, Mark Dabbs appeared followed by Stephen Brading. They were upon seeing our fire and billy on the boil, Melinda, declared that her group was camping with us.



Dawn from Splendour Rock

At dinner that night the plan changed again. Karl, Sue and I decided to join Melinda's group on the walk out over Saturday and Sunday.

Stephen noticed the next morning that the water level of the Cox's River had gone down by about 6cm. It was still too high to cross but it didn't stop Melinda and Yvonne discussing the various strategies they would employ if they did have to cross.

The route for Saturday was via Kanangaroo Clearing to have morning tea and visit the homestead, along the Cox's past the Yellow Pup Ridge turnoff and up Howling Dog Ridge (very steep!).

This took most of the day until we reached Little Dingo Hill and Splendour Rock where we deserved a good rest. It was a pleasure to walk along the ridges instead of the mud track taken on Thursday night. The views were better too!

doing Melinda's walk and were very glad to see that we had established a camp site.

Sunday morning was a fine day. We tried to take a track down the steepest part of Mt Dingo which didn't work. After numerous attempts we found the more gentle track to Dingo Gap and Mt Merrigal and Mt Warrigal where there were magnificent views of the Warrangamba Catchment and Lake Burragorang.

We made good time down Blackhorse Gap and up to Mount Mouin. At this stage I was feeling rather euphoric because it had taken a huge effort to get back into doing weekend walking after being Editor and slaving over a hot computer!

We reached Medlow Gap and hoofed it along the firetrail to Medlow Gap with Yvonne taking up the lead.

Karl showed good organisational skills by making a booking at the Gardener's Inn at Blackheath where we had a wonderful dinner before heading back home.



Keeping Warm

A Day Walk to Mount Guouogang

They took me on a weekend walk to Mount Guouogang a month ago, we did not make it to the top of the 1,150 m climb on the first day and we got back to the cars on the second day late, after three hours of night walking. I said I was not going to "go again" to Guouogang. Then somebody talked me into "going again" to Guouogang but this time as a day walk. This happened on Saturday 9 August.

At the Dunphy Carpark, Carlons Farm, as the frost on the grass sparkled under our head torches at 4 AM we started walking. After two hours of walking with head torches and three more under daylight we came to the Coxs River. Then we made a quick four hour flit up to Mt Guouogang for a short lunch and down again in another four hours. After crossing the Coxs again and half way up Mount Yellow Dog, day light finished and we were under head torches again and walking more slowly. Five hours later and after a total of 19 hours of walking we arrived back at the cars.

Karl Miller led the walk it as part of his Three Peaks Training Program. His planning and personal encouragement were done well. He pulled off the seemingly impossible; getting us up there and back in a day.

The participants were: Karl Miller, Stephen and Yvonne Brading, Skye O'Donnell, Melinda Turner and David Trinder.

David Trinder

The Mid-Week Walkers

by Bill Holland

The Midweek Walkers are SBW members, who have time to spare for mid-week activities, some of which are shown on the Walks Programme and some organised at short notice. These activities are advised by a monthly newsletter. If you would like to be added to my mailing list or join us on any of these trips please contact me. Bookings are essential so that accommodation can be arranged.

In July we spent a very pleasant week at Robyn's farm at Georges Plains. Ten of us attended for cool to cold days and then warm evenings in front of the roaring fire. Monday was arrival day with some afternoon light assistance to Robyn with tree planting - doing our bit to fight global warming. Tuesday included some bicycle riding for Rick and myself whilst the others went with Patrick to find the old Junction Reefs dam on the Belubula River. Patrick tells me that this dam was designed and built by Oscar Shultz in 1897 to provide hydropower for the nearby gold mine. They had an interesting walk and viewed the dam from across the valley. On Wednesday, we all went to Mount Canabolas near Orange. Here we had a relatively short but interesting walk up to the summit and down again. Thursday was a mixture with some just relaxing and others helping out on the farm. Friday was going home day but we helped Robyn round up some cattle and move them to another paddock before leaving.

- (a) Then, earlier this month, we were off to Yarangobilly Caves; A good time was had by all but more about this next month.
- (b) Looking further ahead our extended activities include a stay in Brian Holden's house at Stanwell Park in September. We will walk in the nearby national park or perhaps do some bicycle riding each day. After this there will be a week in the lodge at Jindabyne in October and another visit to Dunn's Swamp in November.

Now here are a couple of easier style walks scheduled for the next few weeks. Leader's contact and other details can be found in the Winter Walks programme.

Tuesday 9th September	Lane Cove NP Chatswood Station - Lane Cove National Park - Thornleigh A walk in the Lane Cove Valley with the option of some interesting diversions Grade: Easy Bill Holland 9484 6636 0418 210 290 billholland@bigpond.com
Sunday, 12 October 2008	Ole, Spanish Language Walk Celebrate Spanish National Day on 12 October. Attention all picadors and toreadors; matadors wear your Suit of Lights, come tilt at all the windmills we find. Walk from San Cowan to Rio Hawkesbury, 12 km of pampas, montaña and breathtaking scenery. An easy walk designed for the new, the young and the inexperienced; a walk for whom the bell tolls. There and back by train so you can practice Spanish. Spanish linguists will be on hand to assist with pronunciation, grammar and menu selection.

