



# THE SYDNEY BUSHWALKER

AUGUST 2010



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August 2010, Issue 898

**INSIDE THIS ISSUE**

<b>The President Says - Ron Watters</b>	<b>2</b>
<b>From the Editor - Melinda Turner</b>	<b>3</b>
<b>From the Committee Room - Helen MacDonald</b>	<b>3</b>
<b>Letters from Jan and Margaret in Europe - Jan Mohandas</b>	<b>4</b>
<b>Memories - Peter Dyce</b>	<b>5</b>
<b>Walking in Japan / May 17 -28 - Christine McColl</b>	<b>6</b>
<b>Paddy Pallin 6hr Rogaine / June 19-20 - Vivien de Rémy de Courcelles</b>	<b>8</b>
<b>Wild Dogs Weekend / July 17 - 18 - Lisa McCarthy</b>	<b>9</b>
<b>A Walk in Brisbane Water National Park / July 25 - Nigel Weaver</b>	<b>10</b>
<b>Two New Members Visit Kanangra Walls / July 24 -25 - Helen Kapnopulos</b>	<b>11</b>
<b>Kokoda- Tourist or Tiger Trail? - Huw ap Rees</b>	<b>12</b>
<b>Walks &amp; Other Activities 1 - 31 July 2010 - Stephen Brading</b>	<b>14</b>
<b>The Midweek Walkers - Bill Holland</b>	<b>20</b>
<b>Coolana Training Weekends in the ashes of the Happy Hour Fire - Patrick James</b>	<b>20</b>
<b>Kosciusko Huts Association Update - Ian Wolfe</b>	<b>21</b>
<b>Buying / Selling / Giving it Away</b>	<b>22</b>
<b>How to help the environment one recipe at a time! - Vivien de Remy de Courcelles</b>	<b>22</b>
<b>Navigation (and fitness) Training via Orienteering and Rogaining - Ian Wolfe</b>	<b>23</b>
<b>Training Events</b>	<b>23</b>
<b>House sitting / Bushwalking opportunity</b>	<b>24</b>
<b>Social Program - Kathy Gero</b>	<b>24</b>

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

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## About Our Club

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

Our Walks Program (published quarterly) features day walks on most Saturdays and Sunday, some midweek walks and overnight weekend walks. Extended walks are organised in areas such as the Snowy Mountains and the Warrumbungles, as well as interstate and overseas trips.

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

Visitors and prospective members are welcome

[www.sbw.org.au](http://www.sbw.org.au)

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## The President Says

It was most encouraging to see the good roll up to the Winter Feast on a chilly night. I was particularly delighted to see a lot of new members there chatting with our members of many years. As everyone was having such a good time the Management of KNC kindly extended our use of the room till after 10PM.

Bill Capon, Tony Marshall, Barbara Bruce have completed their project of compiling walks since the club began. This historic record is now on the web site in the member's only area.

I commend it to you. I have had a read and it gave me some good ideas for future walks. You can access the record by logging into the member's area and clicking on the Historical Walks Record page.

Well done Bill, Tony and Barbara.

If you get an error message saying see the Administrator when you try to log in let me know. Check box has become untacked and it only takes a few seconds to fix.

Nigel Weaver had 8 walks on the program and all were well attended. 20 came along to Marley with only 2 days notice. Congratulations Nigel on getting our new members started in enjoying the bush with SBW.

For the September social night Gavin Marshall formerly of the shaky Isles will give the presentation on a trip to the Nelson Lakes, a most scenic part of NZ. Come along and support Gavin on his first presentation to the club.

And as our party left the Family Hotel in Katoomba last Sunday night-after Linda's first overnight walk as leader- it snowed! Such a surprise to see those white flakes drifting down. And so glad we were not out in it in a tent.

**Ron Watters**

## From the Editor

Hello every one,

A big thankyou goes out to all those wonderful members who responded to Ron's email for articles and made this edition possible.

This magazine doesn't write itself. So if you enjoy reading the stories that others wrote why not put pen to paper (so to speak) and tell us all about some of your escapades.

It helps a lot if you can get your articles into me earlier rather than later. Please remember to send your images in their original file format rather than embedded in a word document.

Bill Holland and Patrick James have added a notice in this magazine saying that they will not be doing any more Coolana Training Weekends.

I personally, would like to say a **massive thankyou** to Bill and Patrick for teaching me navigation and first aid when I first joined the club. This knowledge gave me enough confidence to go out and 'give it a go'. Bill, I still get lost on a regular basis but at least I know I am lost! Patrick, every time a bit of first aid know how is required I regret having missed the first half of your first aid lessons because I absconded to the coffee shop!

Bill and Patrick may also take credit for having introduced many new members to the Club's beautiful Kangaroo Valley property, 'Coolana'. Let's hope that Coolana continues to be visited and utilised by members frequently. It is a beautiful place and we are very fortunate to own it.

If you have never been there, why not take a drive down there one lazy weekend and be rewarded with the stunning scenery of Coolana, and some great little coffee shops in Kangaroo Valley township! You can camp on the flats down by the river or sleep in the shed by the big fireplace. Family and friends welcome!

Melinda Turner

## From the Committee Room

A summary of proceedings at the Committee Meeting on 4<sup>th</sup> August 2010.

The meeting opened at 7pm with 10 Members present and 1 absent with apologies. The Minutes for the July meeting were confirmed

### Correspondence:

- Email received suggesting temporary membership fees - Committee declined.
- Email from Confederation advising of President's Day on 25<sup>th</sup> November - Ron Watters and Tony Holgate to attend.

### President's Report:

Update of members' renewals and Members List will be finalized for September meeting.

### Treasurer's Report:

- Report for July approved. Accounts approved for payment: KNC \$300, Kathy Gero \$84.01, Shoalhaven City Council \$1804.10, Ian Wolfe \$84.95, overpaid subs \$30 and \$33.

### Walks Report:

- More Q day walks needed. Agreed to subsidize 50% of the First Aid Course to be held 9<sup>th</sup>/10<sup>th</sup> October.

### General Business:

- Alex Colley turns 101.
- Agreed Vivien de Remy's walk from 31<sup>st</sup> July be upgraded to Q status.
- Draft leadership self-assessment form presented (for further discussion).
- Paddling Committee formed - plan 2-3 meetings and will put forward recommendations to SBW Committee.
- Department of Fair Trading updates on the Constitution changes to be commented on at next meeting.

**Next meeting: Wednesday 1<sup>st</sup> September 2010**

Helen MacDonald  
Secretary

## Letters from Jan and Margaret in Europe

Hello everyone,

This is a very short email from Colmar in the Alsace region in France. The long email which took me a long time to prepare using the French keyboard just vanished into thin air.



*Eguisheim*

We have had a fantastic cycling tour for 3 weeks in Switzerland with sunny and hot weather and amazing scenery. Yesterday we arrived near Colmar and decided to camp in a beautiful little village called Eguisheim. Then went to Colmar for a short ride but got caught in a severe thunderstorm and survived.

Detailed emails will follow when I can find some spare time.

We are both well and having a great time. We are 5 days ahead of schedule as we did several 70 km long rides along the Rhine River to reach Neuf Brisach across the border from Germany 2 days ago. We will stay in Eguisheim for 3 days to do day rides up the hills in Alsace before continuing our tour towards Strasbourg.

Best Wishes,  
Jan and Margaret

*and*

Hello everyone,

We are today in Thionville, France having a rest day from cycling. We changed our cycling route to Verdun in France for 2 reasons. The route we had planned to do from Saverne in France to Verdun did not look very interesting as well as hilly and with many major roads and very few minor roads. We also had 5 extra days to spend as we were well ahead of schedule. In 2006 we cycled along the beautiful Mosel River in Germany from Trier to Koblenz and really had a great time. So instead of going NW to Verdun we took a Northerly route along the Saar River which joined the Mosel about 8 km before Trier which meant that we could fill in what was not done in 2006.

We took a very enjoyable route from Saverne which is in the north of Alsace in France. Our cycling route from Eguisheim near Colmar followed the famous wine route via Ribeauville, Saint Pierre, Obernai, Molsheim and Saverne, a very beautiful part of France indeed. From Saverne, we went to Trier via Henridorff, Mittersheim, Neufgrange, Saarbrücken (Germany), Merzig, Konz (Junction of Saar & Mosel rivers in Germany) to reach Trier. Riding along the Saar River was like going through wilderness areas most of the time with only a handful of towns on the way. We had punctures for both bike and trailer tyres, heavy rain, unsealed and rough bike paths and hot as well as very cold weather. We survived all that and we cycled from Trier in Germany to Thionville via Luxemburg on one side of Mosel and Germany on the other side of Mosel river. We have had good camping and shabby camps in Germany. The day we had to ride about 75 km to reach Merzig in heavy rain, we got a good hotel with the help of the Tourist office. So far the Garmin GPS has worked well every day and the solar charger has been very useful for charging the GPS. Most of the campsites have power outlets to use for charging both the GPS & the solar charger. Some campsites only provide power outlets for shavers & are useless to charge the GPS.

This morning we took a train to the Luxemburg city from Thionville & it took only 20 minutes. We enjoyed our visit to this beautiful city particularly the gardens in the valley in the middle of the city. Tomorrow our plan is to catch a train to Metz & another train to Verdun, both allowing us to take our bikes to spend 3 extra days there before the start of the big cycling event there.

