



Photo: Vivien de Remy de Courcelles

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From the President: Dropouts and Thick Skins

Leigh McClintock

My late father-in-law Jack McDonnell served as the NSW Electoral Commissioner for many years. He had to ensure that elections in this state were free and fair, and he also had to prosecute those who had neglected to vote. It turned out that many NSW voters were struck by some sort of calamity on or just before every voting day – afflictions, tragedies and bereavements that prevented them from going to the polling booths. They would explain their problems to Jack, in an effort to avoid being prosecuted. The litany of woe was enough to break the hardest heart.

He carried in his pocket a copy of a letter from one voter, who listed the illnesses that had kept her home on election day. The lady concerned had, among other things, malaria, whooping cough, yellow fever, glandular fever, polio, TB and a very bad cold. The list went on for the best part of a manuscript page. Miraculously, she survived – at least long enough to pay her fine.

SBW walkers seem to share some of the same experience of the wider population. A surprisingly high proportion of members who sign up for walks suffer some sort of misfortune in the days just before the event, forcing them to drop out. No one is keeping score, but in my own case I estimate 30-40% of registrants drop out over the five days before a walk.

By all accounts, I am not unique in this. There has been chat about it among leaders – enough to get it on the agenda of the September Committee meeting. I missed that meeting (I was hiking in Japan); the report I got was “yes, we can see there is an issue, but what can you do?” Apparently there is at least one club in town that has a kind of dob-in/black mark system. It sounds awful to me, and we could never get it to work anyway. We have enough trouble finding out who *has* gone on walks, without worrying about who has not!

I need to be careful not to sound holier-than-thou on this. Most of us have pulled out of walks, for very good reasons. I have missed walks for very bad reasons. The first two times I signed up for a walk with Nigel Weaver, I failed to show up. I set out both times from home, but failed to get to the rendezvous on time. I think Nigel has since forgiven me, but I don't deserve it!

Why does it matter, anyway? There are three reasons that I can think of. Firstly, the walk may be over-subscribed; some applicants may have been turned away. It is unfair to deny them a place, if you are not serious about using your higher place

in the queue. Secondly, a late drop in numbers can make a walk unviable. Either there won't be enough participants for safe walking, or there may not be enough vehicles for a planned car shuffle. In these cases, your dropping out will deny a handful of fellow club members a chance to go out into the bush. And, of course, it won't be you who calls to tell them – it will be the leader who has to do it.

Which brings us to the third reason – leaders' feelings. Yes, it's true. Those fine folk who are supposed to be able to keep a cool head while navigating through hell, managing temperamental members, nursing unfit walkers up Perrys Lookdown, locating reliable water supplies and finding a good place for dinner after the walk, HAVE FEELINGS. They like to feel appreciated. And it's impossible to feel appreciated when, on the morning of a walk, you get an SMS or email (never a phone call) saying “I've got a hangover”, or “Something's come up”. These are not made-up excuses; they have been offered to me in 2014.

There are numerous desirable qualifications for walks leaders. Most of us have most of them. Some are taught by Robert Carter and his team of generous volunteers at the various training courses that the club runs. There is one that I think is very important, but which is seldom mentioned – leaders need a thick skin. They can't afford to tear up just because no one signs up for a walk that they put a lot of effort into planning. They can't afford to pity themselves when someone who has promised to share the day or weekend with them, opts at the last minute for a better offer. They have to grin and bear it. But make no mistake, they don't like it. And if they get to dislike it enough, they will stop leading.

So next time you are about to sign up for a club activity, why not ask yourself how you think of the transaction? Do you see it as a costless option, guaranteeing you a place but leaving you free to opt out at any time? Or is it a promise? Probably neither, but somewhere in between. The leader has made a virtually ironclad promise to members, usually months ahead, to conduct an activity. When he or she accepts your request to join, nobody thinks there is anything as binding as a contract, but that acceptance is based on an assumption that you respect the work and commitment that has gone into making it all possible, and that you will behave accordingly.

When all is said and done, it is not rules and procedures that we need. What we need is just a little more thoughtful courtesy to our fellow members.

