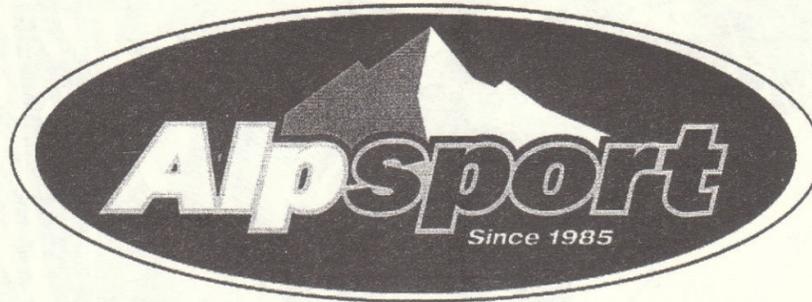


THE SYDNEY BUSHWALKER

August 2009

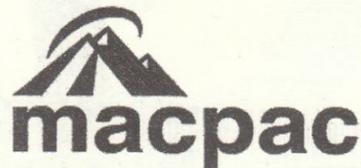
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August 2009, Issue 894

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THE SYDNEY BUSHWALKER and the SBW NEWSLETTER
are the monthly bulletins of matters of interest to members of
The Sydney Bush Walkers
PO Box 431, Milsons Point NSW 1565.

Editor: Melinda Turner
Printers: Kenn Clacher, Barrie Murdoch, Alan Sauran

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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 Warrumbungle's 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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Members are welcome to contact the following officers on club matters:

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The President Says

The end of July was perfect walking weather.

65 members were enjoying the outdoors with SBW on one recent weekend.

And many were new members. Congratulations to Helen, Mary and Rory on leading for the first time. Well done. We look forward to more opportunities to walk with you again and with other new leaders waiting in the wings.

One of our tiggers -our 20-30's members will be leading two walks on the Spring program designed for them. Give Shahram your support.

The half yearly general meeting is coming up on the 9th of September. The Committee will report on progress and on our aims for the next half of the club year. We look forward to your coming along and hearing from you as good communication is a two way process.

Good communication with and between members is important for a vibrant club. Particularly so for our new members in keeping them up to date with trip opportunities and training to develop bushwalking skills.

We recognised that improvements need to be made and are implementing a two stage process to achieve this. We will be in touch.

Our club icon Alex Colley turned 100 on the 1st August. The first in the club to do so. Roger Treagus compiled a scrapbook on Alex's life and bushwalking times and on behalf of the Club presented the book to Alex at a birthday lunch on his birthday.

Happy birthday Alex.

Ron Watters

From the Editor

This month we have an interesting and diverse array of articles from contributors both old and new.

As always, thank you to all concerned. Our newsletters and magazines depend upon your input, so please keep sending your articles and photos in.

Melinda Turner

From the Committee Room

At the July meeting:

Walks History Project

Bill Capon addressed the meeting on behalf of the Project Committee, Martia Durham, Tony Marshall and Barbara Bruce. They have compiled a list of all Australian walks put on this program since 1927 organised in geographical areas depending on start.

Agreed that the project proceed.

Club members are to be asked to review and send comments to Tony Marshall. Final version to be posted on the web site in Members Area for comment.

Alex Colley's 100th Birthday on 1st August

Roger Treagus well advanced on scrapbook project. Working towards completing by mid July for presentation to committee for consideration.

Business cards to advertise Club

Melinda has submitted some samples. Deferred to next meeting as she was in Kakadu.

Coolana

A document proposing wider use of Coolana will be published in the July Newsletter, August magazine and on the Members Area of the web site for comment by members prior to the proposal being discussed at the half yearly General Meeting in September. See "President Says" in this issue.

Membership Subscriptions

Membership Secretary will provide report on unpaid subscriptions.

Rejoining

Gerald Osman and Mark Asic have been readmitted to the Club.

New Full Members

Richard Denham, Skye O'Donnell. Vivien de Remy de Courcelles, Emmanuelle Convert and Julian Martin admitted to full membership.

Walks Reporting and Leader Development Process

New walks reporting process working well. Six nominations made for Potential leaders for action by Leaders Development Group.

Adventure Activity Standards

Supported Confederations submission to Outdoor Recreation Industry Council
That the standards apply to commercial ventures and not voluntary Bushwalking Clubs. ORIC second draft to be viewed at end of July and comment made by SBW.

Upgrading of walks to Q status

Ron Watters two x1day walks in Towarri NP and Stephen Brading walk from Mountain Lagoon to Colo River upgraded.

Ron Watters (Standing in for Helen MacDonald)

Conservation News

The Colong Foundation for Wilderness advises:

Our National Parks are under threat from Commercialisation and Blood Sports / Help Nature Claim Them Back!

Public Meeting: To stop the commercialization of nature and national parks by blood sports and commercial facilities.

Wednesday 9 September, 5.30-8.00pm at the Theatrette, Parliament House, Macquarie Street, Sydney

Speakers:

- The Hon Ian Cohen, MLC (meeting convener)
- Prof Ralf Buckley, Director, International Centre for Eco-tourism Research
- Dr Carol Booth, Policy Officer, Invasive Species Council
- and others TBA

Every person attending this **Public Meeting** represents added credibility in the eyes of the media, to politicians and is crucial to the fate of nature conservation in NSW. Be there and spread the word.

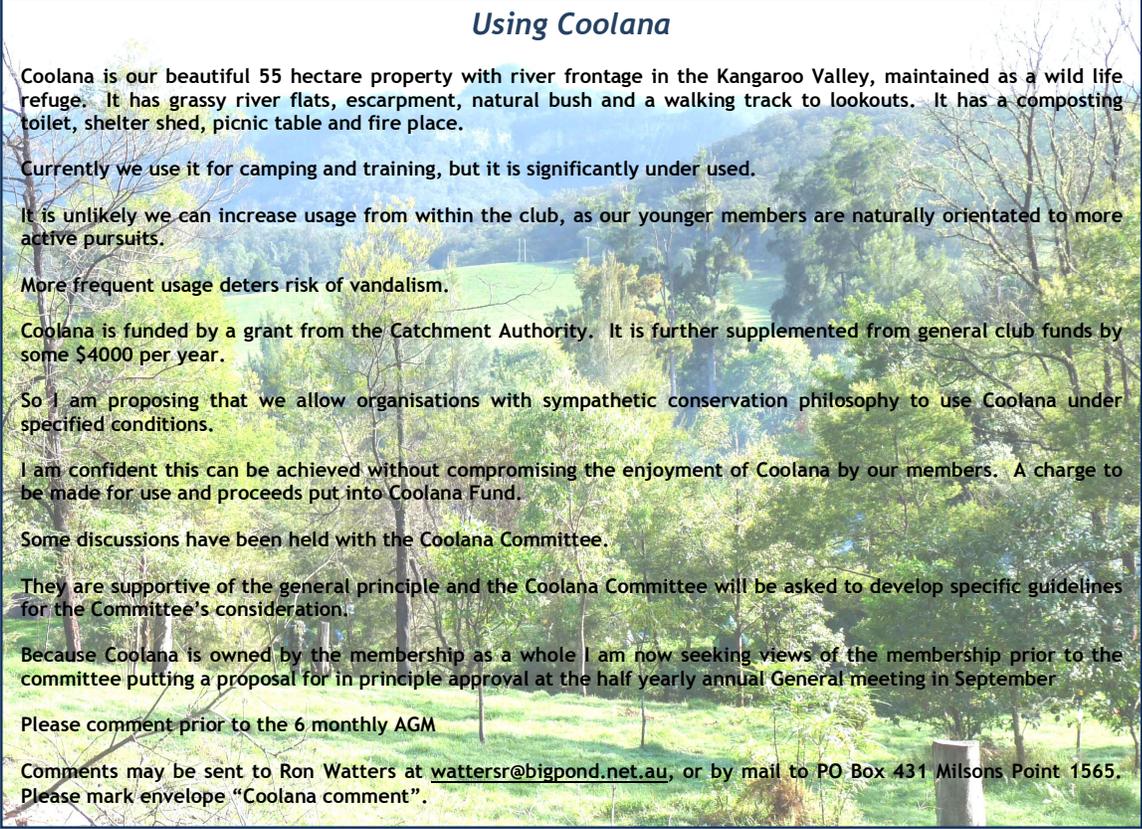
The proposed laws to slaughter animals and birds, and permit all sorts of commercial facilities (luxury private accommodation; eco-lodges) threaten to turn the National Parks idea upside down.

