

# Sydney Bush Walkers Newsletter

SEPTEMBER 2010

*Sydney Bushwalkers*  
PO Box 431 Milsons Point NSW 1565

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# The President Says

Our new members have been getting out doing day Q walks and are now eager to tackle the overnight Q. My Q walk to the Nattai River last weekend was fully booked with 8 new members over a week before the walk and had a waiting list of 6 more. My Bargo Gorge walk on 20-21 November -over 2 months away is now fully booked with 9 new members in the party of 12 -the limit of the camping cave. I already have a waiting list of 4.

Let's capture that enthusiasm and give our new friends the maximum opportunities to be an active part of our ongoing SBW community.

This highlights an immediate need to provide more overnight Q walks that are scenic, cross varied terrain, without being too challenging, provide the camaraderie that comes from walking and camping with a group over a weekend.

Put these up now as short notice walks. I am happy to promote these walks through the Google Group and arrange for them to be made known to the Tiggers. It does not matter if we have more than one overnight Q on the same weekend.

**Ron Watters**

## From the Committee Room

### *Paddling Skills*

The President outlined proposals for basic instruction at Narrabeen Lake on 16 and 30 October and for higher level skills training at Bonnie Vale, Port Hacking on the weekend of 13-14 November. Patrick McNaught is co-ordinating these events [pmcnaught@optusnet.com.au](mailto:pmcnaught@optusnet.com.au)

### *Recognition and leadership Awards*

Proposals for recognising special contribution and effort discussed. Work in progress to be developed for further discussion at next meeting

### *On Line Walks Program*

Working Group of Ron Watters, Tony Holgate, Ian Thorpe, Lily Ng and Caro Ryan examining practicality of progressive development of the Activity Program on line

### *Outstanding subscriptions*

Reminder to be issued

### *September Social Presentation*

Kenn Clacher will speak about his trip in June to Picos Europa in Northern Spain.

### *Treasurer's Report.*

The club is in a healthy financial position. Accounts approved for payment for deposit on wild Aid Remote First Aid course, printing of August magazine

### *Membership Renewals*

Will be reviewed at end of October in light of renewal reminder. 75% received at this stage.

### *Paddling working Group*

Work in progress / Committee endorsed progress reports for further development and discussion with the SBW Paddling Community.

### *Constitution*

Department of Fair Trading has published a new model constitution for organisations like ours. Our constitution uses the previous model with some variations to meet SBW circumstances. The committee would like members to read the document and express views. It has been placed on the agenda for the 6 monthly

General meeting to be held on 8 September.

### *Full membership*

Jenny Edwards, Helene Sharp, Tom and Rachel Brennan were admitted to full membership  
Nigel Weaver Walk Brooklyn -Mud Point and return via Peak Hill 15 August  
Upgraded to a Q walk

### *Widening Access to Coolana*

To be discussed at the next meeting.

**Ron Watters** (Standing in for Helen MacDonald who is overseas at the moment.)

## Editor's Note

Hope you enjoy all the wonderful articles in this month's newsletter, there are so many great trips to read about. As always, I would like to thank everybody who contributes articles.

Of special note, I mention Caro Ryan's Coolana supplement. This is the first of a two part visual record that captures the beauty of our Kangaroo Valley property. Well worth a visit if you have never been there! Family and friends welcome.

**Melinda Turner** ( [editor@sbw.org.au](mailto:editor@sbw.org.au) or [turner.melinda@gmail.com](mailto:turner.melinda@gmail.com) )

# Letter from Jan and Margaret in Europe

Hello Everyone,

Our tour with the Bike Fridays in Europe is over for this year and we will be back here next year for 3 months (we hope). Now we are in beautiful Strasbourg and the weather has been sunny and warm for the last 2 days. Tomorrow we will fly out of Frankfurt in Germany late in the evening, arriving in Sydney early in the morning on Saturday after 2 months here.

We stayed in a nice camping place in Verdun and cycled for a fortnight in and around Verdun. Before the official Semaine Federale rides we did two long rides, first to see the battlefields bordering Germany during the first world war when more than 300,000 soldiers on both sides perished around Verdun and then to visit the places along the river Meuse.

We cycled up and down the hilly region north of Verdun to visit the forts, official memorial locations, remnants of trenches as well as other related sites. It is all very tragic for the French and the Germans even after almost hundred years. The French people everywhere lost someone very dear near Verdun as every army unit was here as part of the official rotation policy after a current unit losing about one third of the members in war. Many French still do not wish to come to the regions around Verdun and even the participation for the Semaine Federale cycling week had about 4000 French cyclists less this year and there were only 11000 cyclists in Verdun in 2010.



*Some of the cyclists wear national costumes on the ride*

The official event was very well organized and the weather was good during the rides. We did ride on most days except on the day of the Picnic when we went to Metz to visit the new Pompidou art museum but could not see as there was a very long queue and we had to return to Verdun by train from Metz. However we managed to see quite a bit of Metz. We did 6 rides in different directions from Verdun, covering between 85 & 100 km and between 600 & 1100 metres of climbing as the regions around Verdun are quite hilly. We also visited many historically important places during these rides. Special mention has to be given to the well kept large American cemetery. The closing dinner and the official parade on the last day are worth remembering for a long time. Almost every participant came prepared to put on a good show during the final parade around the township of Verdun and the people from Verdun were there in large numbers to appreciate the performance. We were the only 2 Australians and we joined in with the British cyclists to go around the town. It took about 2 hours for about 11000 cyclists to start and finish the parade. It was cloudy and cold but luckily the parade went through without any rain.

In Strasbourg we are enjoying a quiet time before returning to Sydney. Yesterday our French friends, Andre & Annette came to see us and we had a fabulous time together.

Cheers,  
Jan and Margaret

Please welcome the following new members

- ✿ Jenny Edwards
- ✿ Helene Sharpe
- ✿ Tom Brennan
- ✿ Rachel Brennan

# The Cape to Cape Track, Western Australia

David Angell



*Views of the dunes of Cape Clairault*

For something a bit out of the everyday (at least as far as we Sydney siders are concerned), the walk from Cape Naturaliste to Cape Leeuwin in the far south-west corner of Australia is well worth considering.

A few basic facts: the walk is 135km long and most parties take from five to seven days. This means a couple of 30km days; in summer fresh water is rather scarce and it may not be possible to split these long days owing to lack of suitable campsites. There is no strenuous climbing along the route - the whole walk goes from sea level (or a bit less if you feel like a paddle) up to a maximum of under 200 metres. For this reason the level of fitness required is not great, though it is increased by a few stretches of beach walking. Carrying a full pack across five kilometres of soft sand is something you quickly get tired of, in both senses of the word. Most of the walk is along beaches or foot pads, maintained and signposted by the Friends of the Cape to Cape Track. This wonderful group of volunteers ([www.capetocapetrack.com.au](http://www.capetocapetrack.com.au)) also publishes a track guide which contains all the information you need, including full colour reproductions of the relevant topo maps.

So... one Monday evening last December I found myself in the YHA at Dunsborough, a small town near Cape Naturaliste. A stroll along the beach in the cool evening was a great way to relax after 15 hours travelling from Sydney. The next morning I took a taxi up to the Cape (there is a foot track but it's said to be not very interesting compared with the "official" Cape to Cape). The region around the lighthouse gives great views over the ocean, as well as whale watching if you're there in spring. The first day's walk then goes south along the coast, taking in both clifftop paths and beaches, pretty little bays like Kabbijgup and long sandy stretches like Smith's Beach. The first night is often spent at Mt Duckworth campsite, where there is a water tank. Finding that the water outlet had been colonized by bees made me pretty glad that I had already decided to push on a bit further. I stayed near Canal Rocks at a campsite with an all-season spring; maybe it was the spring that attracted immense numbers of tiny snails, no more than a centimetre across, which festooned the smaller plants in the area.

