



# THE SYDNEY BUSHWALKER



August 2012



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Opinions expressed in this magazine are the opinions of the authors and do not necessarily reflect the policies or views of The Sydney Bush Walkers.



## President says...

Members,

- I have just come back from a great eight day trip in Kakadu with rock art, waterfalls, wayward Frenchies and a friendly native mouse.
- All full members (who have selected electronic communications) should have received an email asking them to complete their membership renewal via the new online process by now. If not, please complete your renewal by going to: [http://members.sbw.org.au/default\\_login.aspx](http://members.sbw.org.au/default_login.aspx) and log in with your SBW Membership email and password.
- The Minster has signed the Conservation Agreement for Coolana and this is in the process of being registered with the Lands Department – the 95% reduction of our Rates will then follow on
- Our application to the Valuer General to reduce the valuation of Coolana from \$700K to \$600K was also successful (as this also helps to reduce our Rates) – the Committee wishes to publicly thank Chris Miller for his penmanship and expertise in getting the application through the bureaucracy
- The next Basic Skills Day for Prospectives will now be on Saturday 18 August – please register with Richard on [skillenhanment@sbw.org.au](mailto:skillenhanment@sbw.org.au).
- A number of Club Members were involved in the Bush Wilderness Rescue Squad (BWRS) annual Nav Shield in the Colo Heights area – this included members of the BWRS Squad who set up and ran the event, as well as participating. Our members did very well with 2nd place in the two day event, one day event and the Rogain Comp
- A number of members have increased the population recently, and started the next generation of walkers in prospect. Congratulations to the new mothers, ebullient babies and dazed fathers.
- I am off to the Solomon's in mid August for a month to dive Iron Bottom Sound, so Margaret will have the Con.

*40 metres under*

Ian Wolfe

## From the Committee Room

- Implementation and processing of the new online web functionality for Membership renewals
  - A range of Coolana related matters
  - Appraisal of the cost/benefit of the Personal Accident conditions that we gain through membership of Confederation and Bushwalking Australia
  - Considering options for more advanced Skills Enhancement activities
  - Business As Usual management of finances & new members etc
  - Review of the draft Spring Activities and Social Program
- Please welcome the following new members:**
- Simon Tellam
  - Evelyn Subagio
  - Dave McRae
  - Jane Fielding
  - Peter McDonald

# 80<sup>th</sup> Anniversary of the Saving of Blue Gum Forest

The sound of broad axes biting into mighty blue gums assaulted a party SBW members one morning 80 years ago. They approached the work party and found that the farmer who owned the land had plans to clear it. Appalled, the bushwalkers got out their wallets and pooled the funds that they had between them to pay a down payment on the purchase of the land. On returning home they put the word out far and wide, and ran all sorts of fund raising activities to raise the full purchase amount. As this was the height of the Depression in 1932, this was a supreme sacrifice. In the end the money was raised, the farmer paid and then the various covering loans repaid. We then donated the land to the people of NSW in perpetuity as a National Park. Not only was this a seminal moment in conservation in NSW but also for Australia and internationally. This

established and provided prominence to the whole concept of preserving land not only for future generations but also for its intrinsic qualities – this marked a major physiological shift from the Protestant Work Ethic which saw land as a medium for mankind to do with as we wished.

Over the weekend of 1-2 September the staff of the Blue Mountains National Park will be hosting a number of activities. Please see <http://www.wildwildworld.com.au/Events/Cool-Culture/Blue-Gum-Forest-Anniversary>

For more information and a panorama of the forest select the link on the page at [www.sbw.org.au/content\\_common/pg-about-us-sydney-bushwalkers-sydney-bush-walkers-walking-club-sydney-bushwalking-bushwalking.seo](http://www.sbw.org.au/content_common/pg-about-us-sydney-bushwalkers-sydney-bush-walkers-walking-club-sydney-bushwalking-bushwalking.seo)

## 6th National Wilderness Conference

The Colong Foundation, NPA and the Nature Conservation Council of NSW are organising this event to be held 21-23 Sept 2012 at the University of Technology Sydney.

The agenda looks quite relevant to SBW in a number of areas - the cost is \$130 (Conference and dinner).

Details can be found at: <http://www.npansw.org.au/index.php/component/content/article/756.html>

As it is being held in Sydney this year, and probably will not again be held here for a number of years, its a rare opportunity to attend the event for those interested in these matters.

### WILLIS'S WALKABOUTS

## Build Up



## Bushwalking

### The most **dramatic** season of all!

Our Build Up trips are the most laid back and relaxed that we offer – early starts, early finishes and long lunch breaks sitting by tranquil pools. On Kakadu Highlights 11 & 12, you finish the trip with a night on a houseboat. **Dramatic?** Storms come and go – warm rain needs to be experienced to be believed. Frogs call and birds sing. The land turns green, almost as you watch. All nature rejoices in the change.

I enjoy the Build Up walks so much that I'll run either Kakadu Highlights 11 or 12 for as few as 2 people at no extra charge.

Join me and see why I think this is such a special time of year.

*Russell Willis*



12 Carrington St Millner NT 0810

[www.bushwalkingholidays.com.au](http://www.bushwalkingholidays.com.au)

Phone 08 8985 2134

Fax 08 8985 2355

# Coolana Report

## Don Finch

The three day working bee at Coolana from 27–29 July attracted nine workers. Spiro and Ros tended trees and sprayed weeds on the eastern flat on Friday while Don made a start on burning log piles.

An attempt to get the water flowing into the water tanks was not successful until Chris got it going on Saturday, and a new battery and light were installed in the toilet and a new small battery installed in the tool shed. The camping flat tap has also been replaced.

With everybody on deck on Saturday, the morning was spent putting guards back on the damaged trees, 40 in all and Phil and Ken burnt the dead trees on the camping flat. Two teams went to work on the tobacco trees along and up the side of the eastern flat.

Some mowing of weeds was done and a start was made to prepare the site for the new tool shed on the Eastern Flat. The mattock handle split and the chain saw stopped with a clunk and has not run since. Bill Holland and a team mowed weeds during June and the net result is that Coolana is looking great well worth a visit if you can put up with the cold weather.



The result of the spraying of the lantana infestation along the Western Distributor Track.

## Letters to the Editor

Hi Joanna

Re your question in the July Newsletter – “Ed’s note: Does anyone know if it’s officially Carrabeanga or Carra Beanga? I found references to both – obviously someone changed their mind somewhere along the line.”

A complicated question...

So, on the Myles Dunphy Gangerang Sketch Map (there were numerous versions, I refer to the latest), the creek is called Carrabeanga, as are the falls. The slopes are called Carra-Beanga Steeps. Carrabeanga, according to Dunphy, means Father of Clouds. Carra Mernoo, as in Mt Carra Mernoo, means Mother of Clouds. Why did Dunphy join Carrabeanga together, but leave Carra Mernoo apart? Who knows!

Roll forward to the 2nd edition of the CMA (now LPI) Kanangra 1:25000 topographic map. All of the features on that are “Carra Beanga” ie Carra Beanga Brook, Carra Beanga Falls, Carra Beanga Steeps. This is the version of the map that people were using up until the last few years, and hence the spelling of the name that has proliferated. It’s certainly the spelling that has made it into various canyoning guides.

However, the more recent 3rd edition of the map has everything as “Carrabeanga”. This also agrees (unsurprisingly) with the Geographic Names Board’s version of the names.

I’m sure you’re sorry you asked!

Taking it all into consideration, I would say Carrabeanga is probably more correct - Carra Beanga looks like it was a temporary corruption that has since been reverted. But who’s going to know that?

Cheers

Tom Brennan

And thank you to Patrick James, who linked the official Geographical Names Register, showing that since 1969, it has officially been Carrabeanga.

## New Member Profile

Debbie Yah



**Occupation:** Marketing Operations Manager

**Age:** 29

**Suburb:** Milsons Point

**How long have you been bushwalking and what got you started?**

I can’t remember the first time I went bush walking, I’ve been lucky enough to always live near hiking trails so it’s always been a part of my life.

**Which walking area has been your favourite so far and why?**

Royal National Park – views, views, views.

**What’s at the top of your walking to-do list?**

Kimberleys and Kakadu National Park.

**What are your passions besides bushwalking?**

Tennis, restaurants, travel, painting, musicals.

*Have you seen the latest Colong Foundation Bulletin?*



*If not, you can download it from the Colong Foundation website at:  
[www.colongwilderness.org.au](http://www.colongwilderness.org.au)*

# Gazetteing of the Dot Butler Conservation Reserve and Dot's Creek

SBW Committee

When you wander to the west from the Coolana carpark, along the rim of the Escarpment, you follow a track that winds its way to get to a prominent rocky point that SBW has called Dot Butler's Lookout. This vantage point provides great views across the Kangaroo River to the impressive cliff line marking the northern rim of the Valley. There are also good views down the river and in the foreground is a large bush covered basin and creek flowing from SW to NW. This basin does not actually form part of Coolana (as our boundary is just to the west of the Lookout), but is part of a large Conservation Reserve run by the Land Department. However, SBW has always treated the Reserve as our backyard as it has swimming pools, cycad forests, red and blue gums (as well as some pot plants). Our Orienteering Course has many of its checkpoints in the Reserve and we use it for one of the experiential learning days of the Day Leaders Skills Enhancement Workshop.

Earlier this year, as we were writing up the submissions for the Conservation Funding Grants that we have been successful in winning (over \$25K), we had to reference the Reserve – as this land, in combination with Coolana and Werona, constitute a large and very viable flora and fauna corridor (which materially boosted the competitiveness of our submissions). In the process it emerged that the Conservation Reserve did not have a name, and the Shoalhaven City Council asked if we had any suggestions. After perusing the requirements of the Geographic Names Board (GNB), we rapidly came

to the conclusion that one candidate stood out and was very competitive.

So we filled in the forms (leveraging off the advice that Wilf Hilder had imparted around the campfire of how to succeed with the GNB), and sent them off. We also approached those members in SBW who have been awarded an OAM (or the equivalent) and asked if they would write letters of support. The Committee would like to thank Colin Putt, Alex Colley, Henry Gold and Warwick Deacock for their very valuable and heartfelt contributions.

The GNB then went through their process of appraising the submission, publishing the proposal in the Nowra press and on their web site. This process has now concluded and our proposal has been formally gazetted.