A walk in Muogamarra nature reserve

31 Aug 14: Nigel Weaver



Muogamarra Nature Reserve is located on the northern fringes of Sydney. It has Cowan and Berowra on its southern edges, Hawkesbury River on the north side, the Newcastle Motorway on its east side, and Berowra Creek on the west side. It is not a National Park. Instead, it is a Nature Reserve that is set aside for botanical research and for educational purposes. It is only open to the public for six weekends per year. They are the last three weekends in August and the first three weekends in September. At that time of the year, the wildflowers are prolific. In a good year, there are various ridgetops and hillsides where there is a virtual sea of pink, white and yellow wildflowers. In addition there are a number bright red waratahs if you know where to find them, although they usually do not come out until September.

You can enter the Reserve via a narrow dirt road that leaves the old Pacific Highway some three and a half kilometres north of Cowan. The dirt road

goes to a carpark on a ridgetop plateau where the Reserve's headquarters are located. There is a large open-sided tin shed there where you can look at various displays about the history and botany of the area. It costs \$10 per person to enter the Reserve.

Various foot tracks lead away from the Reserve's headquarters. There are great clifftop views of Hawkesbury River and its rugged adjacent hills from several places such as Tipper's Lookout, Point Loop, Lloyd Trig, and Deerubbin Lookout. There are also some other spots with great clifftop views. In addition, you can do a walk down to Peat's Bight, which is a large bay on the isolated north-western side of the Reserve, at the wide confluence of Berowra Creek and Hawkesbury River.

On 31 August twenty of us did a walk in the Reserve on a fine and sunny day. We enjoyed the views from Tipper's Lookout and then went to an isolated clifftop that I call Brooklyn Lookout because there is a fabulous view down to Hawkesbury River and Long Island in the Brooklyn area. After that we went to Lloyd Trig for more great views, and later on took the track that leads all the way down to Peat's Bight for a lovely lunch spot by the waterside. We returned part of the way from Peat's Bight and then took the steep foot track that climbs the rugged slopes up to the high craggy clifftops of Point Loop. It was a great spot for an afternoon break as we enjoyed the fabulous views down the valley to the river in the Peat's Bight area. The slopes up to Point Loop are usually prolific with wildflowers, but this year they were not as abundant as normal, probably due to the dry period from May to July, followed by an extremely wet August. Finally we did the short walk back from Point Loop to the Reserve's headquarters before finishing off a very scenic day with drinks and pies at the Pie In The Sky Café which is located on the old Pacific Highway very near the Reserve.



Photo 1: Patricia Huang - Hawkesbury River from Brooklyn lookout

Photo 2: Ted Nixon - Climbing the hillside to Point loop

Photo 3: Ted Nixon - enjoying the views from Point loop

Photo 4: Patricia Huang - Hawkesbury River from lunch spot at Peat's Bite.



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The SBW Magazine Project - Update

Richard Pattison

We've had a couple of new volunteers join the cause this month, thank you. The project's objective is to digitise all of SBW's historical magazines and preserve them for eternity. Tom Brennan is project sponsor, and needs your help.

September was the most productive month in the project's 3 year history to-date, with 8 magazines being completed. From these 8 editions, we learnt a number of things of SBW history:

- In the 1940's it was common practice to catch your dinner during the walk! This included turtle and turtle eggs in the Whitsundays and is the reason a rifle was part of the commonly used gear.
- Dot Butler made the first ascent of Tonduron Spire in the Warrumbungles.

Magazines

763

Completed

47 (6.2%)

Completed in August

8

Coolana Toilet.

Patrick James

The Coolana toilet, one of the many jewels in the Coolana crown will be closed for essential repair and maintenance. Although the work itself will not take long, some 4 to 6 weeks is required to convert the present biomass into compost. The anticipated reopening is the first week of December 2014. While the toilet is closed it will be back to basics for No 1s and No 2s. When visiting Coolana

don't forget to bring your pooper-scooper. The hand basin in the toilet will still be operational. If you feel inclined to partake in this essential work and get to know SBW from the bottom up please email me, Patrick James patrickjames28@optusnet.com.au or (second choice) phone 9567 9998.

In the social media this month

Several SBW members tied the knot in or near a national park. This couple made their wedding a full 48 hour adventure including cycling, walking, rock climbing and abseiling. <http://vimeo.com/107416411>

Everyone enjoying bushwalking should check the presentation of this "new bio-optical knowledge recording and dissemination system" called MAP. <http://www.youtube.com/watch?v=ZCp-JSVSNZM>

Willis's Walkabouts Overseas Expeditions

We have been offering overseas trips since 1990. As with our Australian trips, no one else offers trips like these where you trek into the wilderness carrying all your own food and gear.