The second day began with one of the few climbs on the trip, up a steep slope to a lookout with great views in both directions along the coast, then back down again, descending a steep cliff by means of a carefully aligned path. The route continued along Injidup Beach (views of the dunes of Cape Clairault, past Quininup Brook (lunch stop, a bit of shade, fresh running water - though it usually dries up later in summer) and Willyabrup Brook to finish at Biljedup Brook. Beautiful campsite in a grassy clearing on the clifftop above the brook, views of the sun setting over the western ocean. In case you're wondering why all the place names end in "up", the simple explanation is that it means "place of" in the local indigenous language. Next morning a couple of hours' walk with goannas for company and fantastic variety of wildflowers round about took me into Gracetown, one of a number of small settlements along the south-west coast. OK, it's not exactly a wilderness experience but stopping at the shop for an ice cream was very much appreciated... The day ended with a camp just behind the dunes of Kilcarnup Beach - a pleasant enough site, although water had to be carried in from a spring about three kilometres back along the track.

On my fourth day out the first point of interest was the Margaret River mouth. At the end of summer the river doesn't make it to the sea and you just walk across the sandbar; in winter it's deep and fast and you have to take an alternative inland route. When I was there it was a cool and enjoyable knee-deep crossing. Had a chat with some

## The Cape to Cape Track, Western Australia <sup>cont.</sup>



of the locals, out for a bit of surfing before work... The track continues for a short distance up the riverbank and away from the coast. This region was burnt a month or so before I was there and there were fascinating landscapes with the vegetation just starting to grow back. Continuing south there is a deep, cool gully, weird limestone formations and a long beach walk finishing with some of the highest cliffs (about 100 metres) on the route. And always the blue sea sparkling in the sunlight on your right hand...

After passing through Contos Campground (run by National Parks) the Cape to Cape takes a break from the coast to provide a morning's walk through a part of the great southwest karri forests. Cool and shady, and a most attractive change from the generally low-lying coastal scrub. After a climb to the high point (a massive 193 metres above sea level) of the whole week, a return to the coast and another long beach walk in the afternoon leads to

Hamelin Bay, once an important centre of timber export but now just a caravan park... and ice cream shop. After the caravan park water is once again hard to find so I filled up with enough for the night and walked on to set up camp on the clifftop beside the Foul Bay lighthouse. Extensive ocean views and a spectacular orange sunset made it a campsite to remember!



On the last day, a short walk from Foul Bay brought me to Cosy Corner, where an amazing limestone platform is perforated by numerous blowholes (though they don't actually "blow" unless there is a heavy swell). Just past Cosy Corner is the first sight of Cape Leeuwin lighthouse - journey's end! After this, seven kilometres along Deepdene Beach, the longest single beach on the route. Apparently this can sometimes be a really tough trudge but I guess I was lucky: the sand was reasonably firm and the going not too hard. This leads up to a lookout on the Augusta Cliffs where the weather treated me to a breathtaking scene. All week it had been beautiful: clear sunny but not too hot, perhaps 25 to 30 degrees. Now from the lookout I could see a cloud bank way out on the horizon. As I watched it rolled in with incredible speed, and within twenty minutes the cliffs were shrouded in fog. But in an hour or so it was gone again, leaving a great view back north along the cliffline. By mid-afternoon I had completed the walk and was taking the guided tour of Cape Leeuwin lighthouse.



I spent a day doing "touristy" things in Augusta, the nearest town to the Cape. If you're so minded the region is well known for the Margaret River wineries and fooderies, as well as a number of tourist caves. But I suspect most of us would find that the best time is that spent on the walk, with its magnificent coastal scenery, forests and wildflowers, beaches and cliffs... and always the sunlight over the sea.

*Top left: Tiny snails*

*Centre left: Vegetation just starting to grow back*

*Bottom left: Spectacular orange sunset*

# Easter, April 2010

Don Finch

We left Sydney early afternoon and had an easy drive out of the city. After a coffee stop at Blackheath we kept on to turn off at the town of Capertee, arriving at Glen Davis about 5.10 p.m. There was a need to check out the new NPWS access along the north bank of the river. This was fine as was the shallow splash crossing of the Capertee River which gave access to the Coorongooba camping ground at the junction of the Capertee River and the creek of the same name. This camp site is rate 4x4 access by NPWS, the Forester had no trouble and at least one medium size two wheel drive car drove down to the camping area at Coorongooba on Friday morning. We retreated to the camping ground at Glen Davis to camp for Thursday night and await the arrival of the second car. The Glen Davis camping ground has an amenities block with hot showers - all at no charge. There was no mobile reception at Glen Davis but a Telstra pay phone allowed us to contact the second car.

On Saturday we drove both Foresters down to the Coorongooba camping area. The road is easy and the splash crossing of the Capertee River is firm but a rise in river level could create a problem.



*Beautiful creekline*

We crossed the river and started up Coorongooba Creek, keeping to the true left hand bank until beyond the old mine site. The first kilometer or so is reasonable but the going gets steadily worse and an average of 1 k.p.h. is about the best we could manage. We stopped for lunch just before Running Stream Creek. We turned up Running Stream Creek and soon found that wading in the creek was at times better than the scrub on the banks. The soaring cliffs continued to pen us in and GPS positions were difficult to get most of the time. The pass out of Roaring Stream Creek is about 50 meters around a bend at GR 526352 GDA. Right in the bend on the left there is a step back in the cliff where a small water course appears to enter. Keep going for another 50 to 60 meters and there is a lessening in the slope of the cliff from vertical to climbable on your left, the TRH bank. There has been some dirt slip in this area and the wet slippery rock is a no go. But the tree ferns and a few small shrubs offer a steep climb up

onto a shelf covered in small myrtle trees - this shelf rose steeply 30 meters to another cliff. At the base of the cliff, follow the narrow ledge to the east, gradually climbing out of the creek until you clear the end of the cliff line where the route is now straight up through several small cliff lines and lots of scrub for some 150 meters vertical. When you get to the upper and very high cliff line turn left (west) and look for a broad ledge between a rock rib and the cliff an easy climb brings you out on top of the cliff where there is a meter high rock cairn on a rock ledge at GR 525354 GDA.

My memory of this pass out the Running Stream Creek was a bit vague. I looked at the wet slippery rock and decided that it was not the right place. We continued up the creep for another very slow 150 meters with the cliff line left and right continuing out of sight and I decided I had gone past the way out and went back. We finally climbed up onto the myrtle tree ledge via the tree ferns. I went back to where the others were waiting in the creek. We picked up enough water for a dry camp and started up the pass. Gaining the cairn about 5.30pm we continued up the ridge through some rock ledges and small cliffs until a nice flat shelf with a rock ledge for the fire presented itself. Camp was made and a tired party made ready for the night.

In the morning a small breakfast fire was lit and one large billy perched on top of the rocks provided boiling water for the party of seven, four members and 3 visitors. Alitia and Shahram took over the navigation while the leader brought up the rear. The navigators were to get us to the fire trail at the end of the old army airstrip. This they did without any trouble and when handing back the baton to the leader expressed the opinion that he should not have any trouble getting to Gaspers Mountain following the fire trails from here. We noted wallaby & dingo prints on the fire trail and stopped for lunch just before the turn off to Gaspers. We started to notice cattle prints on the road and a horse print too. We arrived at Gaspers Mountain about 2.30 p.m. and there indeed were 10 head of cattle with no ear tags but a rump brand, and a horse, later in the afternoon the herd numbered 15 head.

Not far from the old hut in a gully that faces east, there is a stand of melalucas - these trees mark the spring. Unfortunately the cattle foul the spring and a clear flow was found by Shahram some 100 metres down the steep gully. A camp site some 300 metres north east of the hut was selected and the usual camp preparation made. With the doubtful cleanliness of the water the decision was made to boil water for the next day's walk. This was done over several hours with all billies pressed into service. It is a very pleasant campsite on thick microlena grass and dead wattle for firewood. To my knowledge, this spring has been flowing for over 40 years.

## Easter, April 2010<sup>cont.</sup>

Gospers Mountain is a basalt cap, similar to Mt Wilson and Mt Tomah with the very rich soil good for growing rhododendron or grass for cattle. Gospers Mountain and Mt Cameron were used for the latter and both have springs, although the spring leading into a dam on Mt Cameron is less clear.

There is a large area of cleared grass on Gospers Mountain (enough for a horse and at least 15 head of sleek cattle and the country girl with us noted they were all steers.) The aspect of Gospers is very pleasant, with tall timber in spots and views over gullies to folds and ridges with more grass and scattered timber leading out to a vista over endless ridges in all directions.

