



Photo by Vivien de Rémy de Courcelles - Sunset from Horseshoe Point, Deua NP.

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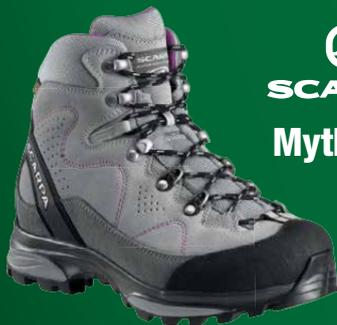
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Paddy Pallin
SINCE 1930

From the President

John Flint



A walk I went on recently reminded me in rather sudden fashion that summer was soon to arrive. At 30C and after 300m up into a long climb in the afternoon sun I was very soon brought back to a crawling pace. It all worked out well in the end with support from the group

and then making camp early. However it did make me think a bit about the dangers of heat exhaustion while pondering about walks to do in summer as this looks to be a long hot one coming up. Bushfires are going to be another danger. Walking in summer can be pleasant it is just a matter of matching the place to the conditions.

With those thoughts it is time for the summer program to be put together. Leaders and aspiring leaders, let's put together another great program. Inspiration can be found in past copies of the summer program and the SBW walks database you can find at <http://sbw.org.au/sbw-historical-walks-record>. Always good for summer are; coastal walks, urban and harbourside walks, short walks, and walks along a river. Of course the canyoning crowd will be out in force as well as this is their main season. Tom Brennan has done a great job in running the abseiling training so there should be some new recruits, hopefully enough canyoning trips for all. Hint: book early and commit to turning up! For me I might like to try a lilo trip so I am hoping to see at least one on the program. I mentioned last month we have quite a number of new prospective members so some suitable walks should get a good turnout.

On the subject of great summer walks and in fact for any time have you heard about the Sydney Great River Walk? This is a long distance walk that is being

established down the Hawkesbury system from its source near Crookwell to the coast at Broken Bay. There is a committee that has been established to formalise and have the walk officially recognized. The current chairperson Kevin Rizzoli, is calling it a day after being the chair since the Committee formed in 1999. The Committee has requested to look for a new chairperson. SBW has been represented on the committee by Roger Treagus who is happy to continue in that role but it would be fantastic if we can also find someone who would be interested in leading the committee as its chair.

All of the route finding has been done (and walked)

. Both Wilf Hilder and Roger Treagus completed this task back in 2004 and both did a lot of follow up work afterwards. It is a legacy that would be great to have SBW members attributed in some way when the walk officially opens. The project has support from an extensive range of stakeholders including local government, local businesses, tourist organizations, education institutions and the bushwalking fraternity. The committee recently met with the Minister for the Environment's office and have their support. If you are interested in taking up the chairperson role of in fact any supporting role please contact Roger or myself for more information.

Another item I would like to mention is the recent gear buy sell and swap event that was held at Kirribilli Centre. By numerous accounts it was a successful event, not just for buying a selling but also for the socialising and all the gear talk. I picked up sheet of Tyvek from Alex Allchin for my next camp cave adventure to use as groundsheet. Seems to be the go to material for the light weight brigade so I will give it a try. There was more left on the roll if you are interested. With the interest in the night it looks like we will make it a regular event on the calendar. Thanks to Tracey Avolio for all the organising.