We are both feel well & looking forward to doing the rides in Verdun with 15000 other cyclists from different parts of Europe.

So far we have cycled through parts of Germany, Austria, Switzerland, Luxemburg & France and covered about 2000 km in 7 weeks. Only 2 more weeks left to finish this Europe cycling trip. It has been a wonderful cycling tour so far & we will always cherish this great opportunity we have had, seeing new beautiful places and meeting so many lovely people.

Cheers,  
Jan and Margaret

## “Memories”

By Peter Dyce

A small group of SBW members set off from Carlons to walk down to the Coxs River for a few days' trout fishing. Amongst them there was Peter Docherty and George Walton, both keen fishermen. I had also asked my son, Danny to come with us and he had brought along Susie. Susie was an artistic girl and not usually involved in strenuous outdoor activity.

To induce Susie to come, Danny had told her “... it was not far.”

We had been walking only for a few hours when Susie asked “how much further?”

I answered “it's about a six hour walk”. Susie looked incredulous, at first thinking that I was joking. When she realised I was serious she became angry at Danny and threw her pack on the ground. In spite of the fact that Danny was already carrying a very heavy pack full of “home made comforts” he strapped Susie's pack to the front of his body and with a combined weight of two packs heavy enough to deter a Nepalese Sherpa he soldiered on. Susie was carrying only the water bottle. When Danny asked her to pass the bottle it was empty as Susie had used up all the water.

We finally arrived at our campsite on the river and pitched our tents. Susie, who shared Danny's tent continued to be upset with him, “gave him the cold shoulder”, refused to speak to him and declined the gourmet meals he prepared for her. Not even the delicious trout Danny caught for her tempted her. Susie was fed by the rest of our group.

One morning as I was returning to our camp after fishing I noticed a number of crows fly out of my tent. To my surprise the crows had eaten all the food in my pack, bread, meat, fruit and breakfast cereal. All that was left was a tin of sardines that even the crows sharp beaks could not open.

After a few days of pleasant autumn weather on the river with rewarding fishing we walked back to our cars. Susie had arranged to have her pack carried by a group of horsemen she had met.

Today, Danny and Susie are again, the best of friends.



‘...not far to the Coxs River’

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## Walking in Japan / May 17 -28

Christine McColl

As walkers assembled for the first dinner of our 12 day walking tour of Japan, the 12 story shopping edifice that crowns Kyoto's vast railway station faced us, while just down the road a five metre glowing globe topped a huge pachinko parlour. Not a temple, shrine or tree in sight!

But, as we learned, this scene just typified the melange of old and new that makes Japan so fascinating. For most of us, the experience of being in Japan was another fascinating dimension to a trip whose walks alone would have made it a knockout.

The trip was led by Leigh McClintock, who has lived and worked in Japan for many years and speaks fluent Japanese. Having already climbed the 100 mountains on a Japanese list of 'mountains to climb' (the Japanese like to list tourist attractions) he has embarked on a second list of 100. We were to walk with him on numbers 69 -74 (inclusive!) of this list. These particular walks had been selected partly for their proximity to the tourist high spots of Japan, to be found in Tokyo, Kyoto and Osaka (A previous SBW trip led by Leigh to Japan had walks all in Hokkaido, a place to be visited for its scenery rather than its culture and art).

Our first two walks were out of Kyoto. We reached the start by a combination of taxis and buses. Mountains mean mountains, and, though the peaks were not so high, the pitch was! Our first day, up Mt Bunagatake (1214 m) saw us ascending 500 m up a steep path, before we reached the first of many 'false summits' on the way to the top. From there, we gazed out at Japan's biggest inland lake, Lake Biwa, or what could be seen of it through the mist.



*The stairs leading up to the shrine at the top Mt Atago-yama*

Our second day, up Mt Atago-yama (924 m), saw us climb up a long staired path through mountain terraces to the shrine of the god who protects Kyoto from fire (perhaps this god was instrumental in the US decision not to drop an atom bomb on Kyoto, as was contemplated?). Tiny shrines abutted the path, and Japanese pilgrims gave us fans to cool us as we sat in the tearooms/rest houses on the way. At the top, imagine our delight as we reached groves of cherry blossoms, still in bloom at this altitude. After lunch, we climbed a couple of hundred stairs to the shrine itself, where the many carved wild boars testified to the presence of this animal in the woods in the area.

We then moved to Kobe, about 90 min train ride from Kyoto.

There, the walk was more an urban one, up Mt Rokko (931m) from which views out over the dense urban areas leading to the sea could be had, and Japanese sporting themselves at mini golf and baths gave us a sense of how leisure is spent in Japan.

The remaining three walks were on the Kii peninsula, south of Osaka.

We made our way by train to Wakayama, and there hired two large Mazda people movers. Somehow we managed to cram 12 moderately hefty Australians, their suitcases and daypacks into these vehicles, made for 12 small Japanese people with minimal luggage on a typical five day Japanese holiday trip!

Our first stop was World Heritage site Koyasan. On a plateau ringed by mountains sit 53 temples, and a cemetery 2k long, centuries old, set in ancient cypress pines that towered into the sky above mossy memorials and statues that crowded into the misty woods. We'd moved into traditional Japanese style accommodation, which was here provided by a temple. Shoes off at the door, and no umbrellas inside, as the monks greeting us explained. Our rooms were shared, and featured glimpses of the gardens, paper thin screen walls, futons on tatami mats, a low table with bean curd buns and a thermos of hot water for afternoon tea, and communal baths accessible only from 4 to 10 pm. Dinner and breakfast were served to us as a group, and meant much miso, bean curd, vegetables, pickles and green tea. However, it was not too hard to order a beer!

Torrential rain drowned out the walk planned for next day, but (after somewhat compulsory morning chanting, prayers and temple tour) everyone enjoyed wandering through the cloud shrouded temples, museums and paths of this ancient sanctuary. On our way to our next destination, we managed to do half of walk number three (up Mt Iwawaki-san - 831m) after those prone to car sickness recovered from a trip that involved at least 3000 hairpin bends on narrow winding roads (or so it seemed...)

## Walking in Japan / May 17 -28 <sup>cont.</sup>

For our next and most demanding walk, we were based at an upmarket hotel in a valley by a river. Japanese style again, but with many luxurious touches. The baths were mineral spring fed, and had three tubs: a cold one outside, and a huge spa and separate hot tub inside. These looked straight out onto the trees on the hillside opposite.

Men's and women's baths are separate, and red and blue banners at the entrance indicate which sex goes where. I learned of the usual practice of swopping the baths overnight only when Leigh found me sitting in the hot tub of what had been the women's' baths the day before - I'd paid no attention to the blue banner now at the entrance!

Our climb up Mt Shakagatake (1800m) was the longest of our ascents, but by now everyone was used to the concept of 'look up and just keep going' and handled the long ascent easily (In true SBW style it was conceptualized as multiples/fractions of the climb out of Blue Gum forest). At the exposed ridge before the final climb, freezing cold winds brought in mist and the temperature dropped. We found a mountain hut for lunch, where a couple of other day walkers and an overnight stayer kindly shared their hot drinks and chocolate with us. Nearby was a small temple, and atop the mountain a huge statue of Buddha greeted sumiteers.

Back at the hotel, after soaking in the baths, we sat down to our second banquet: a 20 course Japanese meal. Each course naturally is micro in size, as are those we ate in the 10 course breakfasts. Divine as these meals were, on our next night in Nachi we made our way to Mr Hamburg, a 'Tomato Onion' restaurant and guzzled pizzas and hamburgers for dinner.

There is definitely a limit to how much miso and tofu can be consumed in one day, not to mention how much grilled whole fish pickles and rice balls one can consume for breakfast! Often our first task on the road was to find the nearest coffee shop. (Our leader displayed peerless navigation skills here!)

Nachi, our last destination, is by Japan's tallest waterfall, and our last walk was by rivers which flowed from this fall, up to Nachi-san (909m). This was one of the sunniest days of the trip, and we revelled in the lush forests through we walked. From the top, we lunched, gazed out at mountains and the distant ocean, and, on the way down found and basked on a rock from which even better views were had. Multiple river crossings gave this walk an element of challenge and somehow we were not struck down by poisonous snakes as we completed the walk on a path marked off limit, as it was part of the shrine complex at the base of the falls (the map still showed it as the route down!)



*Ruth McColl, Kathy Gero & John Kennett  
under the cherry blossoms near the summit  
of Mt- Atago-yama*

What made walking in Japan special? The beautiful forests, full of dark cypress pines and brilliant greens maples in their spring bloom, and the occasional pink mountain azaleas which dotted the hilltops...The Japanese touches to the paths, the signs, which measured distance in obscure fractions (6/13ths for example), the tiny shrines on some paths, the fire and danger warnings, with their tendency to cuteness that seems to be a side of contemporary Japan. The people we met. The woman who played her tiny Japanese flute for us, then wanted us to sing an Australian song in return (we managed a few stanzas of Waltzing Matilda). The kind people who warmed us in the icy hut near the top of Mt Shakagatake, the bloke we saw collecting grasses and mushrooms for his wife on a precipitous slope near the top of Iwaki-san... lunch from a bento box. Rice, tempura, eggs, pickles - not the cheese and bread sandwiches!! (Though some did manage to construct facsimiles of these by dint of careful hunting in the supermarket.) The rice paddies in the villages on the way down from some walks, the roadside worker in his samurai style yellow safety pants.

