



THE SYDNEY BUSHWALKER

May 2014

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Guess where it is. NavShield course setting. Photo by Emmanuelle Convert

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Office Bearers

Members are welcome to contact the following officers on club matters

President Leigh McClintock
president@sbw.org.au
 Tel: 8920 2386

Vice President Roger Treagus
vicepresident@sbw.org.au
 Tel: 0423 262 313

Secretary and Public Officer Isabelle Moss
secretary@sbw.org.au

Treasurer Margaret Carey
treasurer@sbw.org.au
 Tel: (02) 9957 2137

Activities Secretary Tom Brennan
activities@sbw.org.au

Membership Secretary Vacant
membership@sbw.org.au

Skills Enhancement Sec. Robert Carter
skillenhancement@sbw.org.au
 Tel: 0418 673 320

Communications Sec. John Flint
communications@sbw.org.au

New Members Sec. John Kennett
newmembers@sbw.org.au
 Tel: 0411 108 971

Social Secretary Ian Spencer
 9555 9587
 Tracey Avolio
 0439 337 865
social@sbw.org.au

Conservation Secretary Pam Campbell
conservation@sbw.org.au

Confederation Delegates
 Tony Holgate
confederation1@sbw.org.au
 David Trinder
confederation2@sbw.org.au
 Jim Callaway
 Rosemary Macdougall

Walks Report Secretary Emmanuelle Convert
walksreporting@sbw.org.au

Magazine Editor Vivien de Rémy de Courcelles
editor@sbw.org.au

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.

From the President

Leigh McClintock

Staying the Best While Admitting We Don't Know Everything

The Sydney Bush Walkers have been successful for nearly ninety years. That sort of success doesn't come from being just like everyone else. We think of ourselves as being a bit different from other clubs – we are special.

That sort of exceptionalism has attracted many outstanding people to our ranks over the years, and helped inspire them to do great things. On the other hand, it can look a bit high-handed to outsiders. It can foster also encourage “not-made-here” prejudices; if we didn't invent it ourselves, it's probably not any good; why should we share our superior know-how with our competitors?, etc.

Many SBW members are also members of other, similar, clubs. I am not; SBW always has more on offer than I can take up, so why go elsewhere? As a result, I have very little idea of what other clubs do, how they do it, or how well they do. As club president, this ignorance makes me nervous. Maybe there are other clubs out there that could teach us a thing or two, if only we asked them.

The most efficient place for us to learn from others should be Bushwalking NSW. It used to be called the Confederation of Bushwalking Clubs NSW. Most of the bushwalking clubs in the state and the ACT are members; SBW has a constitutional right to be strongly represented on its management body; our own David Trinder is its President.

I probably won't offend too many people if I say that Bushwalking NSW is not living up to its potential as a vehicle for useful information sharing. The people closest to it, especially David, say the same thing.

They also say – and here is the punch line – that nothing will change unless successful member clubs like SBW throw their weight behind an effort to improve things.

The proper role of Bushwalking NSW, and the role of our club in it, are not new questions. They have been around for a long time, permanently stuck in the too-hard basket. There always seems to be plenty for the SBW leadership group to do without taking on federation issues as well, and I for one have always ducked for cover whenever the subject came up. But when David appealed at the AGM for help, I knew I'd have to stop ducking.

I went to a brainstorming (navel-gazing?) meeting with a handful of other clubs, facilitated by NPA's Matt McClelland. I came back and reported to the Committee in general terms, and was pleased to find a generally open-minded attitude to exploring what Bushwalking NSW could do for SBW, and what we would have to contribute to get it.

It's too soon to know where we might get results, but some ideas already out there include providing a software platform on which member clubs could interactively construct their activities programs, and joint training activities. Personally, I am keen to see whether we can effectively outsource maintenance of our “how to” manuals. We have lots of these, which are usually the result of a heroic burst of activity by one or two people. They need to be reviewed every few years, but it is very hard to get around to doing so. If we didn't have to do it all ourselves, the work might go more smoothly. And I'm betting that that sort of cooperation would not in the least diminish whatever it is that makes SBW so special.

New members

The committee approved the following new members at the April meeting:

Jim Collier
Carly Finn
Sally Fallon
Lynn Hungerford

Melissa Thomas
Aman Singh
Yvonne Everett

Vale Don Cornell

Jo van Sommers

Don Cornell was an active walker and leader of walks in NPA before he joined SBW in 1975. Here he met Jenny, who was also in SBW, and she persuaded him to join after they had married. Don led many extended walks in the Budawangs, and in Kosciusko N.P. including one of ten days duration from Kiandra to Kosci. Jim Percy remembers being tested on one such walk when he was a new member, and missing out on a choice camping spot at Pounds Creek because he didn't recognise the then accepted custom of speeding up at the end to get to camp first.

Don also led many day walks in the Shoalhaven area, with camps at Apple Tree Flat and Bulls Flat, as well as canoeing week-ends on the Shoalhaven River before the dam was built. Every walk that Don led appeared on the programme with Jenny's name as well. This was typical of their relationship. They did everything together, and no-one can recall ever hearing a cross word between them. Don would make an observation, always followed by "Isn't that right, Jenny" and Jenny would say "That's right, Don". It was a pleasure to be with them. They were together for 42 years with never a day apart.

In 1984 Don and Jenny left Sydney and tried the Gold Coast for four years, but were not impressed. They found a bush block at Drake, about 60k east of Tenterfield. It was a lovely but isolated spot, and

the two of them, working together, built the house themselves. The basement held an impressive array of equipment necessary for two active outdoor adventurers. They did the Big Bike Ride from Albury to Bathurst in the 1990's, and decided trikes would be more comfortable for the many long rides they subsequently did with Bicycle S.A. They also did many long trips in the camper that Don built in 1993 on a truck cab-chassis and re-built in 2003.

Many will remember the boxy camper parked at Coolana for re-unions, or at Dunn's Swamp on a Mid-Week Walkers trip. Don's health declined and they decided it would be wise to be in a less isolated spot. In 2010 they moved into a villa in the Casino Van Village, with the camper again re-built, this time professionally. Don had not given up, despite a heart attack and a triple bi-pass and other problems, and they continued to cycle around the Village on their recumbent trikes. However, Don finally succumbed to another heart attack while hospitalised with pneumonia and died on the 9th of April aged 88. At his own request, there were no ceremonies of any kind. To the end, he was never one to make a fuss.

Jenny remembers Don saying, many times, that one of the best things he ever did was to join the Sydney Bush Walkers, where he had so much fun and adventure and made long-lasting friends.