New members

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

Stephanie Hickson
Stuart Miller

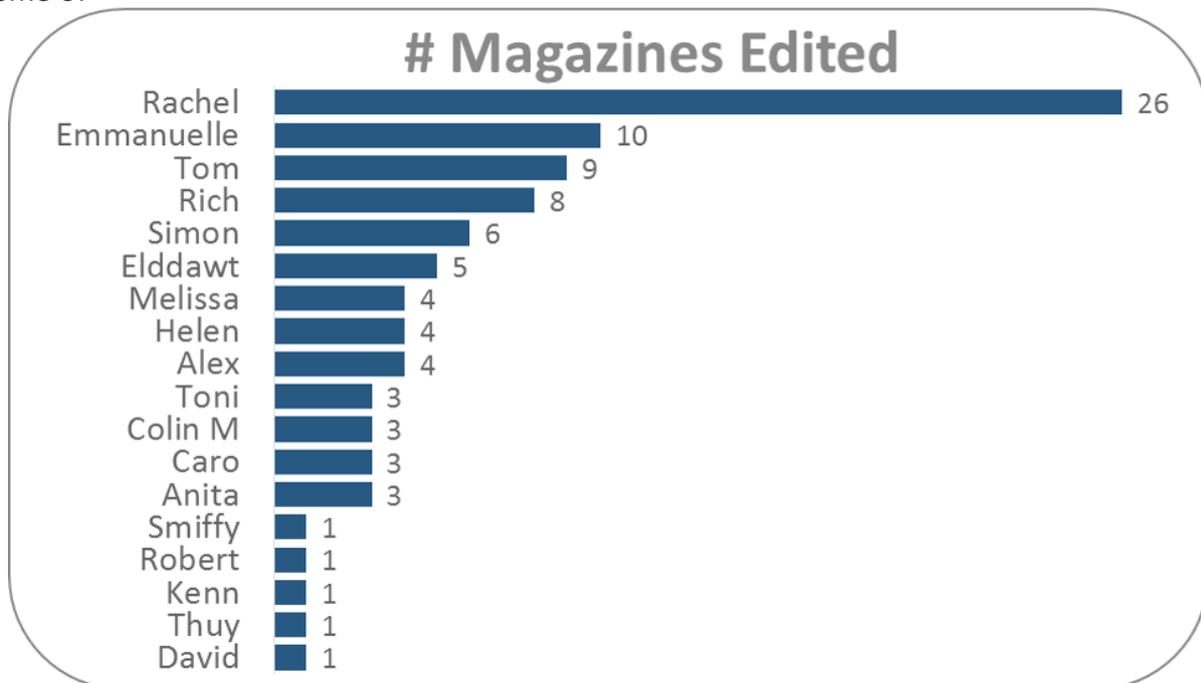
SBW Magazine Project - Update

Richard Pattison

Four magazines have been completed in the last four months. 12% of the club's magazines (93 of 763) are now fully digitised.

Thank you to everyone who has contributed to the 12% so far. Anyone can help to save the clubs' history, visit: <http://sbw.ozultimate.com/wiki/>.

There is currently a clear champion contributor to the cause, well done Rachel. Emmanuelle has also donated a great deal of time to the project, as has Kenn with 1 run on the board so far which is about to become 8!



Social Program

Wed 21 Oct - Peru Trekking. One of the world's top destinations for high mountain trekking, come and see the possibilities for yourself. Lesley Clarke has run a number of outstanding treks in the region and will also preview some future options. Slideshow of past trekking routes to Machu Picchu and in the north, a peek at future plans or find out how to get a trip organised with Colonia and with Lesley's help.

Wed 18 Nov - Remote Mongolia. Mongolia remains one of the world's last truly undiscovered trekking destinations; a land steeped in legacy created by the warriors of Chinggis Khan who created the largest land empire that the world has seen. Mongolia is a land of dramatic contrasts from barren mountains to emerald green seas of rolling grasslands dotted with herds of horses and the snowy white dwellings of today's nomadic herders. This presentation will highlight the trekking in the Wild West of Mongolia between the Twin Peaks of Kharkhiraa and Turgen and show the different contrasts that this beautiful remote country offers.

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 Mid Week Walkers

Bill Holland

The Mid Week Walkers are an informal gathering of people in SBW who find the time to enjoy walking, cycling, kayaking during the quiet times of the week when others are working hard to support us. If you would like to join us or be added to our Midweek Walkers mailing list please let me know by contacting Bill Holland 296 3084 or by email to billholland@bigpond.com

The September's stay in "The Residence" in New England National Park had five members attending and they reported a very successful week. The weather was fine but cold at night. The New England National Park offers some great walks through dense rainforest, interesting rock and cliff formations and distant ocean views from the lookout near the house. We have visited here about three times and have been always impressed by the walking opportunities and spectacular surroundings.



This month we have the house at Erowal Bay booked with eight people attending – see below. The very popular Dunns Swamp follows in November.

I will give some attention to planning next year's activities perhaps adding some new destinations to our favourite places. I would like to have suggestions and recommendations. We prefer to stay in houses or cabins with easy access to bush or water activities.

Erowal Bay: Mon 19 – Fri 23 October

This is a return visit for us. Erowal Bay is a sleepy little town situated on the banks of St Georges Basin. It is ideally situated for day trips to Booderee National Park or the pristine beaches of Jervis Bay. Popular activities include swimming, bird watching, fishing and bushwalking.

The house is on the waterfront. It is roomy and has an attached boathouse and jetty – ideal for swimming and kayaking!

Dunns Swamp: Mon 16 – 20 November



Dunns Swamp is near Rylstone and is very popular for camping and bushwalking. It boasts one of the cleanest waterways in NSW, making it great for a swim or paddle. Basic facilities for campfires and toilets are available in the camping reserve. There are many walking tracks and large rock formations that offer spectacular views of the river and surrounding bush.

