

Sydney Bush Walkers Newsletter

JANUARY 2010

Sydney Bushwalkers
PO Box 431 Milsons Point NSW 1565

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PURE MERINO



The President Says

At the Christmas party a member of many years said to me, "every time I go out on our trips I meet many new members full of enthusiasm and having fun." I am delighted to hear that.

38 went through to full membership, mostly in the second half of the year. With special encouragement in the first half I am sure we can top 50 in 2010.

When the circumstances justify, walks can be granted Q status after the event. Leaders: please pay particular attention to this. It only takes a minute to send in your report to walksreporting@sbw.org.au. Prompt decision guaranteed.

This is particularly important for overnight walks, where opportunities to get away for two days are precious for new members.

Many thanks Karl for giving Molly the chance to complete her overnight Q.

Ian; a Q for those successfully completing your Wollongambe Gourmet weekend?

Q walks are about showing self sufficiency and contribution to the group to make an enjoyable weekend. They do not have to be difficult. If they have a mix of conditions that you would expect to find in the bush then they are Q. Both Sue Bucknell and Bill Hope have overnight Q walks in February and I commend them to our new members who have built up fitness with a number of day walks. Great opportunities to finish off the criteria and join our walking family. We like having you along. I will have another overnight Q in March. 11 on my last one - a fun occasion - so book early to avoid missing out.

The Summer program emphasises our commitment to upgrading leader skills. Special activities will focus on the finer points of navigation -6 February in Ku-ring-gai NP and advanced first aid in bushland settings 21-22 February at Lane Cove, open to members with Leaders and potential leaders encouraged to attend..

Bill Hope is developing an activity focussing on group management so important for running successful trips, particularly those of extended duration. Watch this space for developments.

Wishing you memorable adventuring in 2010

Ron Watters

Editor's Note

Hi everyone,

It was great to see so many people at the Christmas Party, always such a good chance to catch up with old mates and meet some new ones.

This is certainly the time for some of the longer, extended walks. If you are lucky enough to be on one stay safe and have a great time.

Make sure you take your camera along so you can share some of your best moments with the rest of us. (An article would be good!)

Enjoy the New Year, Melinda

(editor@sbw.org.au or turner.melinda@gmail.com)

Please welcome the following new full members:

- | | | |
|------------------|-------------------|-----------------------|
| ✿ Lisa Ochs | ✿ Vicki Presdee | ✿ Anthony Anderson |
| ✿ Martin Morgan | ✿ Penelope Irvine | ✿ Yeok (Ken) Williams |
| ✿ Daniel Laver | ✿ Jill Paillas | ✿ Sun Clement |
| ✿ Laurent Billot | ✿ Marcia Kaye | ✿ Marek Slecza |

From the Committee Room

A summary of proceedings at the Committee Meeting on 3rd December 2009.

The meeting opened at 7pm with 7 members present and 5 absent with apologies.

- The Minutes for the November meeting were confirmed

Matters arising from the Meeting:

- Wilderness First Aid Course: 50% deposit has been paid. To be run on weekend 20-21 February. SBW will subsidise 50% of the course. 10 people will need to sign up. Agreed that further promotion of both the first aid course and the navigation course being run by Don Finch on 6 Feb is needed.
- Canyon Competencies: Canyon competency guidelines are being compiled by Tony Holgate, Claudia Douglas and Ian Wolfe. The Committee agreed that an abseiling register of leaders was also required.
- Consolidation of Membership Database: The Committee were circulated an email regarding the consolidation of the databases. It has been requested that comment is received by mid-December. For further discussion at the next meeting.
- Correspondence: Email received from Roger Treagus asking if SBW would participate financially in the publication of a book celebrating the life of Alex Colley. The Committee agreed that further information be requested.
- Treasurer's Report: Approved for payment: KNC \$300, NetStarter (12 months) \$540, Snap Printing \$1235.87, Kathy Gero \$33.45.
- New Members: Admitted to full Membership: Lisa Ochs, Martin Morgan, Daniel Laver, Laurent Billot, Vicki Presdee, Penelope Irvine, Jill Paillas, Marcia Kaye, Anthony Anderson, Yeok (Ken) Williams, Sun Clement, Market Slecзка
- Unfinancial Members: It was agreed that the 39 unfinancial Members have their access to the SBW member area of the website disabled and be removed from the database. All members have been contacted to ensure they no longer wish to be members.
- Membership Fees for 2010: Agreed that Membership fees for 2010 will be sent out as paper invoices with clear detail regarding payment methods available.
- Insurance 2010: Agreed that insurance would continue with Confederation - due February 2010.

Helen MacDonald

WILLIS'S WALKABOUTS

Karrijini in the Pilbara

The spectacular gorges of Karrijini are beautiful at any time of year. Come in April if you want to enjoy the swims and see the creeks flowing. Come in winter if you want warm days and cool to cold nights.

Our April 2009 clients had this to say.

"The most comprehensive and fabulous tour of Karrijini on offer" Brian Alston, Wagga Wagga

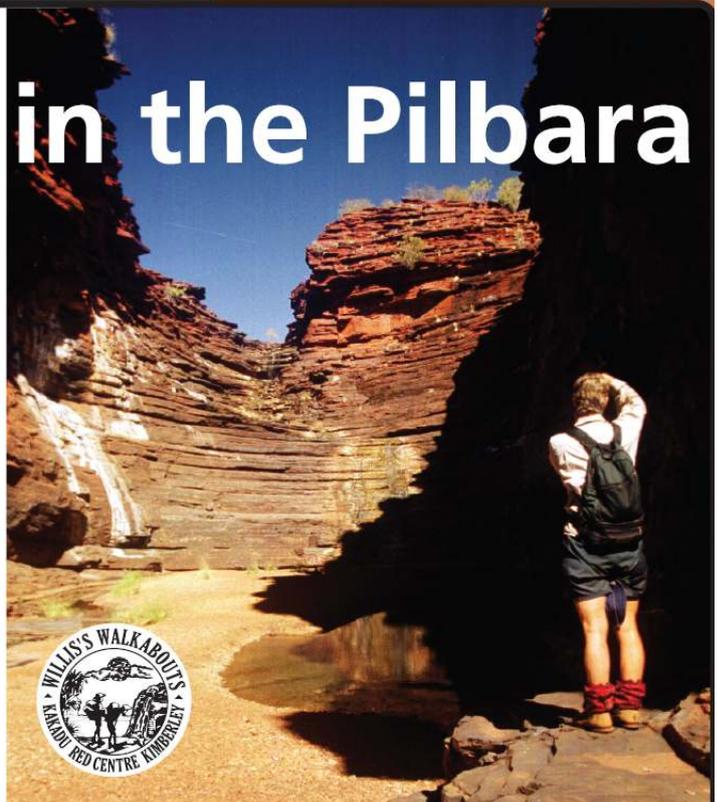
"What a great trip – pools, gorges, fabulous rocks and vistas." Kathy & Andy Anderson, Canberra

"..the patches of paradise just got larger and larger as the walk went on. Frog choruses, starscapes and gorges a go-go." Tracey Dixon, Scotland.

Join us and experience the Karrijini magic for yourself.

Russell Willis

www.bushwalkingholidays.com.au



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First impressions of Coolana

I am a prospective member and having heard a little about Coolana I was eager to visit and chose last Tuesday and Wednesday (Dec 1st & 2nd) to take the drive down south from Pennant Hills. The drive was an easy one, taking about 2 hours and 25 minutes (we were held up with some roadwork on the steep road down from the range). We had travelled via Mittagong.