Each of us will have particular memories of what made the trip special, but we would all say that we met so many Japanese hikers on the mountains that we could see that love of walking and being outdoors is as integral a part of Japanese culture as it is for SBW members. Thanks Leigh for organizing and leading such a great trip.

Participants were: Leigh McClintock (Leader), Julian Martin, Angelika Langley, Brian McConaghy, Rosemary MacDougall, Ian Wolfe, John Kennett, Sheila Zaman, Kathy Gero, Edith Macaulay and Christine and Ruth McColl.

## Paddy Pallin 6hr Rogaine / June 19-20

Vivien de Rémy de Courcelles



*Helen and Marcia at Checkpoint 31  
Photo by Helen McDonald*

We all met on Saturday early afternoon at the Karyong scout camp in preparation for the Paddy Pallin rogaine. We spent the afternoon talking about navigation and first aid. Everyone was quite knowledgeable in the navigation area but not even the doctors knew that in a bad case of hypothermia, you should outrun a joey to jump into its mother's pouch.

We did not have happy hour... Instead we helped Alitia drinking the wine that was in her cask so that she could use it on her upcoming trip to Kakadu. Tough life!

Dinner was served by 7 pm and what a feast it was. Well especially for those who stayed up later and went through a second serve of the soup, curry and apple pie that the scouts had prepared for us. Let's not forget the freshly whipped cream and the 4 litters of custard that ended up on our table thanks to Richard's smile.

Sunday morning dawned nice and cool. Time to pick the maps up, play with contact for some and plan the route. Three of our 6 teams decided to do the big loop toward the south and rip the benefits of high scoring flags while the 3 others went for smaller scores but more densely set flags.

Despite our usual blunder at the start, Emmanuelle and I recovered thanks to some good navigation. For the first 3 hours, one running team kept overtaking us on the firetrail but somehow lost time when going off track to find the flags. We also kept meeting the Fluffy Bunnies and the great grand son of the first prime minister of Australia teaming up with the 49<sup>th</sup> Australian to climb to the top of the world. Except for a broken compass we did not have any major issues. We got a bit greedy with flag #31 that brought us at the back of a slow pack and finished 3 minutes late after all SBW teams but the Fluffy Bunnies had arrived.

Time for sausage sizzle and a chat with the others before the results were announced. What a performance by all:

Paul Barton and Richard Pattison came 5<sup>th</sup> overall scoring an impressive 1320 points only separated from the 4<sup>th</sup> team by time. And they did not even wear Lycra. However I found it very rude of them to finish ahead of us who organised the whole weekend!

The Fluffy Bunnies came in 35<sup>th</sup> position with 910 points despite a 100 points penalty for being 10 minutes late. Peter, Christina you notice that I am respecting your desire to remain anonymous.

Peter Case and Adam Pritchard scored 650 points giving them a top 100 overall finish and top 50 in the men category.

They were followed closely, 20 points further down by Alitia Dougall, Helene Cass and Paul Benitez hence integrating the top 50 mixed teams and finishing the 10<sup>th</sup> novice team.

Helen McDonald and Marcia Kaye were the 12<sup>th</sup> women team and the 18<sup>th</sup> novice team.

Emmanuelle Convert and I finally learnt from our mistakes at previous rogaines to score 1130 points giving us an overall 16<sup>th</sup> position and 3<sup>rd</sup> mixed team. Icing on the cake: my name was drawn to win a replacement compass for Emmanuelle's broken one.

Everyone had a lot of fun and there were talks of having teams for the Lake Macquarie rogaine in the Watagan mountain area on 14 August. The big question is whether to do the 6 hours or 12 hours!

Since I feel you are wondering, SBW 'Froglegs' were composed of the lovely French couple, Killer Miller and Ian McWolfe came 4<sup>th</sup> of the class 1 category, (the real one) at NavShield. Somehow, we manage to beat Mark Dabb's team on the line (same score but back 5 minutes earlier) while we stopped for about 6 hours and they stopped for only 2.

## Wild Dogs Weekend / July 17 ~ 18, 2010

Lisa McCarthy

Saturday was a lovely sunny, crisp morning; after a cordial meeting, introduction and planning overview, we lucky thirteen set off down Carlon Creek, with the unwary having a surprise encounter with some stinging nettles, which are prolific in this area. We reached the Breakfast creek junction, pausing here to find the easiest way across the creek, and to lose a layer or two, in preparation for the forthcoming climb up Black Horse Ridge.

This particular ridge, which heads in a southerly direction, is typical of the ridges in this area; fairly steep, but mostly devoid of scrub. As we ascended, the views became more pronounced and we regrouped at a rocky formation, to enjoy a well deserved morning tea.

We meandered about looking at the views from various aspects, before setting off again. We found ourselves soon enough at Mobbs Soak; here we could gather enough water for the rest of the trip, and it also presented an opportunity to see the cave. This expansive overhang afforded a very decent camping spot, with water at your doorstep. It was much admired, before moving on again.

Before too much longer, we were at the track junction heading towards Splendour Rock. There was a bit of a climb, then we sidled around whilst keeping an eye out for a suitable overhang; this was discovered and we set about bagging the best (aka 'level') sleeping spots for the night.

Due to our early arrival, and that time was in our favour, we decided that a quick sprint up Splendour Rock to view the sunset was an opportunity not to be missed. Mark had previously informed us of a set of spikes & chains (Thommo's chains) that afforded quick access to the top. No one had done this before, so he was the man of the moment, and given the lead to show us the way; the fact that he did not know it, was entirely beside the point! He did us all proud, of course; not only did he find the route up for us, but scaled it like a monkey, showing us how 'easy' it was. We all followed without a whimper of doubt; after all, he stayed there at the top, to encourage, guide, advise, assist, direct....we all succeeded in the challenge!

It was wonderful; a fantastic experience, for us first timers it was such a buzz. To see the panorama before us, with the setting sun forming beautiful shadows over Mt Paralyser, Cloudmaker, the rest of Kanangra wilderness, Lake Burragorang, only provided inspiration to further investigate those areas, and beyond.

We descended via the conventional route, and began the happy hour proceedings with a range of delicacies on offer. This was enjoyed by all, and a warming fire set the ambience for the rest of the evening.

Well...I slept so soundly, that I was only just ready at the declared departure time...another beautiful day. Although it was clear overnight, in the cave we were protected from too low a temperature. We again ascended Splendour Rock, and set off along the Wombat track. This series of ascents and descents took us over Mts Dingo, Merrimerrigal, Warrigal, Blackhorse, Mouin etc. The views were amazing, and the going easy. We had lunch looking out toward Lake Burragorang, before descending to the old road; this was to lead us back to Carlons, via several kms of gravel road.

A great trip, with a fantastic bunch of people; we all enjoyed it and I am sure all are looking forward to another walk in this wonderful area, which is almost at our doorstep. See you soon!



*Splendid views from Splendour Rock*

Participants were:

David Trinder (Leader)  
Lloyd Hansen  
Kate Corner  
Renee Gruber  
Renee Neely  
Mark Dabbs  
Christina Day  
Peter Hinchy  
John Newcombe  
Lisa McCarthy  
Frank Grennan  
Annie Maguire  
Melinda Turner

## A Walk in Brisbane Water National Park / July 25

By Nigel Weaver



*A great view from Elephant Rock down to Patonga.*

On Sunday 25 July twelve of us had a very enjoyable walk in Brisbane Water National Park. When we set off from end of Nagari Road at South Woy Woy the weather was fine and mild, just the way you want it for bushwalking. Initially taking the Rocky Ponds fire trail, we eventually got to the Great North Walk, and took it in a south-east direction along Dillon Heights, a narrow rocky ridge with good views on either side for much of the way.

After a morning break we continued on the GNW by taking a fire trail in a southerly direction until we reached the road to Patonga Beach. We then got onto a rough foot track which brought us out onto Elephant Rock, a large, rough, dark grey outcrop which does indeed make you feel that you are on the back of an elephant! The rock is high on a hilltop, and gave us an absolutely spectacular view of the lower Hawkesbury River, Broken Bay, and the adjacent hills and cliffines. The view simply takes your breath away!

Just before reaching the rock there had been a little rain for a brief period, and from the rock we had a grandstand view of a superb rainbow over Broken Bay. One end of the rainbow came to earth only about 200 metres down the gentle slope in front of us, but, alas, none of us pointed out that we should go there to fetch the promised pot of gold! A wasted opportunity, to say the least!

When leaving the rock we had to do a little off-track section through low scrub, after which we took a series of trails which led us down to the swank Pearl Beach settlement. We finished the walk with hot chocolates at the local café before catching the bus to Woy Woy. Overall it was great day which provided us with many wonderful views along the way.



