



Photo: Emmanuelle Convert - Lake Macquarie rogaine

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Key contacts

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: 9957 2137

Activities Secretary Tom Brennan
activities@sbw.org.au

Membership Secretary Sandra See
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 Jan Spencer
 9555 9587
 Tracey Avolio
 0439 337 865
social@sbw.org.au

Conservation Secretary Pam Campbell
conservation@sbw.org.au

Bushwalking NSW Delegates
 Tony Holgate
confederation1@sbw.org.au
 David Trinder
confederation2@sbw.org.au
 Jim Callaway
 Leigh McClintock

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

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

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From the Vice-President

Roger Treagus

Leigh, our President is still overseas so this will be a vice-presidential message rather than the full monty. We are into spring which has three great benefits. One, the air is cool and dry and great to walk with. Two, the days are longer so no need to get to the finish early. Three, the wildflowers are out, especially the white flannel flower, and SBW emblem. So it is a great time to go walking and the program has a lot of variety in it.

One of the delights in bushwalking is in detecting the subtle vegetation changes that occur as a response to aspect, geology, soils and altitude and other more obscure factors. There was a time when I thought the Australian bush was boring sameness with every tree a gum tree. But then I went on a 2 week botany excursion for my uni environment course. How wrong was I! I learnt and finally could see the thousands of changes of appearance of the bush as we headed west from Sydney towards Broken Hill. We were in an old bus and our teacher/botanist got us out of the bus every few kilometers further west. We were told to walk around and identify the

trees and undercover. Eventually we got the hang of this and got quite excited when we "discovered" a new tree. And then we all realized how wonderfully diverse the Australian bush really is. Every bushwalk we do goes through these changes and really adds to the dimension of any walk.

From September 26 to October 6 we have a special event that celebrates the centenary of Myles Dunphy and Herbert 'Bert' Gallop's 1914 adventure into the then unknown southern Blue Mountains. The Colong Foundation has organised a series of walks that follow this path and there are parallel events in more accessible parts of the Blue Mountains as well. It is a great thing to walk into history and get a little understanding of what these very early bushwalkers faced without maps. SBW's tiger walkers of the 1930's did very much the same thing. See the Colong Foundation's website at <http://www.colongwilderness.org.au/> and our short notice activities email of 15th September.

See you on the track

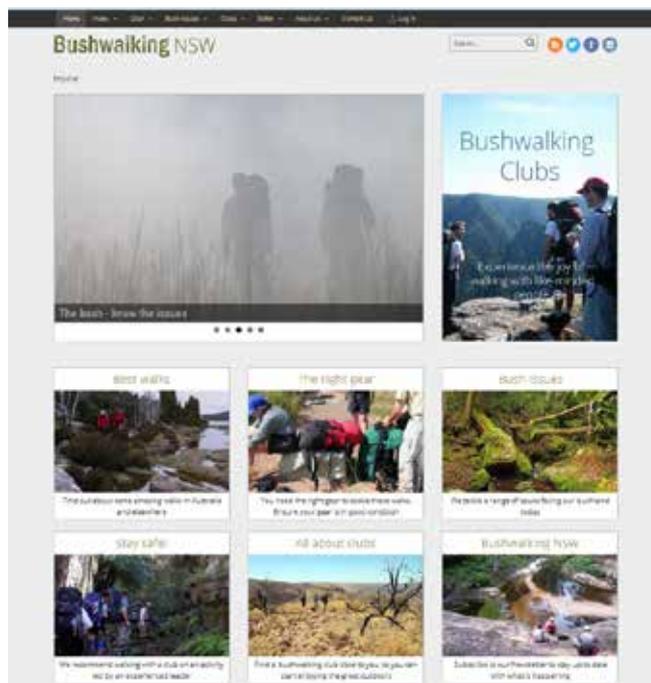
Bushwalking NSW launched new website

Bushwalking NSW (formerly known as the Confederation of Bushwalking clubs of NSW) has launched its new website.

With a more modern presentation, it contains a lot of information on bushwalking and other activities that can be enjoyed in wild places.

Current issues and archives of The Bushwalker, the magazine published by Bushwalking NSW, can also be found on the website.

Check it out at <http://www.bushwalkingnsw.org.au/>



The Larapinta trail solo

14-26 June 2014: Don Andrews

The Larapinta trail starts in Alice Springs and goes west for 218 km to Redbank Gorge through the West MacDonnell National Park.

It can be walked in either direction. I went from East to West which is the direction it was designed as the km marker posts go that way. It is also more scenic walking away from Alice, every day better than the day before. Near the end of the walk you are looking at Mount Sonder. The final challenge climbing the mountain adds 15 km to the final distance. Most walkers go in the opposite direction as it is easier to organise. You get the bus to Redbank Gorge, placing your food drops on the way, and walking back in to Alice. Doing it that way, the last two days are a bit of a let down as they are not as spectacular as the days before. Walking west you are in to the sun in the hottest time of the day. I did not find this a problem. I was aware of the sun as I had a solar charger on my backpack. On only a few days did I change it to the front. The sun was never in my eyes. Another good reason to walk to the west is you meet lots of walkers coming towards you and you can get information about things such as where there is water. When I asked whether there was water at Waterfall Gorge there was an interesting difference of opinion. "There is water there but I would not drink it" or "It looked green we were glad we carried water" or "The water at Waterfall is in a deep plunge pool and it is ok to drink". Which I did.

I walked the trail solo in 14 days. I had planned to do it in 16 and had enough food for 19 days. Solo for me was great. Being able to walk at my own pace I did not have to keep up or wait for anyone. Climbing and descending the mountains at my pace helped. I could camp when I felt like it, and that was most probably the reason I did it in 14 days, that and having no one to talk to in camp. Walking solo can be dangerous. Sattphones and beacons lessen the danger.