Debbie and Chris on the track down the hill

We found the 'S B Walkers' sign easily and parked the car in the top car park at about three PM. Donning our packs Debbie and I walked down the road past the green sump buster and around the impressive rock structures that are scattered by the roadside, indeed all over the property.

At the end of this walk we found the shed. It is a marvelous construction, evidently steeped in SBW tradition after decades of happy usage. As I looked from the fireplace to the boots hanging on a peg, to the old editions of the SBW magazine and the fold up chairs I felt the lightness of heart that comes from being in good, hospitable company and among friends. It all seemed so appropriate, comfortable and well thought through.

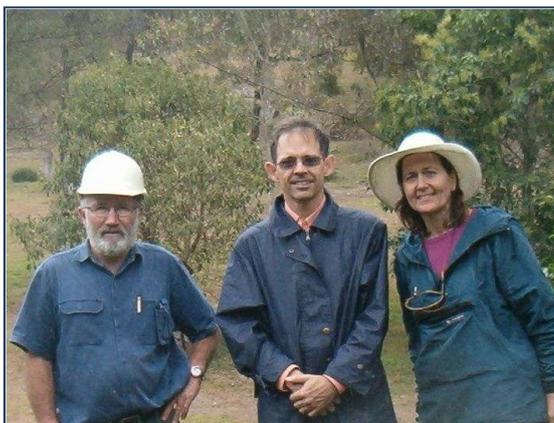
Further along we found what must be the best outback toilet on the east coast with solar powered lighting and ventilation, compost technology and running water in the basin. Dang! I want one in my back yard.



Chris at one of the lookouts

It was then down to the flat where we left our packs and went for a wander to check out the river. The river bank set me thinking of "Wind in the Willows" and after a few minutes of poking around I fully expected to meet Mole or Ratty or Toad. While these venerable characters did not appear it was clear that there was a thriving community present - Wombats! Some may have heard the short "Waddle and Crump" story which tells of the tragic death of a wombat in a bush fire; it is a sweet juxtaposition of orchestral music and prose. It also tells of the dingo, a creature that tackles the fire front by running through it rather than from it. Is this true? Down by the river we think we may have seen a male Bower bird, but we are not sure. Later in the evening we saw a wombat, munching away on the Coolana grass.

We set up our tarpaulin near a campfire place. There was a tightly woven copse close by, a thickly covered bushy shelter. Under this there were some conveniently located plastic chairs and a table. Don Finch, another visitor and a long established SBW member, arrived and helped us with some Coolana orientation. Debbie and I then headed off on our first Coolana walk, starting at the bottom and working our way up river and then back towards the shed. After erecting our small tent we (I should say Don!) got a fire started in short shrift and dinner followed. We then settled down by the fire and chatted away until bedtime when we doused the fire before retiring.



Don, Chris and Debbie

In the morning before breakfast Debbie and I went for another walk, this time to the beautiful Dot Butler lookout. Whilst sitting still there some small birds came down and twittered away quite close to us. We soaked up the view, each of us absorbed in our private thoughts, for about forty minutes before winding our way back down the hill, through the cabbage palms and below some cliffs before arriving back at camp.

After boiling the billy on my portable gas burner we cooked porridge for brunch before packing up in a light drizzling rain, said our goodbyes to Don and walked back to the car. Since returning home images of our two days away have regularly returned to refresh me and have inspired this memo telling of two days very well spent!

Chris Turton

Not the Flinders Ranges

Kenn Clacher



Mt Sonder from Redbank Creek

1970s, who wrote and illustrated a book about it, and knowledge of the area was extended by David Rostron in the 1980s and 1990s.



Clare & Edith with Mt Sonder behind

hundred metres up the gorge there was a deep stagnant pool on our side of a narrow cleft and we didn't venture any further. The gorge downstream of this pool was typical of the whole trip, being a couple of hundred metres deep, most picturesque and with the walls glowing red in the afternoon light.

It had rained lightly and briefly that morning but by the time we arrived at Redbank Gorge the clouds were clearing, not to reappear for the duration of our trip. Consequently we were treated throughout the trip to brilliantly blue skies, which together with cold nights and generally cool days provided ideal weather for the duration of the walk. The blue skies complemented the scant vegetation and magnificent reds of the rocks that comprise the West MacDonnells to provide picture-postcard views all day every day.



Early morning in Ormiston Gorge

Caro's walk in South Australia's Flinders Ranges finished up in the Northern Territory's MacDonnell Ranges. No, nobody picked up the wrong map. Rather, the Flinders Ranges area is in long-term drought and on top of that rain in the first six months of 2009 was the lowest in at least the past 28 years. So it was too dry for that trip to proceed and it was abandoned, to be replaced by an 11-day walk in the West MacDonnell Ranges near Alice Springs, led by replacement leader Kenn Clacher. Other trip members were Edith Baker, Clare Holland and Karl Miller.

Instead of walking the Larapinta Trail ("the Trail"), a 233.5 km track from Alice Springs Telegraph Station to Mt Sonder (or the other way around if you like walking backwards), this trip was intended to take a leisurely trip around the western part of the area covered by the Trail, taking in some spectacular country and features not visited by it. Bushwalking in this region was pioneered by SBW members Frank Rigby and Henry Gold in the

Water is always an issue in this part of the world. Although there are numerous well-defined stream beds full of sand and water-worn rocks and pebbles, they probably run only once every few years. Generally water is found only where streams cut through major ranges or ridges, or where canyons cutting deeply into a significant part of a ridge emerge onto the plain. Knowledge of the location of permanent or semi-permanent waterholes and of canyons containing water is essential in planning trips in the MacDonnell Ranges. David Rostron and Don Finch, and Meg McKone of the CMW, were invaluable in their advice on the location of waterholes.

We arrived at Alice Springs Airport at 11:00 a.m. on 13 July and were at Redbank Gorge, at the western end of the Trail, by about 2:00 p.m. We made camp in the dry bed of Redbank Creek, collected water from the tank provided for people walking the Trail, then wandered upstream to look at the gorge. Several

After a frosty night we set out the next morning on the 700m climb of Mt Sonder. This is the last stage of the Trail, but walkers on the Trail normally retrace their steps back to Redbank Gorge. On the way up we encountered several groups who had walked up to greet the dawn from the top of Mt Sonder and were now on their way down. Rather than retrace our steps we descended by the rather steep and rough SE spur and camped in the vicinity of Rocky Bar Gap. Karl and Kenn made a half-hour round trip to the Trail water tank to gather water for the night and the next day.

Not the Flinders Ranges *cont.*

Next day we headed directly overland to Ormiston Gorge rather than take the long way round following the Trail via Hilltop Lookout and Finke River waterholes.

This was accomplished without mishap and we camped that night in the Trail campsite, which boasted water tanks and gas cookers for walkers on the Trail. Here we encountered a party who told us about a picturesque canyon with good water that we didn't know about, which they called Right Angle Canyon and which was ideally located as a campsite for our last night.



Clare, Karl & the Red Walls

After another frosty night we had a look around Ormiston Gorge before shouldering packs and leaving the Trail, heading through Ormiston Pound to Bowmans Gap, where we arrived about lunchtime. There was a big waterhole here with somewhat unappetizing stagnant water. That afternoon we headed up the Valley of the Thirteen Pools, a dramatic steep-sided valley that, as the name suggests, featured several pools, some of which contained good fresh water. Karl and Kenn went as far upstream as they could until they were halted by a sheer waterfall about 12m high. The afternoon sun reflected off the southern wall of the now narrow canyon lit up the northern wall of the canyon with a beautiful red glow while, high up above the waterfall, rocks highlighted by the direct sunlight shone brilliantly.

our campsite the next day while we did a day trip along the Red Walls, the cliff line that forms the northern rim of Ormiston Gorge.