*Members of our party on Elephant Rock enjoy seeing the superb rainbow over Broken Bay.*

Participants were:

Nigel Weaver  
Margaret Weaver  
Jan Dormer  
Adrian Buzo  
Julian Martin  
Bev Mackenzie  
Tony Holgate  
Gueza Chavez  
John Cogill  
Misako Sugiyama  
Neil Lance  
Christine Edwards

## Two New Members Visit Kanangra Walls / July 24-25

Helen Kapnopulos

July 23<sup>rd</sup> approaches.... the drive to Oberon is nearing.... 220 kms away lays a little town called Edith that leads into the Kanangra Boyd National park... We have booked an overnight stay in a cabin in the Jenolan cave region for a decent night's sleep before we take on the edge of the wilderness in reaching the Kanangra Walls through a 36 hour return walk....no bed, no extra water, dried food and no tent...in the middle of winter... with rain and freezing temperatures forecast...Whose bright idea was this? Is spending the night under the stars in the caves with freezing temperatures worth the views and experience? Time will only tell...

The bushwalk leader indicated that it was only a 22km return walk....the only catch is that the terrain is rugged and rough.... should I take my bush bashing axe? It's our first time out in a bushwalking overnight expedition and had no idea what to expect.

4 hours of driving and we made it to Oberon... for a quick overnight sleep - temperature gauge reading 3 degrees with the heating on! The morning came quickly, only a few hours of sleep, and an hour of driving through the Kanangra-Boyd National park off-road unsealed track for 30 kms made me thankful that I hadn't decided to take the two seater convertible for a cruise.

The start of the bushwalk didn't seem too bad... but it only took half an hour before I realised that I would need a bush bashing axe.... muddling our way between the burnt out trees caused our skin to blacken from the ash... steep climbs off-track on what seemed like mountain after mountain was challenging to say the least, the only relief being the steep rock climbs that gave my legs somewhat of a break from the constant burn. This was just the beginning. Over the course of the weekend I started to feel like a mountain goat piecing foot in front of foot, grabbing onto rocks, trees and anything else I could find for support, knowing that if fatigue set in I would be rolling down the cliff faces...

We managed to make it over three peaks.... The High and Mighty Mountain peak entailed one long steep climb that took approximately an hour...we eventually came to Mount Cloudmaker, a mountain that allows you to see the clouds beneath you (yes it was that high)!

Eventually we reach camp in the later afternoon - a somewhat largish open cave known as the 100 man cave... where we met another group of about 12 members. The best rock spots were already taken... but we managed to find a small spot to throw down our sleeping bags and sleep in the openness of nature... we learnt how to cook on open fires and build a little campsite... it was first in best served, and being the amateurs amongst the groups meant we had to learn the hard way! Heavy rain all night kept the temperatures to what felt like well below zero, thankfully our thermals and sleeping bags managed to keep us somewhat warm... but no stars and only a quick view of the moon...

Sleepless night and all I could think about was the respect I had for the guide leaders who are double my age and didn't seem to work up a sweat over the mountains...

Woke up the next morning... very sore all over.... and knew that the only way I could make it back would be mind over matter...

Was it worth it? The peacefulness and serenity was amazing, the views aplenty, and the company was pretty good... and above all, it was a great mental challenge. Truth being said, I like to challenge my fitness in different ways... and this is a real test of fitness and endurance. I can't wait to go back and try getting over the mountain known as the Paralyser....may have to do a few more practice walks.... all I need now is a new pair of legs for the next couple of weeks, whilst mine recover!



*New members, Helen Kapnopulos and Steve Reed out at Kanangra.*

## Kokoda- Tourist or Tiger Trail?



*Kokoda village and airstrip from Hoi, Day 1*



*End of Day 1 at Isurava*

Would any self respecting SBW member enjoy a challenge on the Kokoda Trail or is it just a Tourist Route? Obviously the answer will be vastly different depending on whether you are a gentle one day urban stroller or a multiday wilderness tiger, but from my experience a customised Kokoda Trek could be designed to suit any SBW member.

Over Christmas 2009 I was complaining to my 21 year old son Owain that all my efforts to shed weight or get fit had come to nothing, when he said that I needed a much bigger goal than just losing weight and threw down the challenge to do the Kokoda Trail together.

It took me a couple of weeks to accept the challenge and I booked for us to go to PNG in the first week of July 2010. I hit the gym three days a week for three months, went on the wagon, and drove my weight down from 100kg to 85kg by Easter. I kept going to the gym but from Easter I focussed on building my walking fitness with a long day walk every couple of weeks. I tested my ability with a 15 kg pack on Ron's infamous 2 day Q overnighter on the Engineers Track where we got to the camp site at 4 pm the next day.

I did a great one day trainer with Melinda Turner from Govetts Leap to Perry's Lookdown, down to Blue Gum Forest, up Lockleys Pylon, back down and then up Govetts Leap. No day on Kokoda requires more climbing than that.

As a final trainer, three weeks before we left for Kokoda I went on Tony Holgate's Mt Colong trip. We did three full days, climbing and descending 5000m in total plus three subzero camps. I came home believing that this was equivalent to three days on Kokoda so double it up and I would be home and hosed!

The Kokoda Trail is a 96 km track over the Owen Stanley Ranges in Papua New Guinea with the lower slopes at 30 degrees and high humidity, and the highest camp at 1960m getting down to 5 degrees overnight. Every day comprises steep climbs and steep descents with no flat sections at all. The track is a muddy path, often riddled with tree roots and very slippery due to heavy nightly rainfalls. There are dozens of creek crossings mainly using logs but several mean getting wet to the thigh. Every two to three hours there are villages or camp sites with a dozen or so wooden huts and lots of water. The Trail crosses dense remote rain forest with all the night noises and smells plus amazing plants to drive a botanist to distraction.

We flew into Port Moresby and found that someone with an identical pack had taken Owain's pack and disappeared. We decided to wait 24 hours in the hope the miscreant would return, and start our trek a day late, with time to buy new kit and new air tickets across to the airstrip at Popondetta on the North Coast. It turned out they had rushed off to catch an internal flight and when they got to Lae they sent Owain's bag back the same night so the next day we were full of beans and ready to roll.

Then the flight was delayed 5 hours and we had a bumpy 4 hour drive up through the jungle from Popondetta to Kokoda as the driver had to ford all the creeks where the bridges are still smashed apart since Cyclone Guba in 2007. After a night in Kokoda we began our trek early the next day.

Each day was a 15 km trek with a series of steep climbs and descents which was a real challenge with a 15 kg pack in the humid conditions. We found it easier in the higher mountains, and easier when climbing. I looked forward to each big climb and pushed hard to the top but the descents were a nightmare. Step by step on slippery steep muddy paths always imagining the impact of breaking an ankle - being hauled for three or four hours to a village large enough for the helicopter rescue: the challenge failed and the rest of the time wasted!

Our party of three trekkers had a PNG guide and four PNG porters who we got to know very well. Every night they sang and played guitar as we sat around the campfire together. We learnt about their country and their

## Kokoda- Tourist or Tiger Trail? <sup>cont.</sup>



*Huw with Guide Ernest*



*Va-Ule Creek*

attitude to life. Two of them were designated historians and they showed us all the battle sites and explained the battles with respect to the terrain. How the Japanese ever thought this was the way to capture Port Moresby is beyond me! The bravery of both sides really came through to us.

When we finished on the sixth day we were all elated. It was a big challenge and we felt great to complete it.

So is the Kokoda Trail for you? It depends on what you want. We chose to carry our own packs but for \$500 you can get a porter to carry your pack. We had tent, sleeping bag, mat, one set of clothes for day and one for night, 3 to 4 litres of water, a Kokoda specific First Aid Kit and a One Day Ration Pack. Our packs started at 9 kg but with water and the Ration Pack they reached 15kg max. My 40l pack was fine.

We didn't carry cooking equipment as our porters had a fire twice a day. They carried a big billy plus the rice. They gave us a new Ration Pack each day which had enough food for the whole day. If we had tried to carry everything we would have needed to carry some rice, a stove and 7 days food, say an extra 7 or so kg taking our total pack weight up to 22kg. Possible but too hard for me!

Trekkers hiring a porter just carry a daypack with water and a ration pack totalling about 4 or 5 kg so the challenge for them is at a different level. Of course we looked down our noses at these guys but in truth many of them were still facing a big challenge!

There are 40 or so companies organising treks and I recommend sticking to one of the two main companies - Kokoda Trekking Ltd or the Adventure Kokoda Company.

We went with Kokoda Trekking Ltd. They are Australian owned with a strong PNG partner and offer Australian or PNG guided treks. We prefer the PNG guide! They are a very flexible company and if you email them Nathan Thomas will put together a customised trek for you - you could go for gold and carry all your own stuff and just go with the guide and one porter - you can change the route and visit any special location you want, or you can go fast track and try to do it in four days. They don't like big groups so a dozen or so should be their maximum but you can organise your own group rather than join a public trek. We would recommend a small group and a PNG guide so that you get to know the local people.

The Adventure Kokoda Company is a mainly Australian managed company, established by Major Charlie Lynn, with most of their tour guides being military experts on leave from the Australian Army. These guys can show you the details of the battles, almost soldier by soldier, identifying exactly where each battalion or company was active throughout the campaign. This would be great if you have a relative who fought there. They don't appear to be as flexible, with mainly standard organised treks on the same routes with the same campsites. We passed a few with quite large groups, i.e. 15 or more trekkers, many with extra porters to carry their packs. This can bring the group up to 40 or 50 people which is much less personal. Dinner is like an army canteen and conversation is likely to be amongst trekkers only rather than between trekkers, porters and guides. They swamped the villages they stayed in and we avoided them.