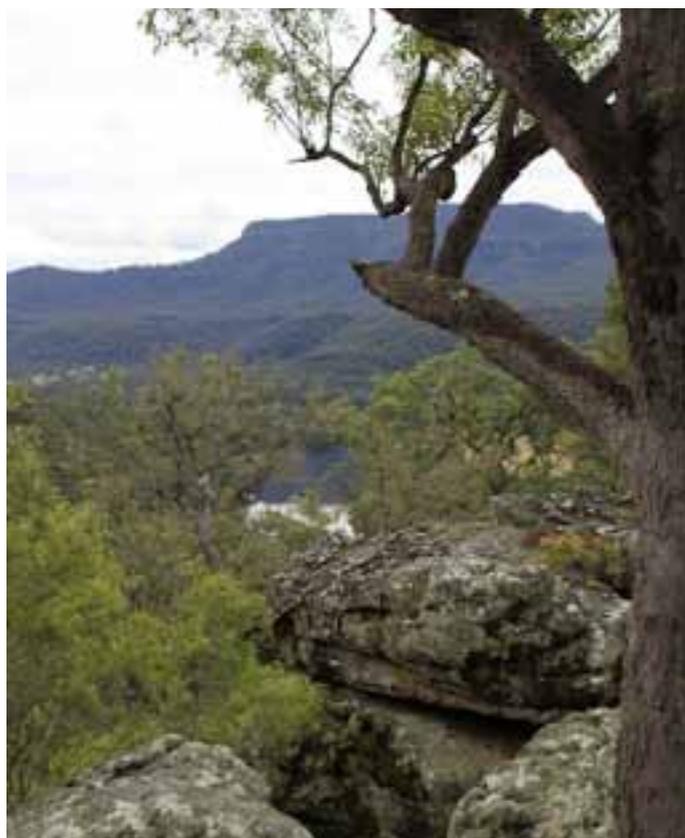
For the rest of the eternity of our civilisation the Reserve will hence forth be known as *The Dot Butler Conservation Reserve* and the creek that runs through it as *Dot's Creek*.

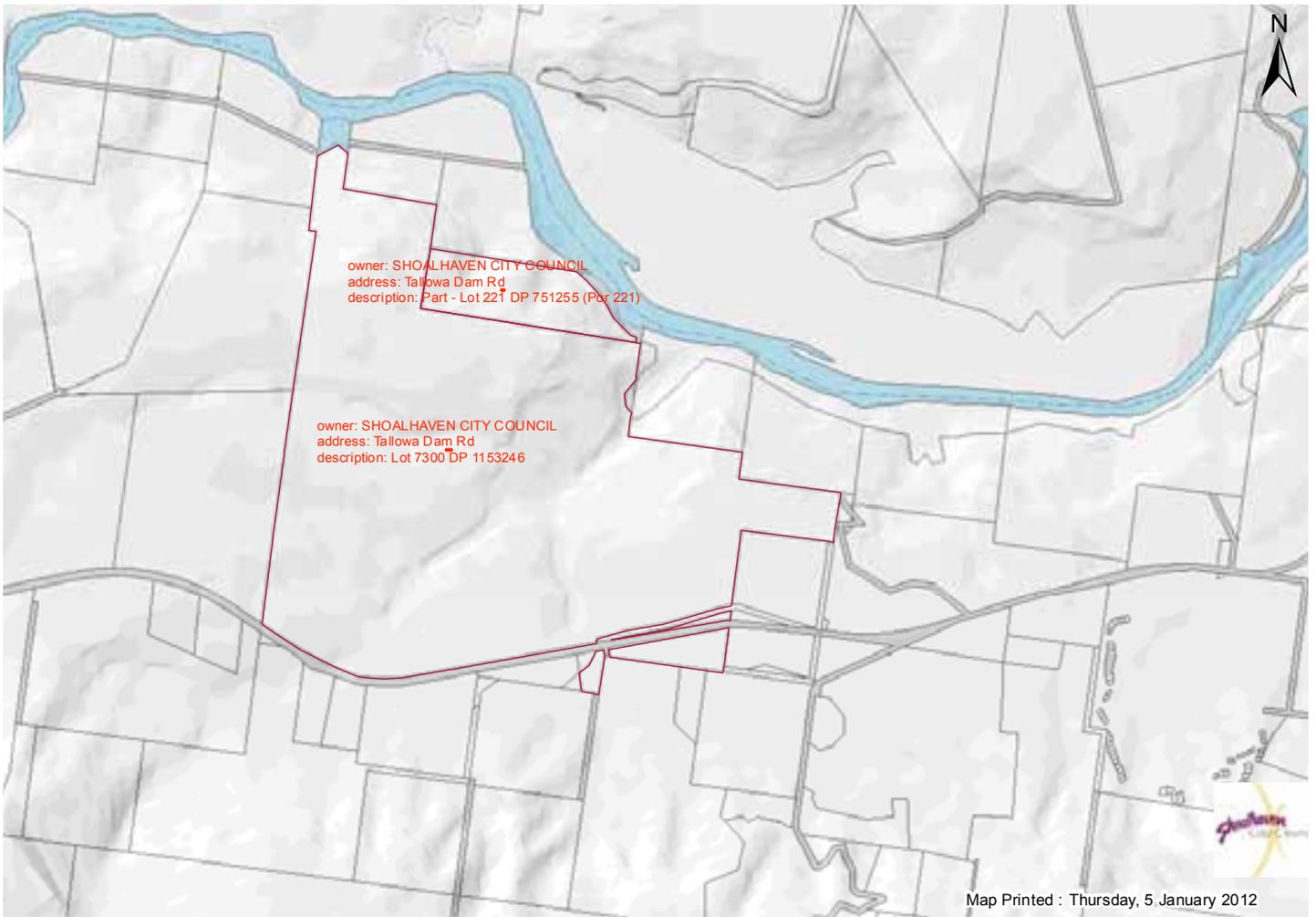
This gives tangible recognition to an SBW Member who:

- Contributed in myriad ways to the conservation of the Coolana area and the Kangaroo Valley;
- Was a leading campaigner for conservation in NSW, Australia and internationally;
- Organised and led numerous walks and expeditions across Australia and the wide, wide world to introduce a vast number of people to the joys of being in wilderness;
- Served as inspiration for many people, not only in outdoor activities, but life in general;
- Showed that feminism was irrelevant, rather, that it was the task of males to try and keep up with her scurrying bare feet (She was an inaugural member of the SBW 'Tiger' walkers)
- Reinforced and extended SBW's reputation for being a club of unique eccentrics by the energy and passion with which she embraced life.

The Club will formally celebrate the naming of the Reserve at the Christmas Party in December, and on the actual land with a sunset toast on the Saturday evening of the Reunion in March. We hope to have a number of Butlers in attendance and invite you all to help celebrate this unique event (BYO Dot story!).

For more information on Dot please visit : [http://www.sbw.org.au/content\\_common/pg-sbw-history.seo](http://www.sbw.org.au/content_common/pg-sbw-history.seo)





Above: The Dot Butler Reserve boundary, shown in red (Coolana is to the east adjacent to the river)  
 Far left: Dot Butle Reserve. Below: Dot Butler Creek



**The latest edition of the  
 Confederation of Bushwalking Clubs  
 magazine is now available for  
 downloaded at:**

[http://www.bushwalking.org.au/  
 bushwalking/BWAutumn12.pdf](http://www.bushwalking.org.au/bushwalking/BWAutumn12.pdf)

# First Aid in the Bush

Richard Darke, Skills Enhancement Secretary

## Setopress bandages for snakebite and sprains

While snakebite is fortunately rare, considering the relatively frequent encounters with snakes in the bush, it is a good idea to carry a good quality snake bandage when walking. The following article describes why, and recommends a particular bandage, the Setopress bandage (cost around \$15.00), which is far superior to the more usual crepe bandage, and can save lives.

As Rod Lawlor from alpineSAR Victoria points out, "Australian snake venom is carried in the lymphatic system. The first aid treatment is to use a pressure bandage to wrap the bitten limb from fingers to armpit or toes to groin. Immobilise the limb, and transport the patient to care. Do not allow them to walk out.

Many of us carry a crepe bandage, or even better, an elastic Ace bandage to do this. However on the Training Weekend, many members were a little surprised when they attempted to use these to apply first aid. The crepe bandages were essentially useless. Even with two of the heavier elastic bandages, it was impossible to wrap higher than just above the knee.

The bandage sometimes started to slip off straight away, and if it stayed up there was no way to tell if it was firm enough or too tight. (Blue toes or decreased venous return indicate that it is too tight, but it is then necessary to unwrap the bandage and start again, allowing a surge of venom into the body.)

A bandage that is designed to regulate venous drainage was much more effective. The Setopress Bandage which was demonstrated has a number of advantages. Primarily it is wider (10cm) and longer (3.5M) than most crepe or elastic bandages. This will allow a single bandage to reach the knee or armpit, and two to reach the groin.

To regulate the tightness (and therefore effective pressure) the bandage has a continuous series

of green and brown rectangles printed along it's length. As the bandage is stretched, the green rectangles become squares. Increase the tension, and the brown rectangles become squares. At this tension lymphatic return is minimised, controlling flow of venom to the body (see photos below).

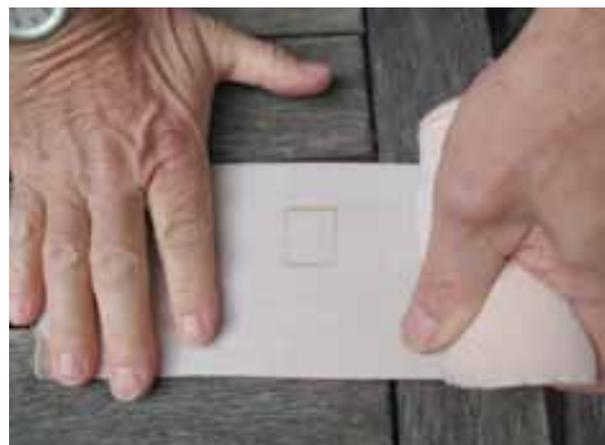
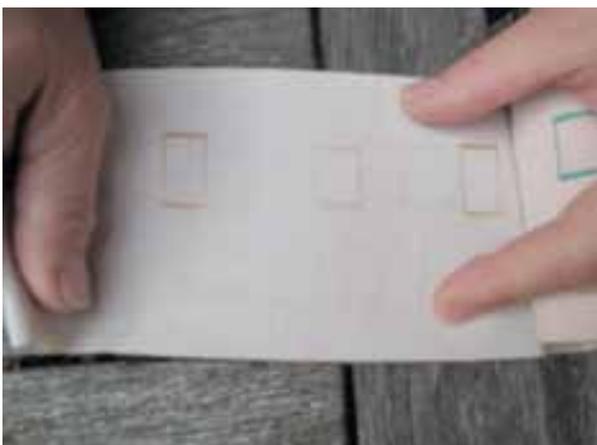
The squares are printed off centre to assist in providing a controlled wrap of half width overlap at each turn by covering the visible squares at each wrap. This half width overlap is required to provide correct pressure, and also to prevent the bandage causing a tourniquet effect. Finally the bandage is textured, which helps to prevent it slipping down a conical thigh or calf, which would immediately reduce the pressure and effectiveness of the bandage. For gram counters, the weight is 59g.