At about 6.45 p.m. a rain squall was observed approaching from the SE, this duly arrived with only a little rain to inconvenience the party in the aftermath of dinner. Later in the evening it rained in earnest and a closing down of the hatches was required. By morning it was cool and wet with low cloud. The fire was started at dawn with dry kindling collected the previous evening.

As the fire built up Shahram was observed coming back with several more wine skins of water for breakfast and to put the fire out.

Sunday promised to be a big day. We back tracked along the fire trail to GR 575401 GDA to where an old fire trail leads south. This fire trail is not marked on the new GDA map - NPWS are allowing the trail to revert to scrub. The start is obvious enough but the further you go the less distinct the trail becomes. The mountain holly grows in profusion along these ridges and on the old road is no exception. At about GR 558352 GDA there is a branch road to the south - this was followed in error until it was noticed that it no longer fitted the programme. A quick GPS fix confirmed the mistake and a corrected course taken to the west to regain the correct ridge with the remains of the road on it. Lunch was declared here and it was noted that at this rate we were going to be hard pressed to reach the river via Grassy Hill.



*Ros negotiating steep scree slope*

After lunch the map and compass were used rather than trying to follow the line of the old road. We eventually arrived at the end of the earth at GR 543290 GDA where we were afforded a view into the magnificent cliff lined Capertee River valley. We slowly descended towards Grassy Hill cairn at GR 546296 GDA through cliff line after cliff line, with Shahram out in front scouting for the best route through. We stopped for a rest and a drink in the saddle at GR 546297 GDA about 5.30 pm. Moving off along the ridge to a large, well constructed cairn that in the sixties had a visitor's book in it with an entry by Dot Butler, Gordon Smith et.al, made during the early thirties. The book is no longer there! Continuing along the crest of the ridge quickly becomes untenable due to a cliff line and descending down an unstable basalt boulder scree slope to the SW is the only option. Sidling where possible, a slow pace was dictated by the need to be careful on the loose footing. The ridge line was re-gained at the 420 meter

contour. A short rest and off down the ridge slowly slowly over steep ground until we were in 2 meter high scratchy wattle that continued for four hundred meters still on steep ground and the leader, due to an inadequate vocabulary was forced to be profane. A clear grassy spot on the ridge raised some hopes - soon dashed as the leader followed a strong path down through the last 50 metres of scratchy scrub to arrive on the side of the creek 200 metres from the river. The contrast was amazing - grassy expanses under tall timber up and down the flat. A quick walk over to a spot closer to the river and down packs - 10 minutes after sunset. Some went off for water and others collected firewood and by the time it was dark we were all set with campsites chosen, the fire going and plenty of water. Siobhan sidled up to the leader with a sip of Jamesons whiskey, the restorative power of which should not be underestimated to be sure. A pleasant campsite at about GR 547287 GDA, however all along the river for 500 meters in both directions was just as good.

Monday was spent walking back up the river, with Shahram leading and Siobhan finding the river crossing - dry feet across some easy rocks. Shahram's GPS put us onto the road as marked on the GDA map and after a rest we settled into the 8 km walk back up to the cars at Coorongooba where we arrived at 12 noon. A quick tidy up and off to lunch in the park in Glen Davis. The river had risen about 50 mm over the weekend but was still no worries for the Forester.

In the bad old days this trip was completed over two day weekends, the sure knowledge of the pass out of Running Stream is a prerequisite for success. The now over grown fire trail south of Gospers did not exist when it was first done in two days. The mountain holly along the ridge makes it a hard contract to fill in two days. This old pussy cat found the four days over Easter just enough.

# Cowan Creek and Cowan Waters Paddle / August 7 - 8

Patrick McNaught



*Hard at work!*

We went for another paddle a few weekends ago. Admiral Ron led us. The water was a bit chilly and all the more reason not to fall in the water - I made it in spite of about four cruisers arriving at a point near Cottage Point as we did, creating a wave of somewhat around 3.5 -4 feet (looked more like 20 feet but I will try not to exaggerate), and the front of my boat went up at least at a 45 degree angle. I assumed I was a goner but I made it so maybe there is hope for me yet.

The trip started off rather auspiciously as Stephen forgot his PFD and his wife Ann nobly drove home to Winston Hills and got it. So we had to wait a bit but it gave us more time to get organized. Actually she

need not have bothered as Phil gave me a PFD to give away to a needy kayaker (yes I said 'gave me to give away' a PFD) which seemed to fit Stephen perfectly but having sent Ann home, he didn't dare accept it.

We started out a bit late up Cowan Creek therefore (surprisingly only a bit), from Bobbin Head and turned off at Smith Creek. We ran aground in the short right arm and had morning tea on a sand bar that has to be just about the lowest rating of any morning tea spot I have ever visited. Well I think Sue, Mark and Ron thought it was OK but the branch I was sitting on broke and I ended up in the mud so I wasn't too impressed. We carried on and found a spot on the left arm of Smith's Creek behind some mangroves and completely out of the wind and rather sunny so we had a good lunch at least. Phil had to leave us there as he had to get back to a family do that night.

Next we paddled up through Cottage point where we were going to have a coffee but the landing beach was under water so we abandoned that. We rafted up and options were to head for the known campsite at Jerusalem Bay or to try a new campsite a little further on or even to head for hot showers and a real roof over our heads at Patonga (Mark's place - he had brought the key just in case). It was after 2PM at that stage and I was wondering if my stamina would last the 2 hours to the new campsite and we would have to go into the open sea at least another 1 hour to get to Mark's place so it would be dark. Stephen volunteered we had come to camp after all so we opted for the campsite we knew at Jerusalem Bay.

That may have been a mistake. Stephen rated the campsite as zero out of 10 as he is a light sleeper and the noise from the train and Pacific Highway kept him awake all night. I thought the campsite was alright although the several hundred mls of Shiraz probably helped - I slept like a log all night and didn't hear the noise until 6 AM. Mind you, the tide came in and we had to shift the fire to higher ground - original fire was drowned and Stephen had to shift his tent - but mine was OK. At one stage the water was coming in at about 3 inches /minute so we didn't have a lot of time to act. We were laughing at another tent perched way up the hill - maybe they weren't so silly.

In the morning, they told me I had gone to sleep in my chair - maybe that was the effect of all that Shiraz - but I didn't fall out of my chair so everyone else just ignored me. Actually I would rate the campsite as at least 6 out of 10 - I didn't think it was that bad.

The next day we started out on glassy water (needless to say Sue was packed first but I wasn't too far behind) and were joined by John Kennett as we paddled across to Refuge Cove where we landed with no wind and just about flat water - what a magical place. We had morning tea there and explored around America Cove. I had a chat with some boaties who had 'rafted' their cruisers so they could have a chat - I thought that was something kayakers did. On the way across, Sue and Mark seemed to be mostly talking about the kayaking standards committee we have set up.

We then cruised back to Cottage Point where we were able to land - amazing what a difference the tide makes - but boy it was cold in the shade. We warmed up in the sun on the wharf with an outrageously expensive long Black. We cruised back to Bobbin Head via an obscure beach where we had lunch. Mark and Stephen took turns at rescuing our boats as the tide was coming in. Meantime, totally inadequately equipped as she was, Lisa had announced that she was trying to keep her feet dry so Mark nobly piggybacked her to her boat - if you haven't seen her shocking pink fleecy and pink Crocs by the way, make sure you bring sunglasses on your next trip with her. She and Mark tried to get under a catamaran on the way back but it was a little too low.

Actually it was quite a fun paddle, if a little cold. Most importantly, I didn't fall in the water in spite of some quite impressive bow waves. The participants were Admiral Ron Watters, Sue Bucknell, Mark Dabbs, Phil Hayes, Lisa McCarthy, Stephen Flint, and myself Patrick McNaught. Sue took the photo.

# A Walk in the Hawkesbury Area / August 22

By Nigel Weaver

This is a walk that cries out for a beautiful day! That's because there are several kilometres to cover off-track through sometimes thick bush, and there are wondrous panoramic views from the clifftops above the Hawkesbury River which are best seen under blue skies.

Well, we got our wish. The day was fine and mild, perfect for this walk. The party consisted of nine full members and three prospectives. We met at Brooklyn, took the water taxi to Milsons Passage, and headed steeply uphill, finally getting onto the high ridge above the river. From the rocky tops we had a panoramic view of the hairpin bend of the river which sweeps around Bar Point. We also had grandstand views of Bar Island, and the entrances to Marramarra Creek and Berowra Creek.

