

Sydney Bush Walkers Newsletter

JUNE 2010

Sydney Bushwalkers
PO Box 431 Milsons Point NSW 1565

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The President Says

The section of the Activity Program on General Walk Safety has been revised and I encourage all members to familiarize themselves with this important updated information.

Late in May I led a qualifying weekend walk in the Upper Wollondilly River and adjacent range. We had a good blend of experienced and new members. One of the new members mentioned how impressed she was with the way that without fuss the group melded together to deal successfully with the challenges thrown up by the terrain, expected and unexpected.

At our convivial camp fire on the Saturday night they had a real sense of achievement and the self confidence to deal with anything that might occur the following day.

So if overnight walking (with bush camp) will be a new experience for you, do not be daunted.

Now is the time to build on the bush awareness gained from your day walks and take the next step. Looking back you will wonder why you did not do it before.

It paves the way for many more adventures to exciting places.

The Winter Program offers excellent introductory opportunities with David Trinder to Splendour Rock in the Wild Dogs; Linda Tarran to the stunning views over the Grose from Bald Hill Plateau; Melinda Turner past the awesome Kanangra Gorge to the 100 Man Cave and me on the Nattai River and historic Box Vale Railway.

Share in the fun with us and create memories together.

Ron Watters

Editor's Note

Last month I mentioned the suggestion from Roger Treagus that members '*...relate their most memorable/best/worst bushwalk*' stories and Karen Kool has responded with her article "Favorite Walk from a 'Newish' SBW Member and Note of Thanks to Leaders". Good to see you are enjoying the club Karen.

I have introduced a '*Buying/Selling/Giving it Away*' page and am prepared to trial this in the next two or three newsletters. If it works, and can be managed I will continue it. *So*, if you have some old gear in good condition that you no longer use, have a look at the required format on page 16. Send in a photo, a short blurb and let's see what happens. We might be able to help some of our newer members out with some decent gear at a reasonable price.

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

From the Committee Room

A summary of proceedings at the Committee Meeting on 2nd June 2010.

The meeting opened at 7pm with 5 Members present and 6 absent with apologies.

The Minutes for the May meeting were confirmed.

Correspondence: .Request received from Bronwyn Langworthy for re - admittance to the club - approved. Letter received from Gail Knowland advising that her father Norman Rodd has passed away at the age of 97.

President's Report: The following projects were deferred until August: Membership List, draft report for widening the use of Coolana, Membership Handbook and the Constitution draft update. Kayaking competencies - agreed to set up a working group to have draft prepared.

Treasurer's Report: Report for May approved.

Accounts approved for payment: KNC \$300, Snap Printing \$854.90, Coolana materials \$286.83.

New Members: The following new members were welcomed to the club: Amanda Miller, Molly Wagner, Jenny Banks, Ksenya Pakhomov, John Masters, Diane Hurst, Bronwyn Langworthy (re-admittance)

General Business: Agreed Jodie Dixon's walk from 8th May be upgraded to Q status.
Agreed that first aid awareness session could be run at rogain weekend on 20th June.
Agreed that canyoning and kayaking trips should receive Q status at the leader's discretion. .

Next meeting: Wednesday 7th July 2010

Helen MacDonald / Secretary

New Law Removes Protection from National Parks

At the end of April drafts of the so-called “National Parks and Wildlife (Sustainable Tourism) Bill, 2010” came to light. As the NSW Government had already watered down democratic processes under NSW planning laws, the Colong Foundation resolved to seek urgent legal advice from Mr Tim Robertson SC regarding these proposed park laws (download Mr Robertson’s advice from www.colongwilderness.org.au).

Mr Robertson advised that the proposed legislation “removes the legal protection of National Parks from uses which damage their ecology and landscapes, by destroying the principle that National Parks can only be used for a purpose which promotes the use of the land as a public park. It provides the legal authority for the privatization of National Parks by enabling exclusive possession rights to be given for commercial purposes to private interests under the broad rubric of sustainable tourism. Under this rubric, National Parks will be able to be used for general tourist purposes, such as tourist resorts, convention centres, shopping centres, fast food outlets, sporting activities and fun parks, at the discretion of the Minister, even where those uses do not promote the conservation of the Parks.”

If this bill is passed into law, our Courts would no longer be an effective foil against Ministerial excesses and could not stop bad park developments. The Courts have protected the Grose Wilderness from film production activities for the war movie “Stealth”, rejected a previously approved wedding reception centre in Lane Cove National Park, and threw out a private university from Sydney Harbour National Park. All these developments were either unrelated or damaging to the purposes of national parks and the courts rightly overturned Ministerial approval. Given the Coalition’s stance on Part 3A planning laws, it seems unlikely that the Coalition Parties will support these new park laws. The Shadow Environment Minister, Catherine Cusack wrote to the Nature Conservation Council in November 2009 and advised that she and the then Shadow Tourism Minister, Don Page, “do not support private accommodation facilities inside National Parks.”

The NSW Government should act to strengthen national park laws as they have repeatedly promised to do, not weaken them to facilitate commercial development. National Parks and Wildlife should not be selecting development sites in parks with the aim of offering these sites to the tourism industry in an “investor-ready” form. Our parks should not become profit centres for developers.

There is no evidence whatsoever to support the notion that private development in national parks will boost the tourism industry or provide extra funds for park management. A stronger nature tourism industry for NSW with more people enjoying the parks is best achieved by encouraging tourism investment in nearby towns where it most benefits regional communities.

With our rapidly growing population, the integrity and protection of our parks is more important now than ever before.

How is it that the Coalition Parties seems capable of grasping these ideas, while the NSW Labor Government remains unresponsive?

Support needed, act now

Your support is needed to stop this legislation. We need funds to cover printing and advertising expenses, and volunteers who would like to letter box in the Penrith electorate. Call or email Keith at the Colong office 04123 791 404 (mob) 9261 2400 (wk), email keith@colongwilderness.org.au, send donations C/- the Colong Foundation for Wilderness, Level 2, 332 Pitt St, Sydney, NSW 2000.

Don’t sit back and let our National Parks become venues for tourism development. Tell Premier Kristina Keneally and Environment Minister Frank Sartor to throw this Park Development Bill in the bin. Express your strong support for the stance taken by Shadow Environment Minister, Catherine Cusack, against the development of accommodation inside national parks.

Let the NSW Government and the State Coalition know you want national parks to remain public and permanently protected, for nature and quiet enjoyment, forever. In your own words express your strong opposition to the “National Parks and Wildlife (Sus. Tourism) Bill, 2010” that facilitates commercial development, and particularly the push for accommodation development in national parks. Email your concerns to:-

- Premier Kristina Keneally: premier@www.nsw.gov.au and
- Environment Minister Frank Sartor: office@sartor.minister.nsw.gov.au
- Leader of the Opposition, Barry O’Farrell LOP@parliament.nsw.gov.au
- Shadow Environment Minister, Catherine Cusack Catherine.Cusack@parliament.nsw.gov.au

Keith Muir (Colong Foundation for Wilderness)



Favorite Walk from a 'Newish' SBW Member and Note of Thanks to Leaders



Having joined SBW relatively recently, and having gone on my first walk with the Club just over a year ago, my favorite day walk so far is from **King Tableland - Kedumba Valley - traverse of Mt Solitary - Ruined Castle - Golden Stairs**. The views are fantastic and the sense of awe at the expanse and wilderness that surrounds is uplifting. I first went on this walk in the latter part of last year and it left such an impression on me that I repeated the walk a couple of weeks ago. It was again an amazing walk. As a child, and numerous times as an adult, I had gazed from The 3 Sisters over to Mt Solitary and beyond feeling the sense of vastness and distance and wondering what it would be like to walk there. On the repeat walk, I heard a more recent newcomer to SBW espouse the same view. I am now wondering what it would be like to walk further through the distance to Mittagong.