All our water bags were filled to avoid having to use the Bowmans Gap water for drinking. We left most of the full wineskins on the handy rock that served as a kitchen table at

This was a really picturesque walk, providing great views of the ground we had covered in the previous days and of the Chewings Range to Mt Giles and beyond, which was our destination in the coming days. It was reminiscent of the Flinders Ranges and was a great consolation prize for missing out on them.

On arriving back at camp we were greeted with a nasty surprise. The wineskins full of water that we had left out each had two neat holes drilled in them. It appears that birds had given them an exploratory poke and pierced the plastic. Not all was lost however as most of the water had not leaked out, we had a couple of additional wineskins that were sound, and Karl was able to more-or-less patch the damaged wineskins with some duct tape that he had thoughtfully brought along.



On top of Mt Giles

We also had visits from dingoes on both nights at this campsite - as soon as we went to bed they came very close to the flies and grabbed and scattered a few items such as gloves and empty wineskins. There were also many signs of feral camels on the creek bed a few kilometres upstream of our Bowmans Gap campsite.

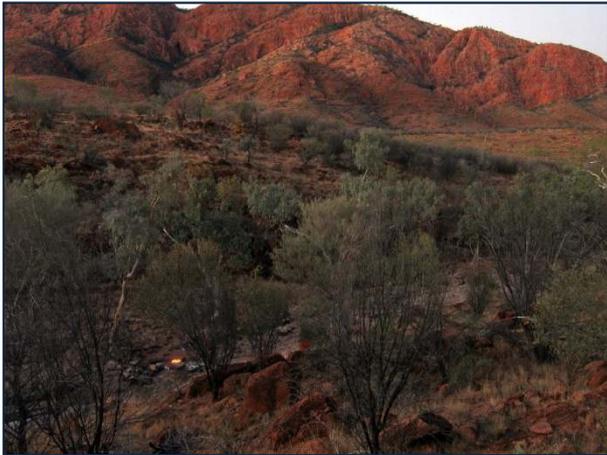
In the next two days we worked around the northern side of the Chewings Range, on both nights camping at the bottom of canyons with sufficient length and depth and geological rectitude to provide good, clear water and a picturesque wander upstream along the canyon. The following day it was time to cross the Chewings Range, on the way taking a side trip to the top of Mt Giles. This 1389m peak is the third highest in the Northern Territory (Mt Ziel, at 1531m, is the highest). For us it was a 500m climb and a 600m descent.

There are a number of routes up Mt Giles, none of them marked or publicized. We took what looked like the most straightforward, up the creek where the Chewings Range forms a right angle just to the west of Mt Giles. This proved to be satisfactory and we got to the top of the ridge about 600m west of the top of Mt Giles with a little simple scrambling. We dropped our packs there and headed to the top of Mt Giles where we enjoyed lunch with breathtaking views of the surrounding ranges and plains.

Not the Flinders Ranges cont.

We descended by way of one of the ridges to the southwest of Mt Giles and found good water at the end of a canyon.

Our next day's destination was Giles Springs, reputed to be the most reliable water in the area and a feature everyone seems to know about - so much so that no-one has bothered to mark it on a map and I had neglected to ask its exact whereabouts. No worry - Giles Springs Yard (abandoned) is marked on the map and the spring must be obvious from there, right? Wrong. After some cursory examination of canyons emerging on the southern side of the Chewings Range as we headed east (and finding some small muddy pools of water) we headed for a creek that the leader in his wisdom had decided was the most likely to be Giles Spring. Failing to find water here we headed for Giles Spring Yard to see if the spring was closer to it. No. Karl then climbed a nearby hill to see if there was any obvious green patch to indicate the presence of a spring. No. By this time it was getting late and we needed to find water for camp. We decided to retreat west to one of the (very small) water sources we had encountered that morning. But there was an obvious feature a few kilometers east of that that promised to provide some water and



Last Night's Campsite

which we hadn't explored. On examination this proved to be a delightful spot with several pools of fresh water. Not Giles Spring, but a more than adequate substitute.

Next morning we checked the only creek that we didn't check the previous day and found a stream that flowed eagerly from a canyon before disappearing into the dry desert, Giles Spring. It formed a veritable oasis at the edge of the dry plain, with cycads, ferns and mosses and gum trees abounding. The birdlife was also abundant, which is one of the indicators of permanent water in this region. After exploring the spring we moved on to Right Angle Canyon, about 8km further on. Here we found another delightful oasis in a canyon with running water, big rock pools and the ubiquitous steep deep red canyon walls.

This was our last night and calculations indicated that we would be hard pressed to make it from here to the southern end of Serpentine Gorge to meet our transport by the appointed time of 2:00 p.m. the next day. So we filled the wineskins, still holding together thanks to Karl's repairs, and walked for around 1½ hours that evening towards Serpentine Gorge. Next morning we started walking at around 7:00 a.m., as soon as we could see well enough, towards Serpentine Gorge which loomed large across the plain. Like all such large features however it seemed as if it retreated as we advanced and it seemed to take forever to get there. Forever was of about four hours duration on this occasion.



Serpentine Gorge

It is possible to negotiate Serpentine Gorge at creek level with some swimming, but that did not appeal because the water is very cold. So we crossed the Heavitree Range by climbing and descending beside the gorge. This had good and bad aspects. The bad was that it took around 2½ hours and involved around 300m of climbing and an equal descent. The good was that the views on the ascent and descent were magnificent, again reminiscent of the Flinders Ranges and a fitting reminder of the genesis of the trip as it wound to a close. It was just as well that we had a flying start to the final day as we made it to the rendezvous with just 40 seconds to spare.

While not the Flinders Ranges it had been a really enjoyable trip. It lacked the Flinders' sustained ridge walking from Parachilna Gorge to Wilpena Pound (plus its attendant water carries for three high camps), but as compensation it offered

much more variety - several days with views equal to the Flinders, stunning gorges and canyons and walking across pound and plains with an alternative majestic view of the mountains.

Kenn Clacher

Up to My A__ in Alligators - Or Walking in Southern Florida and the Everglades

Well, I have cross country skied to Mt Buggery and back, so I am authorised to use that term, and now that I have wadded up to my posterior in water, with Caimans swimming about in it, I feel that I am well and truly entitled to use the second term as well.....

Florida is all you imagine it to be and more: <http://florida.com/> Go in November/early December, as the water is still quite warm, the air temperature is dropping from "Hot" to "pleasantly Warm", its the end of the Hurricane season (ie rare that there are any), the volume of Bugs has reduced significantly, and its before the US School holidays start.