We continued south long the high ridge tops with the spectacular views on our right. The rocky tops were starting to give way to thickly bushed sections, a harbinger of things to come. En route we came across a well-constructed rock wall over a metre high, possibly built by squatters during the 1800s. We eventually turned inland in a south-easterly direction, and made our way up onto Muogamarra Ridge though quite thick bush. We had lunch on a large rock shelf on the edge of the ridge, with great views down to the river near Peats Ferry in a north-easterly direction. After this pleasant break we continued along the ridge, often through thick bush, thankfully punctuated with numerous open rocky sections.

Eventually we arrived at a fire trail - quite a relief! We followed that trail and two other fire trails, making our way to another spectacular lookout high on a narrow ridge with great views across to Brooklyn and Long Island. From there we made our way down though a steep bushy section to the Pacific Highway, where we had previously parked three of our cars near the bridge that crosses the northern expressway. Overall, it was a great day, providing us with many spectacular viewing points over the magnificent Hawkesbury River.

Participants were:

Nigel Weaver  
Misako Sugiyama  
Jan Dormor  
Christian Vallence  
Gail and Lloyd Hansen  
Tim Yewdall  
Nigel Wingate  
Martin Samociuk  
Tony Holgate  
Linda Tarran  
Peter Cunningham.



*Left: Nigel on the ridge tops, with the river in the distance behind him.*



*Right: Members of our party enjoy fabulous views of Hawkesbury River from the clifftops.*

*Photos by Martin Samociuk.*

# Walks & Other Activities 1 - 31 August 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>WEEKEND 6-9 AUG - Weekend Activity - Medium XC Skiing</b>  <b>KNP, Manjar Range:</b>  <i>Khancoban, Day 1 - ski in to base camp from Bradley's Hut. Day trip to Mt Manjar and 15 Mile Ridge, Day trip along the Toolong Range &amp; Cool Plain, Day 4 - back to Khancoban (climb Round Mountain)</i></p> <p style="text-align: center;"><b>Activity Report:</b></p> <p>There was not enough snow on Long Plain, so we skied in from Selwyn. Visited 4 Mile Hut, then the new Broken Dam Hut. Did a half day trip to climb Tabletop Mt and back, to spend the night at the Hut. The next days was a packless big day trip ski (we counted the kms latter and they came to 32.). Skied past Tabletop to the Big Dipper (where the snow ran out) then along a lovely ridge to Bolton's Hill and back. Day 3 was back to Selwyns for lunch, then without packs, along the Wallace Fire Trail for 16kms to get back to the Snowy Highway (very nice views over towards Talbingo)</p>	<p>Ian Wolf                      &amp; 11 Others</p>
<p><b>SAT 7 AUG - Day Walk - X222</b>  <b>McMahons Meataxe Trainer 65km, with soft option of 37km:</b>  <i>Start and finish Queen Victoria Hospital - Kings Tableland - Wentworth Falls. Follow WE Stage 3 in reverse down Murphys Fire Trail, past Ingar and up Andersons Fire Trail. This is the 37km loop, and depending on party we may finish here (7 hrs). Or some will continue along Tableland Rd. past Waratah trig to McMahons Lookout on cliffs above Lake Burragorang before heading back to Vic Hospital.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p><i>Stephen s Comment:</i>                      Andrew arrived from Central Australia on Thursday and decided he was OK for the soft option. So the walk was back on for anybody who was not doing Melinda's seriously energetic walk. In summary we followed the route of the Wild Endurance night section on beautifully maintained fire trails (cyclists note) with a side trip to the pretty Ingar camping and picnic ground for lunch and a further side trip around the Mt Bedford foot track/pad circuit marked on the topo map. This is a very pleasant winter distance training walk (run if you like). We had dinner at the Lawson pub after the walk.</p>	<p>Andrew Vilder                      Sandra See                      Stephen Brading</p>
<p><b>SAT 7 AUG - Day Walk - M231</b>      17km      800m up &amp; down  <b>Blue Mountains NP:</b>  <i>Neates Glen - Grand Canyon - Evans Lookout - Govetts Leap - Junction Rock - Blue Gum Forest - Perry's Lookdown. Great scenery. All on tracks, with creek crossings.</i></p> <p style="text-align: center;"><b>Walks Report:</b></p> <p>A sunny cool day. One person injured a knee coming out of the Grand Canyon and was driven back to her car. The party continued the walk and had a very pleasant day in perfect walking weather.</p>	<p>Chris Dowling                      Peter Hinchy                      Margaret Rozea                      Melanie Ng (V)                      John Kennett                      Lisa Ochs                      Brenda Gale (P)</p>
<p><b>SAT 7 AUG - Day Walk - M112 (Easy/Medium)</b>      18km  <b>Mosman Coastal Circumnavigation:</b>  <i>Mosman Ferry Wharf - Sirius Cove - Bradley's Head - Chowder Bay - Middle Head - Balmoral Beach - Chinaman's Beach - The Spit - Pearl Bay - Quaker's Hat Bay.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>Forecast showers proved to be inaccurate and we were blessed with glorious weather for the day. We trekked the foreshore past the zoo without encountering any lions, tigers or bears and arrived at Bradley's Head for morning tea in the company of four kookaburras, several noisy myna birds and a hopeful magpie. The kookaburras proved to be in abundance all along the walk (either that or the morning tea family was following us in the hope of some more stray crumbs). The ascent from Chowder Bay over Middle Head gave us an appetite for a leisurely lunch which we had out on Rocky Point at Balmoral before we continued on our way. A walk full of spectacular harbour views, Sydney Red Gums and wattle.</p>	<p>Helen Lalas                      Linda Tarran                      Hiroko Clarke                      Lily Ng (P)                      Khanh Nguyen (V)                      Lisa Sheldon                      Karen Brading                      Aoife Thorp (P)                      Arnold Binns (P)                      Hien Binns (P)                      Loretta Martin (P)</p>
<p><b>SAT 7 AUG - Day Walk - X331</b>      40km  <b>Strongleg "Stroll":</b>  <i>Dunphy carpark, Mount Yellow Dog, Coxs River, Mount Strongleg and return.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>Karl had to drop Clare off for the 12ft track marathon so David and I started without him. By the time we were at the top of Blackhorse Karl had caught up with us. Great day for this walk, no too hot. Back to the cars in time for Karl to go and pick Clare up as she finished the 12ft track.</p>	<p>Melinda Turner                      David Trinder                      Karl Miller</p>