I would like to thank those leaders who continue to inspire and encourage newcomers like myself; the enjoyment and sense of achievement in visiting places that once seemed remote and yet now are found to be accessible, even as a day's escape from Sydney, are very much appreciated.

A special note of personal thanks to leaders I have had the privilege of walking with: Helen Macdonald, David Trinder, Stephen Brading, Caro Ryan, Melinda Turner and Chris Dowling; for their encouragement and good measure of assessing ability along the way. A year ago I would not have considered participating in events such as "6 Foot Track in a day" or "Wild Endurance as a 50 km relay". I have enjoyed the challenges and the experience this has brought, and the companionship of like-minded bushwalkers.

Karen Kool

WILLIS'S WALKABOUTS

Hello ... Red Centre!

This is the **best** year for bushwalking in a long, long time.

2010 is special. The Centre had more rain in the first four months this year than in the previous 3-4 years combined. Waterholes are full and wildflowers are spectacular.

The Larapinta Trail is easy, spectacular, and full of people. Our Finke and Watarrka trips get you away from the crowds and bring you to the best of the places we've found in our **20 years** of walking in the region.

We cross **Finke Gorge NP** via one of the most scenic 4WD tracks in the Centre, stopping to do some of the best day and multi-day walks the park has to offer.

In **Watarrka**, we do a single walk through deep gorges and across red dunes. We enjoy spectacular cliff-top views and camp near lovely waterholes unknown to the general public.



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An Epic Walk in Popran National Park / May 9

Nigel Weaver

In the Autumn Walks Program I described this walk as being 'scrubby, rough, and rugged'. That description was extremely accurate, as was my comment that the views are spectacular.

Popran National Park is on the northern side of Hawkesbury River, to the west of the Newcastle Freeway. The park is a mix of high hills and deep valleys. Most of the very curvy southern boundary of the park is a series of sheer cliffs that drop straight down to the river.



Christine, Patrick and Nigel enjoy a rest during the rough descent into Cascade Gully



One of the many spectacular views of Hawkesbury River

the views of the river were fabulous along the way. We finally made it to Jolls Bridge, dropped down onto the old Pacific Highway, and went to the spot where we had left one of our cars.

Yes, this was a really epic journey! The walk was truly scrubby, rough and rugged! But there were many spectacular viewing points along the way, making it a really great day overall.

Our party consisted of myself, Patrick McNaught, Christine Edwards, Margaret Weaver, and Ron Watters. We entered the park via a faint track from the old Pacific Highway just north of where it passes under the freeway, about three kilometres south of Mt White. We then followed a firetrail to the foot of Cascade Ridge, where the long off-track section of the walk commenced. The scramble up to the narrow ridgetop was not too hard. We then walked south along the ridge, and the bush was not too thick. There were good views along the way. We had lunch on the clifftops where the ridge turns sharply in an east-south-east direction, and we had panoramic views southward to the river around Milsons Passage and Peats Ferry.

Conditions toughened up from that point onward! The bush was quite thick in many places, making progress slow, although there were some clearer areas. We came to the section where the ridge drops down into Cascade Gully. There was a series of cliffclines to negotiate, some of which were dodgy. We could see the rugged cliffclines on the far side of the gully, knowing that we had to ascend them later! Gulp! Pleasant diversions were some great lookouts with views over the river. After much effort, we finally got to the bottom, crossing the small creek about 200 metres south of an old dam. Next was our ascent of the east side of the gully. We had to do a bit spooling, but eventually found a break in the cliffclines - a place that I call the staircase. At the top we had a long rest on the clifftops with panoramic views of the river to Bar Island, Milsons Passage, and the entrance to Berowra Creek. By this stage the going had been so rough, and navigation so tricky, that we felt that we were on a truly epic journey!

But wait, there's more! Leaving the clifftops, we still had to gradually ascend further through some fairly thick bush as we headed south-east towards Jolls Bridge. Once on top of the ridge I led us back to the clifftops in order to get some relief from the thick bush by using the open rocky sections to be found there at times. But it was still fairly slow going. At least

Please welcome the following new members

- ✿ Amanda Miller
- ✿ Jenny Banks
- ✿ Molly Wagner
- ✿ John Masters
- ✿ Dianne Hurst
- ✿ Ksenya Pakhomov
- ✿ Bronwyn Langworthy (re-admittance)

Traverse of Mt Solitary / May 15-16

Allan Wells



Having not traversed Mt Solitary for many years I was doubly keen to go on Owen and Michele's walk when I saw it was via Lions Head Pass which I had never done but had heard about from a number of friends. We met at the Queen Vic hospital at 6.45am and headed straight for the Golden Stairs on Narrowneck as we needed to get an early start to avoid clashing with six hundred runners competing in the Wild Endurance event. Chris and Peter parked the car in Laurel Street and we had just begun walking along Glenraphael Drive when Sue Bucknell drove up to say hello. "Hey Sue. Any chance of getting a lift out to the Golden Stairs" enquired Owen. Sue was happy to oblige and this gave us a good head start on the running fraternity. Magic weather and we hit the Federal Pass with not a runner in sight. Bewdy! The usual pleasant walk out to the Ruin Castle turnoff and as no one was interested in heading up to the Castle we pushed on and up the Korowal Knife Edge to the lovely casuarina forest on the west end of Solitary. Here we downed packs and enjoyed morning tea with an inquisitive eastern yellow robin. From memory this was around 10am.

What a glorious day for bushwalking. On we pushed and were soon at the head of Chinamans Gully where we again downed packs and headed over the back to soak up the fantastic views of Lake Burragarang, Broken Rock Range etc.

Time to push on to the lookout at Singajingawell where a couple of us replenished our water supply from the little stream beside the campsite. We were to have lunch here but as we were well ahead of schedule Owen suggested we continue to the East Col. We soon ran into Patrick McNaught who was part of Helen McDonald's group doing a day traverse in the opposite direction. Not far from the East Col we met the rest of the group and had a brief exchange before heading to the Col and its fantastic views for lunch. How blessed and privileged we are to enjoy such beauty so close to Sydney.

After lunch it was down the steep and slippery track to arrive at our turn off point in order to skirt past an old dam and barbed wire fence to get onto the road. This was the original access track onto the east end of Mt Solitary prior to the 'new' track. Heading along the road we soon came to the Kedumba Creek ford. I had to head off to 'see a man about a dog' while the others crossed but I soon caught up with them at the amazing five-star campsite near Cleary's old homestead site, replete with mown grass, composting toilet, fireplace with swinging BBQ plate, nearby small pool of clean drinking water and surrounded by amazing views of the surrounding cliffs. Who could ask for more? None of this \$1900/night Emirates Resort rubbish for us!!!

Michele got a ripping campfire going for us and we had a most enjoyable dinner and night of conversation with Pete and Christina telling us of some of the amazing adventures they had packed into their young lives as outdoor guides and travelers in the USA and elsewhere. It was lovely to catch up with Michele and Owen again after what seemed like so many years from our last trip together.