So, if you like the idea of the challenge you should study the websites of these two trekking companies and you will be able to choose a Kokoda Trek at the right level to suit your group. ([www.kokodatrekking.com.au](http://www.kokodatrekking.com.au) and [www.kokodatreks.com](http://www.kokodatreks.com))

For me I was very excited to be able to meet the challenge but it remains to be seen whether it was good enough preparation for me to do either the Six Foot Track in a day with David Trinder in August or the K2K in September!

**Huw ap Rees**

## Walks & Other Activities 1 - 31 July 2010

Stephen Brading

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

This ensures that the 5 people who take action on Walks Reports receive them promptly.  
Please keep the signature sheets as these are a legal document.

Date, Walk Location & Route	Activity Participants
<p><b>SUN 27 JUNE - Day Walk - M221</b>  <b>Blue Mountains NP - Upper Glenbrook Creek:</b>  <i>Falconbridge -Sassafras Gully -Numantia Falls -Glenbrook Creek - Sassafras Gully - Falconbridge.</i></p> <p style="text-align: center;"><b>Walk Report</b></p> <p>The intention was to explore the ridges between Numantia and Glenbrook Creek with a view to find future routes in and out of upper Glenbrook Creek. We started on the Victory Track at Faulconbridge, down Sassafras Creek to the junction with Numantia Creek, then up to Numantia Falls. These are rather pretty falls and well worth a visit. From the falls we backtracked down the creek until we found an obvious set of ramps leading us to the top of the ridge. We enjoyed morning tea with a great view. We then made our way down the ridge at GR 726687. There is a well worn path on the lower part of this ridge. We then walked to the junction of Sassafras and Glenbrook Creeks where we had lunch. As it was still early, we decided to explore an alternative route back to Springwood. There is an interesting ridge between Glenbrook and Magdala Creeks. Starting up Magdala Creek to just above Martins Falls we then found a series of ledges that took us to the end of the ridge at about GR 746645. Of interest was the remains of a completely overgrown path that was very well built, including stone steps. This appears to have connected the top of the ridge with Magdala Creek near Magdla Falls. After the walk a lovely dinner was had at the pub in Springwood. There are future walks to explore in this area.</p>	<p>Tony Holgate            Anne Parbury            Peter Case            Richard Maneschi            Gail Hansen</p> 
<p><b>SAT 3 JULY - Navigation and First Aid Training</b>  <b>Centennial Park:</b></p> <p style="text-align: center;"><b>Activity Report:</b></p> <p>The navigation, first Aid and Bushcraft training day at Centennial Park was successful. We had 13 trainees divided into 3 groups and 3 trainers. The trainers were</p> <p>Maurice Smith discussing bushcraft. Maurice loves bush walking but because of his damaged knees his current activities are limited, however he still loves talking about it and that is just what he did.</p> <p>Patrick James has been teaching First Aid for many years at Coolana and is still happy to do that and knows the subject well.</p> <p>I, David Trinder, taught navigation, we talked about maps, compasses, GPS's and land forms, then we did several exercises covering the various methods of walking on a bearing and for a distance and navigating by watching elements on the ground.</p>	<p>David Trinder            Ondrej Ivanic            Katrina            Tracey Rickaby            Lisa Sheldon            David Angell            Caroline Gong            Philippa Smith            Renee Gruber            Pam Walters            Caroline Rogers            Bev Mckenzie            Helene Sharp            Gail Hansen</p>
<p><b>SUN 4 JULY - Day Walk - M221 (Easy/Medium) 15km</b>  <b>Brisbane Water NP:</b>  <i>Woy Woy station - taxi to South Woy Woy Tip - track up to Mt Wondabyne - Kariong Brook - Wondabyne station.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>It was a fine day with occasional light cloud. We took taxis from the station to the tip, and then headed off on the series of tracks that took us up to Mt Wondabyne where we had our morning break while enjoying the panoramic 360 degree views, including a great view across to the Brisbane Water area. We then made our way towards Kariong Brook, stopping for lunch at a scenic spot just before the steep descent down to the brook. After lunch we went to the bottom of the valley where the very attractive waterfall was flowing beautifully over the rocks down into the pool. We then followed the track the winds its way up to the Wondabyne fire trail where we took an afternoon break on a high rock platform that gave us a great view southwards to Moonie Creek. From there it was a short stroll down to Wondabyne station for the journey home.</p>	<p>Nigel Weaver            Margaret Weaver            Jan Dormor            Margaret Carey            Anita McMahon            Chris Edwards            Nigel Wingate</p>
<p><b>SUN 4 JULY - Day Walk - M211 - 19km</b>  <b>Berowra and Lane Cove Valleys:</b>  <i>Hornsby Station - Bluegum Track - Berowra Creek - Zig Zag Creek - Upper Lane Cove River - Browns Waterhole - Terrys Creek - Eastwood Station.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>A not too early start under good weather conditions. Along Berowra Creek some wildlife sightings (swamp wallaby and native doves - probably bar-shouldered doves). Lunch was enjoyed at Thornleigh Oval. Walk then entered Lane Cove Valley exiting at Browns Waterhole along Terry Creek to Eastwood and end of walk refreshments.</p>	<p>David Bell            David Cranston (P)            Helen Lalas            Christine McColl            Tim Yewdall</p>

Walks & Other Activities 1 - 31 July 2010 <sup>cont.</sup>

Date, Walk Location & Route	Activity Participants
<p><b>SUN 4 JULY - Day Walk - S111 - 7km</b>  <b>Children's Hike: Eagle Rock:</b>  <i>Wattamolla - Curracurrang - Eagle Rock and back the same way.</i>  <b>Walk Report:</b>                      Cool sunny day with a fresh southerly blowing. Highlights: Watching a rainbow form in the spray being blown back up the cliff face from a waterfall going over the cliffs into the ocean at Curracurrang. The children built a great sand and rock dam at Curracurrang and played and hiked with great enthusiasm all day.</p>	<p>Dirk Goes                      Kyong Choe (V)                      Tarmo Raud (V)                      Ulricke Langer (V)                      May Ly (V)                      Andy Bolton (V)                      Sonny Ly (V)                      Kim Ly (V)                      Juliet Ayling (V)                      Michael Bain (V)                      Southerly Goës(Age 3)                      Kai Goës (Age 7)                      Felix Raud (Age 6)                      Trixie Raud (Age 3)                      Kai Bolton (Age 6)                      Sam Bain (Age 6)                      Jet Bolton (Age 2)                      Zoe Bain (Age 2)</p>
<p><b>WEEKEND 3-4 JULY - Weekend Activity - NavShield 2010 -1 and 2 day events:</b>  <i>Contestants in teams of 2 - 4 test their bush and compass navigation abilities in an overnight event through 100 square km of wilderness terrain a few hours drive from Sydney. They attempt to gain as many points as possible by finding their way on foot, to pre-set checkpoints. There is an easier one -day event, used by many teams as a training exercise.</i>  <b>See Magazine article:</b></p>	<p>Vivien de Rémy de Courcelles &amp; Others</p>
<p><b>WEEKEND 3-4 JULY - Weekend Activity - Port Hacking River -Kayaking Trip:</b>  <i>Grays Point - Lilli Pilli - South West Arm - Camp - Cabbage Tree Creek - Bundeena - Lilli Pilli - Grays Point.</i>  <b>Activity Report:</b>                      Left Swallow Rock Reserve at 1030, calm conditions but wind came up after rounding Lightning Point. Fortunately only in gusts and we made good time to head of South West Arm. Flat Rock Creek running well. Enjoyed the sunshine over a leisurely lunch. Down the Arm and around the sand spit to Bonnie Vale. Set up camp in the NPWS camp ground. A pre dinner glass of wine then walked to Bundeena RSL. Enjoyed fillet steaks with delicious sauce. Excellent meal. Back to camp to enjoy another glass of wine before bed.                      Melanie Freer joined us at 8AM. We set off out through the waves and passed Bundeena. Conditions and calm to Jibbon for morning tea. Admiral negotiated the open water but fell out landing. Thanks tony for your wet suit so I did not have to experience the wind in wet clothes.                      A good swell on the crossing of Port Hacking focussed the mind. But on turning towards Gunnamatta Bay the swell was behind us so we surfed along making good time to the sand spit and around to the camp site.                      After packing up loaded up for the paddle in the Basin. Done in some haste as the incoming tide was moving the boats off shore and lapping our gear. Sandbanks ac challenge and the Admiral got stuck and had to pull his boat some 50 metres. Leisurely lunch in the sun. Saw many fish.                      Arrived back at Swallow rock at 4PM                      An excellent paddle in fine company</p>	<p>Ron Watters                      Patrick McNaught                      Kay Chan                      Tony Manes                      Melanie Freer</p>
<p><b>WEEKEND 9-10 JULY - Weekend Walk - S232 12km 700m up &amp; down</b>  <b>Morton NP Easy-Over Castle:</b>  <i>Fri: Car -camp at Yadboro Flat. Happy hour, etc.</i>  <i>Sat: Day-walk to Castle via Kalianna Ridge and tunnel under Tail.</i>  <b>Walk Report:</b>                      The weather was wet on Friday night and again on Sunday, but Saturday was miraculously cloudy and dry for the Castle assault. Took 5 hours to reach summit, then walked out to the eastern edge of the plateau for views out to sea. Heaps of water on top in large pools, according to log book the last party had a swim up there! Peter and Christina ascended Mt. Pigeonhouse on Sunday morning, despite frequent showers and were able to obtain some views. Great happy hour and good company.</p>	<p>Andrew Vilder                      Alex Vilder (visitor)                      Peter Hinchy                      Christina Day                      Sue Bucknell                      Patrick McNaught</p> 