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

Date, Walk Location & Route	Activity Participants
<p><b>SUN 8 AUG - Day Walk - M212 (Easy-Medium)</b>  <b>Metropolitan Area South:</b>  <i>Waterfall - Camp Coutts - Mt Westmacott - Kingfisher Creek - Kingfisher Pool - Waterfall.</i>  <b>Walk Report:</b>                      This walk was originally intended to finish at Heathcote. However, during the walk the destination was changed to the much closer Waterfall because of the slow progress we made through the sometimes thick bush along Kingfisher Creek. The day was sunny and mild. We left Waterfall, following various bush tracks via Camp Coutts up to Mt Westmacott where there are great 360 degree views. From there we made our way due west and off-track down to Kingfisher Creek, which we followed northwards downstream. There were plenty of pretty sections, and we found a good spot for lunch on a rock shelf beside the babbling brook. We continued downstream through the bush until we eventually came across a rough track on the east side of the creek which took us to lovely Kingfisher Pool and the Bullawarring Track. With Heathcote now being possibly too far to reach before dusk, we instead took the tracks up to Waterfall. Overall it was a great day, with ideal weather, great camaraderie, and plenty of lovely scenery.</p>	<p>Nigel Weaver                      Margaret Weaver                      Gail Hansen (P)                      Kathy Gero                      Julian Martin                      Kim Walker                      Jeanne Klovdahl                      Daniel Eckermann (P)                      Christine Edwards</p>
<p><b>WEEKEND 7-8 AUG - Weekend Kayaking</b> 30km  <b>Cowan Creek and Cowan Waters:</b>                      Bobbin Head - Cowan Creek - Cowan Water exploring Smiths Creek and America Bay to 5 star camp site. Day 2 exploring surrounding bays  <b>Activity Report:</b>                      Mist rising off water for chilly start. River calm as mill pond. Explored Smith's Creek, Refuge Bay and America Bay. Patrick avoided falling in when a wall of water came at him from passing motor cruiser. Mark's profiteroles a high light of happy hour.</p>	<p>Ron Watters                      Patrick McNaught                      Mark Dabbs                      Lisa McCarthy                      Steve Flint (visitor)                      Sue Bucknell                      Phil Hayes (Saturday)                      John Kennett (Sunday.)</p>
<p><b>THU 12 AUG - Day Walk - M222</b>  <b>Royal National Park:</b>  <i>Helensburgh - Garrawarra - Squeezeway - Burning Palms - Garrawarra - Helensburgh</i>  <b>Walk Report:</b>                      There were eleven on this walk as some belonged to another Club. It was a perfect day for walking and I changed the intended route as everyone was a competent walker so that we descended via the Squeezeway to Burning Palms. This is the way that everyone went forty years ago from Lilyvale Station. It is a little rough and overgrown but a very interesting way to go. Everyone enjoyed returning to Helensburgh the easy way rather than my special route.</p>	<p>Maureen Carter                      Margaret Rozea                      Jan Roberts</p>
<p><b>SAT 14 AUG - Day Walk - M221 18k</b>  <b>Mt Kuringai Gai NP</b>  <i>Stephen comment:</i>                      A perfect day for walking saw only 12 starters for this pleasant track walk. Cowan creek was at its scenic best and the surprisingly high tide had receded so as not to be a bother on the Great North Walk. The final road section up to Pacific Highway at Mt Kuringai provided a fitting workout to finish the walk.</p>	<p>Richard Brading                      Lisa Sheldon                      Stephen Brading                      Yvonne Brading                      Jeff Coleman                      Lisa                      Nicole Bailey                      5 more</p>
<p><b>SUN 15 AUG - Children's Hike - S221</b> 6km  <b>Grand Canyon:</b>  <i>Neates Glen - Grand Canyon - Evans Lookout.</i>  <b>Walk Report:</b>                      The children powered through the newly restored Grand Canyon track in four hours. This included a hail storm and lunch in the rain. Spirits remained high throughout the day and we sang Happy Birthday to Jessica (turning 8) with cup cakes in the sunshine on the way back up to Evans lookout.</p>	<p>Dirk Goes                      Caroline Rogers (P)                      Tarmo Raud (V)                      May Ly (V)                      Andy Bolton (V)                      Kai Goës                      Felix Raud                      Jessica Rogers                      Sophia Redito                      Christopher Rogers                      Kai Bolton</p>
<p><b>SUN 15 AUG - Day Walk - M223 (Medium)</b> 12km  <b>Kuringai Chase National Park:</b>  <i>Brooklyn - Porto Ridge - Mud Point - Peak Hill - Sandy Bay - Brooklyn.</i>  <b>Walk Report:</b>                      We had a fine and mild day for our walk, except that we had a passing thunderstorm with heavy rain for ten minutes in the middle of the day. Starting from Brooklyn we took the firetrail up the hill to the south, and then left it to climb off-track up to Porto ridge from where there are fabulous views of the lower Hawkesbury River. On the ridge we found a new foot track that was tagged with pieces of orange ribbon. As it went in our intended direction, we followed it to the south end of Porto ridge, and then down to the saddle just below Peak Hill. From there we went off-track again, and made our way (thunderstorm and all) to the hill behind Mud Point where we had lunch on the rocky heights above remote Porto Bay. We returned to the saddle below Peak Hill, climbed to the top, and again enjoyed the spectacular 360 degree views of the river and its surrounding hills. From the hill we made our way off-track down to Sandy Bay, a section entailing tricky navigation. Once at the bay, we followed the foot track around the shoreline to Brooklyn. It was another great day, with plenty of wonderful views on the way.</p>	<p>Nigel Weaver                      Margaret Weaver                      Graham Conden                      Leigh McClintock                      Jason Lorch (P)                      Rebecca Lorch (P)                      Rachel Brennan (P)                      Linda Tarren                      Misako Sugiyama                      Julian Martin                      Peter Cunningham                      Chris Edwards                      Nigel Wingate</p>

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

Date, Walk Location & Route	Activity Participants
<p><b>SUN 15 AUG - Day Walk - M111</b>  <b>South Head to North Head -Stage 11:</b>            Ferry to Neutral Bay Wharf - Kurraba Point - Cremorne Point - Mosman Bay - Sirius Cove - Bradleys Head - Clifton Gardens - Middle Head - Balmoral. Return to City by bus.</p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>The walk began less than perfectly when shortly after setting out we managed to lose two party members among the laneways on Kurraba Point. Reunited and in good spirits we proceeded in bright, late winter sunshine to enjoy the scenery from vantage points on several harbour headlands and in secluded bays before arriving at Bradleys Head for lunch on the small beach on its eastern side. A violent hailstorm forced a retreat to a nearby sandstone overhang from where we sat out the storm before heading off to Middle Head and its expansive views and the finish of the walk at Balmoral Beach in time to catch the 3.50 pm buses to the City and Chatswood.</p>	<p>Ian Rannard            Linda Mallett            Ron Watters            Carol Werner            Gisela Schaupp (P)            Jovanka Ajanovic            Joanna Griffin (P)            Anita McMahon            Patrick McNaught            Angelika Langley            Jan Roberts            Rudi Werener            Col Rannard (V)            Helen Lalas</p>
<p><b>WEEKEND 14-15 AUG - Weekend Walk - M223E</b>  <b>Wollemi NP:</b>  <i>Canoe Creek firetrail - Alidade Hill - Pass 11 - Colo River - Perkins Cave - camp on bend of river - Canoe Creek.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>This walk was on again, off again as people joined and dropped out. In the end there were only 3 participants. The Wollemi is a rugged area with some "passes" into the Colo Gorge. The goal was down Pass 11, along the Colo and out at Canoe Creek. After parking the cars near the gate, we followed the rock spine of the ridge down to a saddle. From there we followed a shallow, rocky gully to the north. This quickly became a very steep slot that cut right through the cliffs to a small unnamed creek. The slowest part was ensuring that we did not go down anything we could not get back up. It is a great pass; however it is not the same as the passes we had taken into the gorge on previous occasions. The side creek was a little pocket of rainforest and quite beautiful. Once on the Colo, we proceeded down river. The Colo was swollen and muddy - we were glad that we did not need to cross it. The walking on the eastern side of the Colo here was better than I remembered it, with only an occasional patch of thick vine to negotiate. About 4:00 we found a lovely campsite with views across the river. An evening of relaxation was enjoyed, followed by a sound sleep only disturbed by heavy rain during the night. The next morning we walked down to Canoe Creek, where we met the only other people we saw on the walk. We arrived back at the cars at about 1:30 pm. This walk could be done by a fit party as a day walk. As always the Colo goes on being beautiful. <b>There was discussion about some person who is taking hammers and chisels in to carve foot and handholds in some of the Colo Passes. This is a National Park and this is vandalism!</b></p>	<p>Tony Holgate            Peter Love            Grace Love</p>
<p><b>WEEKEND 14-15 AUG - Weekend Walk - M223E</b>  <b>Wollemi NP -Adventures in Pagoda Land:</b>  <i>Two exploratory days walks from a car camp at Dunns Swamp camp ground.</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>Melinda's comment: It was a beautiful weekend out at Dunns Swamp. Everything was going well until someone forgot the '3 points of contact' rule and fell off a pagoda. Quick visit to Rylstone Hospital followed. Someone still has a sore tale. I believe all the others had a great time!</p>	<p>Ian Thorpe            Melinda Turner            David Trinder            Mark Dabbs            Alan Wells            Caroline Catt</p>
<p><b>16th - 20th August - Midweek walkers at Myola</b>            Our activity in August was most enjoyable. We stayed at "Villa Paradiso" in Myola. Myola Village is next to Callala Beach about ½ hour south of Nowra. A small number of houses are grouped on the banks of the wide Currumbine Creek that flows into Jervis Bay next to Huskisson. Eight of us attended; the house was roomy and comfortable and the location superb for our activities. Rick and Jim brought their kayaks and do what kayakers do on the creek and in the secluded mangroves. Two of us cycled and the others enjoyed walking through the bush to riverside and beach.</p>	<p>Judy Barnes            Colin Barnes            Jo van Sommers            Jim Percy            Fran Holland            Bill Holland            Robyn O'Bryan            Rick Angel.</p>
<p><b>SAT 20- 23 AUG</b>  <b>Munyang Trip</b>            3 Participants (had some fall outs) - again there was no snow on Long Plain, so we drove around to Munyang and skied up to Schlinks that night. Day 2 was via Duck Crk to the Valentines, before heading off around the top of the Kerrys to get to Mawsons Hut. Day 3 was a trip which started with low cloud, so I said "Let's ski that way for a Day Trip, and see what happens" This meant that we were at the bottom of Jagungal by 11 am, just as she dropped her veils, and so we took her at her offer, and slipped up her flank to attain the summit in clear skis (I will admit that she was a bit frosty at the top). We then skied across to the twin peak of Little Jagungal, before a long ski down and along the Toolong Range to Macalister Saddle. Thence up to the North Bulls Peaks, and around back via the Mailbox and Cup and Saucer. The final day was up the Valentine to Gunargtan pass, then up one of the rocky Bogongs for a view, before descending to Schlink pass and thence to Munyang.</p>	<p>Ian Wolfe            &amp; 2 others</p>