Fly into Miami - get a Minibus and drive south to Key Largo. Stop off and have a drink at the Bar where they made the Film, and the actual "Africa Queen" Boat is preserved just up the road. If you are into Scuba Diving or Snorkelling, there are lots of great day trips to do. <http://florida.greatestdivesites.com/>

For the Walker, there are a series of State Parks strung out along the Keys which have interesting Day and Half Day walks (quite good for bird watching and flora variations): <http://www.floridastateparks.org/images/Default.cfm?Region=Southeast> . Accommodation varies from Car Camping in the National Parks, to Cabins, to Condos to exclusive Gated Super Resorts (\$1K+ per night....). <http://www.floridakeys.com/>

Make sure you go right to the end of the Keys, over some huge soaring road bridges, to Key West (this is still a bit of a Bohemian town, but also touristy/tacky in parts - enroute visit the History of Diving Museum (www.DivingMuseum.org) which has a great collection of Hard Hats, Mel Fischer's Treasure Museum, Wreckers Museum, Hemmingway's House (where he wrote many of his best works - "Old Man and the Sea", "Snows of Kilimanjaro" etc) and the Audubon House (lovely prints of birds) etc. Consider a full day trip/overnight to the Dry Tortugas (this is the final island in the chain, and has a unique flora/fauna combination and is a National Park - we didn't have time for this, but the reports were good). At Key West, stay at the nice Hostel: <http://www.hostelbookers.com/hostels/usa/key-west/13634/>

In respect of the Everglades, if you are only a Walker, 4-5 days visiting the Everglades is enough. There is a very good introductory day tour available from the Hostel <http://www.evergladeshostel.com/> . Then 1 day of Alligator Farm and Air Boat ride plus snorkelling in Biscayne National Park, one day of doing the Visitors Centre and shorter walking trails. <http://www.nps.gov/ever/> For a "virtual visit" go to: <http://www.nps.gov/ever/photosmultimedia/index.htm>

Then there are a series of Half and Full Day Walks - but you need to check with the Ranger's Office as to when they were last whipper snipped - as they let them "grow" in the Wet (May to end Oct) due to the fast growth rate induced by the rains, and only commence to slash them from the start of November.

We did a number of these walks, and the norm was to traverse a number of different flora regions, and then end up on the coast or at a Lake. Sometimes the coast is a Beach, mostly just Mangrove (but quite interesting). The Lakes are nice, but as these have the bigger Alligators in them, swimming is not recommended (Alligators grow up to 17ft in practical terms [the biggest ever shot was 21 ft] and live 40 odd yrs in the wild, and up to 70+ in captivity). They are not aggressive like our Salties, and would generally only attack you in self defence, or if you tread on them.



Alligator in nest

The latter is a problem, as they are black, and very still when sunning out of the water. In the long grass its disturbingly easy to get very close to them (that's why there is now more grey in my hair.....). Bottom line is walking if fine, but the lead person needs to be "aware". Wadding is fine, as the Gators will move away due to the noise, but swimming in lakes is prone to the Gators becoming "confused" with what you are (they only have a brain as large as your thumb nail.... So they have trouble when "conflicted" - they actually spend 90% of their time doing nothing but sun baking or floating, 5% of their time moving from bank to water and back, and only 5% of their time hunting or interacting with other Gators.

In respect of accommodation, the Park has a nice Camp Ground, and the Hostel above is great (VERY 1960s) and worth a stay. There are also cheap hotels near the Hostel (\$35-45 USD/night).

The off track walking is actually wadding up to knee+ level through the flooded grass, so a pole is very useful. The Everglades are not a "swamp", rather a "River of Grass" with the water flowing slowly from NE to SW. You need to wear light but tough long sleeve shirts and trousers to protect you from sunburn, bugs and a range of Poison Ivy type plants (very itchy...for weeks....).

Up to My A___ in Alligators cont.

From the roads you head out over the flooded plains aiming either for:

a. A Cyprus Dome - this looks like a green island in the sea of grass, and has mature Cyprus Trees as its major feature. Once you come in from the perimeter, the trees get bigger, the grass disappears and the water clears. You end up wading between the tree trunks under the dense canopy with lots of Cyprus Beard hanging down and Orchids growing off the tree trunks. This is very cool in the shade and quite beautiful. In the centre is a "Gator Pool", which Alligators have created over time by thrashing about with their tails to create a deep pool for them to lie in during the Dry - this deeper pool drowns out the grass and most shrubs/trees, and opens the way for the Cyprus trees, who like having their roots permanently wet. Yes, there are Alligators in there, but your wading about discourages them from approaching. There are sometimes also snakes (Cottonmouths....) in the growths on the tree trunks, so it's worth having a look before grasping a tree trunk, just above one of these. This may all sound a bit "scaly", but you rapidly get used to it, and the critters are not really a problem.

b. A Hardwood Hammock - this also looks like a green island in the sea of grass, and has mature Mahogany Trees as its major feature (from a distance you quickly learn to tell the difference between Cyprus and Mahogany tree Tops). Once you come in from the perimeter, the ground rises 1-3 ft and the trees get bigger, the grass disappears and the under story is frequently somewhat scrubby. Besides completely different flora to the Cyprus Domes, the Hammocks also have completely different fauna - basically this is where the "hairy" critters live - Racoons, Deer, and Pumas etc. They also have some snakes, and it is worth keeping your eyes out for Diamond Rattlesnakes and Coral Snakes (I only saw one in 2 weeks). It was on these Hammocks that the Indians lived (the term Hammock is actually an old corrupted word of Jamaican Indian origin which means "Sleeping Place").

c. As you can imagine, most day trips are "fairly exploratory" in nature, with you heading out across the plain to see what you will find. You do need a compass, as it is fairly easy to become disoriented ie remember the FAKIR Tribe?

Canoeing is good, with a series of Half Day, Day and Multi Day trips - the Park web site has a list of what you need to take on multi day trips - and they are very particular about the GPS (as in the Mangroves "it all looks the same"). The Hostels puts on multi day trips if you have enough people, or you can hire Canoes if you want to do your own thing (they also do drop offs and pick ups).

The northern end of the Park has less walks, but more canoeing options - and is usually the start of the 8-10 day canoe trip from NW to SE. We did a 3 day trip and this was quite good. The longer trip is also apparently quite nice, but you do end up carrying a lot of water (as there is no replenishment along the way). Mossies are often a feature when under the tree canopy - don't bother taking repellent from Oz, as you need to buy the local product, which has the active ingredients tailored to the local Bugs.

The Everglades is definitely one of the "Wonders of the World" and it is the only example of this type of eco system in the world. If you are going to Florida for other reasons I recommending adding two weeks to visit the Everglades and the Keys. (However, for an Australian, going to Kakadu in spring equates to a similar type of "experience").

Some additional optional add ons:

a) Drive to North to Tampa (visit the world class Salvador Dali Museum at St Petersburg enroute),



Manatees swimming next to Park Ranger at Florida's Blue Springs

b) There are a number of Parks along the way - Great Cypress has a number of longer walks (including the multi day Florida Trail) - some dry and some wadding. <http://www.floridatrail.org/> , <http://www.nps.gov/state/fl/>

c) A special thing to do is to go to Crystal River (1.5 hrs N of Tampa) - and spend the morning snorkelling with Manatees (ie the US version of Dugongs) and the afternoon at the Hormossa Springs Wildlife Park, which has 6 Manatees that they are rehabilitating - who can be seen in the clear water of the Springs, and via an UW observation deck with feeding at 3.30pm. I am not normally into physically interacting with wildlife, for all sorts of ecological reasons, but when a 30kg Calf comes and sticks her face into your mask, and then sidles up under your hand, demanding a back rub, it's clear that the wild creature has exercised "free choice". <http://www.swimwithamanatee.biz/general/tours.htm>

d) One way of linking all this together is to fly in and out of Orlando, and then drive in a big circle. If you do, a day in Palm Springs, is worth it to see the incredibly opulent mansions built in the 30s, with their Art Deco and Rocco architecture: <http://www.flaglermuseum.us/>

Up to My A__ in Alligators cont.

e) Orlando also has: - shopping - very cheap (sports shoes and clothing) - Disney World - initially I was sceptical about being roped into visiting this mammoth human creation (its 100square km of terra firming...), but having been, I can recommend 4 days visiting it - as there is a Big Kid in all of us, and their attention to detail and authenticity is stunning <http://www.orlandoflorida.net/wdw> Do NOT go on a Public Holiday (Florida has 19 million residents in a place the size of Tasmania, and 20 million visitors each year....)