Don't let National Parks be ruined by political deals or fast buck schemes.

TAKE ACTION

Attend the Public Meeting / Write to your local member / Contact Environment Minister Carmel Tebbutt.

Help us to help you get involved. Go to www.npansw.org.au for more information, campaign updates and how to lobby and campaign on this issue



Using Coolana

Coolana is our beautiful 55 hectare property with river frontage in the Kangaroo Valley, maintained as a wild life refuge. It has grassy river flats, escarpment, natural bush and a walking track to lookouts. It has a composting toilet, shelter shed, picnic table and fire place.

Currently we use it for camping and training, but it is significantly under used.

It is unlikely we can increase usage from within the club, as our younger members are naturally orientated to more active pursuits.

More frequent usage deters risk of vandalism.

Coolana is funded by a grant from the Catchment Authority. It is further supplemented from general club funds by some \$4000 per year.

So I am proposing that we allow organisations with sympathetic conservation philosophy to use Coolana under specified conditions.

I am confident this can be achieved without compromising the enjoyment of Coolana by our members. A charge to be made for use and proceeds put into Coolana Fund.

Some discussions have been held with the Coolana Committee.

They are supportive of the general principle and the Coolana Committee will be asked to develop specific guidelines for the Committee's consideration.

Because Coolana is owned by the membership as a whole I am now seeking views of the membership prior to the committee putting a proposal for in principle approval at the half yearly annual General meeting in September

Please comment prior to the 6 monthly AGM

Comments may be sent to Ron Watters at wattersr@bigpond.net.au, or by mail to PO Box 431 Milsons Point 1565. Please mark envelope "Coolana comment".

Maureen's Meander to Melbourne Stage 15 - Sussex Inlet to Burrill Lake 5, 6, 7, 8 June 2009

David and I were joined by six other participants on this stage of my meander with David, a member of Sydney Bushwalkers Club, being the only member of the party who does not belong to The Bush Club. However, Liz Wills, Rosemary McDougall, Jan Roberts and I are also Sydney Bushies. Pat Bell, Eric Easterbrook and Judy Turner came along as Bush Club members.

Over the four days of the June long weekend (most of us added the Friday) we walked a total of 22 beaches, explored many bush tracks and covered approximately kilometers. We took the opportunity to stay each night at our second home at Berrara, which fitted us all comfortably, and each night we enjoyed conversations around the dinner table on diverse topics and there was no shortage of red wine.

Much of the walking we did was through Conjola National Park which stretches from Sussex Inlet to Lake Conjola along the coast and contains a huge area of native forest which stretches back to the Princes Highway - 17 kilometres away. Our house abuts the Park now as it was created from Cudmirrah National Park and Crown Land just six years after we bought there.

Here is just a taste of what we are doing on this series of walks.

Day 3 - Conjola Beach to Ulladulla

We drove in two cars to Conjola with a later start today and by 10am we were enjoying views from strategically placed platforms above Conjola Beach back to Green Island and south to Narrawallee in the distance. I had wanted us to divert behind the dunes to walk along the very beautiful Burrawang Track but David convinced me that our late start meant we needed to keep moving.

As we walked along the broad acres of Conjola Beach the dunes provided shelter for the Narrawallee Nature Reserve. After morning tea at the northern end of Buckleys Beach we diverted from the coast along a sandy forested track until we emerged at the wide waters of Narawallee Creek where it empties into the Tasman Sea. On our last visit we had easily waded across the creek but I was horrified to find a large expanse of cold deep water in front of us. Liz suggested that I ask the young man with a canoe to ferry us across and so I engaged the services of Jake to save us all from a freezing swim in the swift flowing waters. He was quite taken aback when I gave him \$20 for his trouble but I think we all considered it a small price to pay for a comfortable crossing. Jan left us here to walk back to Eric's car which she subsequently drove to Ulladulla.

After a few ankle deep water crossings we landed at the most artistic toilet on the coast at Narrawallee. A mutiny almost occurred as I insisted that we by-pass the picnic facilities there and move on to Mollymook Beach. I heaved a sigh of relief when one lone picnic table emerged on a grassy spot overlooking Mollymook Beach and it was a perfect shady spot for lunch.

Next followed the 2 kilometres of golden sand heading for the ugly Mollymook Golf Club, which is very prominent on the southern headland. Rosemary and I walked along a private road for a few hundred metres where a client of hers once purchased a water-front property. The group met up to walk down the steep steps onto Collers Beach which contains the peaceful

Mollymook Bogey Hole where children could safely bathe in its shallow natural rock pools. I was pleased to find a few paths through the bush and a minimum of street walking as we made our way around to the North Head, Ulladulla which is opposite Warden Head.

Here is the site of 'One Track for All' which was constructed in 1998 by the Budawang Aboriginal Landcare Group and consists of a cultural heritage tour with carvings, signs and sculptures telling the history of the Milton Ulladulla area from an Aboriginal perspective. It is a pity that the clever wooden sculptures with their often funny stories are becoming badly weathered. I did record my favourite piece before it disappears altogether:

Maureen's Meander to Melbourne / Sussex Inlet to Burrill Lake cont.

*1770 Captain Cook sailed up here for a bit of a look
Tried to anchor, sea too rough! "Saw some Indians in the buff".
21st April that's what he wrote, now we tell our story about white fella boat.
Big white bird came by one day, don't like us fly away
18 summers down the track, guess what? Buggers come back!*

From North Head some of the group headed downhill to find a coffee shop and at 4pm five of us drove back to Conjola Beach to retrieve Eric's car and head for home leaving David to collect the others. On the way back to the highway I spied a male lyre bird in full plumage scratching for treats on the roadside. We soon scrubbed up and devoured another afternoon tea just before happy hour and a variety of tasty leftovers accompanied by plenty of leftover wine too. Rosemary and Judy's special chocolates made a perfect dessert at the end of a perfect day.

I look forward to Stage 16 which will take us to Batemans Bay, but, I need to re-schedule this particular stage from the end of June until mid-November when we should have some perfect spring conditions to allow us to swim in the many beautiful coves along the way. It will be interesting to compare the delightful NSW south coast with the coast which we will be visiting in our two months in Western Australia over winter.

Maureen Carter

Advertising Manager for Magazine Needed

The Sydney Bushwalkers Magazine needs someone with good communications skills to manage our present advertisers and look for more advertisers.

Duties would include managing our current three accounts; sending out invoices; collecting fees; and, setting up good relationships with prospective advertisers such as outdoor pursuits shops and travel providers. The Manager will also need to recommend strategies to the Committee on an annual basis.

Please contact our President, Ron Watters with expressions of interest. Ron can be contacted on 9419 2507 or 0419 617 491 or waters@bigpond.net.au

Membership Renewal Reminder

Have you paid your annual subscription? If not, please do so.

If you have not received a 'Notice of Subscriptions Due' please contact Brian Holden.

His contact details are: jholden6@bigpond.com.

BUSHWALKS WANTED FOR SBW SUMMER PROGRAM 2009 -

What bushwalking ideas do you have?

We are so lucky in Sydney. We can easily walk in the mountains close by, in parks that thread their way into the suburbs of Sydney, along beaches, through rainforest covered mountain ranges or our awe inspiring Alps.

Those walks you have always wanted to do, those walks others would love to do, SBW needs your help! We need all trips; easy through to hard. There is also room for trips that look at history, cultural or environmental issues. Or maybe a gourmets walk!

The Summer Walks Program is now being compiled; get those walks to me as soon as you can.