Blue Mountains National Park - Closures

NP&WS advise the following:

Murphys Glen camping and picnic area at Woodford - the Murphys Glen Road is closed to all traffic Monday to Friday until the end of August due to major resurfacing work. Weather permitting, the road will be open on weekends

Wentworth Falls picnic area upgrade work is expected to continue until the end of October 2008. Until then, there is no public access to the picnic area, and to walking tracks and lookouts.

For updates and further information contact the NPWS Heritage Centre at Blackheath, phone 4787 8877 - open seven days 9.00 am to 4.30 pm

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MONGOOSE CROSS 350 unisex bicycle. Blue. Cost \$876 six years ago. Excellent condition. 21 gears (SRAM), alloy frame, suspension seat post, front suspension fork, Hutchinson tyres, front wheel removal, water bottle cage. Will throw in many extras - bike rack for carrying on car, pump, odometer, 3 pairs Lycra shorts, 1 fluoro top, repair kit, inner tube, backpack, front headlight, rear flashing red light, toe clips. Bargain at \$320. Can email photo.

Judy O'Connor, Ph. 9929 8629 (m) 0419 414 361. judithoc@bigpond.net.au

SOCIAL NOTES

Hi Everyone,

Hopefully you are all enjoying what is probably the coldest and wettest winter we have had for a few years now. BUT there are lots of wildflowers out already, making the bush very pretty.

The July Social Evening with Kenn Clacher showing his slides on walking in Switzerland, Austria and Italy, drew a good response of around 30 members. It was a great evening. Thanks Kenn.

The Spring Social programme will be sent with this magazine - with 3 very different focuses. But first a reminder about the 1/2 Yearly AGM on 10th September, at 8pm. (This usually turns into a good 'social' evening).

In April 2009, World Expeditions is tailoring their Highlights of Ethiopia trip exclusively for SBW members. The September Social night is devoted to a presentation about this trip with Chris Butyx from WE. I did this trip about 3 years ago (with Chris) and loved it. Great hiking in the Simien Mountains teamed with an abundance of history.

The October Social night focuses on Greek food and revelry courtesy of club member, Spiro Haginikitas. In November we take a 'cool' trip to Antarctica with club member, Patrick McNaught.

Having now enthused you about the Spring Social Program, I need ideas and presenters for the January and February 2009 program.

Enjoy your walking and I will hopefully see you soon.

Kathy

SPRING SOCIAL PROGRAM

All meetings are held at the Kirribilli Neighbourhood Centre at 8pm unless otherwise indicated.

SEPTEMBER

3 Sept 7pm Committee Meeting
Observers welcome.

10 Sept 8pm New Members Night
Introduction of SBW for intending Prospective members.
Half yearly general meeting including a presentation about the new website.

17 Sept 8pm

Highlands of Ethiopia - April 2009
SBW exclusive trip - Information night.
Chris Butyx from World Expeditions, their Africa trips organizer, will be coming to showcase the highlights of this wonderful trip and area, which is being run for SBW members only. It is 17 days long, of which 10 days are spent trekking and the rest will be spent seeing famous areas.

24 Sept

New Members Training Night Please contact New Members Secretary for details and time.

OCTOBER

1 Oct 7pm

Committee Meeting
Observers welcome.

8 Oct

New Members Training Night Please contact New Members Secretary for details and time.

15 Oct 8pm

A Night of Greek Feasting and Revelry
SBW member Spiro Haginikitas is affectionately known for the culinary abilities of his Greek origins. He has offered to delight us with samples of this at our October social night. Greek music and dancing will also be on offer.

22 Oct

New Members Training Night Please contact New Members Secretary for details and time.

NOVEMBER

5 Nov 7pm

Committee Meeting
Observers welcome.

12 Nov

New Members Training Night Please contact New Members Secretary for details and time.

19 Nov 8pm

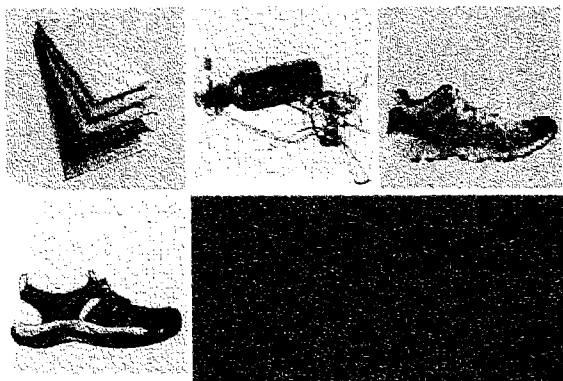
Antarctica - A 'cool' place to paddle and camp
SBW member, Patrick McNaught, will amuse and enthuse us with slides on his recent trip to Antarctica.

26 Nov

New Members Training Night Please contact New Members Secretary for details and time.

REMINDER - The famous SBW Christmas Party is happening on Wednesday 17 December.





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