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

Date, Walk Location & Route	Activity Participants
<p><b>SAT 21 AUG - Day Walk - X331</b>      45km  <b>The Six Foot Track In A Day:</b>  <i>Katoomba to Jenolan Caves</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>Twelve people enjoyed this 45km hard walk in 3 degree cold weather and had a lot of social fun doing it. We followed the pattern that has been used since Jan Mohandas set the walk up 22 years ago. Richard met us with drinks, biscuits and fruit at 3 places on the track. Unpredicted precipitation fell on us at parts of the track; some of it was snow that bounced off our coats without wetting us. Four people ran the last 10km down to Caves House and all walkers performed well. Wine and cheese was enjoyed in one of our rooms at the finish and a good dinner, bed and breakfast was provided by Caves House Hotel. Walkers were 6 blondes and 6 brunettes making 12 walkers plus 1 support  The 6 blondes were: Andrew Vilder, Sandra See, Karen Kool, Gloria Roberts, Huw ap Rees, Marcia Kaye and the 6 brunettes were: Vivien de Remy de Courcelles, Emmanuelle Convert, David Trinder, Melinda Turner, Peter Hinchy, Alicia Dougal.  <b>Our very important support person was Richard Maneschi - Thank you very much!</b></p>	<p>David Trinder  Andrew Vilder  Sandra See  Karen Kool  Gloria Roberts  Huw ap Rees  Marcia Kaye  Vivien de Remy de Courcelles  Emmanuelle Convert  David Trinder, leader  Melinda Turner  Peter Hinchy  Alicia Dougal  Richard Maneschi</p>
<p><b>SUN 22 AUG - Day Walk - M223</b>      Q      14km  <b>Muogamarra:</b>  <i>Brooklyn - water taxi to Milson's Passage - Muogamarra Ridge - Pacific Highway south of Peat's Ferry</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>The day was fine and mild, perfect for walking. We took the water taxi along the Hawkesbury River from Brooklyn, alighted at Milsons Passage, and made our way up onto the adjacent ridgetop. From there we had a lengthy series of panoramic views of the river and its surrounding hills. It was great to walk southwards along the clifftops with the fabulous views to our right. The bush began to get thick as we ventured further south. At one point we came across an old but expertly built stone fence, perhaps built by squatters in the 1800s. We continued further south along the clifftops, and eventually turned inland in a south-easterly direction, making our way through the often-thick bush up onto the top of Muogamarra Ridge. We had lunch on a wide rock shelf on the edge of the ridge, with great north-easterly views to the river around the Peats Ferry area. From there we proceeded along the ridge in a generally south-easterly direction, slowed down by more sections of thick bush. Eventually we came out on the Peats Bight firetrail. We then followed firetrails out to a ridge overlooking Peats Ferry and Brooklyn, stopping for a well-earned afternoon break before descending again through the bush to the Pacific Highway where we had left three cars early that morning. We got to the cars at 4.25pm, ending a very scenic if somewhat rough and scratchy journey.</p>	<p>Nigel Weaver  Martin Samociuk (P)  Tony Holgate  Tim Yewdall  Linda Tarran  Jan Dormor  Christian Vallence  Misako Sugiyama  Gail Hansen (P)  Lloyd Hansen (P)  Nigel Wingate  Peter Cunningham</p>
<p><b>SUN 22 AUG - Day Walk - M212</b>      Q      15km  <b>Avalon to Barrenjoey:</b>  <i>Avalon Beach - St Michaels Cave - Bangally Head - Whale Beach - Whale Rocks - Palm Beach - circumnavigation of Barrenjoey Lighthouse - Pittwater track traverse</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>There was a lot of rock hopping with some short and difficult sections. Early in the walk Rhonda injured her ankle on rocks near Avalon. Fortunately her car was nearby and after the ankle was strapped she was OK and left the walk. Overall the walk was very scenic in great weather with co-operation from both sea and tide. Morning tea was taken at Bangally Head, lunch at Whale Beach and afternoon tea fruit cake on the Barrenjoey rocks. No whales sighted just lots of rock fishermen.</p>	<p>Roger Treagus  Tom Brennan (P)  Rachael Brennan (P)  Anton Sokolowski (P)  Marina Chan  Jason Lorch (P)  Rebecca Lorch (P)  Hubert Haderht (P)  Phil Hayes (P)  Anita McMaian  Greg Baker (P)  Andrea Maier (P)  Helen Lalas  Rhonda Sponholz (P)</p>
<p><b>SAT 28 AUG - Day Walk - S222 (Easy-Medium)</b>      10km  <b>Kuringai Chase National Park:</b>  <i>Park entrance gate north of Terrey Hills - Centre Track - McCarrs Creek - Terrey Hills</i></p> <p style="text-align: center;"><b>Walk Report:</b></p> <p>It was an ideal day for walking, fine and mild. We parked our cars near the toll booth north of Terrey Hills, and set off on the Centre Track along the ridgeline, enjoying the pleasant views and seeing many wildflowers. At one point there is a great view across to Coal &amp; Candle Creek. Shortly after, we went off-track on an exploratory section, with the objective of following a dog-leg ridge, initially south-east, then south-south-west, in an attempt to arrive at McCarrs Creek Road near the start of the Duckhole firetrail that leaves on the south side of the road. In the event, we had no trouble succeeding in our objective. The ridge was only lightly scrubby in most places, and there were many rock shelves to make progress easy. We had lunch atop a knoll on the ridge which gave us pleasant views in all directions. We crossed McCarrs Creek Road, and took the Duckhole firetrail in a southerly direction. It led to the top of a ridge where there were wide rock platforms on both side, but alas, we could find no aboriginal carvings on those we looked at. We followed the firetrail around to the Terrey Hills exit and then did a short road bash back to the cars. It was a very pleasant walk, and we enjoyed rounding off the day at the café cum patisserie at Terrey Hills.</p>	<p>Nigel Weaver  Marina Chan  John Kennett  Gisela Schaupp (P)  Garry Morphett  Linda Tarran  Helen Lalas  Bob Eggleton  Jacqui Eggleton  Paul Irwin  Neena Wang (P)</p>