**The latest edition of the
Bushwalking NSW magazine is available for
downloaded at:**

www.bushwalking.org.au/mag.html

All are welcome to attend
the UWS Hawkesbury Foundation
Alex Colley Memorial Symposium

Invitation

'21st Century Wilderness'

Keynote speaker:

The Honorable Bob Carr

Sunday, 29th June, 2014, 2:00 pm to 4:30 pm

Memorial Hall, Hawkesbury Campus
University of Western Sydney
College Drive, Richmond NSW

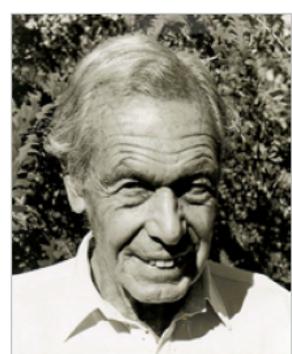
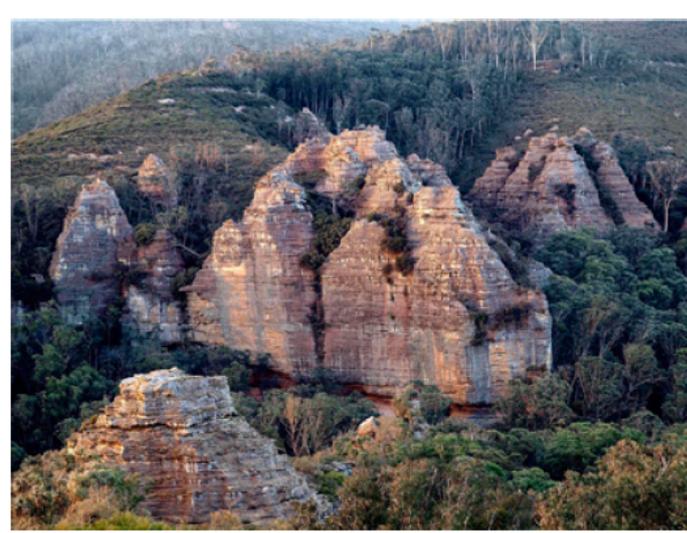
RSVP by 13th June to: sustainability@uws.edu.au
or Helen Angelakis, 4570 1000

I would like to support the Alex Colley Memorial Symposium via a tax deductible donation to the UWS Hawkesbury Foundation Trust, either by Direct Bank Deposit as details below, or via the Credit Card form linked to the covering email for this invitation.

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Alex Colley OAM, BEc, HAD

Alex graduated from the then Hawkesbury Agricultural College in 1928. He used his skills as an economist and his knowledge from his HAC days to develop his policy briefs and campaigns. With the Colong Foundation for Wilderness, his major achievement was the Greater Blue Mountains World Heritage Area.

The UWS Hawkesbury Foundation in conjunction with the Colong Foundation for Wilderness and the University of Western Sydney is presenting this event to celebrate Alex's life and achievements.

'Without Alex, there would be little wilderness protected in this state' Bob Carr

Photo: 'Gardens of Stone' by Henry Gold

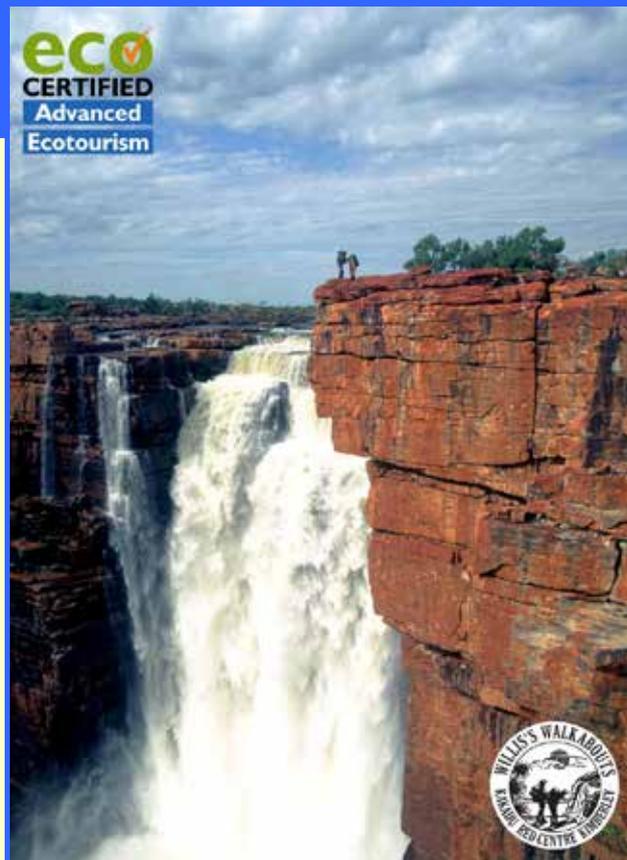
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Join us on an extraordinary adventure you'll have to experience to believe.



Social Program

May 21st - Across the Wollemi. Ian Thorpe in 2013 led the first expedition to carry out a North South Traverse of Wollemi National Park. This trip was preceded by many which sought to determine the best route possible. Ian will describe the trip and its planning expeditions – don't miss the opportunity to hear about this epic journey.

Jun 18th - The Bibbulmun Track. Bruno De Villenoisy, Sandra See and Steve Willems is one of the world's great long distance walk trails, stretching 1000km from Kalamunda in the Perth Hills, to Albany on the south coast, winding through magnificent Jarrah and Karri forests and dramatic coastlines in the heart of the scenic South West of Western Australia. Walking the beautifully set-up track is a wonderful physical and meditative experience that should not be missed. Join as they share their adventure with you.

Jul 16th - SBW Midwinter Feast. Fabulous SBW Midwinter Feast, drinks provided, bring a plate. More details closer to the time.

Aug 20th - Overland Track - Tasmania. Robert Carter (and friends) will discuss a recent club trip along the iconic Overland Track in January 2014 that turned into a real adventure for the group - including the story of the missing boot on Day 3 and getting back to nature with our very own 'Possum Man'. Illustrated with many great photos of this most scenic area in Tasmania and the extreme conditions that 'Huey' threw in for good measure! A number of the walking party will be present to answer any questions and provide different perspectives - as for most this was our first walk in Tasmania.

If you have any ideas for social events, contact Tracey Avolio and Jan Spencer: social@sbw.org.au

*All meetings are held at the Kirribilli Neighbourhood Centre, Fitzroy St Kirribilli and start at 7.35 pm.
The KNC is within easy walking distance of Milson's Point station.*

Social Evenings are preceded by a pre meeting dinner at the Mad Italian, a cheap and cheerful Italian restaurant just around the corner at 5A Broughton St, where club members congregate from 6.30pm on.

Can you help?

In a club of some 850 members, walks can attract a lot of interest. In order to facilitate the task of leaders who are club members like any other, it is worth following some basic guidelines when booking on an activity by email. A lot of back and forth emailing can be hence avoided.

If not known by the leader, the following should be stated:

- Membership type (full or prospective).
- Experience with or without the club including location of walks, route followed, leader's name if a club walk.

Additional information that make planning easier for leaders are:

- Where do you live?
- Do you need a lift or can you provide one?

It helps with car pooling.

Finally, try booking on walks at least two days before the walk. Leaders usually sent emails with walk details on Thursday at the latest which gives time for everyone to get organised in particular with car pooling.

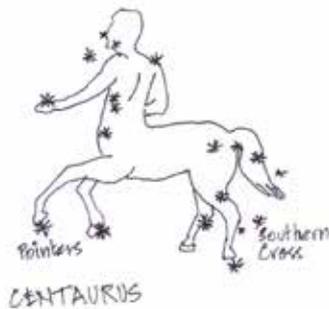
How to tell the time, the date, the north point and your latitude from the stars.

David Trinder

In these times we can get all the information we need from our phones but it is important to know how nature works as well. Here is a bit of science and a bit of history.

In the northern hemisphere there is a star right at the north celestial pole, the Pole Star, and all the other stars go around it and if you can see it, it's direction will be true north and its angle above the ground is the latitude of the place where you are standing. If you are in London the Pole Star will be 52 degrees above the horizon and that is the latitude of London.