The walk is through a desert. If it was not for the National Parks maintaining the water tanks you would not be able to do it. There was plenty of water in the tanks, and I did not treat it. There was a fair bit of surface water, which I did treat. All the semi-permanent waterholes had some water as the area had had better than average rain, and it came late in the season.

Another reason for doing it in 14 days, or even completing it, was my pack weight. I am an ultra light backpacker with a base weight of less than 5 kg. For this walk it was 6 kg and I started out with 10 days of food at 6.5kg plus 1.5 litres of water.

My food was dehydrated and rehydrated in a freezer bag and cosy. I dehydrated my own food, my favourite being a bolognaise sauce over pasta. At

620g a day it was just enough. After picking up my food drop at Ellery Creek on day 7, I increased my food intake but still lost some body weight.

I had the John Chapman book on the Trail. I also had the National Parks Pack. I used the NP maps and photocopied some pages of the book. I also had a map on a GPS. The Trail is well marked but it is still easy to lose it. I had to back track a few times. I logged the whole trail on GPS, charging the battery with the solar charger. The route will now go on the OZ Topo Map as it only had part of it before.

All the books and experts say to wear boots not runners. I wore Trail Runners with no trouble at all, no blisters, no sore feet, legs or knees. The one woman I saw with blisters was wearing boots, another two had their boots fall apart and had new ones sent out from Alice. The Trail is hard on shoes with sharp rocks. The Brooks Cascades I was wearing had good traction in all conditions and were fast drying. My favourite item was my Zpack WPB Cuben Fibre raincoat. I wore it most of the time as a wind shirt.

Friday 13th June 2014 – Arrived on a Qantas flight at 3p.m. Paid \$60 for the last food drop key at the Tourist Information Centre. \$50 is the deposit. Stayed the night at the Desert Rose Inn.

Saturday 14th - Taxi to the Telegraph Station and started walking at 7.15 am at sunrise. Euro Ridge was great. An easy walk to Wallaby Gap. Walked up to the Gap for a look and had lunch. Then on to Hat Hill Saddle and down to Simpsons Gap - 24 km. I was going to stay in the new shelter but 4 walkers arrived so I camped in my tent.



Sunday 15th - Started walking at 8.15 am, Arengge Camp was nice, Rocky Creek had water holes with water. Had lunch at Mulga Creek, it was a nice camp spot. Spring Gap had water. I was exhausted when I got to Jay Creek - 25 km. There was a Finnish girl there doing it solo, she had spent the previous

night on top of the Chewings Range and could see the lights of Alice. I stayed in the shelter and it was so cold and windy. I won't do that again. I think the shelters are built for summer use.

Monday 16th - Left at 9.20 am. Missed an arrow out of the creek at Fish Hole and spent 30 minutes finding the track. It would have taken longer to backtrack as I had climbed around the water hole. I took the low route up the creek to Millers Flat where I had lunch. Then on to Standley Chasm. The last 4 km was spectacular, as good as anywhere on the trail. This section was marked hard. The two earlier sections were medium - 14 km. Camping on grass was a change, having a shower and washing socks and underwear was good, but ice cream and coffee by an open fire in the Resort was hard to beat. My gear was attacked by crows, no real damage just a mess.

Tuesday 17th - Started walking at 8.15 am. Not so cold in the tent this morning. This part is listed as very hard. It started off good and got better all the way up to Brinkley Bluff where I had lunch with an Asian guy walking east. I had not planned to camp up there as it is exposed and too far to carry water. Going down was extremely steep but with trekking poles and caution it was ok, not as bad as I expected. Was going to camp at Birthday Waterhole but at Stewart Pass there was water so I had a lovely camp in the creek. A hard 13 km but the best day so far.



Wednesday 18th - an 8.15 am start to the junction. I did not have to go in to Birthday Waterhole as I had water from Stewart Pass which saved me 2 km. This is also a very hard section. Hard going up Spencer Gorge and Rocky Talus and on to Windy Ridge. Razorback Ridge (photo) was interesting and I had lunch there. The descent down to Fringe Lily Creek was steep. I had planned to camp there as it had water but decided to go on to Hugh Junction. At the Junction I thought it would be nice to camp in the Gorge as there was one camp marked in the book. There was water all the way through the Gorge but did not find a camp spot till near the end of the Gorge. 21 km in 9.5 hours was very hard but it was even better than yesterday. I ended up camping 150 meters east of the water tank.



Thursday 19th - Left at 8.45 am. Last night was not so cold. A nice walk to Ghost Gum Flats then on to Rocky Gully where I had lunch and camped. The 16 km was listed as medium. On the way I met 17 school kids with huge packs, then 5 more walkers. They were the first people I had met in 2 days. I did some washing, added some credit to Sattphone and called Alison my daughter. I was checking in with her every second day.

Friday 20th - started out at 8.50 after a very cold night. Met a group of 8 and another of 2. Had lunch before the climb to the saddle. It was a pleasant medium listed 16km walk to Ellery Gorge. I spent some time there sorting out my food drop. I exchanged my excess food for a cold beer. Sat around a communal fire swapping stories with campers in the campground. There was a solo ultra light walker from WA camped near me in the creek. He was doing the whole trip in 10 days. Spent some time comparing gear and weights.

Saturday 21st - Started off at 9 am. The first section is dual signed with the Dolomite Walk which I walked last year with my wife and the reason I am doing the walk now. The walk to Serpentine Gorge is 14 km and listed as hard. On the way I met two walkers. The woman had to have new boots sent to Ormiston Gorge. She said she was lucky they fitted so well. Had lunch at the creek, arrived at the new shelter, washed my socks, underwear and sponge wash for me. I walked up to the Gorge and back and carried water to the old camping spot near the parking area.