We will camp next to our cars hopefully at Kookaburra Beach with close access to the water. Being mid-week we will avoid the weekend crowds. The weather at this time of the year should be warm and very suitable for water activities.

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.

The Canyon Equation

Richard Pattison

At the opening of the 2014-5 canyon season (November 2014 magazine) we reviewed the "Brennan Scale" – a measurement of a canyon's quality. Since then, a number of SBW members have adopted the scale and discussed with me at length how they've incorporated the scale and its judging into their weekly canyon routine and campfire corroboree. However, a common concern for most canyoneers lies at the bottom end of the scale - how to accurately assign a value of "1" or "NA" to the creek, where "1" is a very poor canyon and "NA" is not a canyon, just a creek.



Photo credit: Tom Brennan.

This is true - the scale does determine whether a creek is a canyon or not, through the "1" and "NA" rating, however, there is no satisfactory instructions for a novice rater to assign the 1 or NA, other than personal opinion. In fact, the scale presumes personal competency with such a decision, or familiarity with pre-existing metrics in use within the Australian canyoning community.

Therefore, let us review those pre-existing metrics.

H-T-W Metric

The pioneering canyon explorers of the Blue Mountains in the 1940s conceived the world's first "canyon determination system", or CDS, which was based on 2 measurements – the height and the width of the creek, simply – are the walls Higher Than the creek is Wide?

HTW was in wide usage during the 1940s and 1950s and was the primary focus of the "The Canyon Committee", then at the height of its powers. The Canyon Committee had divided-up the Blue Mountains into sectors and assigned those sectors to different clubs or organisations, with the purpose of discovering all HTW creeks in the state.

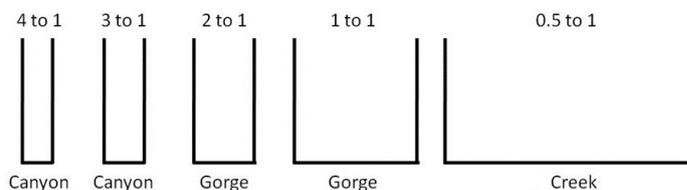
The earliest written evidence of this metric is found in the notes of Ross Wyborn who discovered Clatterteeth canyon on a SBW trip in 1964. Ross at the head of the pioneering group called back to Tom Moppett "Looks like we've got an H-T-Dub mate", which was greeted with gleeful enthusiasm.

However, during the 1960's through significant rope design improvements the sport of canyoning evolved into something similar to its present day form, and

the HTW metric was progressively neglected on exploratory trips and by spring 1968 was almost entirely forgotten.

The 3-or-4-to-1 ratio

One of the young rising canyoneers of the early 1970's was Dave Noble of Sydney Uni, he developed a theory and a new CDS over many years and countless trips that is now generally accepted as "THE CDS" by the Australian canyon community. The CDS is colloquially known as the "3 or 4 to 1 ratio" and is illustrated below:



I will not dwell on the complex math behind the CDS, but the general rule is: if the canyon walls are 3 times higher than the width of the creek, it is determined to be a canyon.

"Titta , kan jag röra båda sidor"

During the recent SBW "Constance Gorge Exploration" trip, another CDS was brought to my attention by the Hager Family. Apparently this system has been passed-down through 16 Hager generations spanning 4 centuries, and has been Simon's CDS of choice since he was just 3 years old.

The system is genius in its simplicity, and is recommended for all beginners to the sport. The name may have lost some of its meaning in translation, but is commonly known as "Look, I can touch both sides". Wow, if only Simon could remember which creeks he visited when he was 3... I'd be there next weekend for a certain Brennan 10!

Sophistication

The 3 CDS's discussed are all useful in assigning a 1 or NA to the Brennan scale, however, they all have the same flaw - the omission of horizontal distance in their equation. Therefore, a creek that passes through a narrow section of cliff-line that only runs for 5m, would officially be determined a canyon by all 3 systems. This seems inadequate, as surely that would rate a "NA" on the Brennan scale.

We can only hope that the greatest minds of the next generation stop making things that work without a wire, and instead devote their collective intellect to solve the greatest mathematical problem of the 21st century: what is a canyon?