Scandinavia, Patagonia, Vanuatu and southern Africa — we offer a variety of trips to suit different levels of fitness and interests. The photo at right was taken in July 2012 on our 11-day trek from Sweden into Norway north of the Arctic Circle. Everyone enjoyed it so much that we are offering a similar, somewhat easier trip this year.

If you've ever wanted a **different** kind of overseas holiday, you ought to have a look at what we offer. Check out our website or ask for our trip notes.

Willis's Walkabouts



Kosciuszko Huts Association Update – 1 Oct 14

Ian Wolfe

Recent Past Activities:

Redoing the floor of Cascade Hut, painting Schlink Hilton, restumping the Barn at Tin Mine, and rebuilding two walls of Teddy's Hut (also lots of other stuff)

The latest edition of the KHA Newsletter records the passing of Alan Andrews. He was one of the last of the pioneer XC skiers and a founder of XCDing in Oz. He was a scientist, lover of ballet, poet, historian and a fine author – his seminal work "Skiing the Western Faces" was the Bible to many of the skinny skiing fraternity – in his view, humanity is divided into two groups of people:

- those who could not resist the seductive call of Siren Song Creek, and have enjoyed a day that burst at the seams with joy, having just skied the NSW Ridge of Mt Twynam on a clear spring day
- and those who are yet too...

A unique special deal on four of his books is being offered by Klaus Hueneke's: <http://www.tabletoppressbooks.com/>

Looking for a Xmas present for someone? The KHA Calendar has lots of great scenic shots, and the proceeds go towards restoration of the Huts refer: <http://khuts.org/>

Future activities:

KHA Gathering – 22-23 Nov at Geehi Hut on Swampy Plain – Bush Music, Bush Tucker and Tales - \$25/head - email by 14 Nov to president@khuts.org

There will be a work bee at Westermans Homestead (mainly painting) 25-29 Oct email Bob at salijvicbob@gmail.com

Watch the website for the work party dates for Horse Camp and Mackays Huts

For those interested in participating in the above activities, more information about KHA can be found at the KHA web site: <http://khuts.org/>

I have been the Clubs KHA Delegate for many a year, but my ongoing travel commitments (I keep finding volcanoes to climb...) means that I need to pass on the old Bamboo Stock to someone else. It's a pretty easy job – read the Newsletter and web site, and occasionally post some short information articles – plus if you can get to the AGM, which is held in May at a town in the Snowys. Please give me a ring to have a yarn, or send expressions of interest to secretary@sbw.org.au

Social Program

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 - 'Exploring for Trigs and Aboriginal Heritage'. Add value to your off-track adventures. Test your navigation and problem solving skills while gaining insights into early settlement history and the rich Aboriginal culture that preceded it. With special reference to Kuringai and Marra Marra National Parks.

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.

Bush Hygiene

Robert Carter

Water is a valuable natural resource in the Australian bush however is often in short supply. As bushwalkers we need to protect our water sources and this starts with the way we behave when out their traipsing around.

So here are some basic guidelines to consider:

Do not poo or wee near running water – always select a site at least 50 metres from the nearest water source (including those that are dry at the time), dig a hole at least 15cm deep, place all waste including paper in the hole and cover it. Some people place two sticks in an 'X' to mark the location of the natural landmine.

In some sensitive areas you may be asked to collect, (double) bag and carry your personal waste for disposal at the end of the walk. Not nice but just consider it a bit like taking your puppy for a walk !

Do wash your hands regularly – especially after going to the toilet. Best practice is to also use an alcohol based hand sanitiser.

Do not wash or swim above areas where your party is drawing drinking water. If swimming, please leave the water to relieve yourself – that warm feeling in a communal swimming hole is not something that should be shared !

Do not use of soaps and detergents when washing in natural creeks and rivers. Sand and gravel work just fine to clean your billy. Empty the waste or charred contents of your meal (joking) on the ground (preferably in a hole and covered) away from the water source and don't return washing-up water to the water source.

Do treat all water (boil, filter, tablets, Steripen, etc) unless you are 100% confident of its source and quality. Your walk leader will be able provide advice on water requirements and sources – so please ask.

Do not dispose of rubbish in the bush – what you carry in you carry out ! It is OK to burn off paper-based products and cans in a fire – but take the cans with you. It is not OK to burn off plastic in a fire.