Tony
02 9943 3388 (h) / 0434 968 793 (m)
tholgate@optusnet.com.au

The Galapagos Islands and South America

We spent an unforgettable week in the Galapagos Islands, which are quite wonderful. The animals are so tame; you keep tripping over them and really have to watch your step! We stayed on an 8 cabin boat, and visited 5 islands in 5 days, moving on between islands overnight (usually a 6 hour cruise to the next one).

After that, we had 4 days in the Amazon jungle in Peru. We were on the Madre de Dios River, 4,400 km from the mouth of the Amazon, but at only 180m above sea level! We saw lots of animals close up, including sloth, caiman, giant river otters, monkeys, parrots galore, capybaras, etc, etc. Great fun!



Madre de Dios River

We then spent 20 days touring and trekking in the high Andes of Peru and Bolivia. We were based at Cusco, a beautiful 500 year old Spanish city and the ancient seat of the Incas. We did a 7 day hike to Machu Picchu. We walked past huge, 6,000+m mountains (20,000ft), camped at high altitude below glaciers with thundering avalanches, and walked as high as 5,000m, descending eventually to Machu Picchu, which is at only 2,000m in tropical jungle. The ruins there are on a much grander scale than I had imagined. The mountain setting is majestic, and it impressed even a jaded traveller like me no end.

Other than at Machu Picchu for 24 hours, we were above 3,500m the whole 20 days. Our second walk was in Bolivia for 4 days, between Lake Titicaca and La Paz, in the Cordillera Real. Here the mountains were even wilder. We got as high as 5,400m (17,800ft). Camping at high altitude was pretty cold i.e. minus 3 or 4C in the tent, and minus 12 or 13C outside! But we were relatively snug. And the days are warm, even at that height, up to 20 degrees C in the afternoon. I never dreamed I would ever get as high as 5,400m, let alone getting there on foot. It is hard work climbing that high, you need to take it slowly, plod, plod, plod. Some of the time we were outside our comfort zone and questioning our own sanity, but in hindsight, it was worth it.

We then went to La Paz, a crazy place, the world's highest capital, with the highest commercial airport, football pitch, golf course etc, etc. It is built on steep hills, and the city tumbles down canyon slopes of clay. If they ever have an earthquake there, it will be a disaster. Terrible contrasts of rich and poor. The rich live at the bottom of the heap (warmer at 3,100m), while the poor live up at 4,100m in the cold. Fantastic local music everywhere, steeped in tradition, and wonderful, friendly people.

We exited South America via Santiago in Chile. Spent our last day in Valparaiso, which is full of (rapidly) fading elegance. They could really make something of this place, a sort of San Francisco, if there was any money. Santiago is pretty cosmopolitan and very Latino. Might as well be in Spain. While elsewhere in S. Am the people we came across are predominantly of Indian stock, in Chile they must have effectively decimated them (as in Australia & the US), because everyone looks Spanish.

After 5 weeks (my longest holiday ever), it was good to get home, after so many new sights and sounds. Our Spanish came along quite well, the only fly in the ointment was the theft of my new camera, right at the end of the trip, so I lost all 1,200 photos and video clips we had taken along the way - a minor tragedy at the time, but I now have it back in perspective, & it is really not the end of the world. Oh yes, and we both got bronchitis, which did not help coping with altitude!

Terrey Hills to Church Point / June 21

(An unusual route showing off both the Cowan Creek estuary country and Pittwater)



View from Flagstaff Lookout

Great sunny cool day and enthusiastic walkers with 4 eager prospectives. . We sailed down to Smith Creek from Terrey Hills for morning tea amongst the mud crabs and mangroves. Then up a glorious little wetland on a faint track to a slippery log crossing of the creek. Some people braved the cold water and waded across and others edged across the slippery log. Then we faced a small climb to the ridge tops and the track to take us across to the Pittwater side of the park. Lunch was had on a rocky platform with distant views of Coal and Candle Creek. After a good morning shakedown the rocks seemed quite comfortable to lie on.

Then, we pushed further eastward to the Lambert Peninsula track system where we walked to the cliff overlooking Lovett Bay which in the afternoon light looked green. A quick decent saw us in the western foreshores boat access only residential area where we passed a lovely waterfall and stopped at the now famous (because of the novel by the same name) Salvation Creek. The tracks around here were built in the 1890s and the stonework is still intact. Then up a switchback to an historic lookout, Flagstaff (also called Birney) lookout, one of the best lookouts in Sydney and surely the best on Pittwater. Then we trudged across some hanging swamps to the youth hostel and finally down to the ferry wharf just as the sun was setting. Everyone thought the walk had a lot of variety and we saw 2 small wallabies as well. And finally a relaxing ferry trip across to Church Point where we had left cars to take us back to the beginning.

Roger Treagus

Navigation and First Aid Training Weekend: Saturday & Sunday, 10/11 October 2009.

To assist Prospective Members to fulfil and/or complete their first aid and navigation requirements for Club membership. This training weekend will be held at SBW's property *Coolana* in Kangaroo Valley south of Sydney during the October school holidays. All Prospective Members are invited to attend and are invited to bring their school aged children plus spouse (facilities at *Coolana* make the property suitable for non-bushwalkers). The training program extends from 9 AM Saturday to about 3 PM Sunday in a relaxed, friendly, rural setting. Email leaders to book and for details.

Leaders: Bill Holland 4296 3084, billholland@bigpond.com and
Patrick James, 95679998, pjames28@bigpond.net.au

Ziploc Omelette

Edith Macaulay

Crack 2 eggs (large or extra-large) into the Ziploc bag (not more than 2) shake to combine them. Prepare a variety of ingredients such as: cheeses, ham, onion, green pepper, tomato, hash browns, and salsa. Add prepared ingredients of choice to Ziploc bag and shake. Remove air from bag and zip it up. Place the bag into rolling, boiling water for exactly 13 minutes.

Open the bags and the omelette will roll out easily. Be prepared for everyone to be amazed.

Imagine having these ready the night before, and putting the bag in boiling water while you get ready. And in 15 minutes, you've got a nice omelette for a quick breakfast!!!



Cook for 13 mins...



Roll out



Yum!

Dehydrated Meals for Bushwalkers

For all those interested in dehydrating healthy and nutritious meal, check out the following site:

<http://dehydrated-food.blogspot.com/>

The site is run by a young Victorian woman, Marcelle Gannon, and may very well be the best Australian site that the editor has seen. It provides a great range of interesting range meals and lots of handy hints.

Check it out!



Tikka Masala

Walking Across Lake Eyre – Not your normal bush walk

By Roger Treagus

The main Lake Eyre, affectionately known by its fans as LEN (Lake Eyre North) is the world's largest ephemeral salt lake with the world's 6th largest inland drainage catchment occupying a third of Australia's landmass. When full it is easily Australia's largest lake. Its main water inflow is from monsoonal rains coming down from northern Queensland rivers such as the Diamantina and Cooper Creek. This is what happened this year. It wasn't enough to fill the lake. Even as a partial fill it was a poor effort compared with 2000. Minor floods on the lake occur every 4 years, major floods every 12 years or so and complete fills about twice a century. The difference this time was that the media discovered it. They made it sound that it was a once in a lifetime event whereas it is quite common. The birds knew the true situation and made only a token visit to the lake to breed compared with previous floods, partially due to the lateness of the season when the water finally arrived.

Australia's early explorers belong to the end of the 18th and the 19th centuries. LEN's early explorers mainly belong to the 20th. Right up to the 1980's Europeans were setting foot at significant places around this lake for the first time. Roma and John Dulhunty were 2 of these explorers. They were the first Europeans to set foot on the island in the lake that now bears their name. That was in 1973. Other names before them were Bonython, Madigan and Halligan. The lake was walked around for the first time in 1983 by Bonython and Kreig. Some of these explorers are still alive today.