However, the answer may come from overseas. In Oct 2014, Prof. Patrick Richardson of Utah State University published his latest work on the subject in the monthly magazine "American Canyon Weekly". His work is simply named the "Canyon Equation", and has been developed over 13 years through extensive research funded by US government grants. Prof. Richardson painstakingly measured 300+ sandstone slot canyons across Utah, then canvassed opinion from over 2,000 American canyoneers to confirm his calculations.



Summer Series 2015 has started

Vivien de Rémy de Courcelles

On a cool evening perfect for running, summer series 2015 started on 7 October in Lane Cove North.

Summer series is a programme of weekly orienteering events that run on Wednesdays from October to March. The events are held in some of Sydney's finest harbourside parks and suburban bushlands. It is a great way to discover new parts of Sydney whilst exercising and practising basic navigation. There are many categories based on age and gender and also a walking and a group category. See <http://www.sydneysummerseries.com.au/> for more info.

The goal is to collect as many of the 600 points on offer in the 45 minutes that you are allowed on the course. You do so by visiting checkpoints of different score values (10, 20 or 30 points). You can start anytime between 4.30 and 6.45pm which leaves plenty of time to plan your course.

A number of SBW members have taken part during the last couple of years prompting one of them to create a friendly competition within our ranks. This year the best SBW member at summer series (counting the best 12 results) will receive the inaugural Pattison's cup. Made of the finest paper, it is bound to become a collector.



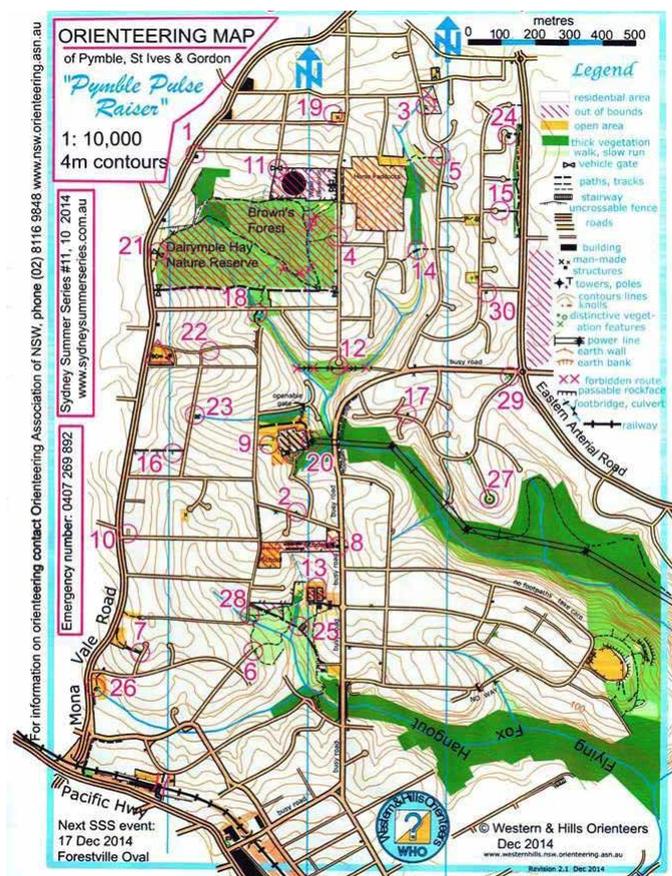
Laurent Billot has taken the lead... after two events!

Rich, Rachel, Nicole, Thuy, Chris, Serje, Emmanuelle and myself will start the chase during the following events:

- 21 Oct: Macquarie Park, park at end of Lachlan avenue

- 28 Oct: Castle Cove, Castle Cove Park, Holly street
- 4 Nov: Chatswood, Chatswood oval, Orchard road
- 11 Nov: Concord, Queen Elizabeth park, Addison road
- 18 Nov: Rodd Point, Nield Park, Nield avenue

We often go somewhere local for dinner after the event. We are easy to find: look for the group including a three-year-old girl. You can also let me know if you are coming along (Vivien.rc@exemail.com.au).



Deua exploration

Bill Raffle



The party battled heat exhaustion, a badly gashed leg, a bloody nose, cramp, blisters, shredded arms and legs, limited water and a failed ascent. A brilliant long weekend that had us gagging for more.

John Flint's meticulous research, multiple reccies and water drop enabled us to experience a stunning wilderness area within Deua National park - an untouched Kanangra Boyd type terrain with knife edge ridges, steep valleys and multiple challenges.

We drove down south on Friday afternoon and after sidestepping a wisdom of wombats we pulled into camp at Snowball. I admired John's form when he asked a couple of 4WDers if they minded if we camped close by. They seemed fine given there were only two of us but I noticed that John failed to mention that there were another three car loads on the way bringing our number to 8. Everyone arrived safely and I dozed off to sleep to the soothing melody of bleating cows interspersed with occasional gun fire.