We don't have a star at the south celestial pole but we have something better. Not only does it tell us the north point and our latitude but you can also work out the time from it. We can use the Southern Cross to give us this information. The Southern Cross is part of the constellation of Centaurus. A centaur is a mythical being which is combination of a horse and a man, the horse's neck and head are replaced by a man's torso and head. The Southern Cross is at the Centaur's back legs and the pointers, which are the 2 bright stars that point to the Southern Cross, are at the centaur's front legs and there are a lot of other stars nearby making up the whole



of the constellation. The Southern Cross is always visible in the sky unless it is covered by cloud, a mountain or if your latitude is less than 34 degrees then part of it might be obscured below the horizon when it is the bottom of its circular path. If you

have any idea about where south is, it is in the southern sky and you should be able to recognise it. It is a collection of 5 stars with 2 other pointing to it, and it shown on the diagrams.

North

If you want to know where north is you extend the main bar of the cross 4 times its length and that will come to our south celestial pole which is above south on the ground, and north is behind you. All the other stars revolve around that point. The angle of the south celestial pole above the ground is the latitude of the place where you are standing.

Month

On 1 April at midnight the long bar of the cross is

vertical and at its highest point. At the 1st of May at midnight the long bar will be sloping like the little hand of an analogue clock when it is 1 o'clock. Likewise for every additional month the slope of the long bar of the cross moves to the next number on the clock. There are 12 months and 12 positions on the analogue clock.

Time

On 1 April at 2 AM the long bar of the cross will be at the 1 o'clock position also. At 10 PM it will be at the 11 o'clock position. Every 2 hours the slope of the long bar will move another position on the clock. There are 12 of those 2 hour divisions in a day. Times are all Eastern Standard Time.

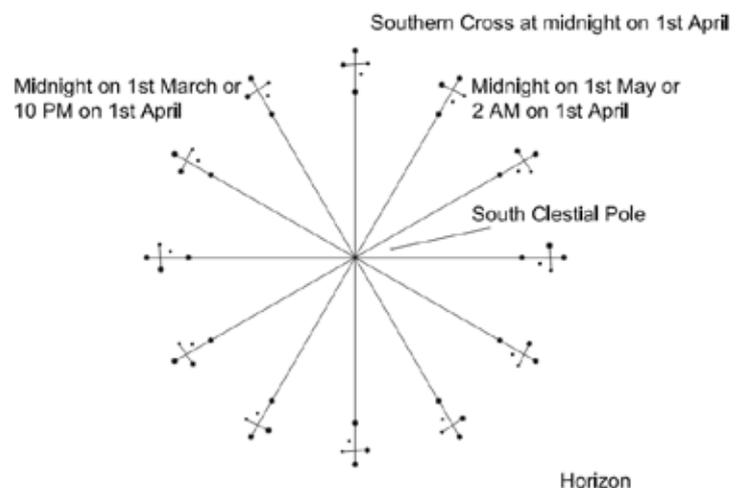
Month and Time

You can add the number of months after 1 April and the number of 2 hour periods after midnight to get the position on the clock for any time in any month.

So if you know the date you can work out the time and if you know the time you can work out the date.

Alternately

If you have a service you can look at your smart phone to find out all of the above.



Towlers Bay to Barrenjoey

Roger Treagus

Our route was dependent on water taxis because the start point was North Towlers Beach, a 10 minute water taxi ride from Palm Beach Wharf and completely isolated. It is one of those beautiful deserted Pittwater beaches that exist along the western foreshores without easy foot access by established tracks. The weather was sunny but with a light cool breeze. The water taxi couldn't get all the way into the beach so it was a shock to jump off the boat into near waist deep water before we had even started the walk. Then with a little rock hopping we got onto the old YHA access track that ascended the plateau to a most spectacular lookout of southern Pittwater.

45 minutes of track walking from there brought us to the Basin crossing which even at low tide was waist deep. Suddenly we were with throngs of campers and day trippers to this popular part of the National



Park. From here we went off track to Currawong, the old retro low key Union holiday resort and lunch.

Then following the shoreline further north we passed Mackerel and stopped at Resolute for a swim. Resolute is a great beach with commanding views of Barrenjoey and sporting its own waterfall which runs most of the time. By mid afternoon we were back at Mackerel wharf waiting for our water taxi to take us to the boathouse wharf at Palm Beach. It was exhilarating to skim across Pittwater at 30knots but on the way we diverted to West Head Beach to let a backpacker off. The boat stopped about 50m from the beach and the backpacker smiley dived headfirst into the 4m deep water. We threw his pack in after him which thankfully floated and all we saw after that was a backpack magically travelling towards the beach with a guiding hand coming from underwater until both pack and person emerged at the beach. Surely a novel way to leave a taxi.

Our prospective thought she was getting it easy being a Q walk until the wake up call when we started circumnavigating Barrenjoey along the rocks, some of which were quite "technical". It took 2 hours to achieve an anticlockwise traverse of about 2 km with patches of mild exposure and scrambling. But in the end we made it to the beach by 6pm as the sun was radiating a golden glow on northern Pittwater. An unusual walk route indeed. And all accessible by public transport.



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Claustral Canyon

12 April: Rod Wales

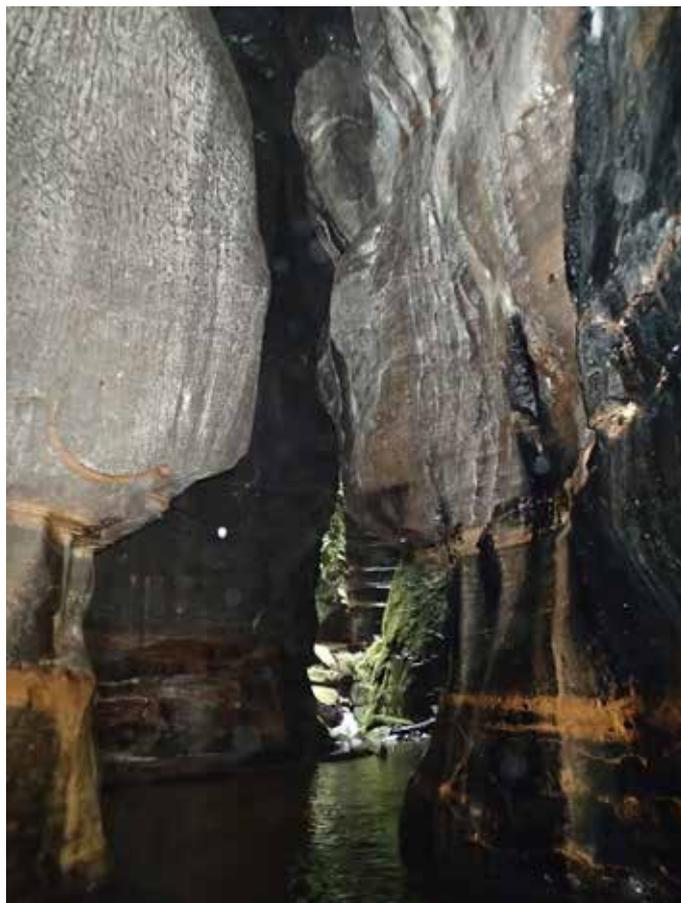
Although the trip was only put on the programme 1 week prior to it taking place, there were 14 enquiries. That being too many for one group, the cut off was set at 10 (which included a few people who indicated they were tentative). With several people dropping out within the last 48 hours and the weather being iffy (again!) the group finished up being 6.

The weather on the day was overcast on occasion, but mostly very nice.

At 8:30am we set off from the car park on Bells Line of Road about half a km west of Mt Bell to see what the 'new' access route would bring. About half way down we came across a 'T' junction, not sure where either branch went, we took the right branch (it got us to where we wanted to go – MGA 589837).