And ladies – for those special hygiene considerations it is best that you listen to the experts and I refer you to www.lotsafreshair.com where Caro Ryan shares her insights !

Caro's web site is also a valuable resource made available to bushwalkers where Caro share her experiences and insights into many different facets of our chosen past time. In particular is this enlightening short video on hygiene - <http://lotsafreshair.com/2012/08/13/poos-wees-and-other-mysteries/>

For sale

One person Microlite tent plus separate 3x4 metre fly, perfect for bushwalking, both for \$50. Ready for Christmas. Can deliver to Kirribilli. Email Barbara at bb053b@gmail.com.

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

New members

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

Kate Griffiths
Ross Mackenzie
Jenny Stephens

Janina Szyndler
Samira Bachir

Emergency Plus Mobile Phone Application

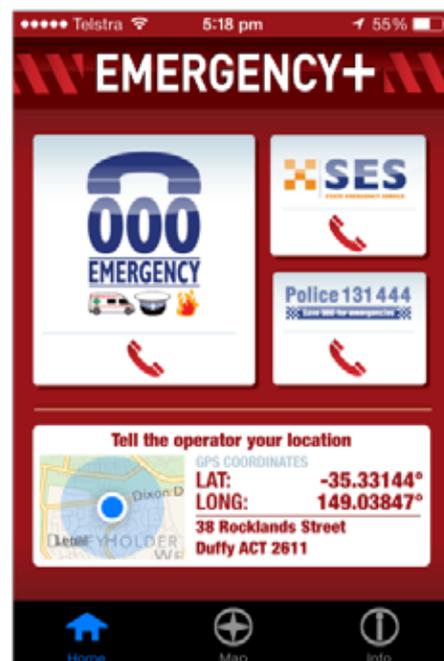
Robert Carter

Australia's Triple Zero Awareness Working Group has released a free smart phone application for both Apple and Android phone that provides:

- Information about when to call Triple Zero (000)
- Information about who to call in various non-emergency situations
- Assistance in dialling the relevant number
- GPS coordinates of the phone's location that can be provided to Emergency Services if required

Use of the application is limited to areas with mobile phone coverage.

Why is this application relevant to bushwalkers? This application is not a navigation aid however in areas where mobile coverage is available Australia-wide, the application can provide an accurate GPS reference (Where am I?) in the case of a medical emergency or if lost.



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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.

6 Sep 2014	Wild Dogs	Blue Mountains NP	Angela Barton Pam Campbell <i>P Members</i> Amanda Mallon Zoe Thayer
6 Sep 2014	Spit to Manly	Sydney Harbour NP	David Angell Virginia Waller
<p>The walk began with the party occupying a bus shelter to put on wet weather gear while the rain poured down. But then the rain eased off for the next half hour, then stopped completely, then the sun came out. Ended up as a beautiful sunny winter's day (in spring). Apart from the weather (and the cafe at Clontarf being closed), no dramas - a straightforward but enjoyable walk.</p> 			
6 Sep 2014	Navigation training	Blue Mountains NP	Vivien de Remy de Courcelles Paul Barton Jim Collier Carley Finn Andrew Vilder
6-7 Sep 2014	Orange Bluff	Kanangra-Boyd NP	David Trinder Susan Healey Brian McGrath <i>P Members</i> Jenny Stephens
<p>After seeing the K2K boys off at 6 AM, four of us started walking 3 hours later. We walked across the plateau and across to Coal Seam Cave and had morning tea at Cottage Rock. It gives me pleasure to show off the Kanangra area because it is always spectacular.</p> <p>We took lunch looking down over the Kowmung River and arrived there soon after. This river can only be seen by fit bushwalkers who have walked half a day to get there, it is remote and very few people ever see it. Because of recent rains it was flowing high and fast. We crossed it once and avoided all other crossing possibilities until we were opposite the Orange Bluff camping area. Nobody else was there so we had the big camp site with its coloured cliff face to ourselves. The camp fire conversation was lively and a long sleep afterward was welcome.</p> <p>In the morning the 600 m climb up the Brumby Ridge and the extra 250 m up to the carpark went fast but not easy. Since we had a small group there was plenty of chances for us all to practice with navigation.</p> <p>No rain, no problems and we all had a good weekend.</p>			