This technology doesn't come cheap, at around \$19.00 each. However they are designed to be washed and reused. They are at least as effective for other injuries such as a sprained ankle or twisted knee and can be used over a pad to control bleeding or alleviate something like a cracked rib, so they can replace crepe and elastic bandages in your first aid kit.

My rationale is that if someone is bandaging ME for a snakebite, I'll consider it money well spent. (And if I'm bandaging someone else who only has a crepe bandage with them, I'll send them the bill!!!) They are often difficult and/or more expensive to get at your local pharmacy, so there are two online suppliers who I have purchased from.

Independence Australia : [www.independenciaustralia.com](http://www.independenciaustralia.com) or phone 1300 788 855. Their product code is 23290110 and service and supply has been consistently excellent. Shipping is included in the price.

Home Pharmacy: [www.homepharmacy.com.au/home/](http://www.homepharmacy.com.au/home/) or phone 1800 333 878. Their product code is 387959. Their prices are lower, but don't include postage unless ordering over \$150 which



may be viable for a club. Supply has been a little inconsistent, but service is good and they have backordered in the past."

This article was originally published in the *Behind The Log* newsletter, Issue 31, June 2010.

I carry one of these Setopress bandages myself. If anyone has any questions on any of the above, then you can contact me on [skillenhancements@sbw.org.au](mailto:skillenhancements@sbw.org.au). The following links are also useful:

<http://bsar.org/setopress>

[http://www.brightsky.com.au/Products/Setopress\\_Bandage.aspx](http://www.brightsky.com.au/Products/Setopress_Bandage.aspx)

## First Aid & Health

Most SBW walks take place in isolated areas. This is why a knowledge of first aid, however basic, can be critically important in treating a patient, be it a case of hypothermia, a broken ankle, snake bite, concussion, or even just a bad gash.

For this reason, all full and prospective club members are encouraged to learn some first aid, as per the following extract from the SBW website:

[http://www.sbw.org.au/content\\_common/pg-first-aid-and-health-for-bushwalking.seo](http://www.sbw.org.au/content_common/pg-first-aid-and-health-for-bushwalking.seo)

How many times have you heard of someone spraining their ankle simply by stepping off the gutter, or tripping down the stairs? It's surprisingly common in our urban environment where it's easy to hop a taxi to the nearest Medical Centre or call an Ambo for serious stuff.

Out in the wild places that we love it's not so easy!

That's why it's important to travel in a group in the bush and to have good First Aid training.

## First Aid Subsidies

SBW strongly encourages all members (not just leaders) to be trained in First Aid and to keep these skills up to date.

In order to further encourage training and leadership in the Club, and to make it easier for members to obtain and upgrade their first aid qualifications, the Committee in January 2012 approved the following enhanced incentives:

Members

- The Club will reimburse the cost of a two-day Senior First Aid certificate, such as Apply First Aid, or a one-day re-certification course, for members who have undertaken a minimum of seven programmed activity days in the previous 12 months. This represents a reduction from the previous ten such activities.
- The Club will also allow new members to count the days they did as a prospective towards the seven days.

For Leaders, the Club will reimburse:

- The cost of a Senior First Aid certificate, such as Apply First Aid, or the cost of a one-day re-certification, for all activity leaders. Leaders are defined as members who have led a minimum of one trip in the previous 12 months and have submitted a trip for the next program.
- The cost of a two-day remote area first aid certificate, such as Remote Area First Aid (RAFA) for all activity leaders. Note a pre-requisite for this course is that participants hold a current Senior First Aid Certificate.

Members and leaders who wish to claim reimbursement should keep a copy of their course registration and results, and send an electronic copy to [treasurer@sbw.org.au](mailto:treasurer@sbw.org.au) and also to the Skills Enhancement Secretary [skillenhancement@sbw.org.au](mailto:skillenhancement@sbw.org.au).

The following websites are provided for your reference:

Bushwalkers Wilderness Rescue Squad - First Aid Courses (highly recommended, specific to bushwalking)

[www.bwrs.org.au/?q=first-aid-training](http://www.bwrs.org.au/?q=first-aid-training)

Red Cross College [www.redcross.org.au/red-cross-college.aspx](http://www.redcross.org.au/red-cross-college.aspx)

St John Ambulance [http://www.stjohnsw.com.au/train\\_intro.html](http://www.stjohnsw.com.au/train_intro.html)

In addition, check out St Johns First Aid Fact Sheets ([http://www.stjohn.org.au/index.php?option=com\\_content&task=view&id=22&Itemid=34](http://www.stjohn.org.au/index.php?option=com_content&task=view&id=22&Itemid=34)) which have good information on many different situations, including:

- DRSABCD Action Plan/Resuscitation
- Bites and stings Quick Guide
- Burns and scalds
- Choking adult/child (over 1 year)
- Fractures and dislocations
- Heart attack
- Heat-induced conditions
- Poisoning
- Severe bleeding
- Shock
- Snake bite
- Spider bites
- Sprains and strain

## Ticks

Ticks are tiny bloodsucking parasites that are often encountered by people during activities in the Australian bush. The University of Sydney has a great fact sheet for treatment and removal of ticks (<http://medent.usyd.edu.au/fact/ticks.htm>).

It is also incumbent on all walk attendees to carry their own first aid kit. A sample of what should be included is available on the Club website under 'Members Area/Resources for Members/First Aid.

# Sailing and Hiking Stewart Island

N McKenzie

A charter yacht which provides expeditions in the southern reaches of NZ? Rakiura and Stewart Island? It wasn't really something I had even thought to consider. I had been looking for and researching possible trips for a while when the *Elwing Discoveries* name was raised during a discussion with some friends and so began the research and planning. Thanks to modern technology and electronic gadgets, planning in these early stages was simple. Subsequent contact was made with Arthur and Barbara White (owner-operators of *Elwing Discoveries*), to whom I presented my expedition ideas. A group of six who live aboard for a few days, with mixed abilities and ages but all with a desire for adventure and relaxation.

Arthur and Barbara were fantastic at putting together an expedition which looked to be a promising option for our group. Arthur assured us that there would be no problem catering for our wide range of abilities and that our whole group would be involved and would participate at a level that worked for us.

The deposits were paid, ferry tickets were booked and our gear lists were received. The next stop for our group was to convene at the ferry terminal in Bluff. It was a morning that dawned calm but had a bite in the air, reminding us that it was mid-winter after all. After crossing Foveaux Strait we were met at Halfmoon Bay, and welcomed aboard our home for the next five days, *Elwing*.

*Elwing* looked to me to be a true adventure vessel. There was washing out blowing in the breeze, six kayaks were stacked up on the deck and the kettle whistled on the stove down in the cabin.

Over coffee, Arthur addressed basic housekeeping and safety, after which we got underway, leaving in our wake the aptly named anchorage of Faith, Hope and Charity. We centred our expedition in and around Paterson Inlet – an enclosed 'harbour' which had extensive hiking possibilities as well as other aquatic opportunities without the issue of seasickness on the open sea. During our expedition we had full access to 6 kayaks and Arthur educated us sufficiently, enabling us to use the small outboard and inflatable tender.

The main reason for our expedition was to walk some of the more difficult to reach tracks. We had absolutely no desire to lug a pack, live off freeze-dried food and wade through waist-deep mud for ten days to achieve our goal. An adventure voyage on board *Elwing* made accessing these tracks, and doing day walk sections a reality.

On day two I woke in our mill pond anchorage to a clear sky and calm water. The bush, a mere 20m away, was alive with bird life. It was decided over breakfast in the saloon that we should use the beautiful clear day and walk one of the peaks, where we would have a good outlook around Stewart Island. We had in our sights the Tin Range, Mt Anglem (Stewart Island's tallest peak), Ulva Island, Ocean Beach and the expansive winding water ways of Paterson Inlet.

We walked Pryse Peak and the even more spectacular Mt Rakeahua on consecutive days. The oily, pastel colours of a southern winters day was quite a sight from Pryse Peak.

Just getting to the track to ascend Mt Rakeahua was an adventure in itself. In *Elwing's* tender we skirted around the sand banks, making our way to the base of the mountain, fully laden with the necessities for a full day ashore. We trekked our way up through the scrub and under-storey, beneath the canopy point, first hearing the shuffling and probing nearby, and then witnessing a resident kiwi cross our path just 10m away from our group. We had been told that this could be a possibility, but to experience it in broad daylight is truly something else.

To refuel after a day exploring, Arthur excelled at incorporating freshly gathered seafood, which enhanced the fare prepared daily in the galley. All seafood was gathered only as needed and during our time we were treated to an array of fresh paua, mussels, blue cod and other fish.

Arthur has an enormous respect for what Stewart Island has to offer in all its natural beauty. His attitude is contagious and one which our whole group embraced and looked forward to taking back into our day-to-day lives. He reminded us that we are merely visitors to this land, and that we are 'just



passing through' and 'this is only a moment in time'  
If only we could all respect the land in accordance  
with these values.

On one of our days we walked the length of a hidden gem – Ocean Beach – a long white beach peppered with flotsam and jetsam that had been cast ashore by the southern ocean and the Tasman Sea. It is an exposed and weather beaten stretch of southern coastline. We also learnt and experienced that Paterson Inlet is rich with early settler history – from the whalers of the Ross Sea to the saw millers and shipbuilders of the Kaipipi Shipyard. The evidence of their occupation is plentiful and in many cases remains undisturbed.

Five days exploring was enough to only touch the surface of what the area has to offer adventurers. The ground we did cover far exceeded our expectations. Stewart Island presents a harsh environment, you are at one with the elements and you truly experience a sense of being surrounded by such an untouched, naturally beautiful snippet of this land. During the week we came to understand that everything in the southern part of the world is dictated by weather conditions, but never does it put a stop to activity or adventure. Well, not on *Elwing* and not for our skipper Arthur!

I have come home with so much more than being able to say that I have walked this track, or that track, or tasted fresh blue cod. So much more than (although amazing) copious numbers of photographs taken during our expedition, so much in fact that our group has been inspired to revisit the area again in the future.

We still have more to do at Stewart Island. Plans and discussions are underway for our next expedition which will take place in 2013. We will head further south and deeper into the southern reaches of New



Zealand (I could not have imagined this possible at the beginning of our trip), exploring Port Pegasus and the southern coastline. We will climb mountains and walk tracks only made accessible by sailing the high seas.

Stewart Island has shown itself to be absolutely remarkable and unrivalled in untouched beauty.

For more info, see: [www.elwing.co.nz](http://www.elwing.co.nz)

Left: *Elwing* moored in Paterson Inlet. Above: Poring over plans for the trip

## *Communications problems with the club?*

Would you like to change your mailing address? Don't know who to contact? Please use the contacts below to resolve any problems you may have!