The track is a very well defined foot pad. There was some comment that a group had recently spent considerable time in the area making a 3D film of the canyon trip and they would have helped wear the track in.

It having been several years since any of us had done the trip (and the first time for a couple of people), we were all very impressed – it is an excellent canyon, stunning; lots of great constriction with interesting obstacles to negotiate and minimal scrub.



The main abseils around the 'Black hole of Calcutta' caused a bit of a delay. We were expecting a series of 3 abseils but in fact we did 4. There is a well-used anchor on the left as you approach this section and we abseiled off it. A couple of people commented that they remembered scrambling down the steep slope on the right rather than

abseiling. This alteration put our abseil count out and we finished up with the longer rope on the second last abseil when we need it on the last abseil which caused a bit of a wait in the pool at the top of the last abseil. Thankfully the weather was warmer than it might have been at this time of the year.

From the Rainbow Ravine junction the walk out took 4.75 hours, the last half an hour being with less light than preferred. Apart from a short delay to get out a shoe stuck in a crack and the 'normal' delays negotiating some of the very interesting scrambling up the slope, we didn't have any major incidents – the exit just took a long time.

The exit route takes you down to Claustral Brook and then you are supposed to follow Claustral Brook about 800m back to MGA 589837. The Brook gets deeper, it is more difficult to avoid wades and finally there was a full immersion swim. We didn't put our wetsuits back on and it being late afternoon it was very cold. There was a risk of several more swims before we reached the exit point (and increasing risk of hypothermia), so we took an alternative creek about 200m before MGA 589837 and bush bashed our way for about 500m to re-join the exit track.

There seems scope to significantly reduce the exit walk by swinging around Camels Hump exiting directly down the slope to MGA 589837 (slope, scrub and cliff edges permitting). This would significantly reduce the length of the walk out and eliminate getting wet late in the afternoon. There was also discussion about where the left fork of the 'T' junction went and if that linked in to a shorter exit track.

Everyone appeared to enjoy the trip and were in high spirits over dinner at the Indian Restaurant in Kurrajong. Thanks all for a great day.

The River Ride – Colo River day walk

5 April: Steve Brading

The party on Saturday 5 April 2014 consisted of Frank Hartigan and me. The weather was mainly overcast but dry for nearly all of the day which was a real bonus. We started walking around 8am and reached the off track ridge we needed after about 45 minutes. I put on my gaiters but they were unnecessary as the vague



off track foot pad along the top of the ridge had been enhanced by a rough bulldozer track with bush on the western side burnt as part of a bushfire management exercise. At the end of the ridge we looked at the river below Mt Townsend and there was some sand on the Mt Townsend bend. The fire

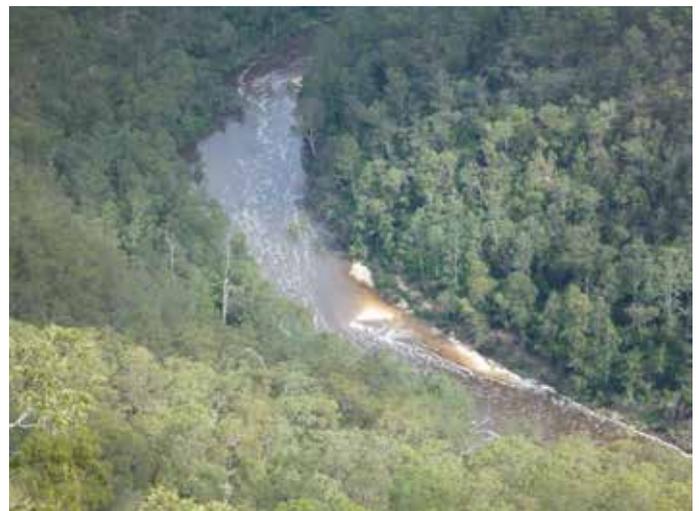
management crew had continued on foot down the steep razorback pass 34(a) burning and sawing down the small eucalypts as they went. I probably located the off track access to the eastern spur leading cliff free access to the Colo riverbank. Meanwhile Frank found a foot pad created by the Rural Fire service people leading into the gully I originally planned to skirt around and we decided to follow it and see if it reached the riverbank. The footpad containing many sawn tree stumps led to the bottom of the gully and the expected cliff. However a great deal of vegetation had been cleared away revealing a zig zag route down.

Despite sand being visible from the top of the ridge the Colo River was deep and flowing strongly and



quickly. Well I did advertise this walk as 333 level. We sealed our canyon bags and swam across the 20 metre wide river to the sand we saw from the top of the ridge and were carried roughly 100 metres downstream in the process. The water was cold. During morning tea I checked that the river level was not rising. We entered the water and commenced the 6 kilometre river ride to the Colo Meroo Reserve supported by the air in our sealed backpacks. Most of the time the river was 40 metres wide with a minimum depth over waist deep. I "float jogged" down the sandy bottom to try and keep the blood flowing in my legs. Normally the river is exposed sand with a channel less than 30 centimetres deep snaking down the sand riverbed. The fastest and deepest water was on the Mt Townsend bend and another area where the river narrowed to a similar width of 20 metres. Floating and swimming allowed us to enjoy the views of the overhangs and cliffs on both sides of the river instead of looking at the riverbed. Unfortunately I needed to climb out 10 minutes before the Colo Meroo Reserve to warm up as I was starting to cramp in my legs after roughly an hour in the water. We ate lunch and I lasted another 5 minutes before climbing out again. As we had nearly reached the Colo Meroo campsite river access track I waded the rest.

After emptying the sand out of our shoes we walked through the campsite and up the Colo Meroo foot track to the top of Mailes Ridge where we had a second lunch with a view before a straightforward walk back to the car along the Mailes Ridge foot track and the Gospers Ridge service track with a light sun shower along the way.



26th Annual NavShield

5-6 July: Caro Ryan and Vivien de Rémy de Courcelles



The NSW Emergency Services Wilderness Navigation Shield (NavShield), offers both an overnight and a day event where teams attempt to gain as many points as possible by finding their way on foot, through unfamiliar wilderness terrain to pre-marked checkpoints. It takes place on the first weekend of July on a course that covers an area of 80 to 100 square kilometres of which you can see as much or as little as you wish to. Only traditional map and compass techniques are permitted. The course will be set in a secret location, 2 to 3 hours of Sydney depending on where you live. We can only reveal that it is not east of Sydney!

The course is set by a team of skilled navigators

from the Bushwalkers Wilderness Rescue Squad, the oldest land search and rescue unit in Australia and official Search & Rescue arm of Bushwalking NSW. Following the tradition of previous years, this year's "skilled navigators" are SBW members Emmanuelle and Vivien helped by Justine who at 21 months old is proving that any club member should be able to tackle the event.

Encompassing the finest traditions and character of bushwalking, NavShield is an opportunity to get back to basics and work on important navigation skills, without the use of GPS. It's an ideal training opportunity for anyone to learn and practice navigation during a fun and enjoyable weekend. You can choose to make it as competitive or as amateur/fun as you like! It is also very safe with bush rangers roving the course and staying at radio checkpoints.

NavShield is the primary fundraising activity for BWRS, so come and support your Search and Rescue Squad, whilst promoting a great, fun event.

Past events have seen entries from a variety of Bushwalking Clubs, Police, Ambulance, Rural Fire Service, State Emergency Service, Volunteer Rescue Association and the Armed Forces.

Now is the time, two months out from the event, to organise your team.

Check out the BWRS website: <http://www.bwrs.org.au/?q=NavShield>.