<p>7 Sep 2014</p>	<p>Cowan - Govetts Ridge - Brooklyn</p>	<p>Ku-ring-gai NP</p>	<p>Bruno De Villenoisy</p> <p>Tex Nixon Nicola Fountain Michelle Rose Elizabeth Sharaq</p> <p><i>P Members</i></p> <p>Zoe Thayer Joy Rachel Clarkson</p>
			
<p>13 Sep 2014</p>	<p>Five Mountains of the Wild Dogs</p>	<p>Blue Mountains NP</p>	<p>Alan Carpenter</p> <p>Genevieve Savill Helen Macdonald Frances Bottrell Natalia Veinberg Wayne Gardner</p> <p><i>P Members</i></p> <p>Joanne Armstrong Tracey Edwards</p>
<p>Thanks to everyone arriving on time we started walk at 7.45am from Galongs Farm as the low lying cloud started to disappear and greet us all with a nice spring day. Morning Tea at Blackhorse Ridge Lookout. Short break on Mt Mouin taking in more spectacular scenery continued walk through to Mt Blackhorse found a pass up to summit of Mt Warrigal, onto Mt Merrimerigal & Mt Dingo for late lunch in the pleasant afternoon sun with those amazing views around Splendour Rock. While walking towards Mobbs Soak Mrs Wombat & Child was spotted taking a stroll through the Forest.</p> <p>Another short break on the nose of Cattle Dog Ridge looking at more scenery in last of Sunlight. Darkness had descended upon completion of descent to Breakfast Creek which greeted us with a chorus of croaking Frogs. Hobbles Spur ascent completed under starlight on a still and pleasant evening walked back to cars 7.45pm. A good day and evening was completed with a relaxing dinner at The Ivanhoe Hotel Blackheath.</p>			
<p>13 Sep 2014</p>	<p>Five Mountains of the Wild Dogs</p>	<p>Blue Mountains NP</p>	<p>John Flint</p> <p>Cathy Hui Bruno De-Villenoisy <i>P Members</i> Alice Yang Lyonel Tan</p>
<p>A walk put on by Alan Carpenter was full so I formed a second group. The walk had quite a few ups and downs and with 1600m elevation gain and loss over 28km so was a good challenge. We made it back to breakfast Creek on dark so decided to go back to Hobbles Spur rather than the slightly harder Pots and Pans.</p>			
<p>13-14 Sep 2014</p>	<p>Mt Dawson Weekend Walk</p>	<p>Gardens of Stone NP</p>	<p>Tony Manes</p> <p>Frank Grennan Anne Maguire Ian Thorpe Roslyn Thorpe</p> <p><i>Visitor</i></p> <p>Simon Geisel</p>
			
<p>Excellent weekend with perfect weather, plenty of water in the grotto and excellent walking companions. Everyone had a good weekend starting with a good slow pace, suitable for the unfit leader and allowing photo's to be taken along the way. Ending with dinner and drinks at the Lapstone Hotel on the way home.</p>			

13-14 Sep 2014

Shoalhaven River

Bungonia SCA

David Trinder

This walk was a replacement for a walk on the program 4 weeks earlier. It was postponed because of forecast rain. The damage to trees and the marks on rocks caused by the heavy rain that weekend were evident and the Shoalhaven River was still too high for our party to cross.

Alan Osland
Phil Barnsley

P Members

Clare Barnsley
Laurence Bate
Samira Bashir

The plan was to go down the Bungonia Creek then go down the Shoalhaven River and come up at Badgerys Lookout where we had some cars.

Visitor

Sarah Barnsley

Because we could not cross the river and because some river banks on the side we were on, were also impassable we could not complete the planned trip.

We found a good camp site after the first day of walking and had a pleasant night. On the second day we travelled further down the river and came to a bank that we could not pass and so we returned to the cars at Bungonia via Mount Ayre.

It was a good weekend in a beautiful place and the 7 people enjoyed it.