It was a chilly night and 6.30 Sunday morning found me shaking the ice off my fly, yet I slept 'as snug as a bug-in-a-rug' under my +5 degree quilt (though I did wear my jumper just to be sure). By 8.15 we'd all breakfasted and packed and headed off for the steep climb up the talus slope via an old overgrown vehicle track then up through the cliff line via Lions Head Pass, which involves a relatively straightforward scramble to the top which Owen had marked on an earlier trip with a strip of yellow plastic tied to a slim tree trunk. The very top of the pass is indicated by a large rock cairn.

From here it was a pleasant walk along the cliff tops back to the dirt road which heads out to McMahons Point. I'd been told that a bloke by the name of Roger Clarke (Upper Blue Mountains Bushwalkers) had invested a fair amount of his time clipping back the scrub with secateurs on the track between the top of the pass and the road. Thank you, Roger. A bit of a road bash and we were back at the cars at Queen Victoria hospital by 1.20pm from memory. Quick goodbyes and thank-you's and it was home for lunch.

Thank you so much Owen and Michele for putting on such a fantastic walk. I loved every minute of it!!!

Participants were:

Owen Kimberley, Michele Powell, Allan Wells, Christina Day & Peter Hinchy

Flower Garden Hill Walk / May 22-23

Ron Watters



*Group taking it easy
Photo by Hubert Habicht*

It was an idyllic lunch spot, large flat grassy area with mountain back drops and Murrain Creek flowing gently by. It screamed “you must camp here! But we did not. There would be too far to go tomorrow. And the cliffs on Flower Garden Hill above made a direct ascent unwise.

So we began plan A following Myrtle Creek upstream to the second gully and then ascent up a reasonably open ridge to a saddle to camp and an ascent to the summit of the hill without packs the following morning.

Ah, but what sounds simple is not always so. Was the first gully a gully or merely a rock filled depression? We decided it was and at the next went up.

It was steep! Dan up front was doing a magnificent job finding the way through cliff lines that kept on appearing like magic. But we could not let him get out of sight for he was obligingly carrying Hubert’s bottle of red. On his overnight ‘Q’ Hubert had stamped himself as a man with fine tastes who keeps his standards up whatever the conditions. And organised a wine carrier.

From our high vantage point we could see our nice open ridge two away to the west. Ah Hobson’s choice. Lose all that hard won height and have to do the complete climb in the morning as there would be just enough light to reach its base by nightfall . We were on our way to the very summit of Flower Garden Hill by one of the most direct routes possible.

So we went for it. Every time Bill said he could see the sky there was yet another set of cliffs and another crest. The light was fading fast. It was a stiff test for our new members Ksenya, Rosie and Hubert. But, they were cheerful team players.

And behold 30 metres below the summit there was a bench of tussock grass among the tall gum trees. Plenty of wood, enough space for our six tents, though Bill chose to sleep under the stars. He had the best spot of all. A 270 degree vista up the serpentine Murrain Creek flanked by steep ridges, Mt Shivering away to the north near the Oberon Stock route, Nattai Walls to the east , Bullnigang Heights across the valley. It conjured up all sorts of ideas for future adventures.

After dinner Dan produced the rum and Bill the lemon tang engendering a mellow state. What overnight walking is all about?

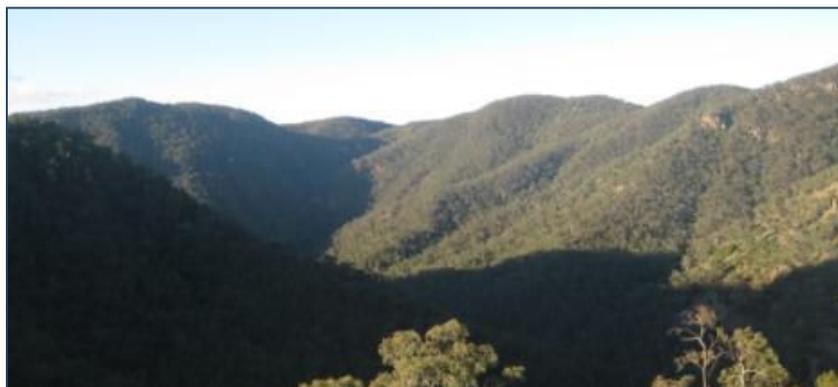
Atop Flower Garden Hill there were no flowers. And the view was not as good as our mountain camp. Following the ridge top we came to an open grass covered knoll with 360 degree views. Mid day at Carlon Gap was decision time. Forward and 250 metres of climbing and a steep 600 metre descent or down the Carlon Fire Trail to the Wollondilly and a leisurely stroll along the riverside track with open grasslands and mobs of kangaroos.

We chose the latter. Stopped at Barrallier to chat with local farmers who told us stories of local pioneers, setting up good relations for future access. Goodman’s ford at 4PM, change and off to the Mittagong RSL for a well earned dinner.

Thanks to Dan and Bill for assistance with route finding, Ksenya, Rosie and Hubert for your good company.

Participants were:

Ron Watters, Daniel Laver, Bill Capon
Ksenya Pakhomov, Rosie Junek and Hubert Habicht



Surrounding mountains. Photo by Hubert Habicht

Walks & Other Activities 1 - 30 May 2010

Stephen Brading

Leaders: - After an activity please email completed Walks Attendance Form and Activity Report to: walksreporting@sbw.org.au, bradingfamily123@optusnet.com.au and databasemanager@sbw.org.au
Please keep the signature sheet as these are a legal document. Thanking you in anticipation - Stephen

Date, Walk Location & Route	Activity Participants
<p>SAT 1-MAY - Day Walk - L311 - Q 25km Wentworth Falls - Kings Tableland area: <i>Kings Tableland (Wentworth Falls) - Water Board Road - Kedumba River - Mt Solitary and return.</i></p> <p style="text-align: center;">No Walk Report received:</p>	<p>Mark Patteson & Others</p>
<p>SAT 1 MAY - Bike Ride 20km Metropolitan area - south: <i>Heathcote Pipeline trail in Heathcote NP</i></p> <p style="text-align: center;">Bike ride cancelled due to lack of starters.</p>	
<p>SUN 2 MAY - Day Walk - L321 - Q 26km Great North Walk: <i>Brooklyn Station - Brooklyn Dam - Jerusalem Bay - Cowan - Berowra Waters - Berowra Station.</i></p> <p style="text-align: center;">Walk Report:</p> <p>8 walkers including a prospective on her second club walk left Hawkesbury River station on a surprisingly warm day for May and made excellent time to Jerusalem Bay where we had morning tea. Fortunately as the ground was cool and damp the temperature was kept down despite the power of the sun. At Cowan station Caroline left the group and caught the train back to Sydney having put in a solid effort for her second club walk. Lunch was taken overlooking Berowra Waters Ferry in the shade of some conveniently placed trees. The heat of the day made the steep climb up the hill beyond Berowra Waters Ferry just that bit harder. Straightforward track walking from there to the station. In summary, a very pleasant day building some fitness in good company.</p>	<p>Stephen Brading Yvonne Brading Owen Kimberley Michelle Powell Tim Fielding Jan Dormor Caroline Gong (P)</p>
<p>SUN 2 MAY - Day Walk - S111 - 9km Metropolitan area - south: <i>Bundeena Drive - Deer Pool - Marly Beach - Little Marly - Wattamola.</i></p> <p style="text-align: center;">Walk Report:</p> <p>Beautiful sunny and warm day. Highlights: spotting a pod of Dolphins just off the rocks near Big Marly. Flying Kites and exploring on the rocks. Swimming at Little Marly, water still 20 degrees plus. Beautiful sandstone along the cliff tops.</p>	<p>Dirk Goes Kyong Choe (V) Caroline Rogers (P) Tarmo Raud (V) Ulricke Langer (V) Southerly Goës Kai Goës Felix Raud Trixie Raud Jessica Rogers Christopher Rogers</p>
<p>SUN 2 MAY - Day Walk - M211 - 16km Metropolitan area - south: <i>Heathcote Station - Audley - Winifred Falls - Anice Falls -heathland -Maianbar -Bundeena.</i></p> <p style="text-align: center;">Walk Report:</p> <p>Apart from one minor "geographical adjustment" it proved to be a perfect day for walking. Huey smiled upon us and the walk had a bit of everything from rainforest to open heath to mangroves. Despite having quite a big group - 18 including nine prospectives - we kept up a good pace, enjoyed a pleasant lunch break at Anice Falls (well trickle really) and finished by 3.30 at Bundeena with time to spare for a coffee or ice cream before the ferry back to Cronulla.</p>	<p>Helen Lalas Ron Watters Patrick McNaught Rosemary McDougal Kelvin Cheung(P) Sally Anne Truong(P) Yim Chan (P) Christine Edwards David Cranston (P) David Jordan (P) Linda Mallett Ian Mustchin (P) Margaret Weaver Brian Surin Kin Walker Catherine Donohue (P) Charlotte Nicholls</p>