# Walks & Other Activities 1 - 31 July 2010 <sup>cont.</sup>

Date, Walk Location & Route	Activity Participants
<p><b>SAT 10 JULY - Day Walk - X331</b> 36km +/- 1400m  <b>Blue Mountains NP:</b>  <i>Six Foot Track on Megalong Valley Road - Coxs River - Mini Mini Range - Pluviometer and return.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>Nice cool day for this dash up to the Pluviometer and back from the Megalong Valley Road. Everybody went really well, special mention to Lisa Ochs and Claire Gleeson who showed great determination and endurance. Jodie was the absolute 'Queen of the Mountain', showing the rest of us a level of fitness that we can only hope for.</p>	<p>Melinda Turner  David Trinder  Jodie Dixon  Melanie Freer  Claire Gleeson  Gloria Roberts  Richard Winthorpe  Lisa Ochs</p>
<p><b>SAT 10 JULY - Day Walk - M221</b> 16km  <b>Taffy's Rock:</b>  <i>Cowan Station - Great North Walk - Govett Ridge - Taffy's Lookout and return.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>Tired of being coupé up, I put this on as a short notice walk. The weather cleared allowing us to really enjoy the views. The Great North Walk was crowded in the morning with people training for the Oxfam 100 km Trailwalker event. But after we left the GNW, we did not see any other walkers. From this ridge you have spectacular views of Jerusalem Bay, Cowan Creek, Porto Bay, towards Brooklyn and the Hawkesbury River out to sea. There is also a large (life-size) Aboriginal rock engraving of a whale on this ridge. We reached Taffy's early so we pushed on to the next ridge and had lunch at GR 363826. After lunch some of the party explored the trig at GR 361826. This trig and hill are so prominent, that the trig may be visible from the mouth of the Hawkesbury. The views here are even better than Taffy's. The ridge from here down to Green Point may be worth exploring on a future walk. We arrived back at Cowan Station at about 4:30.</p>	<p>Tony Holgate  Ian Starkey  Linda Starkey  Lisa Sheldon  Morna Champion  Kathy Banfield  John Kennett (P)  Vivien de Remy de Courcelles</p>
<p><b>SUN 11 JULY - Day Walk - Easy</b> 11.5km  <b>French Language Walk to celebrate Bastille Day (14 July):</b>  <i>Les environs de la Canada Bay avec 172 ans association with French culture par exemple Exile Bay, France Bay, etc.</i></p> <p style="text-align: center;"><b>Walk Report</b></p> <p>Just three days short of the 221 years since the concerned citizens of Paris inaugurated open day at the Bastille, Paris's local place of detention a small group of SBW history and linguistic aficionados co-celebrated with a few zillion French citizens and Francophiles this historic day. In stead of the annual walk to La Perouse this year the walk was in memory of Australia's own French dissidents; the 56 French Canadian rebels deported to Australia following the Lower Canada Rebellion of 1837 to 1838. Canada Bay, Exile Bay and France Bay are reminders of these people. We started with a party of seven next to the railway station at Rhodes (why called Rhodes? Rhodes named after the Sydney estate on which the platform was built which was named by Mr. Commissioner Walker after his estate in Tasmania). We walked along the right bank of the Parramatta River to Punt Park and Fairmile Cove via a comfortable morning tea with red and white wine and croissants on the veranda of a schoolroom at Yaralla. The Mortlake ferry took us to Putney Park for lunch including various cheeses, a taste of French onion soup and a view of Parramatta River. After lunch, back on the right bank, to Cabarita point and Cabarita Rotunda where the signing of the Federation documents took place in 1901 (when it was located in Centennial Park) and the locale of the most recent James family wedding.</p> <p>Things started to go awry after Cabarita and Hen and Chicken Bay. On the short cut through Massey Park golf course saw three of the party did not follow the leader and ended up at some other watering hole while the majority (four of the seven) found Massey's 19<sup>th</sup> hole with ease and enjoyment. A short walk with a 180° detour took us back to Burwood station (named after Major Rowley's local residence Burwood House itself named after Burwood in Cornwall) and home. Other than misplacing three of the party and a little bit of rain, an interesting and enjoyable day.</p>	<p>Patrick James  Geoff Colman  Danny Moss  Tom Moss  Barrie Murdock  Neena Wang  Ian Wolfe.</p>
<p><b>SUN 18 JULY - Day Activity</b> About 50km with a few hills  <b>Ride from Tempe to Cronulla and Return</b></p> <p style="text-align: center;"><b>Activity Report:</b></p> <p>We left Tempe railway station car-park on schedule on a bright winter's morning. Early on riding in shadows was pretty cool. By the time that we arrived at the coffee shop at Brighton-Le-Sands my hands had started to thaw out. While drinking our coffee and nibbling on nice things we were getting to know each other. For Ondrej and Katarina this was their first time in this area. After dodging people, dogs and keeping a careful eye open for tsunamis racing across Botany Bay we climbed the one big hill on our ride, the man-made hill called Captain Cook Bridge. We arrived in Cronulla in time to order and collect our take-away fish and chips, sitting in the sun to eat them on the hill overlooking Cronulla Beach. In due course Ondrej and Katarina bailed out to catch the train home from Cronulla to Kirribilli to keep an afternoon appointment with relatives and Rudy left to head off in alternate direction. To add to my exercise I rode out to Kurnell and then back to Tempe, arriving back at my car shortly before 3 pm. According to my bicycle odometer I clocked up 71.5 kilometres on a beautiful winter's day. I hope to see more riders on my ride next month</p>	<p>Maurice Smith  Rudy Werner  Ondrej Ivanic  Katarina</p>

Walks & Other Activities 1 ~ 31 July 2010 cont.

Date, Walk Location & Route	Activity Participants
<p><b>SUN 18 JULY - Day Walk - M112 (Easy/Medium)</b>                      15km                      Royal National Park  <i>Cronulla station - ferry to Bundeena - Jibbon Head - The Cobblers - Big Marley Beach - The Inland Track - Bundeena - ferry to Cronulla.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>The day was fine and mild, perfect for the walk. We left Bundeena and walked via Jibbon Beach to Jibbon Head, including a side-trip to the aboriginal carving site, where there were images of whales, a wallaby, a gentleman, and a stingray. After a morning break at Jibbon Head we made our way southward down the coast to Marley Beach, with wonderful coastal views virtually all the way. During our trip we saw several frolicking whales, had a close-up view of a wallaby, visited an abandoned cave-house high on the clifftops, had a good look at Camembert Rock, and shared some champagne at our clifftop lunch spot. After a rest at Marley Beach we followed the inland track up to Bundeena where we rounded off a great day with hot chocolates and milkshakes at the Passionfruit Café.</p>	Nigel Weaver Margaret Weaver Helen Lalas Julian Martin Jean Klovdahal Ian Wolfe Phil Hayes (P) Joanna Griffin (P) Kay Chan Tony Manes Kerry Allsop Harumi Hayakawa (P) Sue Pinkerton Paul Pinkerton Holly Pinkerton (P) John Pozniak Christine Edwards Anita McMahon Martina Taylor Phillipa Williams (P) Teresa Pozniak (V)
<p><b>SUN 18 JULY - Day Walk - M221</b>                      12km  <b>Blue Mountains NP</b>  <i>Wentworth Pass -Leura - Federal Pass - Katoomba.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>We started from Wentworth Falls and went down beside the waterfall. Continued along the track. Spectacular view of Jamison valley. Climbed up to Leura as one part of the track was closed. Then continued our way to Katoomba. Lots of steps and uphill (nice workout).</p>	Shahram Landarani David Sutherland Sun Clement Lily NG Tim Yewdall Linda Tarran Lauren de Lange Leigh McClintock Neena Wang Caroline Rogers Annick Boismenu
<p><b>WEEKEND 17-18 JULY - Weekend Walk - M232E</b>                      23km  <b>Mobbs Soak and Splendour Rock</b>  <i>Dunphy carpark - Black Horse Ridge - Mobbs Soak Splendour Rock - cave camp under Splendour Rock, Return along the Wombat track to Mount Mouin, Medlow Gap and return via fire trail.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>The walk went with 13 people, including five new Prospective Members in fine, cool weather. Black Horse Ridge spread the group into a long line. We explored the cave and the camping areas of Mobbs swamp and collected water for the remainder of the trip before proceeding to Splendour Rock to enjoy the views and the sunset. When they heard that there was a method of climbing chains to Splendour Rock they all wanted to go that way and they did. The overnight camp was in the caves under Splendour Rock. For the return journey on Sunday we traversed the mountain range, Mount Dingo, Mount Merrimerrigal, Mount Warrigal and Mount Mouin then the fire trail route back to the cars at the Dunphy carpark at Carlons. I was pleased to see very lively conversations at the camp and during the days, we had a good group of interesting intelligent people. The Prospective Members were made welcome and all performed well.</p>	David Trinder Melinda Turner Mark Dabbs Renee Gruber P Lloyd Hanson P Lisa McCarthy Christina Day Peter Hinchy Anne Maguire Frank Grennan Kate Corner P Renee Neely P John Newcomb P
<p><b>THU 22 JULY - Day Walk - M222</b>  <b>Royal National Park</b>  <i>Loftus - Audley - Winifred Falls - Anice Falls - Bundeena.</i></p> <p style="text-align: center;"><b>Walk report:</b></p> <p>There were eleven on this walk as some belonged to another Club. The party walked very well together for the whole 20km of the walk. Ten of us left Loftus &amp; Tony Manes appeared at the Audley Weir. Water was at last flowing well over both Winifred &amp; Anice Falls. The track after Anice Falls heading for Maianbar is extremely overgrown &amp; it looks as if the Parks Service intends walkers to reach the Maianbar road &amp; walk alongside it. Nobody complained about pushing their way through the <i>banksia eric folia</i> &amp; the occasional <i>hakea</i>. The pink of the boronia was a real treat &amp; we had lunch next to South West Arm Creek. We stopped at the bus shelter at Maianbar to admire the artwork then followed Cabbage Tree Creek before reaching Bonnie Vale &amp; finally scrambling over the rocks to Bundeena &amp; the 4pm ferry.</p>	Maureen Carter Margaret Rozea Lisa Sheldon George Molnar Sue & Peter Pinkerton Tony Manes