The SBW Magazine Project - Update

Richard Pattison

Tom Brennan has embarked on a journey to digitise all SBW magazines dating back to 1931. Help is needed, Tom has developed a website for the project: <http://sbw.ozultimate.com/wiki/start>.

There was minimal progress in April, Easter & ANZAC Day probably took priority for most members.

Magazine Nights

In April the committee endorsed the hosting of official magazine nights. The objective is to progress the project through regular sessions and hopefully attract more members to the cause.

Dinner will be provided by the club, we just need a venue with Wi-Fi, host volunteers welcome...

Magazines

763

Completed

22 (2.9%)

Completed in March

4

Tracks and Access Report

David Trinder

Bushwalk leaders should refer to the following web site for alerts for the area in which they are walking. This report includes relevant extracts from the "Alerts" section of the "National Parks and Wildlife Service Visitor Web Site, <http://www.nationalparks.nsw.gov.au>. For further information refer to the link.

Last update: 10 April 2014

- 0 park currently affected by fire
- 73 parks with closed areas
- 17 fire bans
- 2 Hazard Reduction Burns
- 7 Parks with upcoming closed areas

For hazard reduction burning information, major wildfire updates and a list of all current incidents in NSW, please visit the NSW Rural Fire Service <http://www.rfs.nsw.gov.au/>.

Crowdy Bay National

Diamond Head Camping Area Upgrade Temporary Closure

The Diamond Head camping Area will be closed from the 5th May 2014 for up to 12 weeks.

Reason for this closure is to allow essential drainage and ground levelling works to be completed.

Deua National Park

Dampier Mountain Fire Trail - Deua National Park

Due to increased heavy traffic use (and ongoing use of trailers on this trail) over the Easter and Anzac long weekends, sections of the Dampier Mountain Fire Trail have become difficult to negotiate and will soon become impassable without significant remedial works.

As a result, NPWS are now advising visitors to not use Dampier Mountain FT to access Bendethera from the west for now. NPWS will schedule works to commence in the next few weeks to repair the section of damaged trail.

Morton National Park

Old Burrier Firetrail is closed for construction work. The alternative route between Yalwal and Burrier is via Yalwal Road and Burrier Road. For further information please contact National Parks on (02) 4428 6300.

Tianjara Fire Trail Closed: Due to environmental damage the Tianjara Fire trail is closed. The trail will be closed until urgent work can be carried out. The trail is currently impassable.

Hazard reduction burn (Ends Sunday 1 June).

UPDATE 02/05/2014: the Budawang Wilderness Area of Morton National Park is now open for bushwalking. A prescribed burn has now been completed. Bushwalkers are advised to take care in any fire affected landscapes. For further enquiries NPWS Ulladulla 02 4454 9500.

Myall Lakes National Park

Blue-Green Algae Alert for Myall Lake.

Visitors to Myall lakes National Park are advised that some camping areas will be temporarily closed over winter, to ensure the sites remain grassed, and are at their optimum for the busier holiday times. The temporary closures also allow for facility maintenances, and for pre-season hazard reduction work to be undertaken.

Sydney Harbour National Park

Track maintenance northern end of Hermit Bay on the Hermitage Foreshore Track (Ends Friday 30 May)

The walking track at the northern end of Hermit Bay on the Hermitage Foreshore Track will be closed for maintenance works. Works are expected to be complete by Friday 30 May 2014. People can detour around the works by either entering or exiting the Hermitage Foreshore Track from Tingara Ave or Queens Ave, Vaucluse.

Locations affected: Nielsen Park, Hermitage Foreshore Track, Hermitage Foreshore track.

Walks and Activities Report

Emmanuelle Convert

Leaders: After the activity, please email completed Walks Attendance Form and Activity Report to: walksreporting@sbw.org.au Please keep the signature sheet as this is a legal document. If you want your report to be published as an article email the report and any photos (jpeg or tiff format) to editor@sbw.org.au.

It would be nice to have photos in this section: send one or two photos to the editor for inclusion.

<p>2 Mar 2014 Dadder Cave and Blands Pool Blue Mountains NP</p> <p>It had rained for several days. Although the rain let up for most of our walk, it stayed cloudy and cool, and the bush was wet and the rocks slippery. There was a lot more water in the creeks than when I was there in February, making creek crossings harder, and depriving us of some of the routes along the banks. The slippery rocks made for careful and slowish going.</p> <p>The walk went to plan. Only two of us indulged in a swim in wonderful Blairs Pool. Everyone enjoyed the challenge of Pisgah Rock. The group mood was buoyant throughout, and it was a very enjoyable day.</p>	<p>Leigh McClintock</p> <p>Jan Spencer Petros Nikoloudis Tracey Avolio Nicola Piper Julian Martin Ted Nixon Jim Close</p> <p><i>P Members</i> Si Qi Wen Martyne Preston Rebecca Ridani</p>
<p>8 Mar 2014 Wentworth Falls to Leura Blue Mountains NP</p> <p>A very enjoyable walk down Darwins Walk and down the cliff stairs to National Pass. We all tried to dodge the leeches along Roberts Pass, some walkers having more success than others, blood flowing freely from some feet and leg.</p>	<p>Angela Barton</p> <p>Paul Barton Glenn Draper Chris Dowling John Robb</p> <p><i>P Members</i> Wendy Drapac Paul Notholt Neil Gillet Carolina Quesada</p> <p><i>Visitors</i> Mike Barton J Williams</p>

Have you seen the latest Colong Foundation Bulletin?

THE COLONG BULLETIN

*If not, you can download it from the Colong Foundation website at:
www.colongwilderness.org.au*



SBW members are eligible for Free Paddy Pallin Club membership.

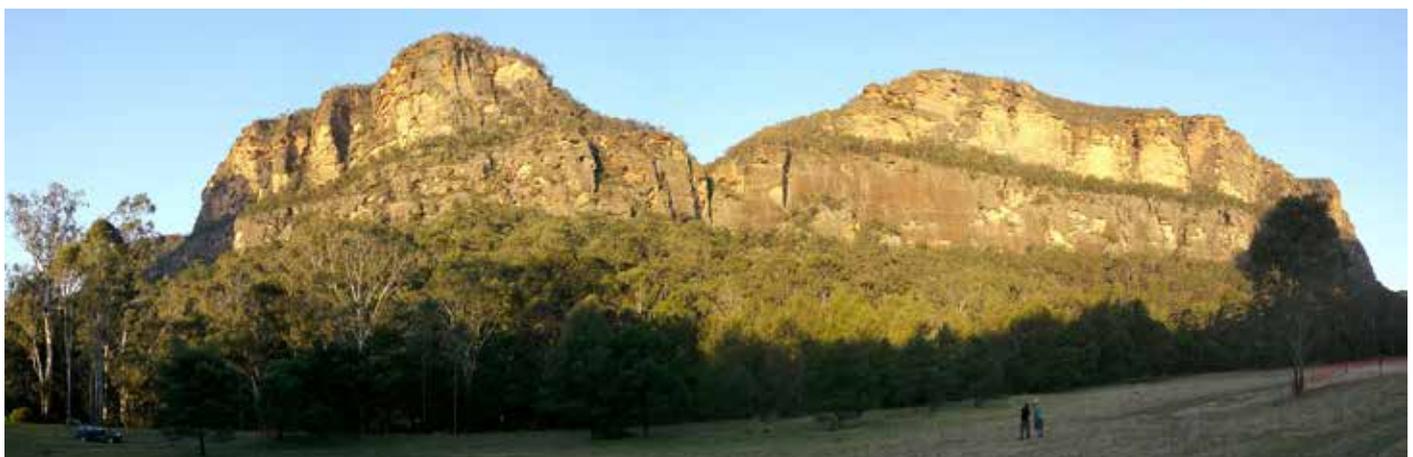
Take along the Paddy Pallin ad in this newsletter and they will honor this offer!