Sunday 22nd - Not so cold last night. Started walking at 9 am. A hard climb to the ridge then a 4km amazing walk along the ridge line to Counts Point Junction. I left my pack and walked 700 meters to the lookout: what a view. Had Telstra reception, phoned in and sent some texts while having lunch. A hard walk down and in to Chalet Dam. Set up camp across the creek and walked up the Gorge to the dam. How did they get the concrete in to build it? I was again attacked by crows. This time a one litre bottle. Covered 14km.

Monday 23rd - Another nice night. Started out at 8.30am. A nice walk up Inarlanga Pass to the valley

and on to the saddle. A nice view looking back along the long valley. A high traverse through Water Fall Gorge to a camp site across from the falls. The water in plunge pool does look green, it is the reflection of the rock. The water was cool and clean. The crows were circling. 13km.



Tuesday 24th - A cold night and being in the gorge did not help. The crows got me out of bed. A slow start at 9am with a hard climb to the lookout. The view was worth the climb. A long ridge line walk and ascent to Base of Hill then along the river to Ormiston Gorge. Had a hot shower and washed my clothes, bought a drink, ice cream, a cake, a coffee and paid my camping fee. A couple in the walker's camp had a pack torn open by a dingo and some food taken. Met an ultra light backpacker, the second so far. 16km.

Wednesday 25th - Walked down to the Gorge which was lovely. I was going to do the Pound Walk but it finishes with a chest deep wade through the Gorge. Started out at 11am. It was -2c last night. A nice climb up to Hilltop lookout then down to the Fink River Camp where there is a new shelter and tank. I set up camp on the other side of the river. The water holes have water. 9km medium.

Thursday 26th - The coldest night yet. I had every bit of clothing on. I was told later it was -5. Crossing the lagoons I followed a bent arrow sign and went the wrong way. I backtracked and found my way out. At Davenport Creek I met two walkers putting their boots on. I walked through the creek and it was deeper than it looked. Climbing up Hilltop Lookout my shoes, socks and pants had dried. I met 8 tour walkers with day packs going the same way. They were doing the whole walk in 14 days. They had started the same day as I had. They were staying at Fink River Tour Camp every night and 4x4 bus to and from the start each day. I arrived at Rocky Bar Gap and had a late lunch. I had intended to stay there but there were 20 school kids camped there and was told there may be 15 more coming from another school. So I walked on I passed the Kids on the way. 35 in one camp is too many. It was a hard hot 26km walk to Redbank Gorge. I arrived at 5.30pm and set up camp in the dark. I have finished

in 13 days. Tomorrow I climb Mount Sonder.



Friday 27th - Last night was not so cold and I had to take some clothes off. Left my tent set up with my pack high in a tree. Took my bum bag with the essentials and started climbing Mount Sonder at 9am. A long, hard fantastic climb. At the top it was like being in a plane. The walk down was better than the climb up. I was writing my log in the shed in the car park when I was offered a lift to Glen Helen Resort. A shower, shave, beer, a meal maybe a steak and eggs, and a bed. I packed up my camp. Fourteen days was too fast to do this walk but even so it is one of the best walks I have done. I mailed my food drop to Glen Helen Resort who delivered it to Ellery Creek. They also drove me back to Alice Springs.



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*

Gear for Larapinta trail	Weight (g)
Backpack myog external frame Cuben Fibre	736
Tent Zpack solo + bug shelter + pegs	480
Sleep	748
<i>Thermal Rest small</i>	230
<i>Foam</i>	48
<i>Zpack 31f sleeping bag + waterproof bag</i>	470
Kitchen	470
<i>Beer can jet stove + wind shield + billy + cup + lighter</i>	285
<i>1 Litre + 750 ml Platypus water bottles</i>	65
<i>4 Litre bladder</i>	65
<i>Cosy</i>	55
Clothing	984
<i>Raincoat Zpack WPB Cuban Fibre</i>	147
<i>Rain Skirt</i>	58
<i>Jacket Marmot Solaris</i>	369
<i>Thermal top and long johns</i>	322
<i>Wool socks</i>	55
<i>Beanie</i>	33
First aid: 2 bandages, band aids, wound pads, panadol, phenergan, scissors, tweezers	172
Accessories: Head lamp, batteries, blade, deet, zinc cream, repair kit	300
Toilet: Razor, toothbrush and paste, soap, wash cloth, towel, toilet paper	136
Beacon	289
Steryphen	190
Sat phone	357
Solar charger	289
Base weight	5151
Food 10 days at 620g per day + 500ml Metho + 550ml Rum	7250
TOTAL WEIGHT	12401
Breakfast: rehydrated dried fruit, 2 Uncle Toby's instant oats, coffee, small Snickers bar	
Lunch: Pro Bar meal bar, biscuit with vegemite, Staminade	
Dinner: dehydrated freezer bag meals, bolognaise and pasta, sausage or mince with mash and vegies, black beans and rice, tuna and rice. Rum and lemon, coffee and Snickers bars.	