### **Mailing list - want to join, not receiving, having problems?**

Contact [communications@sbw.org.au](mailto:communications@sbw.org.au)

### **Website - contributions, suggestions, errors?**

Contact [webmaster@sbw.org.au](mailto:webmaster@sbw.org.au)

### **Address and email change?**

Contact [databasemanager@sbw.org.au](mailto:databasemanager@sbw.org.au)

## *Need your SBW website login details?*

If you've forgotten or are not sure what your website login details are, please email the SBW web administrator at [webmaster@sbw.org.au](mailto:webmaster@sbw.org.au) to obtain them. You may also request to reset your login details by suggesting a username and password that is easy for you to remember. Please provide your first name, last name and address in the email so that your identity as an SBW member can be verified.

## New Member Profile

Romina Hemphill



**Occupation:**

**Age:**

**Suburb:** Alexandria

### **How long have you been bushwalking and what got you started?**

Being Italian I grew up near the Dolomite Mountains so walking had always been a part of my life when growing up.

### **Which walking area has been your favourite so far and why?**

I have really liked the Blue Mountains for the scenery and different walks they offer.

### **What's at the top of your walking to-do list?**

I have always been keen to walk to the Everest base camp in Nepal from Kathmandu or perhaps an Annapurna mountain trek.

### **What are your passions besides bushwalking?**

I love to travel. Recently I just got back from a three week trip to countries in South East Asia, including East Timor, Myanmar, Brunei and Malaysian Borneo. I found this an eye opening experience and loved the way people responded to me and gave me some understanding of their existence

## Rescue Laser Flares

Greatland Laser has appointed SOS Marine as its exclusive distributor for Australia. The Rescue Laser looks like typical small handheld flashlights, but produces a line of laser light intended for signalling during search and rescue operations.

Rescue Lasers are not a hazardous product to keep on a plane or boat. One of the outstanding benefits of these flares are they are battery operated lasting up to 2400 times longer than existing pyrotechnic flares. They can be seen up to 32 kilometres away at night, and retail at reasonable price.

They are very different to laser pointer by having a different lens which is designed specifically for Search and Rescue Operations. At 12 kilometres from the light source the Laser Flare cover splays to 900 metres. Available in either a green or red light, they stand out when pointed at those being rescued or those being searched for.

Rescue Lasers are the future in rescue signalling. Greatland reports that the market response to its handheld laser products has been very positive. "We've worked hard to develop small, lightweight, robust and reliable products meeting the signalling needs of a wide range of military and civilian customers".

Professional and military authorities as well as boaters, skiers, kayaker's, hikers and other outdoor enthusiast in Australia can now carry this life-saving tool technology.



## Vehicle Transportation Costs

The article in the July edition requesting the views of members, sparked a very informed reply from one member (thanks Tom!). He utilised the NRMA and ATO web links that were in the article to do some substantive research, comparison and analysis. He also leveraged off the approach adopted by other clubs. The concept of a split rate was supported, with a suggestion of 33c/km on sealed roads, and 66c on dirt roads. These rates to cover off fuel, wear

and tear and other relevant factors. The committee will be formally appraising the issue at the next meeting on 29 Augusts.

So, if you have any views on this matter please email them to [activities@sbw.org.au](mailto:activities@sbw.org.au) well before hand. We may also contemplate a blended rate of 50c/km for trips to places like Kanangra which are about 50/50 sealed and unsealed.

# Trip Report: Otford Station to Otford Lookout

1 July: Calogero Panvino (L)

An ominous beginning? As I approached Otford train station, I started to receive a disturbing number of phone calls and text messages. An accident had occurred on the Pacific Highway only a short distance from our rendezvous. Traffic had ground to a halt and the start of the walk would have to be delayed. But for how long?

An hour later, we were finally able to start. I could sense a feeling of unease amongst the members of the group – evidently, word had got out that this was my first experience as a walk leader. I knew I needed to take charge before the more nervous members had a chance to destroy the group moral. So I assembled my walking pole, looked each person in the eye, and then calmly assured the group that there was nothing to fear, all the while keeping in mind Ian Wolfe's dictum: bring them back alive.

With precious little time to waste, we headed off. The group now seemed more relaxed and our progress towards Burning Palms beach was reasonably swift and uneventful. Once at the beach, we took a short break. I was the only one courageous enough to brave the frigid waters, a feat for which I received little credit. After the swim, I seconded an idle sun bather into the task of taking some group photos. He seemed indignant that there was no remuneration for this job. I told him life is tough.

Photos taken, we commenced the rock hopping part of the trip towards the Figure Eight pool. Once we reached the pool, I suggested the appropriateness of taking a photo with eight SBW walkers in the Figure Eight pool. The idea didn't gain any traction.

By now, the tide was coming in and the fine mist generated by the crashing waves was making the rock crossing a treacherous affair. I cautioned the party to take extra care with their movements but they seemed incredulous. To demonstrate my point, I did what any good leader would have done in a similar situation: I selflessly allowed myself to slip and fall on my face. They didn't doubt me after that.

The original plan was to continue rock hopping all the way to Werrong Beach. However, given our current pace, there was a good chance we would end up swimming the last 100m. Given the prevailing attitudes to swimming, I decided to abort the remainder of the rock hopping leg. We spent some time searching for a path up the cliff face which would then allow us to get back onto the Coastal track. However, rain earlier in the week had rendered an ascent from this position possible only for the brave or foolhardy. The decision was made to back track to Burning Palms beach.

Back at the beach we had lunch. Talk soon turned to a legendary pie shop that lay just beyond Otford Lookout. The word was that the shop closed at 4pm

sharp. It was now 2pm. I could sense how excited everyone was by the prospect of eating a savoury pie. But the group looked worn and weary. There wasn't a chance in hell we were going to make it but I wasn't going to tell them that. Instead, I told the group what they needed to hear – I encouraged everyone to be optimistic and further whet their appetites with some of my own inventions of fanciful dishes thinking that this might enthruse them with the energy to walk faster.

The ploy seemed to work. We set a cracking pace. Not even the mostly disfigured track in the Palm Jungle could slow us down. But alas, it was all too little, too late. By the time we reached Otford Lookout, it was 4.30pm. Almost everyone abandoned the idea of still finding the pie shop open. Car convoys were then arranged for the members of the party who had come by train and moments later everyone had left with the exception of my brother, who, despite his unwillingness to swim, proved that blood is truly thicker than water. Just before returning to my car, I gazed one last time from the edge of a cliff that overlooked the Pacific Ocean and I had the consoling thought: "I brought them back alive!"



As well as his polar bear-esque swimming ability, Calogero is also putting on a concert of contemporary classical music at the Sydney Conservatorium. The concert will be free to the public but patrons can make a donation with all the proceeds going to the charity, Animals Australia.

**Date:** Wednesday 5th September, 6.30pm

**Venue:** Sydney Conservatorium of Music, West Recital Hall

**Program:** *Sam Cave* (UK) - Seven Moments for Flute and Guitar; *Timothy Mauthé* (USA) - Three Movements for Solo Violin; *Calogero Panvino* (AUS) - selections from the ballet, *Seven Wells*, *Hymen's Response*

**Performers:** Matthew Bubb, Tahlia Denn, Christine Draeger, Ros Dunlop, Victoria Jacono-Gilmovich, Joseph Littlefield, Noriko Shimada

**Further information:** [music@calogeroanvino.com](mailto:music@calogeroanvino.com)

# The Midweek Walkers

Bill Holland

As you read this article some of us will be staying in Cutlers Cottage, kayaking, walking or cycling in the vicinity of the beautiful Myall Lakes. Sounds great but this only one of our regular monthly activities.

Before this (in July) we had a great time at Newnes. Six attended and we spread out over two cabins. Not surprisingly for Newnes in July, it was rather cold outside. This did not bother us as the cabins were very well heated and comfortable, and Thomas was an excellent host. A stay at Newnes Hotel Cabins is highly recommended!

We walked each day. The weather was fine and the rain kept away. On Monday afternoon, three explored the ruins of old Newnes (seems I learn a little more each trip) and the others climbed Mystery Mountain. On Tuesday, the Glow Worm Tunnel/Old Coach Road circuit was a great walk and the worms switched themselves on in an impressive manner. Wednesday was a trip up Petries Gully and on Thursday the group walked the old railway track.

We are now looking towards the end of the year and a couple of planned events have been placed on hold. This follows a rather slow response to the planning and some regulars planning to be away in spring, indulging in overseas or other holidays.

Due to this I have decided not to place a group booking for the Pittwater Youth Hostel in September, but people may book individually and still have the walks. Roger I will coordinate this, so please let me know if you can attend. By the way, SBW is a member of YHA and special discounted rates apply.

The Woolgoolga activity planned for October

will not go ahead. So far I have only three indicating interest and we need six to eight people to make it worthwhile. Please let me know if you are interested and I will re-open the booking.

So here is the programme for the balance of the year.

## **September:** *Youth Hostel – Pittwater (10th–14th)*

This hostel is very popular and close to the city – an excellent location for day walks in the area. It is nestled in national park bushland, overlooking the tranquil Morning Bay and Pittwater. Attractions include bushwalks to lookouts and Aboriginal engravings and see native wildlife. Roger Treagus has offered to lead us on interesting walks in the area.

Early booking is necessary to secure double room accommodation. Please let me know if you are interested

## **November:** *Dunns Swamp (19th–23rd)*

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.

No deposit is necessary for this activity.



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- ❖ **Cultural Tour and Jumolhari Trek**  
6-20 September 2012
- ❖ **Central Bhutan Tour with Jambay Lhakhang Drub Festival**  
24 October – 4 November 2012
- ❖ **Laya Gasa Trek**  
20 May – 6 June 2012
- ❖ **Span Western, central & Eastern Bhutan with local Festival in Khaling**  
2-15 October 2012

Number of participants

6-16 people in a group

Booking deadline

All trips required to book at least 120 days in advance

Contact us

Bhutan Travelers

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# New Member Profile

Charmaine Seil



**Occupation:** Lawyer

**Age:** 35

**Suburb:** Lilyfield

## What got you started bushwalking?

I attribute my bushwalking obsession to my good friend and accomplice in all things fun, Lorraine Mathot. I also grew up near one of the entrances to the Great North Walk, and spent most of my childhood bushwalking or trail riding.

## Which walking area has been your favourite so far and why?

Coastal Track: Beautiful, scenic, diverse and muddy.

Perry's Lookdown to Govett's Leap: Amazing scenery, lots of stairs and bridal veil falls at the end (what more could you want).

6ft Track followed by Truffle degustation at Caves House led by David Trinder.