Special Attention Leaders

In submitting walks reports electronically please address your emails to:-

walksreporting@sbw.org.au

bradingfamily123@optusnet.com.au

databasemanager@sbw.org.au

This ensures that the 5 people who take action on Walks Reports receive them promptly.

Walks & Other Activities 1 - 30 May 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>1-2 MAY - Weekend Walk - S333E - 14km Kanangra Boyd NP: <i>Kanangra Walls - descend Bourkes Buttress (shown as 'pack route' NW of Crafts Walls on sketch map) to Kanangra Creek - boulder hopping up Danae Brook to the Pookan Hole ('Den of the Mist Monster' on the sketch map) - return Kanangra Creek - out via Murdering Gully</i> Walk cancelled due to lack of starters:</p>	
<p>1-2 MAY - Weekend Walk - M333E - Morton NP: <i>Oakey Creek -Castle - Monolith Valley - Mt Cole - Mt Owen (southwest face slot) - Oakey Creek</i> Walks Report: Weather turned out perfect so photos were excellent. Castle climb was easy due to fixed ropes. Castle log book did not exist so could not make notes in log book. Locals were up there with big tea promotion so we had tea and cake with our lunch on the Castle. Cooyoyo Creek was not running and creek through Green Room was also not running. SES group were encountered in Monolith Valley, resting after walking from Nerriga. Pleasant evening was had by all including Gavin's twin brother Kevin. Trip over Mt Owen was quite scrubby due to leader not being able to find any sign of an existing track to the Mt Owen log book (which also did not exist - but Caro left a small note book in the box, which only a female or person with small hands can get back out). Fire trail from base of Mt Owen is slowly disappearing, but good time was still made along this trail until something bit Gavin on the thigh and being from NZ he immediately thought the worst - snake bite - but nothing could be seen in the vicinity and puncture wounds were small and difficult to distinguish from all the other scrub wounds from Mt Owen. We eventually arrived back at the cars around 4.30 pm, had a wash in the river and headed off to Nowra Workers Club for an excellent dinner. WARNING: Bewong Roadhouse is under new management and closes at 6 pm on a Sunday, so don't count on getting petrol or food here on a Sunday night.</p>	<p>Tony Manes Caro Ryan Aleksander Popovski John Pozniak Gavin Marshal</p>
<p>SAT 8 MAY - Day Walk - M222 14km Brooklyn Area: <i>Cowan - Great North Walk - Ten Bob Ridge -Porto Bay -Peak Hill -Sandy Bay -Brooklyn.</i> No Walk Report received:</p>	<p>Jodie Dixon & Others</p>
<p>SUN 9 MAY - Day Walk - M111 15km Metropolitan Area - North West <i>Parramatta Wharf - Parramatta Park - Uni of Western Sydney campus - Parramatta River foreshore - George Kendall Reserve - Archer Park - Meadowbank Memorial Park - Shepherds Bay - Kissing Point Wharf - ferry to Circular Quay.</i> Walk Report: A significant event occurred on this perfect autumn day: we crossed the Parramatta River via the second foot bridge upstream of the weir onto the river's northern bank. It was about the 105km mark on our trip from South Head to North Head, a series of day walks we began in October, 2009, and the crossing meant we had finished the western leg of our journey. We were now walking east towards our ultimate destination, five stages and 85km away. Otherwise, the day provided the usual mix of pleasant and depressing scenes typical of the Parramatta River valley and as the pleasant easily outnumbered the depressing, it was another enjoyable day exploring this part of Sydney on foot.</p>	<p>Ian Rannard Helen Lalas Kaye Walker Rosie Juneke (P) Anita McMahon Nigel Wingate Jan Roberts Col Rannard (V)</p>
<p>SUN 9 MAY - Day Walk - S223 10km Mt White Area - Popran NP <i>Pacific Hwy near Mt White - Cascade Ridge - Cascade Gully - Joll's Bridge - Sunshine Bay. Panoramic cliff-top views of Hawkesbury River</i> Walk Report: The weather was fine and mild, ideal for walking. We took the fire trail leading away from the highway, and then commenced about six kms of off-track walking by climbing the steep slope to the top of Cascade Ridge, from where there were distant views. We then headed south along the ridge and had lunch high on a cliff-top with great views southward to Hawkesbury River. From then on the bush often had thick sections which made progress very slow as we made our south-south-east along the ridge, and then descended through a range of cliff-lines to the bottom of Cascade Gully. We then climbed up the other side of the gully through cliff-lines to another fantastic cliff-top lookout where we had more great views of the river. From there we walked southward along the cliff-tops to Jolls Bridge, encountering more sections of thick bush along the way. Finally we descended under the bridge, and dropped down onto the Pacific Highway which we followed downhill to the car that we had parked at Sunshine Bay. It was an epic journey, with plenty of tough sections of off-track walking, but many great views along the way.</p>	<p>Nigel Weaver Margaret Weaver Patrick McNaught Ron Watters Christine Edwards</p>