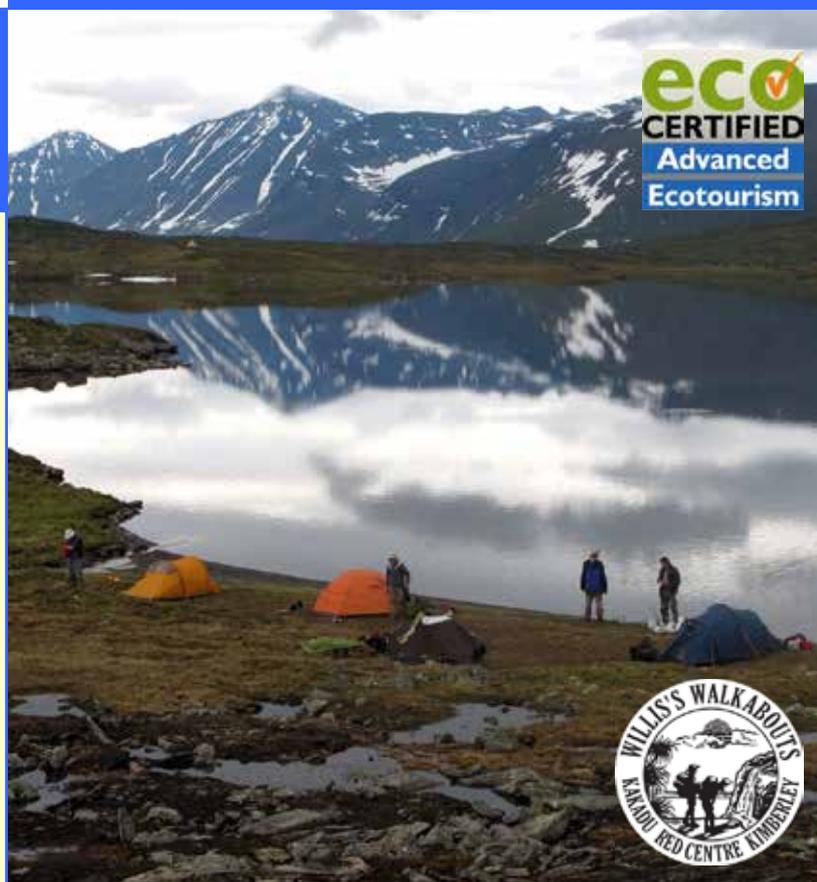
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Barrington Tops

29-31 Aug 2014: Lisa McCarthy



Tuesday dawned clear and sunny; a great way to start off our trip for the next few days. We had an easy drive to Singleton where we met up for lunch. It was windy and cold a trend that continued for the remaining days. An hour later saw us arrive at our camp site. We prepared ourselves for the intended short walk to Pieries Peak. The track for this short walk departs directly from the camping area; most convenient! Easy to follow, it leads us upwards through open forest. We reach the first peak then descend into the small saddle before rising again to the 950m summit, and the rewards were immediate; outstanding views, along with the wind whipping wildly through our hair. We could also see our intended route for the next day's pack walk; we hoped the sunny weather held out for us. Returning to the camp, we set about gathering wood and getting the fire going. Sadly, the gas BBQ's did not work, but the fireplaces had cooking plates so all was well. An enjoyable night.

Wednesday dawned another sunny day, albeit windy and cold. We did the short car shuffle and then it was straight into the Mt Royal climb to the summit at 1184m. We followed a well-trodden path through the sub alpine forest and rocks before pausing prior to the little rock scramble required to gain the ridge. Once this was accomplished, we took a breather so we could admire the amazing views from the sunny, sheltered grassy area. From this point, we entered the lush rainforest thanks to the basalt cap that adorns this peak. Vibrant green mosses covered the jumble of rocks, whilst the trees were adorned with long, graceful strands of trailing mosses and lichens. We picked our way through until we almost ran into the trig. Being keen geocachers, we performed the necessary tasks pertaining to logging trigs, and entered our names in the damp logbook. We moved

on further to a nice spot in the sun, protected from the wind for morning tea. The good track that we had followed to the summit had well and truly disappeared by now, leaving us to find our own way down the steep slope to the saddle then up the next knoll. After this was the exhilarating traverse across a narrow, rocky, exposed ridgeline, made even more exciting by the high winds. As we clung to the rocks, making our way along we paused to take in the extraordinary views of the Paterson and (further to the east) Allyn ranges, Mt Cabre Bald, Mt Cockcrow and the distant Barrington plateau. Wondrous! Soon we found ourselves on the tussocky descent to the old road. We had our lunch at Sneaky Pinch, where Kevin was the only one to attract a leech. The forest closes in at this point with a little lawyer vine to keep it interesting. The earth was a rich chocolate colour. Higher up we discovered an enormous tree fern forest, which was really beautiful. From the old road, we were serenaded by lyrebirds. It was magical.