Walks & Other Activities 1 - 31 July 2010 <sup>cont.</sup>

Date, Walk Location & Route	Activity Participants
<p><b>SUN 1 AUG - Day Walk - M121</b>                      20km  <b>Berowra and Cowan Creeks:</b>  <i>Mt Kuringai to Berowra via Berowra Ck, then back again via Cowan Ck.</i></p> <p><b>Walk Report:</b>                      We had beautiful weather. Several members of the group were on their first SBW walk. All went to plan. We started at 0915 and finished at 1645. Five members of the party took advantage of the advertised opportunity to quit at lunch time at Berowra (Patrick McNaught, Lucy Moore, Emily Matthews, Andrea Meier, and Martin Samociuk). About 17 km, with a total 400 m down and back up.</p>	<p>Leigh McClintock                      Emily Matthews (P)                      David Cranston (P)                      Gail Hansen (P)                      Lloyd Hansen (P)                      Andrea Meier (P)                      Anton Sokolovski (P)                      Martin Samociuk (P)                      Lucy Moore                      David Bell                      Lily Ng (P)                      Nina Wang (P)                      Patrick Mc Naught                      Don Andrews                      Dan Laver                      Jenny Fraser (P)                      Loretta Martin (P)</p>
<p><b>WEEKEND 31 JULY &amp; 1 AUG - Weekend Walk - M212</b>  <b>McDonald River</b>  <i>Creek walking along sandy, flat and shady Howes Creek and McDonald river.</i></p> <p><b>Walk Report:</b>                      It was a weekend of changed plans: beside the road route, what was meant to be an introductory overnight walk for prospective members turned out to be a gathering of club leaders and very experienced members. Nicole sure got a lot of good advices and kept up very well with everyone. We left 2 cars at the McDonald river bridge on the Putty road and drove to Howes valley creek. It took us a couple of tries to find the Howes firetrail conveniently indicated by a fairly new NP sign <u>past</u> the entrance gate. It was clear as soon as we started walking that we were up for a fun weekend. The water level was higher than hoped but not altogether unexpected with the recent rainfalls we received. Saturday was therefore changed from a day of creek walking to a day of creek wading. Except for one short shower (the kind that make you take your rain jacket out of your pack and stop as soon as you have done so) the day remained sunny. By 3 pm we were at the junction of Howes valley creek and the McDonald river. The water level in the river meant that the creek wading was to be upgraded to river swimming if we were to stick to the original plan. Suggestions were made to use my sole inflatable mattress to float the 12 members of the party to what would most probably be a flooded camp cave. Instead we decided to settle down at the junction of the 2 water courses, do a bit of bush care to remove a bunch or two of nettles, have a look around and start a fire with wet wood. Happy hour started with 1 hour of daylight left (a good performance in winter) and we went on with dinner and Marshmallow roasting not necessarily in this order. Frank's big log kept us from bed for quite some times but at some point the good time had to end and we retired one by one to our warm sleeping bags. Sunday dawned bright and sunny. The river still flowing strongly, we decided to go up the ridge separating the McDonald river and the Howes valley creek. A bit of steep scrambling and route finding led us to a more gradual and very pleasant ridge. The vegetation was typical of a much drier environment than on the creek. We had views of Mount Yengo and later the peaks of the Northern Wollemi. Lunch was had in the shade on a very comfortable mat of grass and casuarina needles where everyone had a relaxing time and some managed to squeeze a bit of a nap in our busy schedule. We were quickly back to the Putty road and retrieved the car, parting company with Frank and Anne going back to their place on the foot of the Barrington while the others stopped at Colo Heights for afternoon tea.</p>	<p>Vivien de Rémy de Courcelles                      Nicole Bayley (P)                      Peter Hinchy                      Christina Day                      Anne McGuire                      Frank Grennan                      Grace Love                      Peter Love                      Sue Bucknell                      Shahram Landarani                      Emmanuelle Convert                      Ian Thorpe</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.

## 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](mailto:billholland@bigpond.com)*

We had a very cold but enjoyable time at Robyn's Farm in July. Despite four cancellations, we had eight attending for all or part of the week. Patrick arrived on Sunday, others on Monday and Fran and I arrived late that night after a delay in Sydney. On Tuesday we had the scheduled visit to Abercrombie Caves. The Ranger on duty was able to show us the exact locations where Conrad Martens sketched and painted his views of the caves many, many years ago. On Tuesday night it was "Christmas in July". Lots of food and festivity. The following days saw us indoors reading etc or assisting Robyn with some light work around the farm when the sunshine kept the cold at bay. This month we go to Myola - see below. So far we have about eight attending and can fit in a couple more.

### Mon 16<sup>th</sup> - Fri 20<sup>th</sup> 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 Currumbene Creek flows into the bay. The house is modern and comfortable and is surrounded by beautiful bush. The garden of the house goes down to river (handy for kayakers) A nice stroll through the bush brings you to the kilometres long beaches of the bay. Good stretches for cycling as well.



### Mon 20<sup>th</sup> - Fri 24<sup>th</sup> September: Yalwal Camping Ground

A favourite camping area, crowded on weekends but empty through the week. There are many walking and exploring opportunities, including canoeing on the adjacent dam.

At one time Yalwal boasted a school, a post office, general stores, a blacksmiths, a fruiterer, a butcher, several banks and the Pioneer Hotel. Today the historic Yalwal cemetery is all that remains. Much of the old township was destroyed in the 1939 bushfires and then the town site was finally flooded with the opening of the Danjera Creek Dam in 1972. Yalwal was, of course, a gold-mining town. Gold was first reported in the 1850s, which is supported by the earliest grave in the cemetery dated 1854. We will explore the old gold mining area.

### Mon 18th - Fri 22<sup>nd</sup> October: New England National Park

We will stay at "The Residence" at Banksia Point. There are opportunities for lots of walking, animal and bird watching in New England and other nearby national parks. The area is magnificent at this time of the year. Due to the distance we will combine transport arrangements where possible. Likely cost will be *about* \$25 per person per night depending on number and whether we need to book the Chalet, next door.

### Mon 22<sup>nd</sup> - Fri 26<sup>th</sup> November: Dunns Swamp

Dunns Swamp is near Rylstone and is very popular for camping and bushwalking. It boasts one of the cleanest waterways in NSW, making it great for a swim or canoe paddle. Basic facilities for campfires and toilets are available in the camping reserve. There are many walking tracks and large rock formations that offer spectacular views of the river and surrounding bush. The plan will be to base camp during mid-week to avoid the weekend crowds. The weather at this time of the year should be warm and very suitable for water activities.



Fran and I have had to abandon our planned visit to China in September so we will be around to join in our midweek activities. The weather will start to warm up soon so a short notice bicycle ride or local day walk may be arranged (our Walks programme is a bit light on midweek walking).

## Coolana Training Weekends in the ashes of the Happy Hour Fire

Patrick James

The time has come the walrus said, so we listened and obeyed. After 10 years of running the Coolana Training Weekend our compasses were worn out, the red needle sluggishly pointing to north, our First Aid notes dog eared and bespattered with coffee and wine it was time to pass the baton on to others. Bill and I put the Coolana Training Weekend on every walks program for a decade; that's 40 weekends with about an average of 8 perspectives each weekend a total of about 320 perspective SBW members. Not all of our trainees joined, some did not follow the track and fell by the wayside, and for others our training fell on barren, rocky ground and nothing bushwalking-wise happened (they probably met some attractive partner and went off, hand-in-hand, skipping into the distance). But some did join the Club and are now valued members. Some have become ace navigators up there with Henry the Navigator and Jimmy Cook; others have developed to second, third and even fourth aid. We both have got an enormous amount from the Club and this has been our way of putting something back into the Club. We are pleased and proud of our Coolana Graduates in SBW.

## Kosciusko Huts Association Update

Ian Wolfe

The news about the accidental fire that almost destroyed Whites river hut has been circulated and is now on the KHA website, home page, [www.khuts.org](http://www.khuts.org) where a call for photographs is being made. All photos appreciated but what are especially wanted are photos of the interior.