Walks & Other Activities 1 - 30 May 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SAT 8 MAY & SUN 9 MAY - Day Walks Illawarra: Shell Harbour/Killalea State Park <i>A beautiful area with spectacular cliff views and classic beaches. Walk to the entry of Minamurra River.</i> Kiama Coastal Walk <i>Choice of coastal walks in the area.</i> Walk cancelled due to ill health</p>	Bill Holland
<p>7-9 MAY - 3 Days Walking - M233 Namadgi NP <i>Day 1: Boboyan to base camp along Sams Creek (in NSW). Optional side trip to Mt Gudgenby. 10 km, 500m+ (to base camp only)</i> <i>Day 2: (daypacks) Scabby Range, Mt Kelly. Up to 20km, >1000m +/- .</i> <i>Day 3: return to cars, couple of interesting options.</i> Editor's comment: Walk cancelled due to lack of starters/Members please note that Namadgi NP is a terrific area and those who make the effort to travel there will be duly rewarded.</p>	
<p>WEEKEND 7-9 MAY - Weekend Walk - M212 (Easy/Medium) Morton NP <i>Wog Wog - CMW Track - Corang River` - off track up Canowie Brook to headwaters of Freemans Creek (camp at C368 904) - return via Corang Peak</i> No Walk Report received:</p>	Bill Capon & Others
<p>WEEKEND 7 - 9 MAY - Bushcare & road repair Coolana Maintenance See Coolana Report:</p>	Don Finch & Others
<p>TUE 11 MAY - Day Walk Kiama Coastal Walk <i>12 km of continuous walking track from the Minnamurra River to Werri Lagoon. We will walk on this track all or part of the way</i> Walk cancelled due to ill health</p>	Bill Holland
<p>SAT 15 MAY - Day Walk - M221 18km Metropolitan Area - North - Great North Walk Stage 2 <i>De Burghs Bridge - Thornleigh - Hornsby</i> Walks Report: A well-travelled but still enjoyable walk on a lovely autumn day. Having started a little before 9.00am we finished in very good time, just after 2.30 - possibly spurred on to greater speed by the sound of firing from the rifle range. Still found time for a brief respite on the couch in the cave above Fishponds before the final ascent to Hornsby. Great effort by Pam McKean for a first SBW walk.</p>	Helen Lalas Lisa Sheldon (P) Ian Mustchin (P) Pam McKean (P) Brian Surin Richard Denham
<p>SAT 15 MAY - Day Walk - M211 20km Metropolitan Area - North - Garigal NP <i>Roseville Bridge - Killarney Heights - Wakehurst Parkway - Manly Dam and return.</i> No Walk Report received:</p>	Mark Patteson & Others
<p>SAT 15 MAY - Day Walk - L331E 20km Blue Mountains - Mt Solitary <i>Kings Tableland - Kedumba River - The Col - Mt Solitary - Korrowal Knife-edge - Ruined Castle track - Golden Stairs</i> Walk Report: Absolutely perfect weather for a traverse of Mount Solitary. The group set off at a cracking pace at 8.45am - much to the amusement of the leader who was looking forward to a 'leisurely' walk with plenty of stops to admire the views! The Kedumba river was hardly recognizable following the huge storms a couple of months ago. The dead tree usually used for the crossing had been shifted in the deluge so that the only way across now is by getting your feet wet - however, Karen demonstrated that wet feet can be avoided by tying plastic bags over your shoes!! A quick rest half way up the steep climb followed by a final push for a lengthy well deserved break at the top of the Col. We all signed the visitors' book and saw a message from Patrick McNaught that he had been there 40mins prior. Leaving the Col we bumped into Owen and his overnight group who said that Patrick was waiting for us. We came across Patrick enjoying a 'sun bake' at his favorite lunch spot. Patrick joined the group and we headed off to Melville lookout for our lunch break. A crisp clear day allowed views apparently all the way to Mittagong..!! The group split at the bottom of the Ruined Castle with those still full of energy opting for a side trip up to the Castle to admire the spectacular views one more time. A gorgeous sunset was enjoyed from the climb up the Golden Stairs and the group was back at the cars by 5.45pm. Well done to our new members for passing their Q walk and a special mention to Steve who completed his 'first' walk with SBW..!</p>	Helen Macdonald Sue Bucknell Chris Dowling Paul Barton Christian Vallance Tim Yewdall Huw ap Rees Richard Patterson (P) Karen Kool Annick Boismenu (P) Steve Arroita (P) Patrick McNaught

Walks & Other Activities 1 - 30 May 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SUN 16 MAY - <i>Day Walk</i> - M211 16km Metropolitan Area - North - Garigal NP <i>Gordon Station - Bungaroo Track - Governor Phillip Walk - Lyrebird Track - Davidson Park - Roseville Bridge - Two Creeks Track - Lindfield Station.</i></p> <p style="text-align: center;">Walk Report:</p> <p>A pleasant walk under mild weather. Lunch was enjoyed by Middle Harbour Creek watching schools of fish.</p>	<p>David Bell Hugh Fyson Linda Mallett Carina Dennis (P) Isabelle Moss Terry Moss Bill Raffle Paul Irwin J. Ajanovic</p>
<p>SUN 16 MAY - <i>Day Walk</i> - S111 10km Metropolitan Area - South - Botany Bay NP <i>Maroubra Beach - Boora Point - Little Bay - Cape Banks - La Perouse.</i></p> <p style="text-align: center;">Walk Report:</p> <p>It was raining lightly for about 30 to 40 minutes after we left Maroubra Beach, but it stopped at about Magic Point, fortunately not to return. From the clifftops around Magic Point there are spectacular views up and down the coast. We continued around to Long Bay and then went to south to Little Beach for lunch. We then continued to Cape Banks from where we turned westwards to Henry Head and finally to La Perouse. This is an easy and pleasant coastal walk, with great views all the way.</p>	<p>Nigel Weaver Margaret Weaver George Bertrand Frances Bertrand Pam Campbell</p>
<p>WEEKEND 15-16 MAY - Weekend Walk M332 Jamison Valley Area <i>Narrow Neck - (Golden Stairs) - Mount Solitary - Kedumba Crossing - Lions Head (pass) - Lions Head Ridge - Queen Victoria Hospital site</i></p> <p style="text-align: center;">Walk Report:</p> <p>We set out early on Saturday morning to miss being run into by participants in a scheduled endurance race. Having parked our car (after a car shuffle) near the Scenic Railway, all five of us had the good fortune to be offered a lift down to Narrow neck by Sue Bucknell who was shuffling her car for a SBW day walk. Glorious autumn day as we set out. We had the benefit of Alan Wells' explanation of some of the old shale oil workings/ruins. Morning tea after ascending Mt Solitary. Nearing the end of our traverse of Solitary, we, as expected met Patrick McNaught who was the vanguard of Sue Bucknell's day walk. Met the rest of the day trippers just before the East Col where we had lunch. There were spectacular views of our anticipated route. We left the "normal" walking track just after descending from Solitary and headed to our campsite at Kedumba Crossing, being the site of the old "Kedumba" homestead. A truly magnificent campsite enhanced by autumn sunlight on the surrounding cliffs and a friendly campfire. Next morning we set off uphill and we managed to find the pass up through the cliff line without too much difficulty. The views from Lions Head Ridge were magnificent - not a cloud in the sky - south towards Lacys Tableland, Mt Colong, Cloudmaker and Kanangra. Toward the west, Mt Mouin, Solitary and the Jamison Valley. After traversing Lions Head Ridge, we hit Kings Tableland road which we then followed for 4.5kms to the old Queen Victoria Hospital site where we had left two cars. We all agreed it had been a most memorable walk.</p>	<p>Owen Kimberly Michelle Powell Alan Wells Christina Day (P) Peter Hinchy (P)</p>
<p>WEEKEND 15-16 MAY - Weekend Walk M223E Wollemi NP from Bell <i>Mt Cameron Trail - Deep Pass -Railmotor Ridge -Rock Hill -Nayook Creek (camp) -Tambo Limb - Mt Cameron -Natural Bridge</i></p> <p>The weather was cool but sunny for our six brave walkers. Nice scenery walking down into Deep Pass. The bush walk along Railmotor Ridge and out to Rock Hill didn't provide a lot of views, but lunch on top of Rock Hill with views in every direction went some way to compensating. The route down to Nayook Creek was relatively straightforward, with Ian remembering the location of the easy passes through the two cliff lines from a previous visit. Got to the overhang for camp at about 3pm, then Ian, Melinda and Marion went off to recce the hoped-for pass out north from Nayook Creek for Sunday's walk whilst Neil, Sonja and Michael made camp and got the fire going. The pass through the lower cliff line was found without too much trouble and the recce party figured that was enough for the day. A long happy hour / dinner were enjoyed, with just about everyone bringing cheese for happy hour (note to self - try to co-ordinate the party so this doesn't happen in future...) All impressed with Neil's extravagant dinner. Fresh vegies, mushrooms and meat! Sunday morning dawned sunny but cool. We set off up the recce'd pass; now noticing a moss-covered cairn at the top of it (Did Wilf Hilder make the cairn decades ago? Michael had previously discussed the planned route with Wilf and figured this was probably where Wilf had got though). We pressed on up through wet undergrowth - not due to rain, just a really heavy dew - and found our way through two more cliff lines, although no more cairns were found. Got to the top of the spur then proceeded northwest along the ridge in the direction of Mt Cameron. More cheese for morning tea... Found the old road that Bill Capon had told Ian about. Mount Cameron was amazingly green, courtesy of the basaltic soil. Found the old hut, then lost the old road and pushed through horrible scrub for a while before hitting the road again. Lunch then a long walk along the road back to the cars near Natural Bridge. The long hike along the ridges and along the road were a little tedious, but Rock Hill, Mt Cameron and the passes in and out of Nayook Creek made up for it. Overall a good walk.</p>	<p>Ian Thorpe (leader) Melinda Turner Neil Hickson Marion Davies Michael Keats (Bush Club) Sonja Steidle (P)</p>