## What's at the top of your walking to-do list?

Lorraine, Uwe (my husband) and I are competing in Oxfam Trailwalker on 24-26 August 2012. We are hoping to complete the walk in less than 24 hours. This will be Lorraine's third Trailwalker, my second and Uwe's first. After losing our 4th member, we'd love an SBW member to join: [http://trailwalker.oxfam.org.au/sydney/teams/team/?team\\_id=12613](http://trailwalker.oxfam.org.au/sydney/teams/team/?team_id=12613)

## What are your passions besides bushwalking?

Uwe, animals (mainly just the cute fluffy variety that doesn't sting, hiss or bite), fine dining (I love food!), running, legal education.

## EXPERIENCE PATAGONIA - NATURE AT ITS FINEST

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# Trip Report: Kanangra Boyd NP

14–15 July: Mark Dabbs and Lisa McCarthy

First there were five walkers booked for the walk, one broke a foot so there were four, another pulled out due to sickness so there were three. Upon phoning the 3rd the comment was received "Oh. Thanks for phoning. I am going to be away so cannot attend". This was Wednesday night just as I was finalising meeting arrangements. So, then there were two...

The walk was changed from Kanangra Walls, Cloudmaker, Paralyser, Kanangra Walls – which we had both previously completed, to Kanangra Walls, Kilpatrick Causeway, Danae Brook/Kanangra River, up and back Thurat Spires then an attempt on Cliffs of Seriphos spur and back to the walls.

Ah, but the trip changed again!

We managed all of the replanned walk to the top of Thurat Spirs and back to the junction of Danae brook and Kanangra Creek, with packs, but decided not to camp there, due to the lack of sun, and abundance of dampness, whistling wind and a poor campsite (desperation only type of site). As the route up Seriphos Spur would be a *little* steep and questionable in parts, due to cliffs, we decided to instead return to the walls and camp in a cave just before the climb back to the top.

The trip to date was uneventful. The stroll down to the creek junction had been reasonable, with loose rocks, a few patches of thick undergrowth and a straight forward route – down!

Up Thurat was great, although the track is a little indistinct in parts. Towards the top the rock scrambles kept us on our toes. I was mainly concerned that there were only the two of us should something go wrong. I would rather not use the PLB if possible so great care was taken.

Views from the top of the Spires was fantastic despite the 5 degree temperature and strong westerly blowing. We managed 10 minutes on the top before our eyelids froze over. The return back up to Kilpatrick Causeway was beginning to drain us a little as we still had full overnight packs, to make sure we had a good workout! Good leg stretch and heart test.

At the walls, just before the ascent, we headed to the right along the base of Kanangra Walls cliff line. Just around the corner was a lovely camp cave. It appeared there was no wind here. Just lovely, warm sunshine. Bliss! Being 4.00pm we started organising camp, fire, flattening of the cave floor for sleeping platform, billy tea, happy hour and the usual chores. But not before heading up top of the walls and filling water containers from a few puddles. The wind on top was howling.

As the night progressed we noticed the shift in wind direction. This required a stout wind wall being built around our bedding to firstly stop sleeping bags being blown away and secondly, the more obvious, to keep the wind out. An early night. It had been a fair amount of ups and down for the day and we were ready for a good rest.

Sunday started with a great sun rise but no let up of the wind. We reorganised the day and headed back to the cars. Off to Box Creek Falls. I thought I had been there about eight years previous and Lisa thinks she had been there before. No problems. Except... the Kanangra map does not quite go that far. Like, short by ½ km. Oh well, let's make like explorers and see how we go – just walk off the edge of the map and find a big drop!

An easy day heading through the scrub. But not the way I had been before and Lisa was not sure if it was even the same walk she was thinking of. Eventually we arrived at a set of falls. They were not Box Creek Falls, but Black Banksia Falls, which were on our map. Good so far! At least we were on the correct creek. Then off the map we headed. With a little hit and miss we arrived at the superb campsite I remembered which meant the falls were just . . . yes, over there where the ground drops away. Great views but freezing cold. The temperature was around 5 degrees and the wind was still howling. I would guess the wind chill brought the temperature down to about minus 5 or so. No swimming today. Our return trip was up the spur I remembered from last time. Remembered? Hoped I remembered. Eventually it extended onto our map and all was good again. Back at the cars by 3.00pm after a leisurely stroll along the tops and fire trail.

A great weekend, besides the ever changing route. Just shows that there is no need to keep to the original trip so long as you are able to send details to your emergency contact. Fortunately my phone had enough coverage for me to text the new route to my trip safety contact. Shame the others all pulled out however, the two of us had a fantastic time.



# Bushwalking How To Videos

One of Members, Caro Ryan, makes professional commercial videos for clients. She has turned her hand to producing a series of videos on something that she is passionate about. The objective is to help people new to walking to get started, and be encouraged to safely get out there.

The first one is *How To Pack* and can be seen at: <http://www.youtube.com/watch?v=zwo7zyiH2Os&list=U885b3fcSEShQdz6-v8KwLg&index=3&feature=plcp>

She is currently editing the next one: *Basic food; Collecting water; Lighting a cooking fire; and How to waterproof your sleeping bag.*

As you can see, the videos are of high quality, so please spread the word throughout the Club. People can also join in a conversation, offer their own tips at the blog site: [www.lotsafreshair.com](http://www.lotsafreshair.com)

## Can't think of a walk to lead?

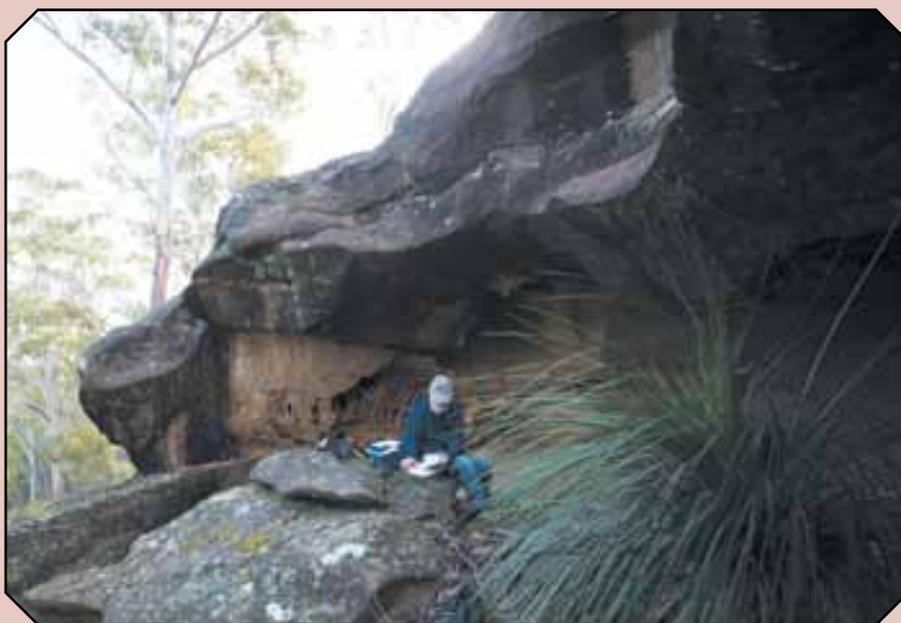
There are well over 1,000 overnight and extended trips outlined in the Historical Walks Database, found by logging in to the Members Area on our website and following the link to Historical Walks Record

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

Here you will find a list of all the overnight or extended walks run by the club from its inception to the present day. Look at the region you are interested in and see what walks have been done there in the past!

Use this wonderful resource to help plan your next walk!

## FOR SALE 365 St Albans Rd, Lot 7 **YOUR OWN PIECE OF NATIONAL PARK**



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More photos at <http://365saintalbarsroad.tumblr.com>

Contact Hubert Habicht on 0412 552340 or Monika Habicht on 0415 082886

# Accommodation in the Kangaroo Valley

As an alternative to camping at *Coolana* there is the option of hut accommodation at *Chakola* (which is on the right a couple of kilometres before *Coolana*, on the road to Tallowa Dam). This is the facility run by Conservation Volunteers Australia, who orchestrate a large number of conservation projects across Australia primarily staffed by young visitors from overseas.

The Property has 16 small rustic cabins which can accommodate up to 37 guests. Cabins are basic but comfortable, and range in size from single, twin share and double to four-share dormitory-style rooms. Bed linen is available upon request for a small additional cost. Amenity blocks with showers and toilets are a short stroll from the cabins. A camp kitchen and dining area is available for self-catering.

Facilities include:

- BBQ
- Commercial grade kitchen stocked with all cooking utensils
- Shower and toilet blocks
- Table tennis and dart board in communal recreation area
- Wood heater with comfortable seating
- Training and Education Room for up to 37 people (i.e. as a Conference venue)
- Access to DVD and TV

[www.conservationvolunteers.com.au/about-us/land-management/chakola](http://www.conservationvolunteers.com.au/about-us/land-management/chakola)

## Notice of Annual General Meeting

The Confederation of Bushwalking Clubs NSW Inc.



The Annual General Meeting of the Confederation of Bushwalking Clubs NSW Inc. will be held at the Ashfield RSL Club on Tuesday, 21 August 2012 commencing at 7.30pm.

All Committee positions are declared vacant and nominations are now being called.

### Confederation

The Confederation of NSW Bushwalking Clubs is the peak New South Wales organisation for non-commercial bushwalking and associated outdoor recreation activities. It is a confederation of individual Bushwalking Clubs across the State of NSW, and was formed in 1932 to represent the interests of member Bushwalking Clubs.

Confederation has a Committee, and over the years SBW has been well represented on the Committee with many of our Members having held executive positions (including President – Gordon Lee and Wilf Hilder). The current roles are indicated at

<http://www.bushwalking.org.au/Officers.html>

The Minutes of its Committee and Annual General Meetings can be found at: <http://www.bushwalking.org.au/~documents/ConfederationMinutes/>

Confederation conducts its elections in August each year as part of its AGM, and the process is contained in Section 18 of the Constitution, refer: <http://www.bushwalking.org.au/~documents/>.

It is important that SBW's voice is heard at Confederation, and that lobbying at the State level is in the interest of our Club. Can members please consider standing for an appropriate role? Feel free to contact any of our Confederation Delegates (David Trinder, Jim Callaway, Rosemary MacDougal and Tony Holgate) to discuss the matter, and to advise the SBW Committee so that we can appraise orchestrating support and a block vote.

Interested in catching up with the Tiggers?  
The Tiggers (younger walkers <40 years old) get together monthly to discuss walking, have a beer, see a film, go climbing, etc.  
Join the email list and hear about our social activities by emailing Caro Ryan at [justshootme@ozemail.com](mailto:justshootme@ozemail.com)

# How to get to Coolana

“Coolana” (an aboriginal word which means “*happy meeting place of the future*”) is located in the scenic Kangaroo Valley south of Sydney.