Out there, on the vast salt sheets there are no landmarks, no vegetation of any sort, no life, no sounds, and no frame of reference. Just the dazzling pure white surface meeting the desert blue sky: This is true sensory deprivation country for bushwalkers offering a walking experience like no other. Roma Dulhunty wrote about all of this in her trilogy and fell in love with the mystique of the lake. I did too just by reading her accounts and after 2 visits. Days of calm on the lake when all is fresh and crystal clear she called "spell" days, because on these days the lake had her in its spell. It was beautiful beyond description in the clear winter atmosphere. She reported strange mirage effects including moonlit mirages at night. When camped out on the salt sheet in a dazzling bright full moon Roma also reported a wraith like feeling bordering on the sense of a presence. This was perhaps brought on by the extreme sense of remoteness. Her scientist husband put that down to "shimmer" waves of advected cold air travelling across the lake. Perhaps most mysterious of all was the low pitched and unexplained rumble that the lake emitted and experienced also by the stockmen who work the great cattle stations such as Muloorina near the shores. This is a very different and unfamiliar world offering up an experience like no other. After reading Roma's books and visiting the lake I came away with a fascination for it and a desire to get out onto the lake and have some of this for myself. After studying the routes taken by these 20th century explorers I settled on the idea of walking across the dry lake during the mid winter period when temperatures were between 2-20 degrees. My chosen route was modelled on the Dulhunty's exploration area and consisted of a crossing of the lake from its western shore at ABC Bay to its eastern shore at Level Post Bay, a distance of approximately 120km. North West Head of Belt Bay encompasses ABC Bay where the western access road from Williams Creek ends. From there the walk would cross Belt Bay past Australia's lowest point at minus 15 metres to Silcrete Island, down Little Camel Canyon and Babbage Peninsula to Big Camel Canyon and Jackboot Bay, From there the walk would cross Jackboot to an extraordinary feature, the sand spit, and then cross Hunt Peninsula at the Breakthrough with a final push of 40km across the vast Madigan's Gulf to level post bay and the eastern road access coming in from Marree. The route was south of the evil slush zone, and the red muds of the northern part of LEN and was in theory on the easier to walk salt crust.

Nothing about this walk looked to be routine. The planning, the logistics or the forecast walking conditions. The challenges and the dangers were significant. There had been attempts to challenge the lake in many ways that had met with failure and near disaster. Mossel's failed 1978 attempt to boat across the flooded lake and a recent well publicized kayak trip that ground to a halt in deep mud on the Warburton Groove are examples.

I should say at this point that the walk has not yet happened. It was planned for July 2009 but unfortunately the lake flooded with a metre and a half of water in Belt Bay. A totally dry lake was what we needed.

So now we look to next July. By then without any inflows next summer the water that is there now will have evaporated precipitating out a lovely new fresh crunchy salt crust on which to walk. Does all this sound straight forward and realistic to you? If it does then the lake has set its first trap by imparting a false sense of security. Fate seeks the unwary and the unprepared. The lake is full of the unexpected and can act like a vicious entity. If you lose focus even for a minute while "out there" you can get into trouble. If you actually meet with any success it is because to quote Warren Bonython, "she has let you through".

Walking Across Lake Eyre – Not your normal bush walk

cont.

Here are some questions that you might ask about the project.

Q: Can you walk on the lake?

A: The salt crust is up to 500mm thick and floats on deep mud, the consistency of thick soup. This is the best walking surface but muddy section will abound where the crust is thin, especially along the shoreline. It deteriorates northwards towards the slush zone, where the water table is near the surface. If mud is encountered it may not support a person's weight.

Q: What happens if the mud cannot be walked on?

A: Buoyancy needs to be increased. This can happen by spreading one's weight to reduce the pressure on the surface through wearing snowshoes or cross country skis. All reports suggest that wearing these will get us through LEN mud.

For bad patches roping up the party is an option. When the Dulhuntys started sinking in mud (they had no x-c skis) they spread their bodies across the surface to present the largest surface area to the viscous mud and rolled to the nearest salt shoal. It worked. They got exceptionally muddy but once it dried the mud fell off. I can't be washed off as that would consume precious water.

We could look pretty silly walking across a salt lake with skis on and roped up. I once went skiing at Falls Creek and came back to Sydney via the Strzelecki Track and the Tirari Desert through Innamincka in north east South Australia (as you would do). When I pulled up at the Innamincka pub with the skis on top of the vehicle it got a laugh from the pub patrons.

Q: Is it legal to walk on the lake, which is a national park?

A: The SA government discourages people going onto the lake. You need a permit. To get one you need to show you are properly equipped and with a satellite phone and have an acceptable reason for being there. I have a permit based on my nominated reason which is to carry out some scientific work. This was not a trivial ruse to get on the lake. It has a proper scientific basis. In my case it is to measure the shimmer waves, record the rumble and photograph the moonlit mirages if possible. For this I need some met. equipment and a sound level meter plus cameras of course.

Q: How long will the walk take?

A: 5 days plus a 3 day contingency for bad weather, accidents or slow progress

Q: What bad weather?

A: When you don't have "spell" days you have gales. It blows like the clappers out there as there is nothing to stop the wind and almost impossible to walk against. It better not rain with more than 5mm as that will modify the lake surface.

Q: How much drinking water is needed considering that there is none available anywhere?

A: Other winter expeditions around the lake have allowed 6 litres per person per day for everything (drinking, cooking and washing). That is 48 litres for 8 days plus an emergency reserve. In water alone each person would have to carry over 60kg.

Q: How can all the gear be carried? That would also include food, cooking and camping gear, communications gear and scientific instruments.

A: Carts can be especially constructed to take the gear. These are attached to a person who hauls them. They need balloon tyres to ease pressure on the lake surface. The carts can take about 120kg of gear each.

Q: Do such carts exist?

A: Yes and they have already been tested and secured. They have been purpose built and seem ideal

Q: Won't balloon types puncture with the desert thorny bushes

A: On the lake there is no vegetation and the short sections of over landing is on sand with sparse vegetation. If necessary a path can be cleared and in any case puncture kits will be taken

Q: Why not have food and water drops?

A: Convenient locations are only accessible by helicopter and that is expensive and there is always the outside possibility that the food could be got at by dingoes. In any case provisions in the cart are worth hiding in the Spinifex.

Walking Across Lake Eyre – Not your normal bush walk

cont.

Q: How many in the party and how would it operate?

A: Any more than 7 would make the operation unwieldy. Any less than 4 would not have the capacity to carry the necessary gear. The plan would be to have one cart less than the number of people which still provides sufficient capacity and allows respite for a cartless person which can be rotated amongst the group. This arrangement also allows a cart to carry an individual in case of injury.

Q: Isn't there a possibility that the whole operation could come a cropper and the first step you take will see you sinking deeply in thick ooze that is too thin even for skis? Then you call it all off in panic.

A: There are no guarantees that we won't encounter LEN in a bad mood. Perfect knowledge about lake conditions are what we want. These are very difficult to get. There will be a low level aerial reconnaissance of the route a few weeks to a few days before hand plus on the ground lake surface testing with skis and snowshoes at accessible points. The "recci" will indicate the best route across the salt and the route will be programmed into GPSs.

Q: Who can you ask for good info?

A: Trevor Wright from Williams Creek, the folks at Muloorina and Anna Creek Stations but perhaps the best is Bob Backway, Commodore of the Lake Eyre Yacht Club of which I am now a proud associate member. Bob KNOWS the lake. His web site is excellent and shows the latest satellite pics that give good interpretations of the current lake surface. He is our latest explorer having just completed an epic circuit of sailing through the Simpson Desert in his catamaran up the Kallakoopa River to the Warburton River near Goyders Lagoon and then down the Warbuton back to LEN. A jaunt of about 700km. He was under sail most of the time.

Q When is this planned for?

A: The full moon period in either July or August.

What is Plan B?

We exit the lake to the nearest shore if it starts raining heavily or presents with very extensive thin mud with no easy route through it. From the shore we can walk to the Odnadatta Track with our supplies or walk towards Level Post Bay. We could leave the carts if they don't travel well overland provided we are close enough to help.

And Plan C?

There is always the sat phone and the EPIRB for emergencies.

Q Have you got people crazy enough to go yet?

A. Not quite. There is still 2 to 3 spots to fill but only for eccentrics.

Not your normal bushwalk. But out there, on the lake, "normal" loses its meaning.