**The latest edition of the
Bushwalking NSW magazine is available for
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www.bushwalking.org.au/mag.html



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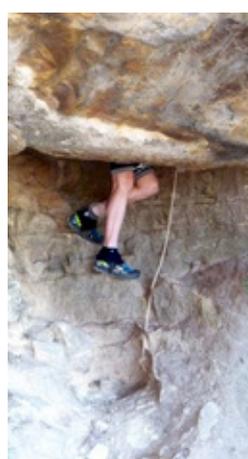
<p>13-14 Sep 2014</p> <p>What a spectacular early Spring weekend ! Early morning fog greeted us at Kanangra Walls and hung in the valleys during the day, however cleared to a magnificent clear and sunny afternoon that continues through to Sunday.</p> <p>A number of challenges experienced in finalising the walking group with few late withdrawals providing the opportunity for the reserves list to move up the pecking order. This appears to be the norm nowadays and quite frustrating for the leaders due to the additional effort required.</p> <p>Our walk out to 100 Man Cave was uneventful however some of the walkers did question the lack of detail provided and questioned the real meaning of 'undulating' and 'a few ups and downs'. I suppose we don't want to give away too much otherwise the adventure would be way too predictable.</p> <p>Following our arrival at 100 Man Cave, setting up camp and collection of water (good water close to the cave following the recent rains was better than the 600-700m descent/ascent required over the past few trips) and firewood a number of the group joined for a side trip to the magnificent 1000 Man Cave to ogle at the sheer size of this overhang. Upon leaving 1000 Man Cave we were joined by a pair of Black Cockatoo moving into their roosting tree as the afternoon sun dropped.</p> <p>Another great night around a campfire with very jolly happy hour followed by the usual sharing of stories and experiences before retiring to a still and not so cold night before most of us were awoken by a small moon with plenty of light. An early departure at 7.30 am saw us back at the cars by 3.00-ish with plenty of stops to enjoy the views on such a clear day.</p> <p>For anyone venturing out to 100 Man Cave in the near future beware of a local Currawong that isn't too backward in coming forward when you lay out your gear and any unattended food !</p> <p>Thanks to the guys for their fantastic company and congratulations to Janina Szyndler who has now completed all qualifying event.</p>	<p>100 Man Cave</p> <p>Kanangra-Boyd NP</p>	<p>Robert Carter</p> <p>Tracey Avolio Julio Rodriguez Anthony Anderson Scott Kirby Glenn Draper Brian McGrath</p> <p><i>P Members</i></p> <p>Janina Szyndler</p>
<p>14 Sep 2014</p> <p>On a fine and sunny day we started off on a short foot track into the ark, and then followed a mix of fire trails and the strip of land above the Sydney-Newcastle pipeline. The pipeline is buried two or three metres below the surface, and we could walk along the semi-cleared area on top of it. There is no track on top of the pipeline, but we could see foot-pads where other people had gone. There were several big ascents and descents for us to negotiate as we followed the pipeline, but in the end we came out high on the clifftops at Big Jim's Point where we enjoyed sweeping vistas of the winding Hawkesbury River and its adjacent hills. After lunch we followed a couple of fire trails back to the cars via a circuitous route, but one that did not have the major ups and downs that we had experienced in the morning. We finished off the day pleasantly at the Old Road Café at Mt White.</p>	<p>Big Jims Point</p> <p>Popran NP</p>	<p>Nigel Weaver</p> <p>Margaret Weaver Pam Campbell Ted Nixon Margaret Carey Jim Close James Cryer</p> <p><i>P Members</i></p> <p>Jacqui McGuire Nicola Fountain Jenny Stephens Yoon-Jung Kang Joy Gamutan Brett Alexander</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.

<p>15-18 Sep 2014</p> <p>Nine members attended the Monday to Thursday stay at "Illoura" Phegans Bay near Woy Woy.</p> <p>The house and attached studio apartment was spacious and well furnished. The large lounge and deck looked across the attached jetty to the bay and many boat moorings. Although we had the kayaks the weather proved to be fine but windy so we took the easy option of short walks and relaxing hours</p>	<p>Illoura Riverfront Cottage</p> <p>Brisbane Waters NP</p>	<p>Bill Holland</p> <p>Fran Holland Barry Murdoch Kate Murdoch Judy Barnes Colin Barnes Patrick James Gerry Leitner Rick Angel</p>
		

<p>20 Sep 2014</p> <p>The party set off in glorious spring weather, expecting to be out for 12hrs. The Prince Henry Cliff top bash offered spectacular views of our route for the day. After a quick viewing from Sublime Point lookout we started our descent of Copeland Pass at 9.30am. Although steep and exposed, the newly roped sections and hand/foot holds made it much more enjoyable than on previous occasions. Lindermans Pass was well trodden and navigating down Sublime Point Ridge was fairly straightforward with the group hitting Kedumba Fire Trail at 11.30am with everyone on top of the East Col by 2.30pm. One last stop on top of the Korowall knife edge to enjoy the spectacular panorama and back at the cars at 7.30pm. The photo is of the prospective member who chose this as his first walk with the club!</p>	<p>Sublime Point/Mount Solitary Loop</p> <p>Blue Mountains NP</p>	<p>Helen MacDonald</p> <p>Frances Bottrell Alan Carpenter Wayne Gardener</p> <p><i>P Members</i></p> <p>Clive Roberts</p>
		