An immature little blue heron (center, with black bill) joins roseate spoonbills and a pair of great egrets in a lake near Kennedy Space Center

f) Drive 1hr to Cape Canaveral and visit the JFK Space Centre over 2 days - it's also a wild life and flora preserve, and one of the few parts of the central Florida coast which is still in its natural state. <http://www.kennedyspacecenter.com/>

For those possibly contemplating a trip to the USA, here are some general matters when travelling to link up walking trips:

a. Internet: - It can be a Curse and a Boon - a curse in that some trip participants "need to be connected with their beyond holiday life". I know many people find this a bit "sad", but it is the reality for a lot of people, and I have found that it does need to be catered for. The Internet is also a Boon on longer trips as it allows you to avoid falling into the trap of having everything "organised", and then becoming a victim of your Schedule - as this drives an imperative of time and adherence, which denies you the flexibility of seizing emerging opportunities, and working with the Weather. Some limited

use of the Internet whilst travelling, allows you to follow good leads from locals, and to book/reserve accommodation on the day (as it becomes apparent where you will be at nightfall).

So here are some options:

a.) Take a Smart Phone or a Notebook (ie a small portable PC) and leverage off the many Restaurants/Cafes and Hotels which have "free" WIFI. I must admit that I find it pretty antisocial passing the Notebook from person to person as the evening meal is consumed. - Many cheaper Hotels/Hostels have an Internet Terminal whose usage is factored into the rate. - Public Libraries have a bank of Internet Terminals which are available for free - although booking and time limits sometimes apply - due to the Libraries extended opening hours, we fell into a routine of coming back from a Day Trip, grabbing a quick shower, and then spending 20 mins clearing emails/surfing for details of the points of interest for the next day, and then getting a meal.

b. Having a Mobile Phone is also worth considering, for coordination of last minute accommodation options - to avoid the charges of Global Roaming, the "in country" purchase of a cheap Prepaid Phone/Sim Card is an option.

c) Coffee - a decade ago I had the pleasure of spending a week in Rome, and month in Italy. This converted me from being an occasionally indifferent Coffee drinker to an aficionado. I now like having a Cappuccino in the Roman tradition - as a breakfast drink, drunk quickly whilst standing up, and having an impassioned argument about politics... Thus on my first long trip to the USA a few years ago I was on the look out for a decent Cappuccino - after 8 weeks I left the USA without having salved this craving....As such on my 2nd trip I had no illusions, and I was not disappointed. In turn, on my 3rd trip I had absolutely no expectations what so ever, and thus I was pleasantly surprised on two occasions, where I was served a reasonable Latte (masquerading as a Cappuccino). On both occasions we were walking off the main street, and passed a Boutique Coffee shop, from which the wondrous smell of freshly ground Coffee Beans flowed across the pavement. This immediately led to our noses conducting an instinctive 'Right Turn' into the shop. So, be warned, understand that "Java" is a completely different drink to the Barista made coffee we are used to.

d) Food - 1 evening meal in 4 is great, 2 are OK and 1 is forgettable (although you do need to try Chicken Fried Steak once in your life...). When they say "Lightly Fried" that means in Batter..., - US Appetizers = our Entrees, their Entrees are HUGE and = our Main Courses, - Salad comes separate to the Courses (and with a choice of 10 types of Dressing - Blue Cheese dressing is actually quite nice). - The carbohydrate is often in the form of a Dinner Biscuit, which is a bit like a savoury scone. - Its OK to ask for any unconsumed portion to be "Boxed" for you to take away (even from a plush restaurant). - A "find" of the last trip was the "Farmers Produce Cafes" - these are next to the Vegetable Markets/Rail Yards/Trucker Exchange Points on the outskirts of the main towns - these are run by Farmer Cooperatives, and the Menu is drawn from whatever is in season and fresh that day - this is "the place" for traditional Southern home cooking - we had some fantastic meals for \$11 USD - Green Fried Tomatoes, the best Okra dish I have ever tasted etc. - Stone Crab is to die for.

Up to My A__ in Alligators cont.

e) Driving - Its OK to drive on the wrong side of the road - it's actually very good for your L & R brain thinking, and this type of Brain gymnastics has been proven to be of great benefit in staving off rigidity of thinking as one gets older (it helps if you start off being a little bit bent).

- My formula is to pick up the Car:

1) After a few days when I have recovered from Jet Lag,

2) Early in the morning on a quite day,

3) Get the Dealer to draw in Highlighter on a Map, the route out of town via the Highways.

4) Engage in "super defensive driving" ie avoid driving at night, in fog, heavy rain or dawn or dusk (due to the prevalence of Deer in rural areas).

5) Share the driving and have the person in the front passenger seat be on "alert" at all times (and prompted to given quiet pointers, well ahead of the next turnoff ie no screaming).

6) Their Expressways are called Turnpikes, and have Toll Booths at irregular intervals asking for 75 cents. They are certainly a fast way to get from A to B, but you can end up paying a fair amount in Tolls,

7) The use of a Tom Tom (Car GPS with an integral Map, and selectable Male/Female voice, with a tone choice of Sexy to Irate....) is recommended if you are going to do a fair amount of city driving (they are also known as "Relationship Savers" for very substantive reasons

8) Australian Driving Licences are fine - but as a Foreign Driver you are not covered by some of the base insurance coverage provided by US Law, as such its worth considering taking the top insurance coverage - along with the taxes this does up the price by 3-40%, but there is usually a point when significant discounts kick in for long duration rentals. By face to face negotiation and quoting other offers, I have always been able to get an additional discount on the day.

- Yes, you can get around by Train and Bus - but the USA is an automobile oriented society, and thus you would need to "work" at this (and I have met a number of people who did "just fine") - ie live by timetables, travel light and be prepared to walk considerable distances/hire a Taxi when things fall through.

f) Discounts - take your NRMA Card, as the NRMA is affiliated with the American Automobile Association (AAA) and this gives discounts to many Hotels and some Museums/Historic sites.

- Seniors and Veterans also get discounts - so if you qualify, take your Card (they don't mind that you are not a US Citizen, as Australia is a "Global friend")

g) Hostels - there are not too many YHAs around, as the international YHA organisation insists on a range of regulations and booking systems that many US Hostel Proprietors are not willing to endure - so there are two parallel US organisations, and a large number of sole traders - the latter harken back to the original ideals of Hostelling, and are generally very interesting places to stay - \$25 USD per head/night.

h) Camp Grounds - are generally pretty good, and range in price from \$25-33 USD/head.

- Cheap Hotels (3 star) - due to the economic down turn, there is often strong competition between the cheaper hotels for occupants - so a bit of a drive around, or ring around in the late afternoon, can yield a very good deal - \$35-50 USD/head. <http://www.dep.state.fl.us/> <http://campflorida.com/>

i) Medical Insurance - this is something you need to have "sorted", due to the very different approach in the US - if you have an accident of some sort, and are rendered unconscious, if they cannot ascertain your level of insurance, you will only get basic care - so have your Medicare Card and travel insurance details **in your wallet**.

j) Taxes - unlike Oz, the tax is not included in the published price - dependant on the product, it can have Federal, or State tax, or both (State taxes vary by State) - thus the true price is usually 10- 25% more than as listed - and there is often a different rate for Cash to Credit Card

k) Super Markets - these are a place of Wonder - they sell all sorts of different things, including Booze, Guns and trays of 72 Doughnuts on Special (buy, get one free...). You can get Granola, but not Muesli from them (for Muesli you need to go to a dedicated Health Food Store). Methylated Spirits is sold from Hardware Stores as "Marine Spirit". All Super Market Chains have Discount Cards (ie Safeways etc), which are well worth signing up for, and also often have integral Service Stations - this can significantly lower your Petrol Bill (currently \$2.70 USD per US Gallon)

l) National & State Park entry cards - its worth while figuring out how many times you will enter and exit over your stay - as the rules vary a lot from Park to Park, and you can save a lot on Car and Individual fees if you get the combination right.