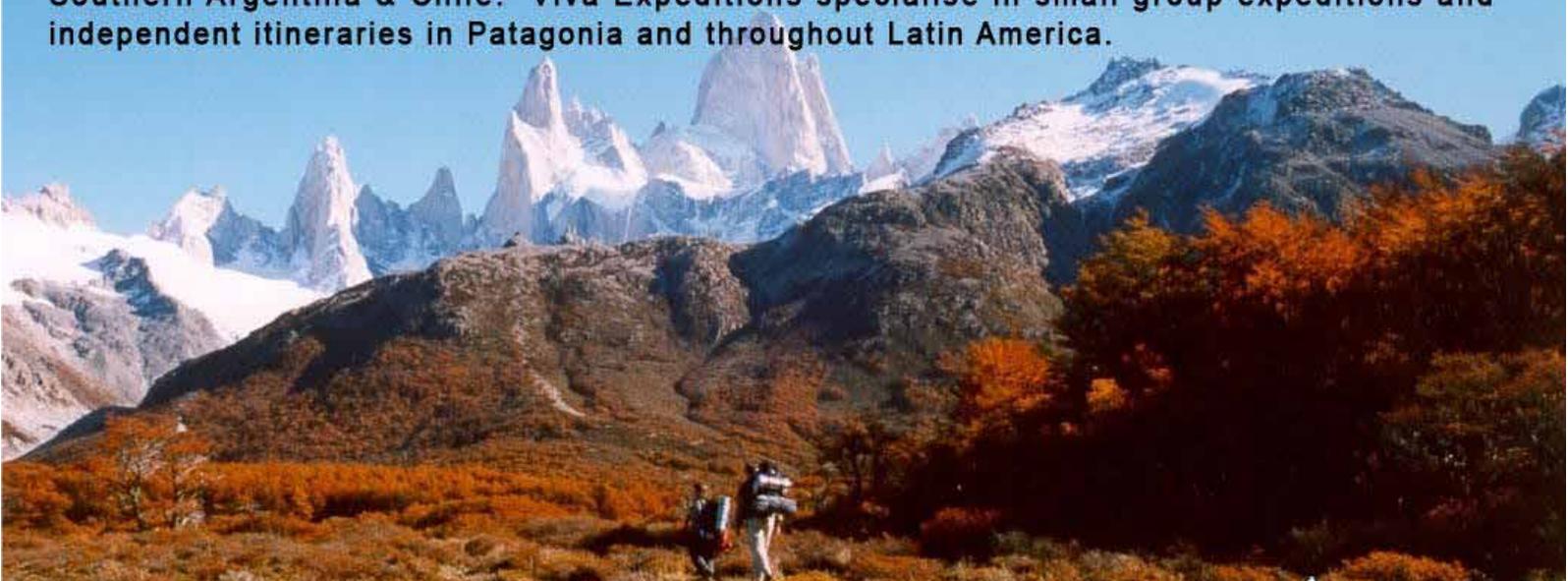
The rest of the way was a series of 'knoll hoppings' with the exception of a 250m climb to the junction of the Fal Pinnacle ridge. This was an extensive open grassy area. Our ridge traverse continued until we reached the saddle of our campsite. This was reasonably well protected and we lost no time in collecting water from Davis Creek, establishing tent sites and getting a good fire going. After a pleasant night, we had a leisurely start before heading off pack-less to climb Mt Cockcrow 1398m. We dodged most of the tangled vines, admired some more giant tree ferns and completed the last simple wander up the slope to the summit. Since my last visit, one of the vines had fallen off the trig. We performed our geocaching duties and then walked over to the clearing where more great views awaited us; Liddell Power station, Lake St Clair etc. The icy cold wind sent us scurrying back down to the sheltered grassy slope. We followed this to the end of it this time, as we had previously emerged from the scrub higher up. At this eastern end we found a really nice protected clear grassy spot where others had previously camped. Back at our camp, we saddled up our packs and began retracing our steps of yesterday. As it was another glorious sunny but windy day, we sought out a suitable morning tea spot. We were at the ridge junction in no time. From this point we took a southerly approach. This ridge was mostly open but with many trip hazards which kept everyone on their toes. It involved ups

and some steepish downs at times. Just before Fal Pinnacle we decided to take the overgrown logging trail, which saw us leave the ridge and a more gradual descent. Eventually it was just a short walk back to the car. We did the car shuffle, collected some more wood, and then set off back to Youngville for our last night. A really enjoyable few days, with lovely sunny weather and great company.



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Six Foot Track in a Day 2014

23 Aug 2014: Robert Carter



A fit and courageous group of 20 walkers set off from Explorers Tree on a cold and wet morning at 6.30 am on Saturday 23 August to participate in the Six Foot Track in a Day event. Ahead of the walking group was approx. 47 km with 1630m ascents and 1830m descents on a combination of track and fire trail with a few minor creek crossing and one wire suspension bridge. We would be met along the way at pre-arranged spots by our very much appreciated Support Crew (Rosemary MacDougall, Jim Close, Joe Laborczflavi and Steve Hungerford).

Jim Vaughan was first to arrive at Jenolan caves at 3.35 pm (noting that we did slow down the walk with the re-group points) and last was yours truly at 5.15 pm with a very painful back observed by the front runners who had retired to the main bar by that time – it is actually very peaceful walking by myself behind the main pack. Two walkers dropped along the way out (possibly the sensible ones !) and joined the support crew.

David Trinder shared many a SBW historical insight along the way including the Jan Mohandas'

inspiration behind the first Six Foot Track in a Day back in 1968 where some 40 walkers completed the inaugural walk that has been continued and completed again this day.

Following a quick tub everyone met up in an undisclosed location to partake in a recovery and rehydration sessions (aka Happy Hour) to recount our achievements and stories from throughout the day. It was then off for our three course dinner and well deserved sleep before heading home on Sunday morning following a very hearty buffet breakfast.

One of our number decided to depart early Sunday morning around 3.30 am and walk back to Katoomba arriving at 12.15 pm. Although some of us just shook our heads in amazement and admiration it was an amazing feat. We may consider offering the return leg as part of the event in 2015 (repeat - may consider offering).

All up a fantastic event with great company and camaraderie throughout. Thank you to our fantastic Support Crew for being there and ensuring that



Remembering Martin Samociuk

Vivien de Remy de Courcelles



Rebecca and Jason Lorch recently planted two trees in Coolana in memory of Martin Samociuk. Martin joined SBW in early 2009 and chose a very scrubby first club walk in Ku-Ring-Gai Chase NP. Always eager to learn and despite being an experienced walker Martin came to a new members night three months later after a stint overseas: then the new members secretary, I spent an hour talking to the crowd and wondering where I had seen that person sitting in the front row!... until we had a chat at the end of the presentation.

Martin joined me in many of the walks I led in such places as Bundanoon creek, Coolana or beyond Taffy's rock. He always showed his good nature in front of the scrub, rock hopping on slippery rocks and even spending the last hour of an eventful walk walking by torchlight.



Martin enjoyed very much his time with the club and when he was diagnosed with an incurable cancer in 2013, he decided to offer his gear for sale to SBW members and half of the proceeds of the sale be kept by the club. These new trees in Coolana, a place Martin enjoyed very much, are a fitting tribute to the memory of a man we are lucky to have known even for a short time.