Directions: Drive down either by the Princes Highway via Berry, or the Hume Highway via Mittagong. Then drive to the historic Village of Kangaroo Valley. Total distance is 185km via the Princes Hwy & 175 km via the Hume Hwy ie 2.5 to 3 hrs dependant on traffic conditions and breaks.



Just N of the village (see Map), turn W onto the Mount Scanzi Road, and drive 5 kms to the intersection of the Mount Scanzi Road and Tallowa Dam Road (just past the Power Lines). At the junction, keep going straight ahead on Tallowa Dam Rd for 100 metres, to the signposted entrance to Coolana. The entrance is on the N side of the road at grid reference 692513, on the Burrier Map (8928-2-S). Open & close the gate, and drive 400 metres on the dirt track to the car park. It is possible to camp near the cars (as this is near the Escarpment, take care at night). The primary camping area is on the Flats beside the river, 600 metres down the hill following the 4WD Track (which is easy to follow at night with a torch!). The track is suitable for hand trolleys.

Facilities: There is a large open three sided **Shelter Shed** (for wet weather), 2/3 of the way down the 4WD track, and a **Composting Toilet** just up from the Camping Flat. Untreated **water** from our creek (which has a pristine catchment area) is piped to a tap near the Shed, and to a tap on the camping flat. Tank water from the Shed supplies water to a sink by the toilet. There is no power (the lights in the toilet and the exhaust fan are operated from a storage battery and a solar panel).

The Kangaroo Valley Village has a number of facilities: a Pub, Mini Super Market/Service Station, Stores, Cafes, Tourist Shops and activities etc, refer: <http://www.kangaroovalleytourist.asn.au/home/>  
Details of the Birds & other Fauna can be found at: <http://www.kangaroovalleytourist.asn.au/dir/wildlife>

## National Parks:

Barrens Grounds: <http://www.environment.nsw.gov.au/NationalParks/parkHome.aspx?id=N0401>

Buddaroo: <http://www.environment.nsw.gov.au/NationalParks/parkHome.aspx?id=N0069>

Morton: <http://www.environment.nsw.gov.au/NationalParks/parkHome.aspx?id=N0022>

Guides - The NSW NPWS publication '*Walks Guide, Kangaroo Valley & Adjacent National Parks*' describes 25 graded walks in detail from 1 (easy) to 7 (very difficult) and is available for purchase from the NPWS Fitzroy Falls Visitors Centre (02 4887 7270) and from retailers in Kangaroo Valley (Hampden Cottage Craft, Homelea Cottage, Kangaroo Valley Woodcrafts).

# Friends of the Brush Tailed Rock Wallaby Association

## [www.rockwallaby.org.au](http://www.rockwallaby.org.au)

This association has its base in Kangaroo Valley on the property between Chakola and the Hampden Bridge. It is headed up by the property owners where the bulk of the remnant wallabies are located, along the Escarpment. One of the major drivers for Dot Butler, and then SBW as a whole, to purchase Coolana was for conservation of flora and fauna, and specifically to help preserve the habitat and population of these photogenic Wallabies. The local Wallaby population is currently growing slightly, and with the continued focus on baiting and shooting the Foxes there is some prospect that the range of the Wallaby colony may expand down river.

You can help the Friends of the BTRW by:

- a) Joining the Association - \$10 for an individual, and \$15 for Families
- b) Purchasing items (T Shirts, Caps, Polo Shirts, Fleece, Gift Cards & Videos)
- c) Making a Donation

**Their Newsletter can be viewed at: [www.rockwallaby.org.au/newsletters/](http://www.rockwallaby.org.au/newsletters/)**

## Tiger Quolls

"I just can't praise these animals highly enough as companions for human beings. They have all the good features in dogs and cats, and in my experience not a single downside".

It sort of resembles a cat except it has a pouch, bright eyes, a moist pink nose and a powerful bite. It can grow to up to 75cm in length and weigh up to 7kg.



Images from [ozanimals.com](http://ozanimals.com)

## Dot Butler: The Barefoot Bushwalker

For more information about Dot Butler, see the History section of the SBW website

[http://www.sbw.org.au/content\\_common/pg-sbw-history.seo](http://www.sbw.org.au/content_common/pg-sbw-history.seo)



# Tracks and Access Report

David Trinder

This report includes relevant extracts from the NPWS Park Closures section of their web site at <http://www.environment.nsw.gov.au/NationalParks/FireClosure.aspx>. For further information refer to the link.

85 Parks have closed areas, there are no fire bans.

## **Burralow Camping and Picnic Area**

Open to 4WD vehicles from the Kurrajong Heights (eastern side) via Tabaraga Ridge Fire Trail. The Burralow Fire Trail from Bilpin (western side) remains closed.

Campsites at Euroka, Darug campsite now closed until further notice for maintenance and upgrade. Camping is available at other sites at Euroka.

## **Claustral Canyon**

Access to Claustral Canyon via the usual route across private land at Mt Tomah is no longer possible due to landholders denying access. NPWS has sought alternative access to Claustral through private land without success. Canyoners should respect the rights of Mt Tomah residents and avoid using private land.

## **Ingar camping areas**

Ingar Campsite Loop Road is closed due to wash outs and muddy road conditions. The day use area and car park remain open. This means that campers must walk from the day use area to campsites (about 100m).

## **Blue Mountains**

Blue Mountains City Council is warning residents and visitors to avoid contact with the water in Jamison Creek, Wentworth Falls, after a mass die-off of freshwater crayfish, native fish and other macro-invertebrates (water bugs) was reported by a bushwalker.

Shaws Farm House site. Due to possible asbestos contamination the area around the former Shaws Farm House site in Yellomundee Regional Park has been closed to all visitors.

## **Roberts Pass at Leura**

Roberts Pass at Leura is closed east of the

Lindeman Pass junction, due to a landslide. The track is impassable and there is currently no access to Valley of the Waters via Roberts Pass.

## **Illawarra, Shoalhaven and Southern Highlands**

Lees Rd Lookouts and Carparks are closed to vehicle and foot traffic until further notice due to confirmed asbestos contamination of road fill on Lees Rd.

Red Hills Fire Trail closure ends Friday 31 August,

The Tianjara Artillery Impact Area, in the northeastern part of the Budawangs, is permanently closed to certain activities because of danger from Unexploded Ordnance. Walkers must keep to vehicle trails or the Folly Point walking track and no off-track walking is permitted. Digging and campfires are not permitted along tracks. Camping may only occur at the Sassafras or Tianjara Link Road camping area and campfires are only permitted at the Sassafras camping area.

Tianjara Fire Trail is closed until further notice, due to wet weather and environmental damage.

The Forest Path in the Royal National Park will be closed from the southern entrance on Sir Bertram Stevens Drive to the junction of the Couranga track until further notice.

Due to recent heavy rains the Wisers Track is closed between Anice Falls and Maianbar road due to flood damage.

Sir Bertram Stevens Drive is closed between Wurrumble Road and Bundeena Drive until further notice.

## **Newcastle and Hunter**

Stewart and Lloyds, Mungo South, White Tree Bay, Boomeri and Bungarie Bay Camping Areas are closed.

Stoney Creek Road partially closed due to poor condition.

The Martindale Trail will be closed from Raspberry Junction on the Hunter Main Trail to Parachute Pass at the Martindale Valley. Repair work to damaged sections is being undertaken for visitor safety purposes.

# Walks and Activities Report – July

Lucy Keatinge

Leaders: After the activity, please email completed Walks Attendance Form and Activity Report to: [walksreporting@sbw.org.au](mailto:walksreporting@sbw.org.au) Please keep the signature sheet as this is a legal document.

Date, Walk Location & Route	Participants
<p><b>9–10 June 2012 Wild Dog Mountains GRADE: M232E Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Wattle Ridge Carpark</p> <p><b>ROUTE DESCRIPTION:</b> Dumphies Car Park (Green Gully), Tin Pot Hill, Cox's River to Breakfast Creek, Cox's River (camp), Blue Dog Spur, Knights Deck, Blue Dog Ridge to Medlow Gap then return to Dumphies.</p> <p>The party left Green Gully on a cool foggy morning, heading over Tin Pot Hill and into the grazing lease and along picturesque Gallong Creek to the Cox's. By morning tea the fog and cloud had lifted making for a perfect afternoon walk on one of the more picturesque sections of the Cox's.</p> <p>On Sunday after a moderately fast ascent of Blue Dog Spur the cloud was starting to gather again around some of the peaks, giving the view from Knights Deck a sense of drama. The party made it back to Green Gully before a drop of rain had fallen.</p>	<p><b>Chris Birch</b></p> <p>Tony Murphy Karen Darby Stephen Cox Lisa Sheldon Ina Van Der Merwe John Van Der Merwe Bill Gibson Glenn Draper</p>
<p><b>30 June–1 July 2012 Shoalhaven GRADE: M232 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Badgery's Lookout</p> <p><b>ROUTE DESCRIPTION:</b> Badgery's Spur, Shoalhaven River, Canoe Flat (camp), optional trip up Billy Bulloo's Crown, Frisbee game, return. Optional return trip via Iron Pot Clearing and Sparkes Buttress</p> <p>Weekend went as planned, with the optional extensions working really well catering for different aspiration levels. The traverse of Billy Bulloo's Crown was exhilarating with extreme exposure climbing up the nose. Canoe Flat was a perfect venue for this year's Ultimate Frisbee Tournament. It was a closely fought contest where the <i>Fierce Wombats</i> were victorious by 2 games to 1 over the <i>Spotted Quolls</i>.</p> <p>Half of the group needed to burn more calories so we returned to the cars over the plateau via Iron Pot Clearing. I'm already searching for the 2013 Frisbee venue. Thank you to Tom for the Frisbee coaching and for leading the other group back to the cars on Sunday.</p>	<p><b>Richard Pattison</b></p> <p>Andrew Smith Jason Lorch Kim Fuller Rebecca Lorch Sue Bucknell Tom Brennan</p> <p><i>P Members</i> Agnes Piasecki David Carmichael Jane Fielding Jenney Xia Julio Rodriguez</p>
<p><b>1 July 2012 Royal National Park GRADE: M232 Q walk</b></p> <p><b>START PLACE:</b> Otford Train Station <b>FINISH PLACE:</b> Otford Lookout</p> <p><b>ROUTE DESCRIPTION:</b> Walk along the coastal track until the beach at Burning Palms. From there rock hop along the coast to Werrong Beach. Then walk up a moderately steep track which leads to the beginning of the coastal track</p> <p>See full report on <a href="#">page 13</a>.</p>	<p><b>Calogero Panvino</b></p> <p>Rolf Marsden Misako Sugiyama</p> <p><i>P Members</i> Jessica Wheatley Kim Edwards Lauren O'Brien</p> <p><i>Visitors</i> Michael Wilson Maria Tentzeraki Vincent Panvino</p>