<p>1-18 Sep 2014</p> <p>Four separate walks, totalling 11 days were planned at Hakusan and in the Northern and Central Alps. The third walk (two days across Asahi-dake in the N Alps) was replaced with a much easier day walk after some members developed sore knees. We also visited the Kaze no Bon festival in Yatsuo and spent a day relaxing and sightseeing in Kanazawa.</p> <p>We climbed eight mountains over 2,800 m, stayed in four hot spring resorts, saw some black bears up (very) close, and enjoyed a wide range of interesting foods. Everyone seemed well pleased with their visit.</p> <p>On 17 Sep Petros and Leigh stood on top of Sannosawa-dake and looked west 20 km to Ontake-san. Ten days later it erupted, killing more than 50 hikers.</p> <p>Next year's Japan trip - Northern and Southern Alps plus Oku Chichibu (just west of Tokyo) – will be in October.</p>	<p>Northern and Central Alps</p> <p>Japan</p>	<p>Leigh McClintock</p> <p>Lynette Preston Misako Sugiyama Suzi Smythe Bob Smythe Graham Byrne Jan Spencer Petros Nikoloudis</p>
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<p>20 Sep 2014</p> <p>Sphinx memorial is nice to stop. Lunch break at Bobbin Head coffee. The mangrove walk and the aboriginal carvings are shortly after Bobbin Head. The last ascent of 300m might be challenging to walkers with a low fitness level.</p> <p>No leeches on this walk – even though I have seen them on other occasions.</p> <p>In general an easy and relaxing walk.</p>	<p>Bobbin Head Loop</p>	<p>Ku-ring-gai Chase NP</p>	<p>Daniel Eckermann</p> <p>Virginia Waller David Trinder Lisa Ochs</p> <p><i>P Members</i></p> <p>Sue Tiller Brett Alexander Maria Joy Robert Sames</p>
<p>20-21 Sep 2014</p> <p>The last section of road before the Mt Bushwalker car park was in poor condition with a large mud hole about 100 metres before the car park which the two 4WD vehicles negotiated with difficulty. Standard cars parked where they could in the bush and the occupants walked in. Despite the obstacle most of the party started walking at 9.30am with a second group leaving 20 minutes later. The "tourist" track and the footpad out to Gadara Point were in good order and not overgrown. The weather was perfect for walking sunny with a cool temperature with a little breeze. The group enjoyed the spectacular views of the Castle and the Clyde Valley. After morning tea and the rock scramble down Gadara Point I spotted a fossil shell imprint in the base of the cliff. The climb up Pallin Pass to the top of the lower Mt Talaterang cliff line was a solid workout and everyone enjoyed the opportunity to rest at lunch with views at the top. After lunch the group made good time up to the upper Mt Talaterang cliff line and on to the afternoon tea spot with a good view of Pigeon House Mountain. We arrived at camp around 5pm with just enough time to set up and be out on the rock overlooking Byangee Walls and the Castle to the west for sunset. The firewood (now burnt) that I cut last November was still untouched indicating that perhaps nobody had visited the campsite since then. After dinner and the camp fire the group went to be quite early. It was a warm evening. We started walking on Sunday at 9am and visited the hole in the floor cave and had lunch in the saddle below Pallen Pass. We reached the car park by 4.30pm and the mud hole in the road had dried nicely during the weekend and was no longer a problem. It was an excellent weekend in good company.</p>	<p>Talaterang</p>	<p>Morton NP</p>	<p>Stephen Brading</p> <p>Yvonne Brading Sally Reynolds</p> <p><i>P Members</i></p> <p>Mandy Creighton Melissa Suen Stephanie Hickson Luke Smith</p> <p><i>Visitor</i></p> <p>Liz McPhee</p> 
<p>21 Sep 2014</p> <p>Pleasant walking for five hours on the Bairne Track with great views over a blue Pittwater on a sunny day. Then, complete change of character with off track scrambling around Mount Topham - a first time experience for some, as was a confrontation with a snake. Charred scrub from last year's bush fires rendered the group looking like chimney sweeps by the time they returned to the cars.</p>	<p>Bairne Track</p>	<p>Broken Bay</p>	<p>John Kennett</p> <p>Glenn Draper Susan Healy Kin Lee Penny Pang Philip Worledge Julio Rodrigues</p> <p><i>P Members</i></p> <p>Julie Barbic Brett Alexander Brian Tomney Nicola Fountain Antoinette Cano Antoine Yersin Isabel Yersin Yoon-Sung Kang Roslyn Millar Jenny Stephens Amanda Mallon</p>