Social Program

17 Sep - Kilimanjaro and Mt Meru. At 3 degrees south of the equator, Kilimanjaro spans tropical forest to ice cliffs. Mt Meru, an active 4500m-high volcano is 70k west of Kili. Giraffes and elephants roam its lower slopes and it provides a good training ground for the 6000m summit of Kilimanjaro. Geraldine Vaughan will talk about walking/climbing these incredible sites.

15 Oct - Walking in Morocco. The Atlas is the highest mountain range in Africa north of the Sahara. It consists of high plateaus, rugged ridges, stunning long range views and deeply cut river valleys. David Angell will show photos from Mt Toubkal, the highest and most frequented part of the range, as well as the more remote and seldom visited Tichka Plateau.

19 Nov - Peak to Peak - Mt Ruapehu to Aoraki/Mt Cook by human power... and other adventures. Alan Silva will present some of his fantastic trips such as the 22 day and 11 hour walk/cycle/paddle/cycle/kayak/cycle/walk with Grant Rawlinson on their December 2013 New Zealand peak to peak adventure.

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.

The SBW Magazine Project - Update

Richard Pattison

Tom Brennan is running a project to digitise all of SBW's magazines from the start of time. Tom needs help to complete the project, anyone can help, all you need is a computer with internet access. You can start contributing within minutes; check the website: <http://sbw.ozultimate.com/wiki/start>.

During August, not a single magazine was completed but a couple of magazines were partly edited.

We learnt of SBW member Colin Putt's hikes and climbs in Europe during the 1950's where he made numerous ascents, one of which being Pollux above

Zermatt - see the photo below of SBW member Melissa Thomas on the glacier below Pollux.

During the Easter 1934 long weekend, Daphne Roots started a bushwalk in Katoomba on Thursday, negotiated Tarr(o)'s ladders on Friday, camped for three nights near Medlow Gap and went back to Kattomba via the megalong valley and Nellie's Glen. Not bad for a five-month-old bushwalker!

Magazines

763

Completed

39 (5.1%)

Completed in August

0



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!

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.

14 Jun 2014	Cowan - Thornleigh	Berowra Valley NP	Frances Bottrell Nicola Piper Sandra See Stephen Brading
19 Jul 2014	Wild Dogs Circuit	Blue Mountains NP	Huw ap Rees Alan Carpenter Skye O'Donnell Stuart Corner <i>P Members</i> Joanne Armstrong
1 Aug 2014	Budgary Creek Cliffs and the "Y" Canyon	Wollemi NP	Yuri Bolotin Brendon Anderson Daryl Watson Roslyn Thorpe
2 Aug 2014	From Heaven To Hell	Ben Bullen SF	Yuri Bolotin Andrew Vilder Skye O'Donnell Melissa Suen Ian Thorpe Roslyn Thorpe Melinda Turner Damon de Costa Cathy Hui David Angell <i>P Members</i> Ciska Girault Greg Stankiewicz Nicola Buckingham



<p>2-3 Aug 2014</p> <p>It was fine weather but cold at night Coolana for the eight members attending the Camping Weekend at Coolana. Four were from SBW and four from NPA.</p> <p>Other SBW members attended to assist Don Finch with maintenance activities.</p>	<p>Coolana</p>	<p>Kangaroo Valley</p>	<p>Bill Holland <i>et al.</i></p>
			<p>Paul Barton</p> <p>Angela Barton John Robb Nicola Piper Natalia Veinberg Melanie Freer Owen Kimberley Michele Powell Petros Nikoloudis Stephen Brading</p> <p><i>P Members</i></p> <p>Ciska Girault Joanne Armstrong</p>
<p>3 Aug 2014</p> <p>Strong party with only two prospectives. All went well. Another crisp clear winter's day made it very enjoyable to be off track out in the bush. Thanks to everyone for your good company.</p>	<p>Jamison Valley Loop</p>	<p>Blue Mountains NP</p>	<p>Bruno De Villenoisy</p> <p>Sandra See Peter Cai Joe Laborczfalvi Barbara Laborczfalvi Lyonel</p> <p><i>P Members</i></p> <p>Jay Abeysingh</p>
<p>3 Aug 2014</p> <p>We started around 8am and reached Mt Solitary around 11:30am. We took a quick break around Melville lookout before having lunch on a lookout overlooking the Jamison Valley about 1 kilometre before miners pass. As we didn't want to finish before dark we decided to leave miners pass for another day. Peter Cai and the leader had explored the same route and miners pass the Monday before and we felt comfortable shortening the walk. We returned to Katoomba Falls by 5 pm. Everyone enjoyed the day, we were a tight and happy group and chatted freely throughout the day. Altogether it was another great day in the Blue Mountains.</p>	<p>Katoomba Falls to Mt Solitary</p>	<p>Blue Mountains NP</p>	<p>Angela Barton</p> <p>Paul Barton Tim Hager Tim Sutherland Rod Wales Stephen Dolphin Julio Rodrigues</p>
<p>9 Aug 2014</p> <p>The walk was a bit fishy with a Dolphin and Wales walking with us and a large school of huge carp in the Coxs River. A good pace was kept up for the day and we arrived back at the cars at 5.10. The weather was perfect for a long walk and a cooling breeze was with us on the climbs.</p>	<p>Wild Dogs</p>	<p>Blue Mountains NP</p>	