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

Date, Walk Location & Route	Activity Participants
<p><b>SUN 29 AUG - Day Walk - M331</b> <span style="float: right;">15km</span>  <b>Blue Gum Forest:</b>            Govetts Leap - Junction Rock - Blue Gum Forest - Perrys Lookdown - Pulpit Rock - Govetts Leap.</p> <p style="text-align: center;"><b>Walk Report received:</b></p> <p>A wonderful still, cool and sunny day made for ideal walking conditions to visit Blue Gum Forest. The bush was full of wattle and the streams had plenty of crystal clear water bubbling along. Morning tea at Junction Rock was followed by a relaxing lunch in the sunshine by the confluence of Govetts Creek and the Grose River in Blue Gum Forest. This was followed by the traditional ascent up Perry's which everyone managed in fine style. We trudged along the fire trail to Pulpit Rock and enjoyed the views. Everyone needs to take the time to stand out on the small outermost lookout at Pulpit Rock and be awestruck at the surrounding sandstone walls plunging into the Grose. Finally back to Govetts Leap and coffee and beer at the Gardners Inn.</p>	Dirk Goes Chris Dowling Lauren de Lange (P) Roger Xue (P) Pam Campbell Tim Yewdall Peter Cunningham John Kennett Tony Holgate
<p><b>WEEKEND 28-29 AUG - Weekend Walk - M333</b> <span style="float: right;">28km 2200m up &amp; down</span>  <b>Mount Jenolan via Krungle Bungle Range</b>            Carlons Carpark - Ironmonger Hill - Ironmonger Spur - Coxs River - Scrubbers Saddle - Mount Jenolan - Mount Heartbreaker - Merrigal Creek / Coxs River Junction (camp) - Blue Pup Spur - Cattle Dog Ridge - Pots and Pans Spur - Ironpot Mountain - Carlons</p> <p style="text-align: center;"><b>Walk Report:</b></p> <p><i>Stephens Comment:</i>            We had beautiful weather that was quite warm in the middle of the days. On Saturday the party made good time until the top of the Krungle Bungle Range where unfortunately I slowed the group significantly due to cramping issues. Thanks to the group's patience and assistance we all got to camp at about 4.30pm having enjoyed magnificent views descending from Mt Jenolan to Mt Heartbreaker. Next day Owen and Vivien set a solid pace and we completed the demanding walk for the day at 12.40pm.</p>	Owen Kimberley Michelle Powell David Trinder Melinda Turner Peter Hinchy Vivien de Rémy de Courcelles Emmanuelle Convert Stephen Brading

**BUSHWALKS WANTED FOR SBW SUMMER PROGRAM 2010**

**What bushwalking ideas do you have?**

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

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

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

Tony

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

tholgate@optusnet.com.au

## Coolana Report

On the programmed maintenance weekend in June Barry Wallace was there with his mate Pat Malone, the road drains were cleared and the first leak in a panel of the steel tank noted. Rusted and leaking fuel drums were also decommissioned.

On August 9<sup>th</sup> a day trip by Ros, Gretel, Paul and Don was arranged. This was to inspect and assess the property for the spring working bee on the 18<sup>th</sup> 19<sup>th</sup> September. Road humps were cleared as required with the repaired rake. The wheel barrow tube was replaced and inflated. A new multi bladed cutter was fitted to the new brush cutter and used with remarkable success on the eastern flat. Some logs were cut up as well with the chainsaw. The saw dust in the toilet needs replenishing and the water pipeline was not working. Coolana is looking a picture with a short grass cover and lots of trees growing well. Some weeds are starting to grow but the cold weather is holding everything back. Stinging nettles are doing fine as is the first of the Paterson's Curse on the eastern flat.

There is a big wish list of things to do in September from weeding, stacking cut timber to planting trees. If you are able to come and help please let me know so as appropriate plans can be made.

Don Finch

## Coolana Bush Care Help Needed / 18<sup>th</sup> & 19<sup>th</sup> September

Spring is the time to do something about poisoning the weeds before they can grow to set seed. Rosslyn Kerrigan is a visitor to the club who has been doing this job for many years now and is keen to get a few members trained up to help her handle the job. Different weeds require different treatment so there is spraying, cutting and pasting, chipping, slashing and usually as a last resort mowing. Weed identification is part of on the job training. Swamp dock is growing on the camping flat this weed is slowly degrading the camping on the flat and is a prime target. There is a lot of flat to be treated and several people are needed to help make an impression on the area. The weeds on the Eastern Flat will also require attention particularly the wild tobacco. Other jobs include picking up sticks and stacking sawn wattles for burning next winter. Some maintenance will be required for; the water supply the road the toilet the tools and the machinery, the wheel barrow has a flat tyre. We will also plant some more trees on the Eastern Flat.

If you would like to come and help please let me know what you would like to help with so plans can be made to have ready the correct items or to purchase the appropriate number of trees to plant.

Don Finch (9452 3749 H, 0418 417 593, [finchros@bigpond.com](mailto:finchros@bigpond.com))

WILLIS'S WALKABOUTS

# 1 great trip to do this year



## Picture yourself standing at the top of Twin Falls.

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# 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)*

The year is rushing by at a furious rate and I am taking the opportunity of some enforced idleness to plan the balance of the year and look into the year ahead. So far we have had a successful series of outings each month and the hope is that we can continue this with new locations and a repeat of popular areas.

Patrick James has suggested that we consider a visit to Wheeny Wheeny Creek Camping Ground next year. Looks OK to me - suitable for car camping. If you have any other suggestions to offer, please let me know.

Looking back to last month, our activity in August was most enjoyable. We stayed at "Villa Paradiso" in Myola. Myola Village is next to Callala Beach about ½ hour south of Nowra. A small number of houses are grouped on the banks of the wide Currambine Creek that flows into Jervis Bay next to Huskisson.

Eight of us attended; the house was roomy and comfortable and the location superb for our activities. We were, *Judy and Colin Barnes, Jo van Sommers and Jim Percy, Fran and Bill Holland, Robyn O'Bryan and Rick Angel*.

Rick and Jim brought their kayaks and do what kayakers do on the creek and in the secluded mangroves. Two of us cycled and the others enjoyed walking through the bush to riverside and beach.

We have decided that it is worth a repeat next year, perhaps in the warmer months so I have scheduled it for March but dates have to be confirmed.

This month the programme features a car camp at **Yalwal 20<sup>th</sup> - 24<sup>th</sup> September**. It is many years since I last did serious walking in the area but a few of us visited Yalwal for a day in June and the area still holds interest. The old gold fields with tunnels and diggings (and cemetery) are only a reasonably short walking distance away from the main campsite. For the more energetic there is a walk over the ridge to Bundudah Creek. Paddling on the dam may still be a little cool in September but is on offer with the launching pad close to the campsite. So please let me know if you can attend.

**New England National Park, Mon 18th - Fri 22nd October:**

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. Previous visits to this area have been very successful so get your reservation in early.

I already have adequate bookings (with deposits paid) for the main cabin and can possibly book the adjacent cabin if more bookings come in - no guarantees though!

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

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.



## 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!**

**.....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 \$250 ONO  
Contact Melinda at [turner.melinda@gmail.com](mailto:turner.melinda@gmail.com)

**Abseiling and canyoning gear for sale ideally as one lot, but individual items can be sold:**

- 2 rubberized canvas lilos - great for floating down some of the lovely canyons, ESP the Wollangambe River
- 60 meters of 9mm abseil rope, in very good condition
- Black Diamond brand abseil harness - medium size, with a carabiner and prussik loops
- Men's medium long wetsuit - Skins brand
- Caving helmet - ideal for abseiling / canyoning

For further details contact Maurice Smith, telephone 02 9587 6325 (evening only) or email [mauricethewalker@ihug.com.au](mailto:mauricethewalker@ihug.com.au)

## Sealing Plastic Bags



Cut up a disposable water bottle and keep the neck and top, as in photo. Insert the plastic bag through the neck and screw the top - to seal



The bottle is made to be air-tight, such that water will not leak, the secret lies with the top and screw!

# All Aspiring Canyon Leaders and Canyoners Who Wish to Up Skill

Claudia will be running the 2nd of her unique Improvised Ropes Rescue (IRR) Workshops on Sunday 26 Sept at Coolana (refer to the below). The first Workshop, earlier this year, received very good reviews from participants. This is a great opportunity to “up skill”, ahead of the upcoming Canyoning seasons. For those potentially interested in becoming Canyoning Leaders in the future, this is also part of the Committee endorsed ‘Pathway’ for gaining the necessary skills.

So, please check your diaries, and book in with Claudia (and cc myself at [ianmcwolfe@hotmail.com](mailto:ianmcwolfe@hotmail.com)) For the Saturday, the options are: - do your own thing, and turn up Sat night to enjoy the camaraderie of the fireplace, do a day trip “somewhere” close by, or offer your services as an “Assistant” to Claudia. “Victims” are also required on the Sunday, to be hauled up and down the cliffs. (See below for more details.)