So in summary, Florida is a great place to visit. There are a lot of quality "outdoor experiences" to be had, but these do need to be linked together with other pursuits.

Ian (Caiman) Wolfe

Walks & Other Activities Dec 1 – Dec 31

Leaders please send your completed Walks Attendance Form & Activity Report to walksreporting@sbw.org.au.

This helps the Walks Secretary and New Members Secretary in noting progress of our new members, the Leaders' Development Group and the reporting of walks. Contact President Ron if you need the Attendance form in word.

Please keep the signature sheets as these are a legal document. Thanking you in anticipation - Stephen Brading

Date, Walk Location & Route	Activity Participants
<p>TUE 1 DEC - Day Walk - M211 Metropolitan Area: - Royal National Park <i>Heathcote Station - Audley - Winifred Falls - Anice Falls -heathland -Maianbar - Bundeena.</i></p> <p style="text-align: center;">Walk Report:</p> <p>Windy and a bit chilly to start. Kangaroo Creek at 10AM, morning tea at Audley Kiosk. Giant pieces of chocolate cake for those of sweet tooth. Some rain at lunch at Anice Falls. Lovely angophoras along Cabbage Tree creek. Bundeena at 15.38. Ice cream ad then the 16.00 Ferry. A bouncy ride to Cronulla in the swell. Enjoyed by all</p>	<p>Ron Watters Patrick McNaught Helen Lalas Adrian Buzo (P) Lucy Schiemura (P) Rollin Burford Rudi Werner</p>
<p>SAT 5 DEC - Day Walk - S223E(Medium) Q Day Walk 9Km Bell Area <i>Deep Pass - Mount Norris - Derailment Hill - Deep Pass. Semi-exploratory walk. Over and between pagodas, through grottos, including the mythical Thorpe's Folly</i></p> <p style="text-align: center;">No Walk Report:</p>	<p>Ian Thorpe & Others</p>
<p>WEEKEND 5-6 DEC - Paddling Weekend Berowra Creek. <i>We set sail from the Berowra Ferry boat ramp and paddle for about 3 hours at a leisurely pace following the left bank to a sandy beach near the mouth of Marra Marra Creek, with morning t ea stop en route. Paddling options on Sunday include Marra Marra Creek (tide dependent, but a good half day paddle), Barr Island and Muogamarra NP on the opposite bank. Paddle back about 2pm Sunday.</i></p> <p style="text-align: center;">No Activity Report:</p>	<p>Pamela Irving & Others</p>
<p>WEEKEND 5-6 DEC - Canyoning Medium Mt Wilson Area <i>Saturday - Better Offer. Sunday - Koombanda Brook. Base camp from Cars at Cathedral Camping Ground.</i></p> <p style="text-align: center;">No Activity Report:</p>	<p>Ian Wolf & Others</p>
<p>TUE 8 DEC - Day Walk - 18km Illawarra <i>There is now 18km of continuous walking track from the Minnamurra River to Werri Lagoon. We will walk on this track all or part of the way.</i></p> <p style="text-align: center;">No Walk Report:</p>	<p>Bill Holland & Others</p>
<p>THU 10 DEC - Cycle trip- L222 14km Botany Bay Area <i>Tempe Station (or Wollie Creek) - Botany Bay - Kurnell - Cronulla..</i></p> <p style="text-align: center;">Activity Report:</p> <p>A humid day but no rain as we pumped our legs around Botany Bay which was quiet on a Thursday. Morning tea at Sandringham but no-one took advantage of the Bayside swimming enclosure. Going over Captain Cook Bridge is always fun & we safely negotiated the only busy streets on the ride. The new pathway/boardway at Tarren Point was a pleasure to ride on & we followed bike paths until we reached the 7kms stretch to Kurnell which only has a line on the road separating cyclists from plenty of trucks passing by. We spent some time at the National Parks Visitors' Centre which has been renovated recently then returned to Woolaware High School where we headed up the only steep hill of the day to the ocean and followed the waves to North Cronulla for lunch in the park, then arrived at the station by 2pm to return to the start.</p>	<p>Maureen Carter David Carter Edith Baker Kenn Clacher Rudi Werner</p>

Walks & Other Activities Dec 1 - Dec 31 cont.

Date, Walk Location & Route	Activity Participants
<p>SAT 12 DEC - Lie Low Trip S222E Mt Wilson Area: <i>Drifting on lilos through Wollangambe One canyon</i> Activity Report: Lots of fun scrambling thru rock piles and floating down the beautiful Wollongambe. We all felt rather decadent floating down the river in the sun and viewing the magnificent walls of the canyon from the comfort of our lilos. We did a very quick side trip into the bottom of Kevinator canyon. But as this canyon is aptly named, we didn't hang around for too long. All the lilos survived the day and so did the walkers / swimmers / waders.</p>	<p>Melinda Turner David Trinder Kevin Songberg Rory Fagin Pam Campbell Richard Denham Shahram Landarani</p>
<p>SAT 12 DEC - Day walk M212 Northern Beaches: <i>Walk from Warriewood to Manly and then optional swim from Manly to Shelly Beach.</i> No Walk Report:</p>	<p>Virginia Riley & Other</p>
<p>SAT 12 DEC - Day Walk - M233E 10km Blue Mountains Leura Area <i>Mt Hay Carpark to Boorang Crags Lookout and return.</i> No Walk Report:</p>	<p>Peter Christian & Others</p>
<p>SUN 13 DEC - Day Walk - M111 (Easy) 12km Brisbane Water NP <i>Point Clare station - Koolewong Ridge - Woy Woy station.</i> Walk Report: We had a sunny day. Leaving Point Clare, we headed up onto Koolewong Ridge, following a mix of foot tracks and fire trails, with good views at various places. We visited the so-called Egyptoid site where a person expertly carved a large number of hieroglyphics onto some rock walls several decades ago. Walking along a rough bush track, we found a spectacular lunch spot high on the ridgetop above Brisbane Water. From there we followed tracks to the southern end of the ridge, where there were great views of Woy Woy Bay. After a break, we descended the rough foot track down through the bush to the waterline, and made our way around to Woy Woy station.</p>	<p>Nigel Weaver Margaret Weaver Misako Sugiyamr Jan Dormer Julian Martain Nako Yamazaki (P) Martin O'Brian (P) Margaret Carey Christine Edwards Cherisse Kelly (P) Janina Grzazek</p>
<p>SUN 13 DEC - Day Walk - M111 15km Metropolitan Area <i>Sydney Fish Market Light Rail Station - Glebe foreshore - Jubilee Park - City West Link Road - Robert Street - Peacock Point - Mort Bay - Ballast Point - Snails Bay - Yurulbin Point - Elkington Park - Victoria Road, Rozelle - bus to city</i> Walks Report: This walk went as programmed with the addition of a short side trip to the Chinese Temple in Glebe. We found the Fish Markets to be busy and smelly as usual, the Glebe Foreshore Track thronged with locals and their dogs, and the Chinese Temple interesting. Morning tea break was taken in Jubilee Park on the Rozelle Bay foreshore before we trudged along the noisy city West Link Road to Balmain where the streetscape with its many old houses didn't disappoint. Lunch in the park at Peacock Point was followed by a circuit of the East Balmain peninsular, the old Morts Bay industrial site, and a circuit of the new park on Ballast Point. A bit more trudging along quiet streets and some spirited discussion about ferry timetables and the merits or otherwise of the passing architecture, took us via Snails Bay, Yurulbin Point and the Dawn Fraser Pool to the end of the walk on Victoria Road at 3.45pm from where most of us took a bus trip in air-conditioned comfort back to the city.</p>	<p>Ian Rannard Sue Yip Helen L alas Ian Wolfe Denise Shaw Kay Walker (P) Jean Klodahl Col Rannard (V)</p>
<p>SUN - TUE 12-15 DEC - Multi day walk Around 60km Batemans Bay Area: <i>Day walks with car swaps visiting beaches such as Corrigans, Denhams, Smugglers Cove, Mosquito Bay, Nuns Beach, Guerilla Bay, Broulee Beach, hopefully ending our rambles in Moruya</i> No Walk Report:</p>	<p>Maureen Carter & Others</p>

Walks & Other Activities Dec 1 ~ Dec 31 cont.