9 Aug 2014	Mt Solitary Loop	Blue Mountains NP	Alan Carpenter Peter Cai Jane Fielding Wayne Gardner Jim Vaughan <i>P Members</i> Joanne Armstrong
10 Aug 2014	Mosman Foreshores	Sydney Harbour NP	Nigel Weaver Tim Yewdall Angela Barton Belinda McKenzie Kevin Songberg David Trinder <i>P Members</i> Jenny Stephens Joy Gamuatan Mike Barton Patricia Huang Amanda Mallon
12-14 Aug 2014	Sandy Camp Adventures	Wollemi NP	Yuri Bolotin Alan Sauran Suzanne Aubrun Ian Thorpe Roslyn Thorpe
16 Aug 2014	Brooklyn to Wahroonga	Ku-ring-gai Chase NP	Frances Bottrell Alan Carpenter Jane Fielding Jim Vaughan Gordon Jagger
19 Aug 2014	Grose valley	Blue Mountains NP	Bruno de Villenoisy Nicola Piper Sandra See Stephen Brading <i>P Members</i> Ryan O'Connor Jay Abeysinghe <i>Visitor</i> Zoe Thayer
22 Aug 2014	Peninsula between Rocky and Budgery Creeks	Wollemi NP	Yuri Bolotin Daryl Watson

23-24 Aug 2014

Six Foot Track in a Day

Blue Mountains NP etc.

Robert Carter

The Six Foot Track in a Day was first held in 1968 under the leadership of Jan Mohandas (coincidentally Jan also inspired the K2K walk in the same year) with 40-odd walkers!

The 2014 event saw 20 walkers and our fantastic support crew of 4. The walk was started in drizzling rain which stayed with us during the morning before presenting ideal walking conditions for most of the day. The first walker (with a bit of running) to arrive at Jenolan Caves was Jim Vaughan at 3.35 pm and last in (your truly nursing a back injury) was 5.15 pm. After a quick shower we all met at location X for a well-deserved Happy Hour before a wonderful dinner in the Main Dining Room at Caves House to recount the many personal experiences on the track throughout the day.

A big thanks goes to our fantastic support crew - Rosemary MacDougall, Jim Close, Joe Laborczflavi and Steve Hungerford for looking after us throughout the day with refreshments on time at just the right time. Also thanks to David Trinder who continues to inspire us all and also running the last 10 km !

David Trinder
Uwe Seil
Charmian Seil
Alan Carpenter
Wayne Gardner
Frances Bottrell
Alan Osland
Nicole Mealing
Jim Vaughan
Rosemary
MacDougall
Lyn Hungerford
Jim Close
Barbara Laborczflavi
Joe Laborczflavi
Petros Nikoloudis
Jane Fielding
Tim Yewdall
Peter Cai
Penny Pang
Anita Paddock

P Members

Samira Bachir
Max Bedward

Visitor

Steve Hungerford

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*Offer ends 31 December, 2014.

<p>23-24 Aug 2014</p> <p>It had rained all week in Sydney, and it was still raining when we passed through Bell on Saturday morning. But after that, things dried out rapidly. The level of the Wolgan River was normal, and when we finally reached our camp site we were able to collect enough dry fuel to get a fire going.</p> <p>Newnes was completely deserted. We had the valley to ourselves. The walk itself was mostly on the Wolgan River Trail, with the last approx two km off track. Once we left the Trail we stayed high, to avoid the dense scrub closer to the creek. The bush was mostly quite clear, and very pretty. The creek junction itself does not provide good ground for camping, but we found a nice open, flat area up on a ridge about 150 m north of the junction.</p> <p>Cathy, Sally and Skye took capable control of navigation on the return journey, which we completed by lunch time. Everyone enjoyed the beauty of the valley, the mild weather and the early finish.</p>	<p>Wolgan River</p>	<p>Wollemi NP</p>	<p>Leigh McClintock</p> <p>Sally Reynolds Cathy Hoare Skye O'Donnell Glenn Draper</p>
<p>23 Aug 2014</p> <p>Perfect cool weather for a long walk in the Wild Dogs. An early start saw us at the Coxs River by 10.15. Thigh deep water greeted us as we crossed and then we began the long climb up Jenolan Buttress to Mt Jenolan. A cold wind and drizzle across the top of Mt Jenolan assured we had a quick lunch before the descent to the Coxs. A steady pace saw us to the top of Ironmonger and a 6.30 finish at the cars. Fantastic company and a great walk.</p>	<p>Wild Dogs</p>	<p>Blue Mountains NP</p>	<p>Angela Barton</p> <p>Paul Barton Huw Ap Rees Jason Lorch Rebecca Lorch</p> <p><i>P Members</i></p> <p>Joanne Armstrong</p>