<p>15 Mar 2014 Butterbox (Mt Hay) Canyon Blue Mountains NP</p> <p>The weather had been iffy for days prior to the trip, but it was a glorious day as we set off from Mt Hay car park at 8:30. Another group was still in the car park preparing to start the canyon and a third group had set off just before us, but they had headed toward Mount Hay rather than down the little foot pad that heads west into the canyon so we weren't held up.</p> <p>It's a short walk before the drop into the side creek and the fun begins. The 2 stages of the main abseil are breathtaking, the first tests control and flexibility as you attempt to manoeuvre yourself onto the chock stone (everyone made it, but it was very interesting); the second tests your resolve as the abseil disappears around the corner making you wonder just how far down it goes.</p> <p>There are several opportunities for jump ins, with some opting to have a second go. At least one person demonstrated that the canyon can be done without having to do any jump ins.</p> <p>The exit track starts just to the right after the final abseil and is well defined all the way out. The climb out was very well protected by 5 ring bolts and a double ring bolt at the top to belay from. The 8m grade 10 climb was comfortably negotiated by all, but even with a secure belay the long drop below the start ledge focusses the mind and the climb takes some time to complete. There were 4 more groups totalling 14 people queuing behind us when we finished.</p> <p>A couple of lookouts on the higher parts of the exit track provide stunning views, we were given a great view of a storm as it moved down the valley toward us and eventually descended on us in torrents – the wind driving the rain at just the right angle to go straight down the ear canal (a tad unpleasant). We were pleased to reach the cars at 4:45.</p> <p>A fantastic trip enjoyed by all, certainly on my agenda again.</p> <p>Tom added a photo report on this trip to his excellent collection at: http://ozultimate.com/canyoning/reports/2014/20140315_mt_hay/photos.htm</p>	<p>Rod Wales</p> <p>Kevin Songberg Jason Miller Lucy Keatinge Marcia Kaye Neil Soutar Vivien de Remy de Courcelles Tom Brennan</p> <p><i>Visitors</i> Henrik Topolinski</p>
<p>29-30 Mar 2014 Wollemi NP - Colo Meroo Wollemi NP</p> <p>We had great weather, the rain held off until we had gone to bed. The Colo river was really high and flowing fast. The air was very humid so we did the ascent out at a reasonable time on Sunday, leaving camp at 8am.</p> <p>The group had a good time.</p>	<p>Kerry Atkins</p> <p>Lucy Keatinge</p> <p><i>P Members</i> Linda Groom Peter Conroy Anthony Gatti George Cagle</p>
<p>29 Mar 2014 North Face Trainer # 8 Ku-ring-gai Chase NP</p> <p>Stinking hot and humid day, it really smashed us. Had to go into airconditioned ALDI store at Mt Kuringgai for 45 mins just to survive, by late afternoon temperature was a little better. We all made it but lost about 4 litres each in body fluid.</p>	<p>Andrew Vilder</p> <p>Peter Cai Jane Fielding Kevin Reves</p> <p><i>P Members</i> Charitha Mohottige</p>
<p>5-6 Apr 2014 Coxs River Blue Mountains NP</p> <p>An enjoyable walk. Lovely campsite and rewarding views after climbing Goolara Peak. Despite gloomy forecasts, we only had a few drops of rain on Saturday, after we were in our tents, and we were pleased to be back at the cars on Sunday shortly before persistent rain on the drive home.</p>	<p>Owen Kimberley</p> <p>Michele Powell Tim Sutherland David Merrick</p> <p><i>P Members</i> Ross MacKenzie Dennis Dal Santo Amanpreet Singh</p>

<p>5 Apr 2014 Mt Solitary Blue Mountains NP</p> <p>The walk started well with a quick descent of the Golden Stairs. Morning tea was eaten while we de-leached ourselves at the Ruined Castle Track junction. Unfortunately, I was not feeling well and pulled out part way up the climb onto Mt Solitary. Many thanks to Chris for taking the reins and leading the party for the rest of the walk. An enjoyable day was had by all, except for me of course.</p>	<p>Angela Barton</p> <p>Alan Carpenter Julio Rodrigues Chris Dowling Petros Nikoloudis David Angell</p> <p><i>P Member</i> Carolina Quesada</p> <p><i>Visitor</i> Mike Barton</p>
<p>5 Apr 2014 Colo River via Brian Corliss Pass 34 Wollemi NP</p> <p>See article.</p>	<p>Stephen Brading</p> <p>Frank Hartigan</p>
<p>5 Apr 2014 North Face Trainer Blue Mountains NP</p> <p>A training walk covering the last 43km of the North Face 100 race trail with a checkpoint set up half way to give the group a taste of the luxury of being able to pick up water and food at regular 20-25km intervals – it’s a tough task trying to persuade bushwalkers to lighten their load to 1litre of water between checkpoints! We headed off at midday to get a few hours of walking in the dark as most of this section will be in the dark on race day. The group had been training regularly for the last 6 weeks so were already up to a speedy pace.</p> <p>Perfect training conditions with a nice downpour for the last hour which helped test out wet weather gear and think about ways to stop spectacles fogging up!</p> <p>Finished in 8hrs 50mins.</p>	<p>Helen MacDonald</p> <p>Jane Fielding Jim Vaughan Peter Cai</p> <p><i>P Member</i> Kevin Reeves</p>
<p>5-6 Apr 2014 Wolgan-Capertee Divide Gardens of Stone NP</p> <p>The biggest dropout I ever had for a walk but those who came enjoy great company, beautiful views and rain at night only save for one short-lived shower on Saturday. Water aplenty and the fields in the valleys were bright green. Justine entertained everyone on Saturday and kept her parents busy on Sunday.</p>	<p>Vivien de Rémy de Courcelles</p> <p>Jan Spencer Paul Barton Simon Hager Emmanuelle Convert</p> <p><i>Visitor</i> Justine de Rémy de Courcelles</p>