Walks & Other Activities 1 - 30 May 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>TUE 18 MAY - Day Walk - M211 13.5km Metropolitan Area North <i>Wahroonga - Gibberagong Track - Bobbin Head - Birrawanna Track - Apple Tree Bay - Cowan Creek - ridge to Mt Ku-ring-gai Station.</i></p> <p style="text-align: center;">No Walk Report received:</p>	<p>Tony Holgate & Others</p>
<p>SAT 22 MAY - Day Walk - M221 Q 19km Jenolan Area <i>Six Foot Track from Jenolan Caves Rd - Jenolan Caves - McKeown Valley - Fire Trails to return to cars.</i></p> <p style="text-align: center;">Walk Report:</p> <p>9 walkers including one who caught the train to Blackheath enjoyed perfect walking weather for this walk. The biggest issue of the day was the quality of the coffee sold at Caves House. Patrick had been up the valley a long time ago. There were cattle grazing where now there are roo and wombat. We managed to find the old farm road all the way this time and so finished the walk better than half an hour earlier than two years ago, despite not having super fit fast walkers like last time. This demonstrated how much quicker track walking is compared with the easiest possible off track. In the valley it is easy to imagine and envy the sort of life some people in the early days of the colony would have had. A good day out for all who could make it.</p>	<p>Stephen Brading Yvonne Brading Chris Dowling George Molnar Jennifer Melocco (P) Peter Hinchy (P) Christina Day (P) Andrew Vilder</p>
<p>SAT 22 MAY - Half Day Walk - M211 13.5km Metropolitan Area - North <i>Sugarloaf Bay - HC Press Park to Harold Reid Reserve</i> Great three hour walk along the foreshores of the Middle Harbour in the rain. Views across to Castlecrag and Seaforth. We admired The Innisfallen (Willis`) Castle from the top of Willoughby Sugarloaf (Harold Reid Reserve) The amazing castle in late Gothic perpendicular style was built in 1904 by the Henry Willis family. Each exterior corner of the house is graced with a solid stone circular turret, on the northern side of the building there is a crenellated tower three storey's high. The name Innisfallen is Irish and means "Isle of the field". There is an island in the lakes of Killarney called Innisfallen.</p>	<p>Marcia Kaye Jodi Dixon Lyn Terrey Narayana Rodriguez Helene Cass</p>
<p>SUN 23 MAY - Day Walk - M221 Q 14km Faulconbridge Area <i>Faulconbridge train station - Prime Ministers Avenue - Victory Track - Clarinda Falls - Sassafras Gully - Glenbrook Creek - Perch Ponds - Magdala Creek & Falls - Lawson's Lookout - Springwood train station.</i></p> <p style="text-align: center;">No Walk Report received:</p>	<p>Tony Holgate & Others</p>
<p>SUN 23 MAY - Day Walk - M212 (Easy/Medium) 10km 130m up Bucketty Area <i>Parts of the Old North Road near Bucketty, dropping down a tributary creek into Mogo Creek, up Mogo Hill and returning along a ridge.</i></p> <p style="text-align: center;">No Walk Report received:</p>	<p>Fran Zochmann & Others</p>
<p>WEEKEND 22 - 23 MAY - Weekend Walk - M222 Q Upper Wollondilly - Nattai NP <i>Goodman's Ford - Wollondilly River - Flower Garden Hill - Carlon Gap - Lords Mountain - Goodman's ford.</i></p> <p style="text-align: center;">Walks Report:</p> <p>Highlights: - finding the big grassy flat on Murrain Creek, the 270 degree views from our mountain camp site 30 metres below the top of Flower Garden Hill Space for the tents on a tussock covered bench beneath the gums. Hubert's bottle of red wine, obligingly carried up the 500 near vertical metres Flower Garden Hill by Dan-we made sure we never lost sight of him! Rum by Dan and Lemon Tang from Bill providing just the right ambience for the camp fire. 360 degree views from the grassy knoll on the way to Carlon Gap, chatting with farmer Joe at Barrallier with his knowledge of the valley history and the Carlon Family early settlers of the area. Meeting Peter and Sue again on Sunday. The leader had to be dragged away from an offer of a cup of tea. I am sure he smelt the likelihood of pumpkin or perhaps date scones in the air. But alas he had to settle for a salami sandwich on 2 day old bread. Interesting country that inspired the imagination for future trips. All the new members passed their overnight Q with style coping with all challenges cheerfully and great company throughout. Thanks to Dan for route finding up Flower Garden Hill and for the rum, Bill for the lemon tang and navigational help , to Hubert for the wine and Ksenya and Rosie for your contributions in making the trip a memorable one</p>	<p>Ron Watters Ksenya Pakhomov (P) Bill Capon Daniel Laver Hubert Habicht (P) Rosie Januk (P)</p>

Coolana Report

Don Finch

The last serious attempt at road repairs on the section between the car park and the camping flat was in November 2008 a particularly heavy rain storm that dropped 45mm of rain two weeks later undid a large portion of that work. The crushed sandstone road base needs settling with rain in moderate amounts not heavy rain that starts to run and wash away the uncompacted gravel. Other priorities have taken precedence until the weekend of 8th and 9th May 2010.



SBW women hard at work



Never too young to give a hand!

Thirty nine tonnes of crushed sandstone road base were ordered for delivery to Coolana on Friday 7th May. A diesel Toyota 4x4 vehicle borrowed from Margret Brown and Geoff Hammond was retrieved by Don from Upper Yengo Creek where it is kept on Wednesday leaving my van as a replacement vehicle for their use. Two borrowed trailers were loaded with a variety of tools and equipment on Thursday and early Friday morning the whole caravan was driven to Coolana by Ros, Paul and Don. Barry arrived soon after and a substantial camp prepared. The first 13 tonne load of road base arrived about lunch time in a very large tipper truck with the nick name Blue Magic driven by Shane, the other loads duly arrived during the afternoon. Helen arrived late in the afternoon and Lloyd with the youngest helpers Jamison 6 and Ellery 3 arrived later as did Rick. Plans were made for Saturday and a start at filling the hole at the zig zag bend was made. A very pleasant camp fire with an excellent dinner and a comprehensive selection of refreshments brought the day to a close.