Belt Bay

Megalong Valley – Coxs River – Training Camp

Saturday 11th – Sunday 12th July 2009

Michael Keats

Title	Megalong Valley - Coxs River - Training Camp
Date	Saturday 11 th - Sunday 12 th July 2009
Leader	Caro Ryan
Maps etc	LPI Hampton topographic map 1:25,000, 8930 -4S, second edition. GPS setting WGS 84.
Walk description and route	Day 1. Megalong Tea Rooms - Coffee and training discussion. Packing a pack. Drive to junction of Megalong Valley Road and 6 Foot Track. Walk the 6 Foot Track to Coxs River campsite. Establish camp. Navigation Training and possibly some exploratory walking. Day 2. Break camp. Explore local area and navigation training.
Star rating and Membership qualifying status	** , M, TIE.
Gear issues	Full pack. PLB will be carried, electrolytes, maps, compass. Change of gear for afterwards.
Numbers	Maximum 12.
Meeting point	Article 1. Blackheath 0840
Transport	Club cars.
Comments	Bring the camera. This is spectacular country
Enquiries	Caro Ryan email caro@juicy.com.au or Tel 0412 304 071

The Party

Caro Ryan (leader), David Brignell, Lynne Outhred, Bruno Pase and Michael Keats, (members of the Bush Club), David McPhail and Diane McPhail, (Bush Club prospective members). Chris Madin and Claire Madin (Sydney Bushwalkers prospective members). (9).

Track Notes

The unfortunate events of an English backpacker getting lost in the Jamison Valley a week ago resulted in Ian Thorpe's planned exploratory walk of the Bungleboori Creek in the vicinity of the 'Mini Arthurs' being abandoned as the urgent call for BWRS¹ volunteers went out. This happened just hours before Ian was forced to pull the plug. There I was - all packed and ready for a weekend of adventure. As there were only three of us on Ian's walk (the minimum) I was not prepared to call the other guy, an SBW member, and suggest we do it ourselves.

I then looked at the Bush Club program and saw that Caro Ryan had a training pack walk on. There is always something to learn so I signed up. Caro was full of guilt feelings as she also is a BWRS leader. It is very hard call when she has so many others dependent on her leadership.

This was my first TIE² pack walk and indeed my first TIE walk. It was a case of, just relax and enjoy it. Everyone was keen, arriving at the meeting point 20 minutes early, so the group adjourned to a user-friendly coffee shop in Blackheath for a fix and get to know you. It was great to meet new people and to catch up with some familiar faces.

In convoy, the group headed down to the Megalong Tea Rooms in the Megalong Valley where Caro arranged use of the grounds for a training session on how to pack for a pack walk. It was instructive.

A ground sheet was laid out, and on it Caro placed a veritable mountain of gear. Comments of disbelief as to how it all fitted in a backpack rippled around the group. Items were first grouped into 'Housing', 'Food', 'Sleeping', etc. Each item within each group was then systematically subjected to discussion and review.

Many excellent points were made including the need to make sure each item taken was necessary; wherever possible every item had more than one use; the use of different textures for bags containing different items; the need to pack light; the need to always carry emergency survival rations; always carry a full map of the area; never ever go into remote areas without a PLB and so much more.

Perhaps the strongest messages were to evolve a mix of items that worked for you, keep reviewing and keep honing and refining. I had an interesting discussion with Lynne about ultra lite packs. Her experience has been negative while mine has been very positive. It reinforces the message that in bushwalking a 'one size fits all' philosophy does not work.

¹ Bush Walkers Rescue Service

² Take it easy

Megalong Valley – Coxs River Training Camp cont.

With sleeping bags the issues are even more complex. Are you a 'hot' or a 'cold' sleeper? Then do you like to be constricted like a mummy or do you want to have lots of room to move about. Even for an individual, different sleeping bags are needed for different seasons.

How much weight to carry? This is another personal question for which there is no definitive answer. Biomechanical studies would seem to suggest that about 25% of body mass is the optimum maximum for sustained walking without doing too much damage.

Then of course on top of all the above is what civilizing indulgences do you wish to reward yourself with for being 'out there'? I like to have a fine cheese and a good red wine. This is a ridiculous weight burden but having reduced my essential total pack to 11kgs I am prepared to add that extra 2kg to civilise happy hour around the fire...

At 1115 the cars were parked on Megalong Valley Road where the 6 Foot Track crosses on its way down to the Coxs River. Here we paused while a number of members reviewed their pack contents. Some even repacked completely.



Somehow the time passed by and it was a very leisurely start to walking at 1227. The 6 Foot Track was crowded with many parties and groups travelling in both directions. A surprise for me was to encounter Karl Miller and Melinda Turner heading up an athletic group that was completing the return leg of a dash to the pluviometer on Black Range.

As we came under the shadow of Billy Healy Hill, where Megalong Creek joins the Coxs River the roar of water as it rushed through the big granite constriction was good to hear. It has been years since the Coxs River had a good flush. Later I spoke with a group who had camped on the Coxs at Breakfast Creek. When I quizzed them about river height they indicated it was not much above normal, which I found surprising.

We had lunch just off the track at approx GR 408 642. Not the most salubrious of spots but there was a good view of Pinnacle Hill some 200m higher and about 1200m away to the south. After lunch it was a stroll down the track to Bowtells Swing Bridge where those who had not experienced the sensation of a real swing bridge took to it for photo opportunities.

Being winter and with the shadows already lengthening it was soon time to look for a campsite. A near perfect spot was found on the river at GR 396 636. There were large areas of sand interspersed with well-worn granite flags and boulders. Once the site was decided everyone was commandeered into gathering firewood - enough for a convivial nighttime fire as well as breakfast in the morning.



Tents were then pitched, water collected for purifying, then it was time to break out the goodies for happy hour that drifted into dinner. The Brie and the Andrew Thomas Hunter River Shiraz were most acceptable. Caro regaled those of us who wanted to try it, with the SBW signature drink based on lemon and rum - perfect for a cool winter evening. Conversations ebbed and flowed and the fire was kept going until about 2030 when we all turned in.

At 0600 Caro called reveille. She was keen to leave early so she could go and join in the BWRS search for the lost backpacker. The previous night we had had a discussion that if she were needed I would take those of the party who wanted to go for a day walk in the Wild Dog Mountains. About half way back Caro was able to get mobile reception and confirmation that the search was still in progress.

Back at the cars after completing the paperwork, signing on Chris and Claire as visitors on a Bush Club activity, we farewelled Caro, thanking her for a most enjoyable and constructive time as well as wishing her well with the search. Everyone decided to take up my offer of a short walk along Ironpot Ridge.

By 1100 we had parked and locked the vehicles at the 'Galong' property gate and climbed the stile. It was a real pleasure to be taking a group for their novitiate Wild Dog Mountain experience. Ironpot Ridge is a superb way of showcasing the glories of the Wild Dogs. In the allotted two hour time frame there was opportunity to inspect the aboriginal water pots that give rise to the name, a number of stone axe grinding groove sites and extensive views to the north and south.

Megalong Valley – Coxs River Training Camp cont.

To the south east, Mounts Mouin, Blackhorse and Warrigal dominate; to the south and, on the horizon the Kanangra Walls reflecting the sun; to the west through the trees the beetling cliffs above Black Harrys Gully. Turning to the northwest the Gibraltar Sugarloaf and the Gibraltar Rocks Range, due north the Sugarloaf Peak, Mount Victoria and then, northeast the Hydro Majestic Hotel at Medlow Bath. The eastern horizon is the continuous ridge of the narrow Neck Peninsula.

It is a rewarding short walk. I did have plans for lunch on Goolara Peak however time constraints made this impossible. We contented ourselves with having lunch with a view looking north up the Coxs River and tracing the profile of Pinnacle Hill. It was a mere 12 hours earlier that we were camped down on the Coxs River on the northern flank of this hill.

We returned to the vehicles at 1300 as planned so people could meet their other commitments. However, this did not stop us from having a pleasant afternoon tea together at the Victory Café in Blackheath. Plans to do Devonshire Tea at the Megalong Tea Rooms were overtaken by events- a speciality group of the Chrysler Car Owners Club had taken over the place.