<p>6 Apr 2014 Helensburgh to Otford Royal NP</p> <p>The walk went as planned with 10 members and 5 prospective members. It started from Helensburgh station in fine sunny weather but with a forecast of rain. The burgh tack is hard to find and is not signed, however we found it by using tracks that headed in the direction we wanted, which was east. The tracks were pleasant and the bush was looking good. Garrawarra Farm made a good place for morning tea. When we arrived at the coast the rain came, so we sheltered at the South Era Surf Club and watched the rain as we had an early lunch. The South Era Surf Club is interesting because it appears to be maintained by volunteer workers who must walk down from the Garrawarra farm. It is also interesting because our club used to own some land there. After eating and when the rain stopped we headed off down the coast to Otford. The rain started again soon so it was a wet trip and an initiation for the first timers. We were early for the train so the Apple Pie Shop made a good de-leeching and socialising spot. The day was not hard or long but was a pleasant walk in the park. All prospective members performed well.</p>	<p>David Trinder</p> <p>Rosemary MacDougal Bruno de Villanoisy Robert Carter Glenn Draper Robert Sames Calogero Panvino Misako Sugiyama Tim Yewdall Jo Ajanavic</p> <p><i>P Members</i> Carley Finn Jim Collier Alice Yang Marianne Davies Braith Boyton</p>
<p>6 Apr 2014 Great North Walk – Elephant Rock Brisbane Water NP</p> <p>There was light rain, drizzle, and mist for much of the day. The conditions made it hard to get the fabulous views normally available in this area, but at Warrah Lookout the weather was better, and we had great clifftop views of Pittwater, West Head, Barrenjoey and the Hawkesbury estuary. The weather fined up once we got to Pearl Beach where we enjoyed well-earned coffees and chips at the local café.</p>	<p>Nigel Weaver</p> <p>Margaret Weaver Jim Close Linda Mallet Neil Cartwright Ted Nixon</p> <p><i>P Members</i> Susan Healey</p>
<p>8 Apr 2014 Kariong Brook Brisbane Water NP</p> <p>It was a mild day, with sunny breaks and no rain. We all caught the train to Woy Woy, and taxis from there to Staples Lookout. The views from Mt Wondabyne, where we had morning tea, were splendid. There was a lot of water in Kariong Brook, which made the cascade there quite imposing, and filled the pool up very attractively. We enjoyed our lunch there. We easily made the 3.17 train from Wondabyne back to Sydney. A number of good-sized fish, leaping from Mooney Mooney Creek, kept us entertained as we waited for the train.</p>	<p>Leigh McClintock</p> <p>Rosemary MacDougal Isabelle Moss Misako Sugiyama Sandra See</p> <p><i>P Member</i> Raechel Kercher</p>
<p>12-13 Apr 2014 Glen Davis Canyoning Wollemi NP</p> <p>Unfortunately half of the group had to cancel late-on due to different family commitments. Thank you to Simon & Sue for leading the trip, which went as planned. Skinny Dip canyon was better than expected and certainly worth the trip, however, Roggenbrot canyon was rubbish, possibly the worst canyon in the world... if it was any worse... it'd be "NA" on the Brennan scale...</p>	<p>Richard Pattison</p> <p>Simon Hager Sue Bucknell Lucy Keatinge</p>



<p>12 Apr 2014 Wild Dog Mountains Blue Mountains NP</p> <p>An enjoyable day with a fit and amicable group. We met in Blackheath at 7.45am. The forecast was for a few showers but we were lucky: there was no rain all day.</p> <p>After descending along Carlon and Breakfast Creeks we went up Blackhorse Creek and did the steep ascent up the centre of the ridge between Blackhorse Creek and Bad Dog Gully. We had morning tea whilst enjoying the views from Bad Dog Deck, then went south to the Blue Dog Ridge track and thence to Kennel Flat.</p> <p>The exploratory part of the walk commenced when we left the track at Kennel Flat with the intention of getting to upper Breakfast Creek via the ridge west of Glenmedlow Gully. Initially the leader went too far to the east and got into little gullies that feed Glenmedlow Gully; however once we were back on the ridge walking was relatively easy and as we approached Breakfast Creek we got onto the western side of the ridge to avoid cliff lines shown on the Myles Dunphy map. After a lunch stop on the ridge we reached Breakfast Creek at approx. GR 447 547. We went downstream along Breakfast Creek which necessitates some steep slippery ups and downs with exposure to get around the numerous waterfalls and lots of rockhopping and wet feet creek crossings.</p> <p>We decided not to ascend Lyrebird Ridge; instead continuing downstream to Carlon Creek and up the track to the carpark. Walk finished by torchlight and moonlight before 7pm. Everyone had walked well on a challenging walk. Thanks to Tim, John and Alan for assisting the leader.</p>	<p>Chris Dowling</p> <p>Tim Sutherland Tracey Avelio Nicola Piper John Currie Anne-Marie Cooper Alan Carpenter Robyn Christie</p>
<p>12 Apr 2014 Claustral Canyon Blue Mountains NP</p> <p>See article.</p>	<p>Rod Wales</p> <p>Terry Moss Isabel Moss Neil Soutar Brendon Anderson Melinda Turner</p>
<p>12 Apr 2014 Jenolan Jellykneemaker (NF Trainer #9) Blue Mountains NP</p> <p>Perfect weather conditions for once, sunny with coolish temperatures all day. Left Katoomba Station bang on 6am, returned there just after 11pm and missed the closing of the pizza shop unfortunately! But we were too tired to eat much by then anyway. Everyone walked their hearts out and gave their all, the + 5km/h moving average was maintained. Congrats to everyone who completed this very long day walk and a big thank you for being a part of the NF 2014 training series. Now bring on the main event!</p>	<p>Andrew Vilder</p> <p>Hamish Matheson Jane Fielding Jim Vaughan Alan Osland</p>
<p>12 Apr 2014 Four Heads Blue Mountains NP</p> <p>Crisp start to remind us of the change of seasons, fire trail then climb up slot to Ikara Head and views towards the Causeway, return on the trail then off track to Valhalla Head to say we've been there (no views), south then across a rather wet Asgard Swamp and on to the exciting Thor Head with grand views down the Grose Valley while perched on huge cliffs. Retraced steps, then down to old Asgard Mine and kiln, followed by a trip to a fabulous lookout on the side of Asgard Head that Glenn remembered, with terrific views looking towards Victoria Falls. Hasty retreat back to the cars with rain threatening. Another great day in the mountains.</p>	<p>John Kennett</p> <p>Stephen Brading Yvonne Brading Daniel Eckermann Melanie Freer Petros Nikoloudis Francis Hartigan Lisa Ochs Glenn Draper</p> <p><i>P Members</i> Paul Maddock Lyn Hungerford Jay Abeyasinghe</p>

<p>13 Apr 2014 Cedar Creek Blue Mountains NP</p> <p>We started the walk at 7:30 am from Katoomba Reserve and arrived at Ruined Castle via Furber Steps around 9.30 am. After a quick morning break we reached Cedar Gap at 1015 where we started our descent towards Cedar Creek. This is where the fun began. Descending to Cedar Creek proved to be a bit of a challenge with a few steep sections causing a few tumbles but we eventually reached the creek at 1215. We spent about an hour in and around the creek before making our way back to Ruined Castle. We managed to find the optimal route and yet it still took us 1:20 hour to climb back up to the Mt Solitary Track. We exited the Jamison Valley via the Golden Stairs and arrived back at Katoomba reserve at 1630. Altogether a solid 9 hours walk with plenty of thrills and spills along the way. Cedar Creek is definitely worth revisiting but to allow more time in the creek itself a shorter access via the Golden Stairs is recommended.</p>	<p>Bruno Villenoisy De</p> <p>Stanley Wong Stuart Corner</p> <p><i>P Members</i> Susan Healy Cassie N</p>
<p>13 Apr 2014 Glenbrook Gorge Blue Mountains NP</p> <p>This was a rough and scrubby walk up Glenbrook Gorge from the Nepean River to Jellybean Pool. Happily we had no rain on the walk despite heavy rainfall in Sydney. The scenery looking up to the clifftops on either side of the gorge was truly grand. The lower half of the gorge was trackless as we made our way over the rough rocky base. The river was higher than normal due to recent rains, and this made the four creek crossings somewhat dodgy on the wet slippery rocks. Special thanks goes to Julio for his wonderful assistance to people crossing the creek. Further up the gorge we found foot pads on the north side of the creek which later turned into a decent track, although the final section to Jellybean Pool was rough again. A couple of people had a refreshing swim here. From there we made our way up to Glenbrook station to round off a rough but enjoyable trek.</p>	<p>Nigel Weaver</p> <p>Catharina Muller Misako Sugiyama Steve Tusler Julio Rodrigues Geoff Colman R o s e m a r y MacDougal Ted Nixon</p> <p><i>P Members</i> Tina Hsu Patricia Huang</p>
<p>14-15 Apr 2014 Hundred Man Cave Kanangra-Boyd NP</p> <p>This was a solid group of 11 plus myself. 10 of the 12 were SBW members or prospectives.</p>	<p>Roy Jamieson</p> <p>Jan Spencer Graham Conden Genevieve Savill Graham Byrne Barbara Laborczfalvi</p> <p><i>P Members</i> Wendy Drapac Thuy Ho Lyn Hungerford Lynn Dabbs Yvonne Everett</p>
<p>18-20 Apr 2014 Wolgan River Wollemi NP</p> <p>On Good Friday we got a leisurely start after coffee and biscuits at the Newnes Pub. That day we made it as far as the junction of the Wolgan River and Rocky Creek, where we made our camp for two nights. The following day we took day packs downstream to Annie Rowan Creek and back. The Mount Morgan map shows the Wolgan Valley Trail following the river along its south bank for about 4 km downstream from Rocky Creek, but we could not find it. The old road we had followed from Newnes actually crosses to the north bank, just east of Rocky Creek. It is easy to follow at first, then becomes overgrown, but still discernable. For all practical purposes, it disappears where the river swings south, at about grid reference 558228.</p> <p>Newnes was packed, but there was nobody else beyond the ruins. We had the magnificent valley all to ourselves. We were back at Newnes Pub before lunch on Easter Sunday.</p>	<p>Leigh McClintock</p> <p>Don Andrews Glenn Draper Petros Nicoloudis</p>