Date, Walk Location & Route	Participants
<p><b>1 July 2012 Nattai National Park GRADE: M232 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Locked gate, W41 fire trail</p> <p><b>ROUTE DESCRIPTION:</b> Before Warragamba Dam, hikers used to go down the Nattai River from Mittagong, and come out ay Litter River at Thirlmere. We can go down to Little River fro Thirlmere Lakes</p> <p>Due to strong westerly winds we paddled up to Church Point, into McCarrs Creek, then up the western shore to Portuguese Beach where we stopped for lunch. Beware of the kookaburras – they like peanut butter and jam sandwiches! We arrived at the Basin about 2pm and set up camp, then walked up the Basin Track to West Head Road and back again to the campsite. A fairly cold night but no wind.</p> <p>The wind picked up again on Sunday morning and we paddled across to Stokes Point. In a fresh southerly, we paddled along the eastern shore line to Wineremeny Bay for a late morning tea and arrived back at Bayview at about 1 pm.</p>	<p><b>Leigh McClintock</b></p> <p>Andrew Quartermaine Leigh McClintock Glenn Draper Annick Boismenu Andrew Vilder Rosemary MacDougal Melinda Turner</p> <p><i>P Members</i> Nancy Lloyd Ima van der Merwe John van der Merwe Frances Bottrell Kerry Hayman Bev Hayman Edward Squires John Fitzgerald</p>
<p><b>3 July 2012 Whale watching walk at Kurnell</b></p> <p><b>START AND FINISH PLACE:</b> Kurnell</p> <p><b>ROUTE DESCRIPTION:</b> Discovery Centre and some of the track planned</p> <p>The walk went in mild weather. We saw a total of five whales although some were very distant. Many more were recorded at the Survey Station when we arrived.</p> <p>Due to very muddy conditions on top and some delays we shortened the walk and did not reach our intended destination at Cape Bailey. Nevertheless, a very enjoyable walk.</p>	<p><b>Bill Holland</b></p> <p>Fran Holland + 4 children Glen Draper Rick Angel Margaret Conley Les Heiter Jai Wei Su Patrick James Colin Fulton Irene Sills George Mawer HI Gann Noeline Wallis Brian Sowerby</p>
<p><b>7–8 July 2012 Wollemi NP – Colo River Navshield GRADE: Hard L333</b></p> <p><b>START AND FINISH PLACE:</b> Wollemi NP</p> <p><b>ROUTE DESCRIPTION:</b> Navshield – 28.75hr rogaine. Get points as you go</p> <p>A great team of four fit, energetic, keen members. We managed to compete for the full 28.75 hours with no sleep, but a few rest stops. Due to misleading information we headed into what we thought would be reasonable scrub. Unfortunately we were wrong. It was dense. No, thick. No, almost impenetrable. We made a bad choice resulting in a 1.5hr scrub bash to gain only a few points. This along with another night section saw us come 4th. Not a bad result but we knew we had the ability to do better. Maybe next year.</p> <p>The weather was perfect, sunny and cool. The night certainly was cool but a slight breeze kept the dew away. Our night route saw us on the eastern side of the course in more open country and a few fire trails. This made navigation and walking through the bush much easier. We managed to find all bar one check point. We missed this one due to lack of concentration and over confidence. Fortunately it was only a low scoring flag. Overall a great effort from a very strong team. We were only 1 checkpoint (80 points) from 2nd place. Lookout next year!</p>	<p><b>Mark Dabbs</b></p> <p>Lisa McCarthy Brendon Anderson Jason Lorch</p>

Date, Walk Location & Route	Participants
<p><b>7–8 July 2012 Nattai National Park GRADE: M232 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Wattle Ridge Car Park</p> <p><b>ROUTE DESCRIPTION:</b> Wattle Ridge car park north to Nattai River along Nattai Road fire trail. Then follow Nattai River upstream to McArthurs Flat, from where up Starlight’s Trail back to the cars.</p> <p>The going was very tough along the river from Nattai Road to Wanganderry Creek (about 7 km). We frequently got caught in very thick scrub and on very steep slopes. Shortly after Wanganderry Creek we came across a track on the north bank, which enabled us to speed up nicely, and we reached the finish point about 3.30pm.</p> <p>We had originally aimed to get to Wanganderry Creek for our camp, but fell well short of that objective. Instead, we found a flat spot a little up the slope from a side creek that was not flowing, but had some nice pools in it. The location was about 556051.</p> <p>The walk was a very good workout. The weather was pleasant and the Nattai scenery splendid.</p>	<p><b>Leigh McClintock</b></p> <p>Glenn Draper Rosemary MacDougal Grace Love Peter Love</p>
<p><b>7 July 2012 Blue Mountains National Park GRADE: M232 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Govetts Leap</p> <p><b>ROUTE DESCRIPTION:</b> : Govetts Leap, Junction Rock, Edenderry Falls, Horse Track, Evans Head, Govetts Leap</p> <p>Set out from Govetts Leap about 8.15am and descended past the foot of Bridal Veil Falls to Junction Rock for morning tea. Weather was cool and overcast but clearing. Walked up Govetts Leap to attempt the leaders third different route into Edenderry Falls.</p> <p>After visiting Edenderry and Hiliary Falls, returned by a fourth route, the best yet. Climbed out by the Horse track via Evans Lookout as the weather developed into a bright sunny afternoon. We returned via the cliff top track to Govetts Leap, finishing at 4.30pm.</p>	<p><b>David Angell</b></p> <p>Joanna Penney Chris Dowling Virginia Waller Julian Martin</p> <p><i>P Members</i> Darryl Sullings David McRae Simon Tellam Edward Squire Josette Squire Alexandra Lazar</p>
<p><b>8 July 2012 Blue Mountains National Park GRADE: S221</b></p> <p><b>START AND FINISH PLACE:</b> White Cross Rd, Winmalee</p> <p><b>ROUTE DESCRIPTION:</b> Shaw Ridge and Blue Gum Swamp circuit – extended on the day to Bees Nest Hill and Gross Vallley lookout</p> <p>This was a combined walk with Bankstown Bushwalkers (BBW), total number: 18. We were all fit, confident, experienced, medium-paced walkers (in spite of easy grade). The walkers convinced leader to extend to Bees Nest Hill and Gross Valley lookout and everybody made it, even the leader. Remember for future walks: power to the people – it can be fun!</p>	<p><b>Frances Bertrand</b></p> <p>Robert Bettis Linda Tarran Graham Conden Peter Miller</p> <p><i>P Members</i> Mill Pang Kin Lee</p> <p><i>Visitors</i> Claudio Carrus Alfred Lee Robert Eggleton Jacqueline Pearse Jeffery Ridger</p>



SBW members are eligible for Free Paddy Pallin Club membership.

Take along the Paddy Pallin ad in this newsletter and they will honor this offer!

Date, Walk Location & Route	Participants
<p><b>14 July 2012 Sydney Harbour National Park GRADE: M211</b></p> <p><b>START PLACE:</b> Taronga Zoo wharf <b>FINISH PLACE:</b> Manly</p> <p><b>ROUTE DESCRIPTION:</b> Taronga Zoo wharf, Taylor’s Bay, Chowder Bay, Georges Heights, Balmoral, The Spit, Clontarf, Manly</p> <p>Relaxed walk from Taronga Zoo Wharf starting at 0930, along Sydney Harbour Foreshore, finishing at Manly 1530. Beautiful sunny day and good company. The enjoyable pace was especially appreciated by the prospective members.</p>	<p><b>Kim Bailey</b></p> <p>Virginia Riley Helen Lalas Pamela Irving Yeok Ken Williams</p> <p><i>P Members</i> Karolina Adamcyk Shuwen Qui Maria Talisaysay Mark Talisaysay</p>
<p><b>14 July 2012 Blue Mountains National Park GRADE: 231 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Dunphy’s carpark</p> <p><b>ROUTE DESCRIPTION:</b> Carlon’s Farm &amp; Creek, Breakfast Creek, Blackhorse Ridge &amp; Gap, Mt. Merrimerrigal, Splendour Rock, Mobbs Soak, Kennel Flat, Medlow Gap, Carlon’s Farm</p> <p>We started walking from Dunphy’s carpark at 8.30am. The mild temperatures and rain that had occurred over previous days had been replaced on the day of the walk by a cold front that had cleared the rain and lowered the temperature with a south-westerly wind. We had morning tea on the top of Blackhorse Ridge at the scenic place that overlooks Breakfast Creek and Bellbird and Lyrebird Ridges, and arrived at Splendour Rock at 12.35pm.</p> <p>After admiring the views there we retreated to a campsite on Mt. Dingo that was sheltered from the cold wind for our lunch break. Once we had descended from Mt. Dingo after lunch we were mostly out of the wind and the sun shone as we passed through Mobbs Swamp and Blackhorse Junction on our way to Medlow Gap. Our afternoon tea stop was at the campsite near where Breakfast Creek and the firetrail intersect. We arrived back at Dunphy’s carpark at 5.05pm. It had been a good walk.</p>	<p><b>Chris Dowling</b></p> <p>Michael Cook Melanie Ng Tim Sutherland Glenn Draper Owen Kimberley Mark Patteson Jenny Paton</p> <p><i>P Members</i> Hamish Matheson Jane Fielding Alan Carpenter Peter Cai Derek Ledaine</p>
<p><b>4-15 July 2012 Kanangra Boyd National Park GRADE: L223 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Kanangra Carpark</p> <p><b>ROUTE DESCRIPTION:</b> Kanangra Car Park – Kanangra Walls, Kilpatrick Causeway, Danae Brook/Kanangra River, up and back Thurat Spires back to the walls –Black Banksia Falls - Kanangra Car Park</p> <p>See <a href="#">page 17</a> for full report.</p>	<p><b>Lisa McCarthy</b></p> <p><b>Mark Dabbs</b></p>
<p><b>15 July 2012 Berowra Valley GRADE: L221 Q walk</b></p> <p><b>START PLACE:</b> Kuring-Gai Station <b>FINISH PLACE:</b> Thornleigh Station</p> <p><b>ROUTE DESCRIPTION:</b> Kuring gai Station, Crosslands, Galston Gorge, Fishponds, The Jungo, Thornleigh Station</p> <p>We had perfect winter weather for the walk and we made good time from Mt Kuring-Gai to Berowra Creek. A mid-morning break at Crosslands with the mist rising from the valley floor. No sign of the chooks at Galston Gorge (foxes got them?). Lunch was at a scenic spot south of the Gorge.</p> <p>On to Fishponds and then the final leg via The Jungo to Thornleigh in reasonable time (thanks to the pacesetters). A decent length (25km) so most people were a bit weary but well satisfied with a pleasant day in the Berowra Valley.</p>	<p><b>David Bell</b></p> <p>Christian Vallence Marina Chan Sandra See Virginia Waller</p> <p><i>P Members</i> Evelyn Subagio Frances Bottrell Genevieve Wilson Gia Weightman Jade Change James Graves Craig O’Brien Steve Tusler</p>