<p>27 Sep 2014</p> <p>Another fantastic day in the great outdoors with spectacular spring weather in the Blue Mountains. This walk started out as a training walk for the leader (who has been otherwise distracted over the past 6-8 weeks) and two members embarking on a Nepal adventure in November however ended up with a party of 12.</p> <p>A very very chatty and engaged group with a great level of fitness for this longish walk with a couple of largish ascents. The ascent up Devils Hole was very pretty through the lush rain forested slot surrounded by magnificent cliffs and the large overhanging chock stone high above.</p> <p>We also managed a short off track section to provide a more direct route from Cliff Drive to Glenraphael Drive to avoid approx. 1.5 km road bash.</p> <p>Cars were parked everywhere around the top of the Golden Stairs and the traffic along the Federal Pass Track was a constant stream.</p> <p>Following our arrival back in Katoomba we visited Summit Gear for some window shopping before heading off to the pub for a debrief and much needed rehydration.</p> <p>Congratulations to Prospective Members Tracey Edwards and Kylie Carter for completing their Q-walk. Distance - 23.1km; Ascent - 1131m; Descent - 1023m.</p>	<p>Katoomba Rollercoaster</p> <p>Blue Mountains NP</p>	<p>Robert Carter</p> <p>Genevieve Savill Joanna Penney Petros Nikoloudis Nicola Piper Susan Healey Penny Pang Kin Lee Tracey Avolio Jim Close</p> <p><i>P Members</i></p> <p>Kylie Carter Tracey Edwards</p>
<p>27 Sep 2014</p> <p>An 8 am start saw us well down the Wolgan by lunch time. After negotiating the boulder field in the river, we made our way to Annie Rowan Creek. We decided not to camp there and continued on to Houstons Creek and the Totem Pole. We arrived at 4pm. An amazing site greeted us as the Totem Pole shone like gold in the afternoon sun. It has been 37 years since I have seen it and I don't think it has changed a bit. Many photos were taken and we camped on the banks of the Wolgan in shadow of the Pole. On Sunday an 8.30 am start saw us retrace our steps arriving at the cars at by 4.15pm. A wonderful weekend was had by all.</p>	<p>Wolgan River</p> <p>Wollemi NP</p>	<p>Angela Barton</p> <p>Neil Hickson Andrew Vilder Alan Osland Glenn Draper</p>
<p>28 Sep 2014</p> <p>Spring weather brought a desire to walk and many people turned up for this great walk. Everything went as planned and without incident. We started around 8:30 am and maintained a consistent but not arduous pace throughout the day. We walked through temperate rainforest, off track along Govetts Creek and Hillary Fall, and up on the cliff edge to return at Govetts Leap around 4:45pm to witness a beautiful sunset over the Grose Valley.</p> 	<p>Grose Valley</p> <p>Blue Mountains NP</p>	<p>Bruno De Villenoisy</p> <p>Melissa Suen Melanie Freer Chris Dowling Tim Yewdall Martyn Preston Barbara Gray Stuart Corner Cathy Hui</p> <p><i>P Members</i></p> <p>Yoon-Jung Kang Brett Alexander Ann-Marie Wilcock Nancy Li Edie Zhang Michael Hensen Patricia Huang Nicola Fountain Rachel Clarkson David Hou Sue Goddard</p>

30 Sep 2014	Cycling - Down South	Illawarra	Bill Holland George Mawer Brian Holden Ruedi Werner Rick Angel Penny Pang Kim Lee Chung Lee Josh Lee
30 Sep 2014	Great North Walk	Yarramalong	Leigh McClintock Sally Reynolds Jacqui McGuire Tim Yewdall Rosemary MacDougal

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