Date, Walk Location & Route	Activity Participants
<p>TUES 15 DEC - Day Walk - M222 Q Wentworth Falls <i>Wentworth Falls - Darwin's Walk - Wentworth Falls upper and lower - Hippocrene Falls - Valley of Waters - National Pass - WF base - Darwin's Walk to start</i> No Walks Report:</p>	Ron Watters & Others
<p>SUN 20 DEC - Day walk S111 (Social) 10km Metropolitan Area: <i>Spit bridge to Manly</i> No Walk Report:</p>	Patrick McNaught & Others
<p>WEEKEND 19-20 DEC - Canyoning - Medium Mt Wilson Area <i>Sat: Wollangambe River tourist section. Lilo trip.</i> <i>Sun: Serendipity Canyon.</i> Cancelled</p>	Alan Wells & Others
<p>SUN 27 DEC - Day Walk - M211 12km Metropolitan Area <i>Kingsgrove Station - Wollie Creek Trail to Turella - then Bardwell Valley Trail to Bexley and a bit of street walking to finish back at Kingsgrove</i> Walk Report: This was a very civilized walk to finish off the year with a bit of everything thrown in. The first bit, from Kingsgrove to Bexley, was on a formed path, part of the M5 Linear Park, but after crossing Bexley Road we headed into the bush on a rough track punctuated by a couple of grassy parks along the way. Heavy rain over the previous few days gave us a tiny creek crossing and a diversion around a fallen tree which made it more interesting. We passed through the region where the Kingsgrove Slasher terrorised local residents in the 1950s and was finally captured in the Wollie Creek area before stopping for morning tea break at Turella. After crossing the creek and railway line we had a bit of street walking through Arncliffe - a mixture of McMansions with a few lovely old Victorian sandstone and weatherboard cottages. Then a walk up the side of Bardwell Valley golf course, a view from the observation deck down Bardwell Creek and then a creekside track through to Bexley Pool where we stopped for icecreams. We finished up with a meander back through urban parks and streets back to Kingsgrove. .</p>	Helen Lallas Anita McMahon (P) Ron Watters Patrick McNaught Linda Mallet Molly Wagner (P) Kaye Walker (P) Sue Yap Hugh Fyson
<p>26 DEC - 2 JAN - Day Walks - Varying grades Kosciuszko NP <i>Stay at the Windarra Ski Lodge in Smiggin Holes for the week and do day walks which will be of various grades and generally on the Main Range</i> No Activity Report:</p>	David Trinder & Others
<p>28 DEC - 30 DEC - Multi day Walk - S233 Shoahaven River We will go down into the Gorge at Long Nose Point, and follow the river upstream just far enough to find a nice sandy campsite near a swimming hole. Next day explore a side canyon or do nothing, according to taste. Climb the 400 metres out again on day 3 before it gets too hot No Walk Report:</p>	Leigh McClintock & Others
<p>TUE 29 DEC - Mid Week Walk - M121 <i>Morning walk and finish by lunch time. Enjoy the early morning along Cowan Creek.</i> No Walk Report:</p>	Tony Holgate & Others
<p>29 DEC - 3 JAN - Multi day Walk - L222 Croajingalong National Park, Victoria <i>Clinton Rocks - Thurra River - Gale Hill - Wingan Inlet - Sandpatch Point - Mallacoota.</i> No Walk Report:</p>	Maureen Carter & Others

Summer Walks Program Updates

Leigh McClintock's Summer Walks

Leigh McClintock's walks were accidentally left off the Summer Walks Program. (Sincere apologies!)

Please find them here instead.

Advance Notice 1.

13-27 April	Camino de Santiago de Compostela - The Camino Primitivo Having more or less got the hang of the Camino in 2009, I'm keen to go back again, and put all the hard won knowledge to use. The Camino Primitivo ("Original Way") was travelled by King Alfonso II of Asturias in the 9 th century. It runs 262km from Oviedo in Asturias through Lugo to Melide on the Camino Frances. From there it's another 53km to Santiago. It is a relatively hard route through the mountains with a good deal of climbing and descending. Two 30km days. Stay mostly in pilgrim hostels, some hotels for sanity. Grade: L231 Leader: Leigh McClintock 8920 2389 (ah) or mcclintock@unwired.com.au
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Advance Notice 2.

16-28 May	Japan - 6 Mountains in the Kinki Region The mountains are not very big (between 900 and 1800 meters) and are scattered around the Osaka-Kyoto-Nara-Kii region - the heart of Japanese culture, and the area with the most 3-star tourist attractions. All but one the mountains can be climbed in a day, leaving plenty of time to explore. We will stay in hotels in Osaka and Kyoto, temples in Koya-san and Kumano, and somewhere along the line we will work a hot spring ryokan into the schedule. Grade: S231 Leader: Leigh McClintock 8920 2389 (ah) or mcclintock@unwired.com.au
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Crossing the Rio Nora on the Puente de Colloto

Help Needed

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.

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

Senior First Aid Teachers Needed

The club is looking for a qualified Senior First Aid teacher to help run our "First Aid Training" for new members. The training days are always fun and you will pass on knowledge that is always invaluable in the bush.

If you can help please contact Tony Holgate on 02 9943 3388 (home) or 0434 968 793 (mobile)

The Midweek Walkers

Bill Holland

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 organized at short notice and advised by monthly newsletter sent to all on my Mid Week Walkers list.

We welcome all members to our activities, including new members, their families and accompanying visitors. The range of activities caters for all abilities with emphasis on a more relaxed style of walking. Some even prefer to spend at least part of the time back at base reading, bird watching or just relaxing in the outdoors. In most cases you can join us for all or any part of the Monday to Friday events, but we need to know you are coming.

Greetings to all for the holiday season.

Fran and I have had a busy Christmas and New Year mainly concentrating on family activities. I guess this is the case for all of us although a lucky few will have taken the opportunity for some extended walking and camping.

I need to confirm some bookings for the early activities for this year and would greatly appreciate receiving some indication of the likely attendance. This will enable me to reserve cabins/camping space and pay the appropriate deposit.

Here is a listing of January to June intentions. Please note that a trip to Canberra has been added to take advantage of the Masterpieces Display at the National Gallery.

February:

Dunns Swamp (Mon 22nd - Fri 26th February)

This was postponed from November due to bushfires in the area. Dunns swamp is a spectacular area, very suitable for kayaking and walking. We will have a large tarpaulin for extra shelter and the cars will be placed next or very near to our tents



March :

Currawong Cottages (Mon 22nd - Fri 26th March)

The large house has been booked (sleeps ten depending on coupling) and at this time of the year has many swimming opportunities as well as walking and relaxing



Canberra: (Mon 29th - Wed 31st March)

Stay in caravan park cabins or camping. Visit the National Gallery - (*Masterpieces from Paris: Van Gogh, Gauguin, Cézanne and beyond* features 112 of some of the best-known works of modern art from the Musée d'Orsay in Paris, one of the great museums of 19th-century art) -then cycle or relax the time away



April:

Tombarra Holiday Units: (19th -23rd April) Date to be confirmed.