Date, Walk Location & Route	Participants
<p><b>15 July 2012 Dharug National Park GRADE: M221</b></p> <p><b>START PLACE:</b> Mill Creek Picnic Area <b>FINISH PLACE:</b> Wisemans Ferry Road, Gunderman</p> <p><b>ROUTE DESCRIPTION:</b> Mill Creek, Haycock Ridge, Gunderman</p> <p>We set off from Mill Creek on a sunny but cool morning, and wended our way alongside several creeks and through lovely forests as we gradually rose to the high ridgetops. Once there we had a pleasant break on a large rock platform with a dozen or more aboriginal carvings including a kangaroo, some people, a whale, and several shields.</p> <p>We then took a rough bush track across a saddle to the main firetrail that runs roughly north-south through the park. There were pleasant views from the firetrail from many points as we made our southwards until we reached the high clifftops above Hawkesbury River where we had a spectacular view of the river and its adjacent hills and escarpments. We then made the steep descent down to the main road to finish off a very enjoyable walk.</p>	<p><b>Nigel Weaver</b></p> <p>Rosetta Lee Margaret Weaver Lynette Preston Tim Fielding Julian Martin John Kennett Joanna Penney Carina Dennis Nigel Wingate Tim Yewdall Tom Moss</p> <p><i>P Members</i> Miu Pane Kin Lee Philippa Dunstan</p>
<p><b>21 July 2012 Blue Mountains National Park GRADE: L322</b></p> <p><b>START AND FINISH PLACE:</b> Govetts Leap</p> <p><b>ROUTE DESCRIPTION:</b> Govetts Leap, Pulpit Rock, Perry's Lookdown, Blue Gum Forest, Lockleys Pylon, Blue Gum Forest, Junction Rock, Govetts Leap</p> <p>Beautiful crisp winter's morning when we met at Govetts Leap. Great views as we walked around the cliff line to Pulpit Rock. Road bash to Perry's was over in no time at all. Down to the big tree (with obligatory hug) and up to Du Fours Head, some people went to Lockleys Pylon while the rest of us admired the views. Lunch back down at the big tree, and then out via Govetts well before dark. Everyone handled the big hills well. It was a great trip. Big thank you to Chris Dowling who came down from Govetts Leap at the end of the day, just to make sure everything was OK.</p>	<p><b>Melinda Turner</b></p> <p>Peter Cai Christian Vallence Sandra See Andrew Vilder Tim Sutherland</p> <p><i>P Members</i> Alan Carpenter Paul Bulkley</p>
<p><b>21-22 July 2012 Kanangra Boyd National Park GRADE: L223 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Kanangra Carpark</p> <p><b>ROUTE DESCRIPTION:</b> Kanangra Carpark, Kanangra Plateau, Cottage Rock, Orange Bluff, Orange Bluff, Kanangra Carpark</p> <p>The Q walk to Orange Bluff on the Kowmung River was successful with five members and five Prospective members, all of whom performed well. We started from the Kanangra carpark at 9am and enjoyed the distant views from Cottage Rock for morning tea. The prospective members were given some lessons in navigation and they found the turn-off for the Roots Ridge track, which is a right turn from the track down the Gingra Ridge. It was an easy walk down to the Kowmung River where lunch was taken. We were privileged to see the river which can only be seen by people who walk to it, no roads lead to it. Crossing the river was essential in order to walk upstream and as the water was thigh-deep the coldness of the water was painful on the legs. A second crossing was made to get us back to the right-hand side at the Orange Bluff camp site. The site is a large flat area with plentiful water and fire wood. Chat around the camp fire was intelligent and pleasant.</p> <p>On Sunday, the group handled the 850m climb out well, and despite a late start the walk finished at about 3.30pm.</p>	<p><b>David Trinder</b></p> <p>Rosemary MacDougal Yvonne Brading Stephen Brading David McIntosh</p> <p><i>P Members</i> Nikolay Georgievskiy Anastasia Verobova Gia Weightman Sally Cotton David McRae</p>

Date, Walk Location & Route	Participants
<p><b>27–29 July 2012 Coolana, Kangaroo Valley</b></p> <p><b>START AND FINISH PLACE:</b> Coolana</p> <p><b>ROUTE DESCRIPTION:</b> Bush care and maintenance</p> <p>Nine people came to Coolana over the extended weekend some of the jobs completed were burning small log piles, refitting star posts and guards to forty trees on the Eastern Flat.</p> <p>Cutting and pasting tobacco plants and other weeds, filling water tanks, fixing a water tap, replacing the toilet battery and fluorescent light. A start was made on the site for a new tool shed. The weather was clear cold and the bush looked great</p>	<p><b>Don Finch</b></p> <p>Ros Kerrigan Rick Angel Glen Draper Spiro Chris Miller Mae Miller Phil Butt</p> <p><i>Visitors</i> Ken Price</p>
<p><b>28 July 2012 Blue Mountains National Park GRADE: M231 Q walk</b></p> <p><b>START PLACE:</b> Victoria Falls <b>FINISH PLACE:</b> Govetts Leap</p> <p><b>ROUTE DESCRIPTION:</b> Victoria Falls &amp; Creek, Grose River, Little Blue Gum, Blue Gum Forest, Junction Rock, Govetts Leap</p> <p>The original leader, Lynette, Preston unfortunately had to withdraw from the walk due to a recurring ankle injury. We met at Govetts Leap at 7.45am and started walking from the Victoria Falls carpark at 8.20am.</p> <p>The weather was good for walking; after a frosty start it was a fine, mostly sunny day and because we were in valleys we were out of the wind. The creeks and rivers all had plenty of water in them and the tracks were quite muddy in places.</p> <p>It was a good friendly group; a mix of experienced and newer members. We had morning tea at the Victoria Creek/Grose River junction and had lunch at Little Blue Gum Forest. We stopped in the Blue Gum Forest and for an afternoon tea break near Junction Rock. Everyone completed the ascent up to the Govetts Leap carpark before 5pm. It was an enjoyable walk with no dramas.</p>	<p><b>Chris Dowling</b></p> <p>Virginia Waller Stephen Brading Yvonne Brading Kim Bailey Joanna Penney Jan Mohandas Margaret Mohandas</p> <p><i>P Members</i> Simon Tellam Alan Carpenter</p>
<p><b>28 July Murrumbidgee National Park, Smugglers Ridge GRADE: M222 Q walk</b></p> <p><b>START AND FINISH PLACE:</b> Murrumbidgee Ridge</p> <p><b>ROUTE DESCRIPTION:</b> Kulpas Track, off track Murrumbidgee Ridge, descent to Murrumbidgee creek, Orange Grove, Smugglers Ridge track. Return to cars.</p> <p>Beautiful winter day. Off track section gave all the Prospectives an opportunity to practice their navigation skills against a background of great views, early spring flowers and fresh bushland.</p>	<p><b>John Kennett</b></p> <p>Julian Martin David Trinder Joe Staffer Sheila Zaaman Christine McColl Rosetta Lee John O’Riordan Rosemary McDougal Lloyd Francis Lisa Sheldon</p> <p><i>P Members</i> Karen Darby Frances Bottrell Ju Sutihinuch David McRae Tony Murphy</p>

# Winter 2012 Social Program

Christine McColl

All meetings are held at the Kirribilli Neighbourhood Centre at 7:35 pm unless otherwise indicated. Please assemble downstairs in order to allow the Yoga Class to conclude in tranquillity.

## August

**Aug 15 7:35pm      Is it a Banksia or a Bottlebrush?**

Explore the vast array of plants in the Sydney region, starting with the flannel flower, our club emblem. Come along whether you are a novice, or wanting to learn more. Find out how to identify that plant. Club member Margaret Weaver will lead us in this fascinating excursion through the botany of the areas in which we walk.

**29 Aug 7pm              Committee Meeting**

## September

**12 Sept 8pm            Introduction to SBW**

**19 Sept 7.35pm        The Coast to Coast – a long slog across England**

In May/June this year, Sheila Zaman and Christine McColl did this iconic 304km trek across the UK. See highlight photos of the route, and find out the different ways you too can complete this walk. Tips based on hard won experience will happily be shared!

## October

**3 Oct 7pm                Committee Meeting**

**10 Oct 8pm              Introduction to SBW**

**17 Oct 7.35pm         The Delights of walking in Japan**

Like New Zealand, Japan is great hiking country. It has lots of mountains, criss-crossed by tracks and dotted with huts. There is a wealth of guide-books, websites and maps to help hikers find their way around. A pity it's still nearly all in Japanese!

Leigh McClintock has been hiking around Japan for decades, and has led club walks there for the last five years. Come and hear some hints on how to enjoy Japan on your own, and about plans for future SBW trips.

## November

**7 Nov 7pm                Committee Meeting**

**14 Nov 8pm              Introduction to SBW**

**21 Nov 7.35pm         The Kokoda Trail**

Hear club member Brian McGrath describe his experiences on the Kokoda Trail. He says: "Kokoda really is an iconic walk...it has it all! History, scenery, amazing village contacts, jungle, river crossings and gradients like you would not believe. We went up more than 8000m and down more than 6000m on just the major "ups and downs"... A not to be missed presentation!

**AND PLEASE PUT IN YOUR DIARIES NOW... The SBW Xmas Party**

COME AND SUPPORT OUR GUEST SPEAKERS!

Why not come along and meet for dinner at Kirribilli before one of the social evenings? If you have any ideas for social events, contact Christine McColl: [social@sbw.org.au](mailto:social@sbw.org.au). Have you had a great trip somewhere you would like to share? Let us know!

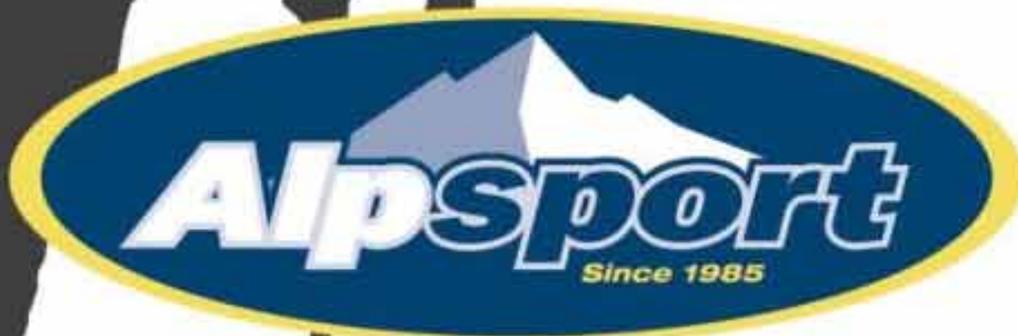


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