In summary, a very pleasant, easy going gentle weekend with great company where everyone learned something. I like to think a few more bushwalkers have 'discovered' the wonders of the Wild Dog Mountains and will return for more adventures.

Table of Dates, Times, Locations and Grid References

Date	Time	Location	Grid Reference
11 th July	1227	6 Foot Track & Megalong Valley Road GR	GR 438 638
	1240	Lunch	GR 408 642
	1440	Bowtells Bridge	GR 393 633
	1508	Camp	GR 396 636
12 th July	0830	Break camp	GR 396 636
	1010	6 Foot Track & Megalong Valley Road GR	GR 438 638
	1100	Galong property boundary gate	GR 428 576
	1205	Lunch on Iron Pot Ridge	GR 403 569
	1300	Return to vehicles	GR 428 576

Editor's note: I would like to thank Michael Keats for allowing us to reproduce the trip notes he wrote for Caro's walk. Anybody familiar with Michael's books will recognise the meticulous attention to detail used in recording his walks. Surely a lesson for the rest of us!

WILLIS'S WALKABOUTS

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Alex Colley Turns 100

Our most famous and long lived member, Alex Colley turned 100 on August 1st. Alex's daughter Fran staged a big party for the birthday with many long serving SBW members in attendance as well as Alex's colleagues from the conservation movement. All of Fran's family had flown out from the United States for this great occasion including Alex's grandchildren. Alex is still sharp of mind although it is getting more difficult for him to get around these days. A slide show of Alex's life was projected onto a screen in the reception room, in Eden Gardens at North Ryde. As the birthday cake was wheeled out the whole group numbering over 60 raised their champagne glasses to their revered friend, a very moving moment and the celebration of a life well lived.



Alex surrounded by family and friends at his 100th birthday

Alex was one of the original "Tiger" walkers who in the 1930s performed extraordinary feats of bushman skills and walking endurance and stamped a certain aura onto the club. How about a 3 day weekend walk consisting of 110km off track, climbing 3000m, going through virtually unknown country, travelling very light with inadequate maps and scaling cliffs never climbed before. This sort of walk was routine for Alex and his companions who included Dot English, Jack Debert, the club's first president, Max Gentle and the legendary Gordon Smith. Also in the party was Alex's future wife Hilma Galliot.

These "Tiger" walks were also a window into history. On the "Epic Gangerang trip" in 1937 the group met a bushman living at Kedumba in the Jamieson Valley who was 97. Doing the sums, this meant they were talking to a person who was born only 27 years after Blaxland, Lawson and Wentworth crossed the Blue Mountains.

Alex was club president during the Second World War and was a very long serving conservation secretary. Alex made major contributions to winning conservation campaigns that lead to the creation of national parks like Kanangra Boyd, the Border Ranges and the dedication of the Blue Mountains and surrounding national parks as a world heritage area.

The extent of his contribution over the years is inestimable. Going through old editions of the SBW magazine one finds pre-war articles about conservation issues. Also in the magazine archives are innumerable walk reports and bushwalking stories of Alex and include one gem entitled "Should Bushwalkers Marry?"

Alex and Henry Gold produced a wonderful "coffee table" book "Blue Mountains World Heritage" in the 1990s with Alex's text and Henry's pictures.

SBW's gift to Alex was a book of tributes from club members who know him, stories of his exploits and some of his articles taken from early editions of the Club magazine. SBW also gave Alex the 147 page transcript of his Australian National Library Oral History Interviews that he gave in the 1990s.

Happy Birthday Alex. We all salute you. You are a jolly good fellow. And so say all of us.

Roger Treagus

The NPWS have a new website and are eagerly seeking comments from the public in its review of the plan of Management for Sydney Harbour National Park.

Please see www.sydneyharbourpom.net.au

Walks & other activities

1 July - 31 July 2009

Leaders: - After an activity please email the completed Walks Attendance Form and Activity Report to walksreporting@sbw.org.au with a copy to brading123@optusnet.com.au

Please keep the signature sheets as these are a legal document.

Thanking you in anticipation - Stephen

Date, Walk Location & Route	Activity Participants
<p>26 JUNE - 7 JULY Kakadu Gumlon Waterfall Creek - Barramundi Creek - Cromophlyn Creek - Cascade Creek - Graveside Creek - Surprise Falls - Twin Falls Creek to Jim Jim Creek & Falls. Highlights & Memorable Moments: Another paradise trip - The water systems are beautiful beyond belief - An absolute wonder for the first timers. Over the first five days the pools and cascades just get better and better. Cascade Creek is the ultimate. In one pool there is a slippery slide of about 8 metres. We established a new record - A "train" of 10 people. This is my 9th trip to Kakadu, 8th to this area. The first week was hotter than usual with temperatures to 33 to 34 degrees with hot nights. The last 3 to 4 days were normal - no humidity, no mosquitoes and temperatures to 28 to 30 degrees. We also had one cold night of 7 degrees, usually there are many. We sighted 2 Western Taipans (only 1 sighting before) and a Death Adder.</p>	<p>David Rostron Mark Bebhington (P) Don Finch Ros Kerrigan (V) Mary Liu Rosemary Macdougall Paul Pinkerton Sue Pinkerton Karl Miller Neil Hickson David Trinder Melinda Turner</p>
<p>SAT 4 - SUN 4 JULY - Weekend Coolana Maintenance & Bush Regeneration</p>	<p>Bill Holland & Others</p>
<p>SAT 11 - SUN 26 JULY Central Australia -MacDonnell Ranges Grade 222 <i>Redbank Gorge - Mt Sonder - Ormiston Gorge - Ormiston Pound - Mt Giles - Serpentine Gorge - Ellery Big Hole.</i> Highlights & Memorable Moments: Magnificent views from such places as Mt Sonder, Mt Giles, the Red Walls and the walk around Serpentine Gorge, as well as the many picturesque canyons we visited.</p>	<p>Kenn Clacher Edith Baker Karl Miller Clare Holland</p>
<p>SAT 11 JULY - Half Day Walk - M221 North of Sydney - Brooklyn - Cowan</p>	<p>Jodie Dixon & Others</p>
<p>SAT 11 JULY - Day Walk - X331 36km +/- 1400m Megalong Valley - Black Range Pluviometer - Return <i>A fast paced training walk, on the hilly mid section of the 6 Ft Track</i> Highlights & Memorable Moments: This fast paced trainer for later events attracted 8 starters. Dodging motocross bikes proved to be the major activity of the morning. "King of the Mountain" title goes to a very happy Philip (Some secret training has been going on here) - fantastic effort. Three ultra-runners said hello as passed us on a 12 Foot Track circuit (Explorers Tree - Jenolan Caves - Return). Leaving the Coxs we had a chat with Caro's Mob heading down to the river for their BNO. "King of the Caf��s" title goes to Melinda for being first back to the cars. "Dry Shoe Award" to Barbara. Total time 7:50 hrs for the 36k, +/- 1400m. 8 tired and weary bodies - well done guys!!</p>	<p>Karl Miller Melanie Freer Emmanuelle Convert Vivien Remy de Courcelles Barbara Ertz David Trinder Melinda Turner Phillip Worledge Karl Miller</p>
<p>SUN 12 JULY - Day walk -M111 19km Easy-Medium North west of Sydney <i>Canoelands to Gentleman's Halt and return. Panoramic views of Hawkesbury River. Steep sections. All on ridge top tracks</i></p>	<p>Alan Sauran & Others</p>

Walks & other activities cont.