<p>18-21 Apr 2014 Three Nights on the Kowmung Kanangra-Boyd NP</p> <p>The weather was perfect for the 4 days and 6 of us were in a wilderness area on the Kowmung River. This river is remote, wild and untouched, and the only people who have the pleasure of seeing it have walked for a day to get there. We camped for 3 nights beside it. As with most river walks many crossings were required, most of these were about knee depth but in one case a swim was required for a short distance. The outside of river bends is usually not passable and the inside of bends usually has a wide flat area to walk on. The trip out of the valley was via Roots Ridge on that hill the 3 Prospective Members were the strongest.</p>	<p>David Trinder</p> <p>Rosemary MacDougal Stanley Wong</p> <p><i>P Members</i> Carley Finn Jim Collier Ross MacKenzie</p>
<p>18-21 Apr 2014 Snowy Mountains Kosciuszko NP</p> <p>Another excellent walk with the actual route modified from that indicated on the Club Program to suit the forecast weather conditions.</p> <p>There were strong winds, cold temperatures and showers on day one (Good Friday) so we decided to head directly to the Schlink Hilton (which we had to ourselves) with some of the party opting to sleep in their tents adjacent to the hut. The remaining days and nights were fine and quite cold at night. We had good sheltered campsites, among the snowgums, with small fires to ward off the evening chills. Generally stunning views due to the Autumn atmospherics. Back at the cars by 11 am Monday for the drive home.</p>	<p>Owen Kimberley</p> <p>Michele Powell Chris Birch Richard Quinn Geri Vaughan David Merrick Jouni Leppanen Kerry Atkins</p> <p><i>P Members</i> Michele Ohannessian</p>
<p>25 Apr 2014 Julian Martin Walk Brisbane Waters NP</p> <p>Nice old ferry ride to Little Wobby where the predicted isolated showers turned into a local downpour. So much water that crossing the Tank Creek was an adventure, and the waterfall looked like a mini Niagara. The weather improved, the sun came out and the walk to Patonga was pleasant with a stunning view at Warrah Lookout. Beer and chips at the Patonga Pub, and much talk about many great shared experiences with Julian.</p>	<p>John Kennett</p> <p>Robert Carter Tony Murphy Karen Darby David Angell Jim Close Uwe Seil Charmian Seil John Flint Steve Tusler Pamela Irving Tim Yewdall P Members Susan Healey Melinda Long</p>
<p>25-27 Apr 2014 3 Peaks in 3 Days Blue Mountains NP, Kanangra-Boyd NP</p>	<p>Caro Ryan</p> <p><i>P Members</i></p>
<p>24-27 Apr 2014 An alpine journey to the source of the Murray Kosciuszko NP</p> <p>Day 1, Mountain bike 44km, via firetrail, to Cowombat Flat where the Murray officially forms (staying 2 nights). Day 2 – day hike to the very scenic Cobberas (Peak 2 & Moscow Peak). Visit the historic plane wreck. Day 3, cycle back to Tin Mine Hut (20km), climbing the Pilot as a side trip on the way. Day 4, return to Dead Horse Gap (25km) visiting Cascade Hut on the way.</p>	<p>David Carmichael</p> <p>David Sweeting Alan Osland</p>

<p>25-27 Apr 2014 Navigation 101 Kanangra-Boyd NP</p> <p>24th April 2014 The party arrived at Boyd Crossing on Thursday evening after dinner at Blackheath. Rain was threatening and tents and flys were erected. It rained during the night.</p> <p>ANZAC Day 2014. Rain and fog marked the start of the day. The first of the mapping instruction was done in the shelter of the day hut. Rosemary sprigs were distributed. Light rain and cool conditions prevailed throughout the day, lunch was a short wet affair sitting on a log. The camp site in Queen Pin Gully was green and wet with an abundance of leaches. The dry twigs and kindling kindly left by the March party were a great help in getting the fire going. Mapping and GPS instruction continued around the camp fire as the weather slowly improved.</p> <p>26th April. A patch of blue sky and a weak sun were soon banished by the clouds but with little rain. The person out in front was rotated regularly, while the rest of the party keep the map and compass in hand ready to answer for the umpteenth time where are we and why. Compass courses were laid and agreed upon and some very pretty forest was traversed to a camp on Morong Creek opposite King Pin Gully. A great camp fire with no leaches and the rain held off.</p> <p>Sunday 27th April. Moving off at 8:50am the party headed for Mount Pallin. After many compasses courses and 'where are we' questions the party headed for the Uni Rover Trail at 11:30 from the slopes of Mount Pallin. Some pig sign had been noted over the weekend but while sitting at lunch a large pig appeared some 60 meters from the party after a quick look in our direction the 120Kg pig went back the way it had come. The trail was followed to the fire trail and then a course was shaped for the helipad and on to Boyd Crossing. Where we arrived at 2pm the camp ground was deserted. The fog and mist persisted and the drive home was very slow with heavy traffic down the mountains.</p>	<p>Don Finch</p> <p>Ros Kerrigan Gordon Jagger Alan Silva</p> <p><i>P Members</i> Amanda Mallon Brendyn Spinks</p>
<p>26 Apr 2014 Wild Dog Mountains Blue Mountains NP</p> <p>Walk went as advertised. Weather was good: mostly cloudy but dry, not cold or hot. We seemed to have the Wild Dogs to ourselves: we didn't see any other people during the walk. We had morning tea downstream of the Breakfast Creek junction. Stephen showed us that it is now possible to walk along the Coxs River from Breakfast Creek to the base of Blue Dog Buttress without having to cross the river. We had a short stop at the Merrigal Creek junction before the ascent of Blue Pup Spur. Lunch was near the top of Blue Pup Spur. We went to the lookout place on Cattle Dog Ridge before descending to Breakfast Creek where we had an afternoon tea stop before the ascent of Hobbles Spur. Walk finished at 5.15pm. An enjoyable day with good company and no dramas.</p>	<p>Chris Dowling</p> <p>Tim Sutherland Stephen Brading Melanie Freer</p>

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

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!

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