Situated on 28 acres of natural bushland, fronting the beautiful Mongarlowe River, Tombarra is a short drive from the historic township of Braidwood. Tombarra is very close to The Budawangs and other bush walking areas. It offers swimming, tennis, kayaking, barbecue facilities or simply relax with a book and enjoy the peace. Costs will be very reasonable at \$20 - \$30 per night per head depending on numbers.



May:

Wilson's Promontory - Date to be set

Known for its beautiful abundant wildlife. We plan to stay in holiday cabins and walk in the park and to explore major features. We maybe able to arrange car sharing

Midweek Walkers Summer Program

We have quite a few mid week walks on the Summer Walks programme.

Wednesday 6th January	<p>Walk (Before Beach Picnic) This walk will commence around 4 pm and is planned to finish at Balmoral Beach at around 6 pm in time to join the others for the beach picnic. The length of the walk and route depends on the heat of the day. Beach swimming is an option Leader: Bill Holland 4296 3084 (m) 0418 210 290 Email: billholland@bigpond.com</p>
Wednesday 6th January	<p>Beach Picnic at Balmoral Beach The annual SBW feature event. Come to the southern end of Balmoral Beach and join with old and new members for a very enjoyable evening. Bring along a picnic meal or buy fish and chips at the nearby shops. No need to phone but if assistance is required call me on 4296 3084 (m) 0418 210 290 or email billholland@bigpond.com</p>
Tuesday 12th January	<p>Bondi and Beyond (Evening) Bondi Beach (6-00 pm) - Clovelly etc to Coogee with optional return. An easy walk on a summer's evening along the coastal pathway followed by dinner (fish and chips or BYO) in a beachside reserve. Grade: (Easy) Leader: Bill Holland 4296 3084 (m) 0418 210 290 Email:billholland@bigpond.com</p>
Wed 13 January	<p>Illawarra Coast Map: RNP Tourist Coalcliff - Scarborough - Thirroul - Bulli. Another lovely day walking along the coast; swimming and relaxing before returning by train. Interesting rock pools and plenty of rock hopping. Joint walk with Bush Club. No need to contact leader -7.32am train from Central country platform. Arrive Coalcliff 8.47am. Grade: M222 15kms Leader: Maureen Carter; 9773 4637 or 0409 453 230; moz.carter@pacific.net.au</p>
16th - 17th January	<p>Coolana Maintenance Yes, I know it's hot at this time of the year but the weeds still grow and light maintenance is required. Lots of time to sit in the shade or swim in the river. Bill Holland 4296 3084 (m) 0418 210 290 Email: billholland@bigpond.com</p>
Tues 19 January	<p>Spit to Manly -This walk is looking for a leader Morning walk and finish by lunch time. Enjoy wildflowers around the Harbour and possible swim. Grade: M121 Contact: Tony Holgate 0434 968 793, tholgate@optusnet.com.au</p>
Thurs 28 January	<p>Cycle Trip along Cooks River Map: Street Directory Tempe Station(or Wolli Creek) - Cooks River Cycleway - Homebush - Meadowbank Station. Another relaxed cycle on safe pathways and quiet back streets and we will have a good look around the Homebush area with the Brickpit and other interesting features. Joint trip with Bush Club. Grade: L111 30kms Leader: Maureen Carter, 9773 4637 or 0409 453 230; moz.carter@pacific.net.au</p>
Wed 3 February	<p>Royal National Park Map: RNP Tourist Otford - Bulgo - Werrong - Burning Palms - Era - Garrawarra - Otford. A lovely day walking along the coast; swimming and relaxing before returning through predominantly eucalypt forest to Otford. Joint walk with Bush Club. 7.32am train from Central country platform, arriving Otford at 8.37am. No need to contact leader. Grade: E222 17kms Leader: Maureen Carter; 9773 4637 or 0409 453 230; moz.carter@pacific.net.au</p>

Training Events

Abseiling Instruction Location Changed to Newnes Plateau /Jan 23-26, 2010

The January abseiling instruction dates as shown on the summer program clash with Ian Wolfe's canyoning trip at Newnes. Therefore we have decided to move the venue for the Instruction Days to Newnes. That way people can take part straight away in canyoning (that being the purpose of the instruction anyway...) Claudia Douglas, a Qualified Abseil Instructor and Leader, through the Australian School of Mountaineering, will be there to instruct newcomers. Participants are asked to contact Ian Wolfe. His contact details are:

Home: 02 9904 3370, Work: 02 8087 1825, Mobile: 0413 662 370 or email: ianmcwolfe@hotmail.com

Navigational Tutorial for Leaders / Feb 6, 2010



This is a day walk in the Ku-ring-gai Chase NP designed to teach new or potential leaders some of the finer points of navigation. It may also be useful for those members that want to expand or refresh their navigational skills. Topics covered will include; planning a route, how to interpret the topography, compass course navigating through varied terrain so as to anticipate and avoid potential problems. Grid references with GPS confirmation. Track, creek and off track walking involved. Participants need to be current SBW members with a good basic knowledge of navigation. Everybody to have own map (Cowan) and compass. Party Limit.

Grade: M222 (Medium) Leader: Don Finch 94523719, finchros@bigpond.com

Comprehensive Remote Area First Aid Courses 2010



The BWRS is holding a number of Comprehensive Remote Area First Aid Courses next year. The dates and locations are:

1. February 14th, 13th and 27th, 28th at Berrima Scout Camp
2. April 17th, 18th and May 1st, 2nd at Waterfall Camp Coutts
3. October 9th, 10th and 23rd, 24th at Berrima Scout Camp

For information and registration visit the BWRS Web Site at:

<http://www.bwrs.org.au/?q=remote-area-first-aid>

For more information contact:

TEL: (02) 4225 3580 David or Merri Sheppard
Email: sheppard david1@bigpond.com

Wilderness First Aid Course

Feb 20 - 21

This Wilderness First Aid Course is conducted by Stuart Clark of Wild Aid and will be held over the weekend in Lane Cove. It will cover various scenarios including diagnosing and treating fractures, spinal injury, shock, cardiac arrest, snake bite etc as well as handling a multi casualty scenario all in realistic bush settings. SBW is paying 50% so the cost is only \$120 per participant. Commitment and payment needs to be made 2 weeks prior to course commencement i.e. by 6 February.

This is open to members with Leaders in particular encouraged to attend.

Contact: Bill Hope 80842224, bill.hope@optusnet.com.au

Summer Social Program

Jan 6 Evening Picnic at Balmoral Picnic

To start the New Year we're getting together again at the south end of Balmoral Beach. This annual event is a chance to relax with other members and friends, and perhaps enjoy a swim at the end of the day.

The Balmoral Picnic will start with a walk at 4pm (south end of Balmoral Beach), followed by the picnic at 6pm (south end of Balmoral Beach) which is BYO everything. You can buy fish 'n chips on the promenade.

March Music in the Bush



Classically trained musicians and singers needed.

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

BUSHWALKS WANTED FOR SBW AUTUMN PROGRAM 2010

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 gourmet walk!

The Autumn Walks Program is now being compiled; get those walks to me as soon as possible.

Tony

02 9943 3388 (h) / 0434 968 793 (m)

tholgate@optusnet.com.au

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