Early on Saturday Greg and Libby arrived with the second 4x4 needed to drag the trailers up and down the hill. Spiro, Steve, Rod, Chris and Mae followed soon after to be followed later in the day by Shahram, Daniel and Saeid. There was now quite a lot of horse power available and the work of filling the trailers and unloading them progressed at a very satisfactory rate. Rod had brought a trailer as well which made three trailers and an efficient use plan was put into action whereby there was little waiting time for the vehicles to hook up to a full trailer after dropping the empty trailer. Libby was given the gong as the most accurate backer of trailers. Jamison who as boys do was very interested to see under the bonnet of the 4x4 and he managed to get people to lift it for him three time, but his eyes were out on organ stops when his dad started the motor for him and he could see things going round and round. Work stopped about 4pm with two trailers full and ready to go in the morning. Siobhan and Jim arrived after dark. Another happy evening was spent around the camp fire complete with Spiro's spinach pie.

Sunday morning a persistent light fog added to the charm of the early morning. Barry had the fire going early and the two boys looking very pleased were sitting up drinking hot chocolate beside the fire. The first of the trailers went down the hill about 8:30am and the full team was working soon after. Jodie and Marcia arrived a bit later in the morning and it was soon an all girl team loading the trailers assisted by Ellery. Left over from the building of the composting toilet were 24 bags of cement these were mixed with the road base used in the very large water diversion built in the zig zag corner. By 3:30 the job was done and the girls filled one last trailer ready for Monday morning. Fifty trailers loads had gone down the hill with one in the trailer and only enough left for one more trailer load the gravel was all but used up, a very satisfactory result. Thank you to all who helped make the road repair weekend a success.

On Monday Ros, Spiro and Rick who had arrived late on Sunday went over to start work on the Eastern Flat. Tending trees, weeding, pulling star posts out of the ground and planting some new trees were some of their activities. Paul and Don used the full trailer to finish shaping the water diversion humps and the last load went into the trailer on Monday morning leaving a small amount for future repairs. On Tuesday Ros, Rick, Paul and Don were again working on the Eastern Flat with Paul using the new larger brush cutter to clear the Madiera Cherry (*solanum pseudocapsicum*) several large log piles were built up from the last of the cut logs and the weeds added ready for future burning. Wednesday morning was spent in similar fashion and we packed up and went home soon after lunch. The 4x4 was returned full of fuel as a thank you on Thursday and damage to the trailers was repaired with galmet and rust protection paint over the weekend.

The future burning happened sooner than expected as Ros was unable to find her camera on our return to Sydney. After some enquiries it was deduced that the camera was probably in the card board box with the leather gloves, now back in the tool shed. On Tuesday 25th May Ros, Paul and Don again went to Coolana to look for the camera which was found in a bag of rags in the tool shed. Ros spent Tuesday killing weeds and tending trees on the eastern flat. While Paul and Don set fire to and tended 16 log piles. On Wednesday it rained 59mm in the rain gauge at the tool shed the road ran with water and the still uncompacted road base was under pressure. Constantly patrolling the road and helping the water runoff where possible reduced the damage done by the very heavy rain. But the front edge of some water diversion humps were washed away and we got soaked in the torrential shower bursts. The water tanks on the eastern flat were filled and the blocked wire mesh in the water tank at the shed was cleaned.

The Midweek Walkers

Bill Holland

The Mid Week Walkers are an informal gathering of people in SBW who find the time to enjoy walking, cycling, kayaking during the quiet times of the week when others are working hard to support us.

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. If you would like to be added to our Midweek Walkers mailing list please let me know by contacting Bill Holland 4296 3084 or by email to billholland@bigpond.com

Already we are nearly halfway through the year. The first half has been most successful with visits to Dunns Swamp, Currawong, Canberra, and Tombara near Braidwood. This month Gradys Retreat has eight attending so far (we can accommodate more).

As advised earlier, I have booked accommodation for a trip to New England in October and it is good to see that already we are at or near capacity. There are ten attending and deposits have been paid. However, if we have more people interested I can try for Uncle Tom's Cabin to add to the "Residence" and "Chalet" already booked. Time is of the essence as this is a popular location so let me know if you would like to be come in October.

In August I am aiming for Villa Paradise Myola on Jervis Bay. This has been the venue for a family stay last year and comes highly recommended. September marks the start of spring so present planning is to camp out at Yalwal Camping Ground. Finally, in November we could return to Dunns swamp or perhaps to Newnes Cabins.

So, here are our plans for July and August:

Mon 19th - Fri 23rd July - Farewell to Robyn's Farm.

This may be the last time we can stay at Robyn's and as we have had many pleasant stays here it would be nice to say farewell to the farm. There will be events planned including

Christmas in July

As we have done before let's have a merry "Christmas" celebration. when the weather is cold and the Gluwein warm we can celebrate in an old-world fashion.

Visit to Abercrombie Caves

We will drive about 50 km on sealed roads to Abercrombie Caves - the most accessible cave system in New South Wales. Abercrombie Caves were officially discovered in 1842. The immensely gifted artist, Conrad Martens (1801-1878), first went to Abercrombie Caves and made a number of sketches and paintings. One of the objectives of the trip is to locate Conrad Martens' easel locations when he made his paintings and then to photograph what the artist saw.

Perhaps we can also fit in a visit to the Hill End gold mining area

Come and join us for all or any of the days.

Mon 15th - Fri 20th August: - Villa Paradise Myola

Myola is nice and quiet, one-street village on the beautiful Jervis Bay. Here is where the road ends and where the Currambene Creek flows into the bay. The house is modern and comfortable and is surrounded by beautiful bush. The bay and the creek are fantastic places for all sorts of water sport activities. A nice stroll through the bush brings you to the kilometres long beaches of the bay. The house and the area are ideal for a short or long break and to catch up with friends or family. And Myola is an excellent starting point for you to explore the rest of the beautiful Jervis Bay area.

Likely cost: around \$25 per person per night depending on numbers.

The booking has yet to be made so let me know if you would like to attend as accommodation will be limited.



“Congratulations to Clare Holland”

Karl Miller

Congratulations to Clare Holland who pulled off a unique triple crown that few are likely to replicate. Some of us have attempted to walk or run 100kms in one day, and a few of us have even succeeded in that effort.

In April and May, Clare decided to line up on the start line of not one but THREE 100k trail running events. Even more remarkable, all three were within a single 4 week period and the final one, the NF100, has an international reputation for being spectacular and very tough. The NF100 course is in the Blue Mts and starts at Sublime Pt Rd, uses Federal Pass to Golden Stairs, then along Narrow Neck via a (beefed up) Tarros Ladder to Medlow Gap. Then Dunphy's Carpark, Tinpot Mt, Carlons Farm, Megalong Valley Rd, 6 Ft Track, up Nellies Glen, Katoomba, down Giant Staircase, down to the bottom of Jamieson Valley and up Kedumba Pass to Queen Victoria Hospital, Wentworth Falls and back Sublime Pt Rd via the cliff tracks.