Date, Walk Location & Route	Activity Participants
<p>SUN 12 JULY - Day walk - 8.5km Easy Metropolitan Area Maroubra à La Perouse</p> <p style="text-align: center;">Highlights & Memorable Moments:</p> <p>Bastille Day Walk, French language and cultural activity</p>	<p>Patrick James Rosemary Bailey(P) Mariana Carrasco Geoff Coleman Claudia Douglas Brian Holden Kylea Lane (P) Anita McMahon (P) Danny Moss (V) Nigel Palmer Margaret Wells (V) Fritz (V)</p>
<p>SAT - SUN 11 - 12 JULY - Weekend Walk - S111 Megalong Valley 6 Foot track - Megalong Rd - Coxs River & Return</p>	<p>Caro Ryan Claire Madin (P) Chris Madin (P)</p>
<p>TUE 14 JULY - Day Walk - Easy/Medium Shellharbour - Killalea State Park</p> <p style="text-align: center;">Highlights & Memorable Moments:</p> <p>With only two for this midweek stroll we explored the areas around Bass Point and Killalea Park. Both were near the leader's house where morning tea and lunch offered a suitable break from the less than strenuous activity.</p>	<p>Bill Holland Helen Lallas Gareth Ryan (V)</p>
<p>SAT 18 JULY - Day Walk - L333 Hard Q Wild Dog Mountains & Cox River Dunphy Carpark Carlons Farm - Ironpot Mtn - Ironmonger Spur - Cox River - walk 3km downstream from Breakfast Creek - Blue Dog Buttress, 580m trackless climb - Knights Deck - off track down to Breakfast Creek - Carlon Creek - Dunphy Car park Carlon Farm.</p> <p style="text-align: center;">Highlights & Memorable Moments:</p> <p>Perfect weather for walking allowed us to enjoy some of the best spots in the Wild Dog Mountains and still get back to the cars by 5pm. As there was enough wind to blow away the blue haze the view from Knights Deck was superb. Unfortunately the nettle in Carlon Creek is over the track and at some spots waist high. It is disappointing National Parks are spending money planting out fields which provide grass for wildlife instead of spraying some of this weed. We passed and avoided numerous kangaroo, some wallaby, one echidna and Shetland ponies on the road. Seems the road is more popular with wildlife than the bush.</p>	<p>Stephen Brading Melanie Freer Huwap Rees (P) Richard Winthrop Philip Worledge Simon O'Brien</p>
<p>SAT 18 JULY - Half Day Walk - M221 Sydney North - Cowan to Berowra</p>	<p>Jodie Dixon & Others</p>
<p>SUN 19 JULY - Day Walk - M211 14 km Q Metropolitan Area - Lane Cove National Park Gordon station - Blackbutt Creek - De Burgh Creek - Lane Cove River - Conscript Pass - Lorna Pass - Coups Creek - Wahroonga station.</p>	<p>Tony Holgate & Others</p>
<p>SUN 19 JULY - Bicycle Ride Easy/Medium Shell Harbour Area - Meet at Dapto station and ride to leader's house at Shell Cove for lunch and on to Bass Point and beyond.</p>	<p>Bill Holland & Others</p>
<p>SAT 25 JULY - Navigation & First Aid Training</p>	<p>Patrick James & Others</p>

Walks & other activities cont.

Date, Walk Location & Route	Activity Participants
<p>SAT 25 JULY - Day Walk - M212 16km Metropolitan Area - Eastern Suburbs <i>Maroubra - along the coast to South Head and finish Watsons Bay. Tracks with a small section of scrambling. Great coastal views.</i></p> <p>Some participants arrived by bus</p>	<p>Rory Fagan Kim Bailey Christina Riolo Karen Kool (P) Zol Bodlay Sarah Bodlay Helen Lalas (P)</p>
<p>SAT 25 JULY - Day Walk - L211 28km Metropolitan Area - Circular Quay to Manly Circular Quay - Harbour Bridge - Cremorne Reserve - Little Sirius Cove - Taronga zoo - Bradleys Head - Coffee at Chowder Bay - Balmoral Beach - Manly</p> <p>Highlights & Memorable Moments: Having someone ring at 6am on the day of the walk and ask if they could come.</p>	<p>Mary Liu & Others</p>
<p>SUN 26 JULY - Day Walk - L322 26km Sydney North - Brooklyn to Berowra <i>Brooklyn Station - Brooklyn Dam - Jerusalem Bay - Cowan - Berowra Waters - Berowra.</i> Train used by some walkers to get to the walk and to avoid a car shuffle.</p> <p>Highlights & Memorable Moments: Well, what a fantastic surprise; a blistering 7 hours! We started at Brooklyn station and headed onto the Great North Walk for a 26km trek to Berowra. A very easy track to follow with plenty of sections to get the heart pumping. The walk passes the shores of picturesque Jerusalem Bay where the group stopped for morning tea before continuing onto the half way mark at Cowan station. From Cowan Station the Great North walk continues towards Berowra Waters where the group stopped for lunch at a fantastic view point After lunch it was a steady uphill onto the Benowie Walking trail back to Berowra before the rain set in. A very enjoyable day.</p>	<p>Helen MacDonald Yvonne Brading Stephen Brading Ken Smith Nigel Wingate Sandra See (P) Stanley Wong Marcia Kaye (P) Mary Liu</p>
<p>SUN 26 JULY - Day Walk - M223 14km Hawkesbury River</p> <p><i>Spencer - Haycock Trig - Matthew Ridge - Wiseman's Ferry Road near Gunderman.</i></p>	<p>Ian Thorpe Margaret Weaver Marina Chan Christine Austin Craig Austin Hugh Fyson Alan Sauran Suzanne Aubran Tom Wilson (V) James Cryer</p>
<p>SAT 25 - SUN 26 JULY - Weekend Walk - M222 Q Govetts & Grose Valley <i>Descend the stairs to Govett Gorge, Junction Rock, camp at Acacia Flat then walk through the amazing Blue Gum Forest and up the Grose River and Victoria Creek to Victoria Falls</i></p> <p>Highlights & Memorable Moments: On the planned walk we were going to sleep at Acacia Flat and walk to Mount Victoria on the second day. Because fires are not allowed in Acacia Flat we decided to sleep at Burra Korain and have a warm night beside a fire. Most of the party was strong so they came back to Perrys Lookdown on the Sunday and the others came out to Mt Vic. Weather was good on Saturday and it became wet on Sunday afternoon. Stellar performance from David Merrick.</p>	<p>David Trinder Melinda Turner David Merrick (P) Zahir (P) Jouni Leppanen Pam Campbell</p>

The Midweek Walkers

The Mid week Walkers returned to Currawong in August with fifteen people attending a very successful week. This will be the subject of a later report.

We have had to change the **Glass House Mountains** arrangements in September. Both Ian Debert and Joy Hynes are suffering from ill health and indications are that this may continue for an indefinite number of weeks. To play safe, and not be an inconvenience to them, the proposed venue has been moved to a nearby caravan park. We will still have an opportunity to visit Ian and Joy and probably have a barbecue at their house on one night.

Here is our programme:



September: Glass House Mountains
(Monday 31st August to Friday 4th September)

Camping or cabin stay at a caravan park near these impressive mountains in Queensland. Walking will be moderate with options for the more or the less fit. Perhaps some cycling depending on interest.

It is preferable to book early for this very popular event. Due to distance it may be preferable to share transport so let me know if this is required and perhaps I can assist.

Monday 19th - Friday 23rd October: Deep Pass

Camping at Deep Pass offers many opportunities for easy to medium style walking. We will be tent camping with a big tarpaulin to guard against a change in the weather.

The camping ground at Deep Pass has all facilities and is reasonably close to cars. This area is well known in bush walking and I am sure there are many suggestions to make it a memorable week.



**Monday 23rd - Friday 27th
November: Dunns Swamp**

I know we have been twice already but this particular area in the Wollemi Wilderness is so popular. The crowds at the weekend vanish during midweek and we have most of the area to ourselves.

The weather will be warmer making paddling and swimming a real pleasure. The area is well suited to canoeing and walking.

The Mid-Week Walkers are an informal group of 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 and advised by monthly newsletter. These can include easy to medium walks, perhaps some cycling or even a little bird watching as well.

If you would like to receive our monthly newsletter or join us on an activity please phone me on 42963084 or email billholland@bigpond.com.

Upcoming Events

Abseiling Instruction

22/23 August and 10-11 October 2009 at 'Coolana', Kangaroo Valley

These are the first two abseiling instruction weekends; others will follow depending on demand. The instruction site is in the escarpment area very close to the *Coolana* car park.