Chris Simpson also advises that this news is on the [ski.com.au](http://ski.com.au) backcountry forum: <http://forums.ski.com.au/forums/ubbthreads.php?ubb=showflat&Number=1037321&page=1#Post1037321> . Thanks, Chris.

Anyway re the Whites River hut fire, I had lunch at the Disappointment Spur hut when I saw the national park helicopter flying by with a big bag of water hanging underneath. On my way up to whites river hut the snow cat of the NSW fire brigade passed me! When I arrived at the top of the road, where you can see Whites River hut, I noticed straight away the yellow plastic ribbon wrapped around the hut - it looked like a crime scene. On my way up to Schlunks Pass I passed 4 back country skiers who spent 3 nights at Schlink hut and who were just on their way out to Guthega power station. I stopped to have a chat with them about what was happening at the hut. They told me they were helping to put out the fire that nearly burnt down the hut. Without the help of those quick thinking back country skiers the hut would have burnt down totally. They were forming a bucket chain to extinguish the fire. So when the helicopter arrived the flames were already out. One of the backcountry skiers raised the alarm via mobile phone. They told me apparently a young bloke was on his 1<sup>st</sup> ever ski trip. He sprained his ankle the day before which is why he was staying back alone at the hut. His friends were enjoying a beautiful day of skiing up at the rolling grounds. They had tents so didn't sleep in the hut. Apparently the young guy responsible tried to light a fire with liquid fuel but there were still some hot coals left from the night before so the fuel ignited straight out of the pot belly and in a panic he dropped the pot belly lid and the fuel bottle and ran out of the hut. That is apparently how the fire started. Lucky for him he didn't burn himself but obviously he is an idiot!

PS The young bloke who caused the fire has expressed his embarrassment and would like to be part of the rebuild. I told him the only way to become a part of it is to become a KHA member and I left him behind with a KHA flyer in his hand for him & his friends.

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## 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? Is there something you need, perhaps one of our members would like to sell that very item! Well here is your opportunity. We are going to trial a 'Buying/Selling/Giving it Away' page in the next few newsletters. If it works and can be managed we will continue with it. So.....

This could be your old tent here!



Make your descriptions and/or small photo fit in a text box this size.....

.....and we can see if it sells!

\$\$\$\$

### Macpac Gift Card

Club member, Kathy Gero has a Macpac gift card which she would be happy to sell for its value which is \$172.51. There is no expiry date. This is a result of an inappropriate purchase. Contact Kathy on 91307263 or email [kathymg73@gmail.com](mailto:kathymg73@gmail.com).

### Asolo TPS 520 Women's Leather Boots US 7/EU 38<sup>2/3</sup>



A durable, full grain leather boot with a GoreTex lining. The TPS 520 is perfectly suited to the damp and rugged conditions of Blue Mountains.

Worn twice only / Too small for owner  
Normally sells for \$450, will sell for \$300 ONO  
Contact Melinda at [turner.melinda@gmail.com](mailto:turner.melinda@gmail.com)

## How to help the environment one recipe at a time!

### Vivien de Remy de Courcelles

By doing your own cereal bars you can cut on plastic wrapping, use chemical free ingredients and eat something delicious.

*Ingredients → Better if you choose organic and local products.*

- 115 g butter
- 2 tbsp honey (try one from your local farmers market)
- 2 small eggs or 1 big egg beaten
- 1 cup wholemeal or white self-raising flour (normal flour with 1 tsp of baking powder works well)
- 1 cup rolled oats
- ½ cup raw sugar
- ¾ cup shredded coconut
- 1 cup sultanas or mixed fruit
- ½ cup nuts (almonds, hazelnut, pecan, macadamia or walnut)
- As much Fair-trade chocolate cut into small pieces as you want

### Method

Melt butter and honey together.  
Combine and stir dry ingredients  
Add melted butter, honey and beaten egg. Mix well.  
Grease and line a 20x30 cm tin pack loosely the dough. Bake in moderate oven (that is 150°C in our oven) until golden and remove from oven while still soft in centre.  
Slice into whatever size bar you want.

The recipe can be changed and adapted to your own taste, be inventive, use the ingredients you have in your cupboard or the one you feel like having.

Pack into recycle Ziploc bags or take-away containers.

## Navigation (and fitness) Training via Orienteering and Rogaining

Members would be heartened to hear that SBW Members figured prominently at the recent Confederation Navigation Shield orienteering/rogaining event. This is an annual event, and this year it was held in the Mangrove Mountain area North of Wisemans Ferry in fairly pleasant terrain, with a suitable amount of undulation (and cliff lines to make it interesting.....).

SBW had Members:

- Participate in the 1 day event (which finished at 8pm)
- Participate in the 2 day event (29.75 hrs of duration, with a fair amount of “Dark” given it was mid winter, and only a half moon rising at 1 am). This included two SBW teams, and additional members in the BWRS Rescue Squad
- Participate as Event Staff - Organisers, Radio Check Point Staff and Bushrangers - all wearing insensitive Fluorescent Yellow Shirts (at least they were not “Orange” People)

Results can be perused at: <http://www.bwrs.org.au/?q=node/348>

Members have also recently participated in the 6 hr Paddy Pallin Rogaine, and more are planning to attend up coming events.

“Orienteering” and “Rogaining” are sports that provide a medium for enhancing a very relevant range of Bushwalking skills - navigation by day and night, route selection (across a range of terrain), Party Management, dealing with heat and cold, as well as endurance and fitness etc. These sports can thus be usefully used to up skill Members, and **also for prospective Leaders to build their confidence and competency to lead trips.**

The Orienteering and Rogaining Associations are umbrella organisations, for a number of Clubs that run training activities and a range of Events. These events are held in a number of classes and thus people can select a level at which they wish to participate at. This can range from “full on” competitions to a stately stroll. Most Clubs/events also have some level of concluding social function.

(There used to be a number of permanent Courses in NSW. However, their maintenance was discontinued some time ago, due to ongoing vandalism of the Control Point Markers.....)

As a result, most Events are held on weekends at temporary locations around Sydney, and across the State. In addition, from October to March, there is also an after work evening program run in the parks around Sydney. Our Web site now has the URLs for the NSW Orienteering and Rogaining Associations, as well as the Orienteering Club servicing the North Shore, and the Summer Nights program (under the “Useful Links” section with a heading of Navigation (and Fitness) Training):

<http://www.nsw.orienteering.asn.au/>

<http://www.nswrogaining.org/>

<http://bennelong.nsw.orienteering.asn.au/>

Short courses in Sydney Parks on Summer Nights: <http://www.sydneysummerseries.com.au/>

Confederation’s Navigation Shield Event: <http://www.bwrs.org.au/?q=NavShield>

So, if you are interested in refreshing or up skilling your navigation, as well as your fitness levels (walk or a “run”), please consider these options.

Regards,  
Ian Wolfe  
Vice President

## Training Events

### Comprehensive Remote Area First Aid Courses 2010

The BWRS is holding a number of Comprehensive Remote Area First Aid Courses this year. The date and location for the next course is:

**October 9th, 10th and 23rd, 24<sup>th</sup> 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 or Email: [sheppard david1@bigpond.com](mailto:sheppard david1@bigpond.com)

## House sitting / Bushwalking opportunity.

Comfortable 4 bedroom home, solar powered, wood fire, nice gardens with some vegies to eat, situated on 400 acres close to Warrumbungle NP and Pilliga Forests. Also 2 hour drive to Mt. Kaputar and Coolah Tops NPs. House sitter only need feed Jade, the dog, and the chooks, maybe water the vegies and enjoy the place. Much scope for walking and bike riding on the place and surrounds as well as the national parks. Climbing available in the Warrumbungles and Kaputar.

Dates are flexible, approx 2 weeks or part thereof from:

(i) 26th Sept to 8th Oct.

(ii) 27th Nov to 10th Dec (iii) during March 2011 or other times are possible too.

Contact Margaret Butler 0268434410 email [butlerr@tpg.com.au](mailto:butlerr@tpg.com.au)

## Social Program

Kathy Gero

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

### AUGUST

11<sup>th</sup> Aug **New Members Night**  
8pm Introduction to SBW for intending prospectives

18<sup>th</sup> August **EcoTraining Guides**  
8pm

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.

### SEPTEMBER

8<sup>th</sup> September **Half-yearly Special General Meeting**  
8pm All members and prospectives are encouraged to attend. Refreshments provided.

15<sup>th</sup> September **The Nelson Lakes NP in New Zealand**  
8pm Club member, Gavin Marshall and a native of N.Z., will be giving a presentation of this wonderful and varied NP

20<sup>th</sup> Oct **Somerset to Santiago de Compostella -Some Walks in the Woods**  
8pm Club member and walks leader Richard Darke and his wife Susie will speak about their recent 2 month home exchange in the UK and walking experiences there from.

17<sup>th</sup> Nov **The Gardens of Stone Stage 2 Park Proposal Presentation**  
8pm Tara Cameron, President of the Blue Mountains Conservation Society will discuss the Gardens of Stone Stage 2 Park proposal by showing a series of vivid slide shows set to music. So come and learn about the home of the 300 sisters! This area abounds in beautiful pagodas, lush valleys & shrub swamps which need protection. (You can read a little more about the proposal in the article in the next monthly newsletter)

**COME AND SUPPORT OUR GUEST SPEAKERS!**

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