Regards

Ian Wolfe (Vice President and Canyoning Leader)

## Training Events

Sat 25 Sept	<p><b>Navigational Tutorial for Leaders</b> <span style="float: right;"><b>Maps:</b> Cowan</span></p> <p>This is a day walk in the Ku-ring-gai Chase NP designed to teach new or potential leaders some of the finer points of navigation. It may also be useful for those members that want to expand or refresh their navigational skills. Topics covered will include; planning a route, how to interpret the topography, compass course navigating through varied terrain so as to anticipate and avoid potential problems. Grid references with GPS confirmation. Track, creek and off track walking involved. Participants need to be current SBW members with a good basic knowledge of navigation. Everybody to have own map and compass. Party Limit.</p> <p><b>Grade:</b> M222(Medium) <b>Leader:</b> Don Finch 94523749 , <a href="mailto:finchros@bigpond.com">finchros@bigpond.com</a></p>
25 - 26 Sept	<p><b>Abseiling Instruction - Coolana, Kangaroo Valley</b></p> <p>These are introductory abseiling instruction weekends; others will follow depending on demand. The instruction site is in the escarpment area very close to the Coolana car park.</p> <p><b>Saturday - The Basics.</b> This is for absolute beginners and others who want to brush up on existing skills. There will be instruction in Cliff Safety, Equipment (ropes, helmet, harness, carabiners, and figure 8 descenders, Anchor Points (selection and Knots), Abseil Instruction, Belaying and Prussiking. The day will begin with a tiny, one metre drop abseil on gently sloping rocks and end with slowly descending an overhang of 11 metres.</p> <p><b>Sunday - advanced techniques.</b> The topics covered include: self-rescue using prussik knots and improvised rope rescue applications. These will be discussed, demonstrated and practised. There will be plenty of time on Sunday to practise the techniques and skills learnt over the weekend. Booking (by email) is essential if you would like to attend as group size is strictly limit ed. Closer to the time, participants will get a more detailed list of requirements and directions to Coolana.</p> <p><b>Leader:</b> Claudia Douglas, Qualified Abseil Instructor and Leader through the Australian School of Mountaineering, Katoomba. <a href="mailto:claudiadouglas@westnet.com.au">claudiadouglas@westnet.com.au</a></p>
9 - 10 Oct	<p><b>Wilderness First Aid Course</b> <span style="float: right;"><b>Maps:</b></span></p> <p>None</p> <p>This Wilderness First Aid Course is conducted by Stuart Clark of Wild Aid and will be held over the weekend in Kuringai Chase NP. It will cover various scenarios including diagnosing and treating fractures, spinal injury, shock, cardiac arrest, snake bite etc as well as handling a multi casualty scenario all in realistic bush settings. SBW is paying 50% so the cost is only \$120 per participant. Commitment and payment needs to be made 2 weeks prior to course commencement i.e. by 24 September. This is open to members with Leaders in particular encouraged to attend.</p> <p><b>Grade:</b> N/A <b>Contact:</b> Bill Hope, 0413 333 226 , <a href="mailto:bill@colong.com.au">bill@colong.com.au</a></p>
Sat 23 Oct	<p><b>Navigation and First Aid Training</b> <span style="float: right;"><b>Map:</b> Botany Bay</span></p> <p>Come and enjoy a day of Navigation and First Aid in Centennial Park. Members can brush -up and prospective members can fill the requirements for Club Membership.</p> <p><b>Grade:</b> Easy <b>Leader:</b> David Trinder, 9542 1465, 0417 113 006, <a href="mailto:dt28@tpg.com.au">dt28@tpg.com.au</a></p>
13 -14 Nov	<p><b>Navigation training</b> <span style="float: right;"><b>Map:</b> Gunderman (provided to all by leader)</span></p> <p>Meet at the Mill creek picnic area near Wisemans Ferry for a review of the basis of navigation in the bush. We will then plot a route using grid references and navigate the ridges, spurs and gullies of the area over the remainder of the weekend. Everyone will take turn at leading the group. The area offers good views, nice rock shelves and rock overhangs as well as aboriginal engravings.</p> <p><b>Grade:</b> M222</p> <p><b>Leader:</b> Vivien de Rémy de Courcelles, 0435 030 201, 9960 1640, <a href="mailto:vivien.rc@exemail.com.au">vivien.rc@exemail.com.au</a></p>

# For Your Consideration

Western Australia's Dampier Peninsula is one of the most ecologically fragile and culturally significant areas of Australia.

Yet despite local Indigenous groups having strong cultural ties to the area, WA Premier Colin Barnett announced this week his intention to compulsorily acquire the land at James Price Point in order to build a multibillion dollar gas processing plant.

By doing this, Barnett is bypassing vital processes of negotiation and consultation with Traditional Owners. Will you join me in sending a message to Colin Barnett that this is an unacceptable violation of Indigenous rights?

<http://www.getup.org.au/campaign/Homelands&id=1386>

Indigenous Australians have the right to make their own decisions about their land and how it is used. To circumnavigate the negotiations that were being undertaken through the announcement of this acquisition, is a huge setback for the Indigenous Rights movement. Will you help support the traditional owners, by signing the petition?

<http://www.getup.org.au/campaign/Homelands&id=1386>

Thanks!

Emmanuelle Convert

## Spring Social Program

Kathy Gero

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

### OCTOBER

**6 Oct**            **Committee Meeting**  
7pm                Observers welcome

**13 Oct**           **New Members Night**  
8pm                Introduction to SBW for intending Prospective members

**20 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.

### NOVEMBER

**3 Nov**            **Committee Meeting**  
7pm                Observers welcome

**10 Nov**           **New Members Night**  
8pm                Introduction to SBW for intending Prospective members

**17 Nov**           **The Gardens of Stone Stage 2 Park Proposal Presentation**  
8pm                The Gardens of Stone Stage 2 Park Proposal plans to conserve the beautiful pagodas, lush valleys and shrub swamps found in the Mt. Airly, Mt Genowlan and Newnes Plateau region. These lands were left out of the current Gardens of Stone NP because of coal mining below the surface. The more recent category of State Conservation Area now makes it possible for these landscapes to be protected. Tara Cameron, President of the Blue Mountains Conservation Society will discuss this plan by showing a series of vivid slide shows set to music. So come and learn about the home of the 300 sisters.

**COME AND SUPPORT OUR GUEST SPEAKERS!**

***Why not come along and meet for dinner at Kirribilli before one of the social evenings?***

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

***Her new email address is: [kathymg73@gmail.com](mailto:kathymg73@gmail.com)***

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

*Paddy Pallin*



PART OF THE JOURNEY FOR 80 YEARS

"The **only** trips I  
**regret** are the ones  
I **didn't do.**"

Paddy Pallin  
1900-1991

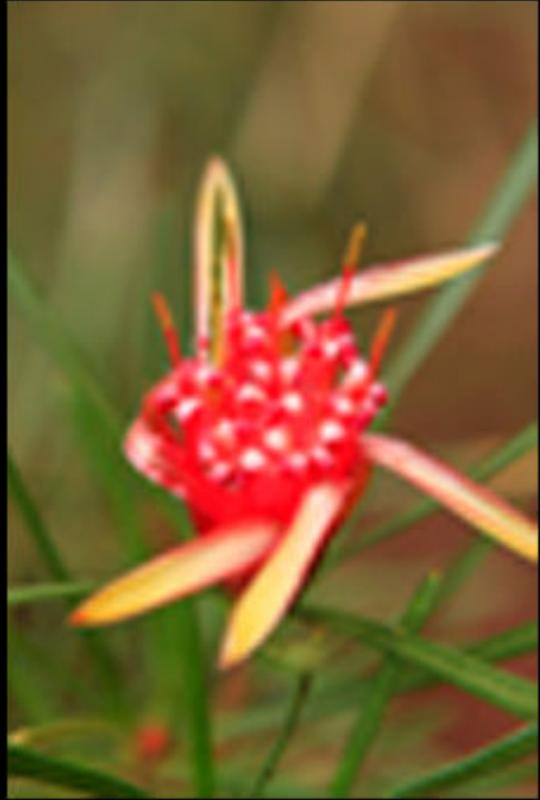
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[www.paddypallin.com.au](http://www.paddypallin.com.au) for store addresses and online shopping

*Paddy Pallin*

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BY CARO







NEXT MONTH...  
... RIVER FRONT