Saturday will be The Basics. This is for absolute beginners and others who want to brush up on existing skills. There will be instruction in the following:

- Safety;
- Equipment - ropes, helmet, harness, carabiners, figure-8 descending device;
- Understanding choices of Anchor Points, Knots;
- Abseil Instruction;
- Belaying;
- Prussiking;

The day will begin with a tiny, one metre drop abseil on gently sloping rocks and end with slowly descending an overhang of 11 metres. Many canyoning situations involve the need to abseil an overhang and it is actually easier than some 'walk-downs'.

Sunday, the crucial component of self-rescue using prussik knots will be learnt. Improvised Rope Rescue applications will be discussed, demonstrated and practised. There will be plenty of time on Sunday to practise the techniques and skills learnt over the weekend.

Booking (by email) is essential if you would like to attend as group size is limited. Closer to the time I will send participants a more detailed list of requirements and directions to *Coolana*.

Claudia Douglas

Qualified Abseil Instructor and Leader through the Australian School of Mountaineering, Katoomba.
claudiadouglas@westnet.com.au

Peregrine trip to the Simien Mtns

Edith MacAulay is looking for people interested in participating in the Peregrine trip in the Simian Mts. It starts on the 25th October from Addis Adaba, the capital of Ethiopia and lasts for 14 days. The highlights are the Castles of Gondar, the Simien Mountains National Park (a UNESCO World Heritage - listed site) and the Lalibela Rock-hewn churches. It involves 9 days of trekking in the most beautiful mountains in Africa with the opportunity to see baboons, ibexes, endemic birds and maybe the Ethiopian wolf.

Edith plans to stay an extra week to see other areas and then have a 3 day stopover in Dubai on the way home by flying Air Emirates.

Edith can be contacted on 0266 856 469 or by email at edithm@internode.on.net

Patrick's 'Social and Short' Walks in Lane Cove NP

Patrick McNaught is trialling a series of 4 social and short walks in Lane Cove NP. All will be easy although there are some steep descents /ascents to and from Chatswood Station. The first walk is on Sunday 30th August. The last walk in November includes a barbeque at Patrick's place in James Street (after walk). If well supported, Patrick will organise a series of 4 easy walks in the Blue Mountains. See "Short Notice Walks" on website for details of the first walk and the next program for info about the following walks.

Spring Social Program

SBW AUCTION

Wednesday, 19th August, 2009, 8pm, in the clubrooms at Kirribilli Neighbourhood Centre.

Come along and snaffle a bargain in the relaxed atmosphere of the SBW Auction Café. Table swapping will be encouraged. Coffee, tea and other liquid refreshments will be available. Bring your takeaway dinner and dine and buy in comfort. SBW Auctioneer Patrick James and his attractive assistants will dispose of your donated lots and attempt to empty your purses, pockets and wallets painlessly.

Bring all your unwanted, surplus to requirements, good quality new and/or used gear for biking, camping, canyoning, cooking, fishing, gardening, kayaking, mountaineering, paddling, skiing, walking; your old, tired, frayed and out-of-date abseiling ropes, dented and damaged safety helmets, boots too small, packs too big, tents, wet suits, dry suits, and plants from green thumb members. For approved members (with written permission from their parent(s) or guardian) "sale on commission" of substantial items will be available; conditions apply.

The SBW Auction Café opens at 8 PM, the first lot will be auctioned at 8.20 PM, and then its bid, bid, bid and buy, buy, buy until all goods change hands. This is an ideal opportunity for new members to get some basic equipment.

All items relating to an outdoor lifestyle are welcome.

The Auctioneer will be PATRICK JAMES.

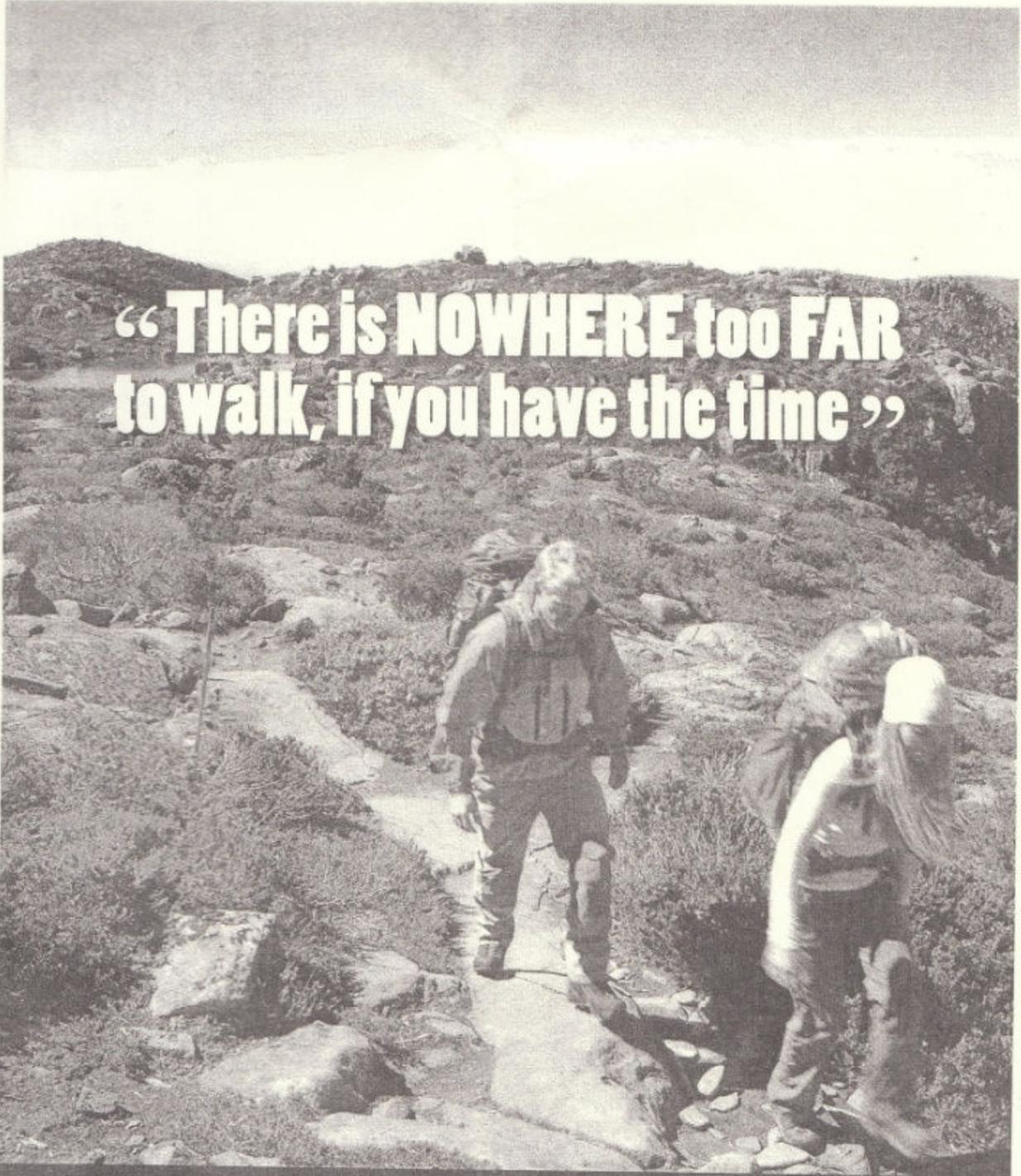
MUSIC IN THE BUSH



Wanted classically trained musicians and singers.

In March 2010 SBW is staging a classical music concert, *Music in the Bush* (somewhat akin to the popular *Opera in the Outback* but without the fat lady singing). All SBW classically trained musicians and singers are invited to contact the Artistic Advisor as soon as possible to discuss the Concert and their potential involvement. The invitation is also open to close associates of SBW members and prospective members. *Music in the Bush* will be suitable for orchestral instruments and voice. The music envisaged at this stage will be the more popular classics suitable for an audience of diverse musical appreciation.

Please contact our Artistic Advisor, Claudia Douglas at claudiadouglas@westnet.com.au



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