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<p>24 Aug 2014</p> <p>The purpose of this walk was to visit the coastline of the middle section of Royal National Park, and to have the time to sit down and enjoy it at leisure, as well as to do a little exploration of the area, which is well nigh impossible on the fast-paced Bundeena to Otford walk. Indeed, we greatly enjoyed the fabulous clifftop views from North Garie Head as well as from Eagle Rock in the Curracurrong area where the waterfalls were in full flow after a week of rain. It was short but very pleasant and spectacular walk for our group.</p>	<p>Curra Moors</p> <p>Royal NP</p>	<p>Nigel Weaver</p> <p>Margaret Weaver Kerry Atkins</p> <p><i>P Members</i></p> <p>Patricia Huang Nicola Fountain Rachel Clarkson</p>
<p>24 Aug 2014</p> <p>This walk was all coastal, flat but reasonably long at 23km qualified it as a Q walk. Even so only 2 prospectives came along on what was a great weather day, sun, blue sky and only a light breeze so we were lucky with the weather as Sydney had been going through a wet patch. The walk started next to the famous Bondi Icebergs and followed the very crowded path along the coast to Coogee. As walks go this section is about the most popular in the country. One beach followed another with a rest at Clovelly enjoying the great and continuous view of the rocky coastline.</p> <p>We rock hopped around Lurline Bay and arrived early at Maroubra for lunch where we had two withdrawals due to stiff or slightly strained ankles.</p> <p>Down to 13 we walked on after lunch through to Long Bay avoiding the Malabar headland with is out of bounds and parts of the informal track go across landfill with the suspicion of asbestos there, best to avoid. The formal track ends at Maroubra so we picked a route across 4 golf courses on a route that minimised flying golf ball conflicts. As we walked south each golf course we entered was more manicured from the previous one starting out at the down market Randwick and finishing with the expensive NSW Golf Club. After Little Bay where we took a breather we then walked past the historic Prince Henry cemetery where the people that died from infectious diseases at the old Prince Henry Hospital were buried. Then past the Westpac helicopter rescue station in time to see a chopper take off we then entered Botany Bay National Park and an afternoon tea on Cape Banks, the northern entrance to Botany Bay. We then turned west away from the coast to past a few lovely quiet beaches to Henry Head with its extensive fortifications and finally to La Perouse via Congwong Beach and public transport. By now it was after 4pm and we were entertained at the end of the walk by the famous "snake man" whose family has put on a snake show at La Perouse for decades. All in all an interesting urban type walk but without much in the way of a "bush" experience. At least the great views of the coastline were compensation</p>	<p>Bondi to Botany Bay</p> <p>Eastern suburbs coastline</p>	<p>Roger Treagus</p> <p>Stephen Brading Yvonne Brading Kevin Songbird Nigel Wingate Jenny Stephens Susan Healey Andrew Craig Sarah Gough Jan McLean Roger Treagus Kevin Reeves</p> <p><i>P Members</i></p> <p>Ciska Girault Brian Tomney</p> <p><i>Visitors</i></p> <p>Allan Seymour Alan Urquardt</p>
<p>30 Aug 2014</p> <p>Soggy, wet conditions discouraged a number of people who cancelled at the last moment but two weeks of rain had stimulated a fantastic display of wildflowers. Well worth the effort - why spend the day at Westfield or watching DVDs when this short lived wonder is on show ? Great group of people.</p>	<p>Spring Flowers</p> <p>Ku-ring-gai Chase NP</p>	<p>John Kennett</p> <p>Joanna Penney Karen Brading Rosemary MacDougal Nigel Wingate</p> <p><i>P Members</i></p> <p>Ciska Girault Breda Corrigan Wendy Song Lynn Dabbs Kevin Williams</p> <p><i>Visitor</i></p> <p>Melanie Brading</p>

<p>30 Aug 2014</p> <p>A cool overcast day. An enjoyable walk which included exploring part of Norton's Gully.</p> <p>After descending off the top of Bellbird Point we went at about 160 degrees into Norton's Gully. The descent was steep but well grassed and not dangerous. Norton's Gully is pristine, not overgrown with bushes and mostly quite open. There were challenges including slippery rocks and steep banks with loose rocks. There is a significant cluster of waterfalls which we were able to get around by getting onto a spur on the Bellbird Ridge side of the gully. We reached Breakfast Creek at 11.40am.</p> <p>Lunch was at the top of Faithful Hound. Later we descended Blackhorse Spur to the Blackhorse Creek/Breakfast Creek junction. Walk finished before 5.45pm.</p>	<p>Wild Dog Mountains</p> <p>Blue Mountains NP</p>	<p>Chris Dowling</p> <p>Stephen Brading Andrew Vilder Bruno De Villenoisy Alexandra Lazar</p>
<p>30-31 Aug 2014</p> <p>An early start and a chilly day had our group admiring misty views and lots of waterfalls after the recent rain. The cooler temperature and intermittent rain keep us all moving quickly and after lunch at Dex Creek made fast progress and descended Strongleg in plenty of time to set up camp and declare the Kanangra Creek Bar open for business. Nothing light weight about anyone's pack this weekend!</p> <p>Sunday, the last day of Autumn, and the weather was a vast improvement on the chilly day before. Blue skies and perfect walking weather. Lunch on top of Taros Ladder admiring the views and then only Narrowneck with much lighter packs. Great weekend.</p>	<p>K2K2Days</p> <p>Kanangra-Boyd NP</p>	<p>Frances Bottrell</p> <p>Alan Carpenter Monica Matisan Rick Martin Genevieve Savill Angela Beveridge Steve Willems</p> <p><i>P Members</i></p> <p>Sarah Jones</p>
<p>31 Aug 2014</p> <p>We had a fine and sunny day for this very scenic walk near Hawkesbury River on the northern fringes of Sydney. There were great views of the river and the rugged hills surrounding it from Brooklyn Lookout, Lloyd's Trig, and Point Loop. We had a lovely lunch spot by the waterside at Peats Bight, one of the most isolated sections of the Reserve, where we enjoyed great views across the river to the hills and ridges on the far side. During our walk there were plenty of pink, yellow and white wildflowers out, but they were not as prolific as in some previous years. As well, none of the local waratahs had bloomed yet, which was a bit disappointing. Nevertheless, at the walk's end we finished off this very enjoyable day in good cheer with coffees, milkshakes, hot chocolates and fresh pies at the nearby café named the Pie In The Sky!</p>	<p>Lyons Trig and Peats Bight</p> <p>Muogamarra NR</p>	<p>Nigel Weaver</p> <p>Margaret Weaver Sally Reynolds David Trinder Tim Yewdall Ted Nixon Pamela Irving Jodie Dixon Vicky Zhang Karen Carkner Rosemary MacDougal</p> <p><i>P Members</i></p> <p>Sue Tiller Jacqui McGuire Joy Gamutan Sanchia Scott Zoe Thayer Mirjam Beck Nicola Fountain Rachel Clarkson Patricia Huang Mike Barton</p>

Walk updates

Don't forget to check the Short Notice Activities bulletin for any amendments to the quarterly program such as changes in walk dates.

Many walks that go into the walks program are planned weeks or months ahead and unforeseen circumstances can arise in the meantime affecting walk details and dates.



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