Clare's times for these events were:

- Melbourne Trailwalker: 43 hrs
- Wild Endurance: 16:36 hrs
- North Face 100: 16:24 hrs

Well done, awesome effort.



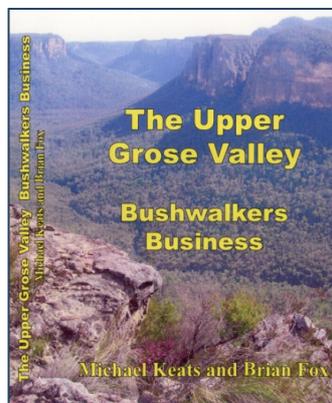
Clare heading down the beefed up Tarros Ladder (28k)

Book Launch for 'The Upper Grose Valley - Bushwalkers Business'.

Michael Keats and Brian Fox have kindly invited SBW members to the book launch of their recent work,

'The Upper Grose Valley - Bushwalkers Business'

DATE: Saturday, 3 July 2010
TIME: 10:00 am - light morning tea
10:30 am - Book Launch
Followed by light lunch
WHERE: Blue Mountains Historical Society
99-101 Blaxland Road, Wentworth Falls



For further information contact:

Mike Keats
Telephone: 02 9144 2096
Email: mjmkeats@easy.com.au

OR

Brian Fox
Telephone: 02 6332 2590
Email: brianandelaine@aapt.net.au

Buying/Selling/Giving it Away

Do you have some old gear that you no longer need? Would you like to sell it? Would you like to give it away? Well here is your opportunity. We are going to trial a 'Buying/Selling/Giving it Away' page in the next 2 newsletters. If it works and can be managed we will continue with it. So.....

This could be your old tent here!



E.g. Japara tent. Approx 50 years old going for bargain price. Contact Paddy on %*#*#&%\$*

Make you descriptions and/or small photos fit in a text box this size
And we can see if it



sells!

Our first items for sale are



Western Mountaineering - Highlite - \$400. Brand new, unused, 6'. WM produce an unbelievably light weight range of sleeping bags using 850 fill power down and a minimum of extras e.g. just a half zip. Rated at 4C and weighs just 485g. I use one regularly year round and have slept to 4C on several occasions (albeit with thermals and beanie) so the rating is accurate. Paddy's sell them at \$550. Contact Karl - kz.karlmiller@gmail.com or 0428 458 788

Silnylon Tarp - Design as per my AAWT trip. Loads of room coming from its asymmetric shape and beaks. It measures 2.6m wide at front, 1.6m wide at back and 2.9m long (incl. beaks). Fly weight 285g. Including guys, pegs and emergency blanket for groundsheet, my shelter totals 430g and packs to 10cm dia. x 20cm. I can make them up for \$140. Alternatively I have the Silnylon available for sale at \$15/linear meter (blue only, 60" wide) and you can make something up to your own design.



Contact Karl - kz.karlmiller@gmail.com or 0428 458 788.

Picasa Web Albums and Google Groups

Picasa Web Albums

We have new, easier way to get your photos available to share on the website. Essentially you can upload your photos to a Web Album (Picasa) and let us know the link. Many of us are using web albums to share with family and friends already. Please click on the following link for instructions on how to upload your photos:

<http://www.sbw.org.au/SiteMedia/w3svc853/Uploads/Documents/Picasa%20Web%20Album%20-%20Beginners%20Guide.doc>

Google Groups

To encourage interactive use of this facility, it is now possible for **anyone** in the group to create a message to the whole group (rather than asking Ron to send it out). If you are not on the list (i.e. you aren't getting short notice and alteration updates by e-mail), just drop me or Ron an e-mail and we'll add you.

- Maybe you have want to plan a walk - You could ask "Who has walked in MacDonnells and can point me in the direction of water here
- Maybe you have a day off in the middle of next week. "Hi, I'm heading up to Blackheath next Wed, if you want to join me on this walk
- Please Note - No commercial messages, no chain or joke mail to be sent.
- Moderation is in place but the message should go out within a few hours.

Karl Miller

Advance Notice for Trekking in Peru / May, 2011

Trekking in the Cordillera Blanca and Cordillera Huayhuash plus Machu Picchu via Choquequirau and Salcantay

Fully supported walks in the most spectacular parts of the Peruvian Andes.

Options are available for one, two or all three walks.

This will be a joint walk with Darwin Bushwalking Club.

For more information contact Lesley Clarke at: lj.clarke@optusnet.com.au

Please contact Lesley as soon as possible because there is a great deal of organizing required.



The heavily glaciated massive of Pucahirca, seen from the summit of Quitaraju, Cordillera Blanca, Peru.

Training Events

Navigation and First Aid Training / Saturday, July 3



Come and enjoy a day of Navigation and First Aid Training in Centennial Park. Members can brush up on their skills and Prospective Members can fill the requirements for Club Membership.

Contact David Trinder on (H) 9542 1465, (M) 0417 113 006, (Email) dt28@tpg.com.au

Comprehensive Remote Area First Aid Courses 2010



The BWRS is holding a number of Comprehensive Remote Area First Aid Courses. The next one is:

- 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

Winter Social Program

Kathy Gero

ALL MEETINGS ARE HELD AT THE KIRRIBILLI NEIGHBOURHOOD CENTRE
AT 8pm UNLESS OTHERWISE INDICATED.

JUNE

16th June
8pm

Baby its cold outside –keeping warm in the outdoors

A skills session focussing on the cold and winter survival. Enjoy the wild outdoors in the cool season. Hypothermia can occur at any time of the year, but winter presents greater risks. You need to be aware of the risks, how to dress to keep warm and how to deal with it if it arises. It needs to be emphasised that this problem is not exclusive to winter or the mountains!

JULY

7th July
7pm

Committee Meeting

Observers welcome

14th July
8pm

New Members Night

Introduction to SBW for intending prospectives

21st July
8pm

Xmas in July/ Mid-Winter Feast

Come and celebrate the middle of 2010, with our iconic SBW -style party. Merely bring yourself and a plate of something delicious (savory or sweet) to share. The club provides all your beverage needs as well as eating utensils. We may even have gluwein!!!!

AUGUST

4th Aug
7pm

Committee Meeting

Observers welcome

11th Aug
8pm

New Members Night

Introduction to SBW for intending prospectives

18th August
8pm

Ecotraining Guides



Join Mark Hutchinson, Director of EcoTraining Australia, for a discussion on reconnecting with nature, conservation through education and raising the guiding standards in Australia.

Founded in 1993 in South Africa, Mark brought Ecotraining to Australia in 2007 with the aim to develop professional field guides for the growing nature based tourism market in Australia. With a bush training facility on the Western border of Kakadu National Park, and mobile training facilities with the capability to train at any remote location in Australia, Ecotraining provides the only hands on, practical guide training in the country.

So come and join Mark for a presentation on how these immersive, 28 day bush camps are helping to improve the guiding standards in Australia, and how this is enhancing the outdoor experience for all nature enthusiasts. And with plans to expand into the Blue Mountains region, Mark also wants to hear your thoughts how we can work together to provide a more enriching experience for all Bushwalkers.

COME AND SUPPORT OUR GUEST SPEAKERS!

Our Social Secretary, Kathryn Gero has changed her email address.

Her new email address is: kathymg73@gmail.com

If you would like to organise a social event for club members contact Kathy and share your ideas with her!

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