Out of camp at 6:45 am we headed to the Big Badja where we could view our intended route and where we were treated to an intriguing history lesson from Caro about the origins of some of the names in the area.

By the time we started our major ascent in the afternoon of day one the mercury was going through the roof. I thought that some well placed jokes were the ideal antidote as one of our party started

to succumb to heat exhaustion near the top. Caro then pulled me aside to mention the "empathy" word which I think I had read about once before. Anyway, when Caro was able to shuffle me out of the way the situation began to improve.

Into camp and we got a nice fire going, happy hour nibbles were savoured and Sierra's much anticipated post dinner entertainment failed to materialise. After dinner I was thinking that Rachel, our super competent route finder for the trip. was being a bit over the top as she fastidiously put the fire out and that I would have been more than happy to do a half arsed job. Sure enough a strong wind came through not long after going to bed which flattened John's tent and I was darn thankful for Rachel's fire extinguishment work otherwise I would have had to send Robert over to put it out properly.

Next morning I thought I would sneak off early to lighten my load given the big day ahead. I went down the hill to what I thought was far enough away from the group and did some digging with my snow peg before assuming the position. I heard some rustling behind me but didn't think much of it until later that day Vivien mentioned that he had awoken to what he thought was a lyrebird scratching in the bush and on closer inspection he was rewarded with a first class view. I hadn't realised that I had strayed into Vivien's back yard but nonetheless it was lovely to be able to share such an intimate moment with him.



Halfway into day two Robert announced that he had a cut on his leg and when I looked down I could see that his shin had been opened up by one of the numerous ridgeline rocks that were shaped like stone axes. Sierra started cleaning the wound and said that there was no need to rush as there wasn't an immediate danger and we should think through





the alternatives before jumping into anything (wow - why hadn't I said that - how can someone in their early 20s be so damn competent). Sierra, with the able assistance of nurse Alex, did a fantastic patch up job.

Robert was asked if he needed anything for the pain and the answer was no and he simply got up and continued walking for the next day and a half without a single complaint - what the hell. It did kind of ruin it for the rest of the trip for those of us who wanted to winge. Anyway, Robert is now ok with no infection. I have the wound pictures if anyone is interested and yes it does look bad.

Back on the track and no water was available where we had hoped (Vivien's unselfish hauling and sharing of extra water saved the day for me) so we pushed on through to the campsite where we inhaled some of John's hidden water stash before a few of us headed off to Mother Woila. Alex expertly led us up the cliff and about 3/4 of the way up (ok it was probably 1/2 way up) Sierra opened a discussion about whether we should consider the risks and rewards of continuing up this route at such a late stage in the day and a whole lot of other sensible stuff. I had been so focussed on the next hand or foot hold that multi tasking to consider the bigger picture was never going to happen. Anyway, Alex put the group's interests above his own and he and Sierra turned us around and they were outstanding in getting us down safely. Their ability to get out of bed in the morning and their food choices on the other hand!

Arriving back at Everest basecamp after collecting some less than transparent water, I couldn't help feeling a little bit guilty at a failed attempt when I was probably the major reason for the turn back. That quickly evaporated as we arrived by torchlight



to a warm campfire and a welcoming group who showered us with cheese and biscuits and happy hour goodies.

After another good chat around the fire it was off to bed. We were sleeping under the stars again and I finally found my way back to my red sleeping bag only to get the shock of my life when it moved - sorry Rachel.

The final day included some fire trail and this was one of those rare occasions when an off track shortcut actually worked out (well played John) and with some superb navigation from Vivien, Alex, Rachel and Sierra we found a very nice patch of grass for lunch, heard some great medical stories and Robert made us a quenching cup of tea. A final race up the fire trail was superbly topped off with a bag of oranges provided by Alex and Sierra.



Group activities were concluded with a beer, lamb roast and sticky date pudding at the Goulburn Workers club where we had a few more laughs at each others expense and revelled in the camaraderie and mutual respect that comes with achieving something special. Back into the car and it was all talk about attempt number 2 on Mother Woila.

A big thank you to John Flint for his great preparation and leadership, to the fantastic company and support provided by Rachel Grindlay, Caro Ryan Vivien de Remy de Courcelles, Robert Schroettner and to my wonderful children Alex Allchin and Sierra (Suzuki) Classen.

Photos: previous page: views from Big Badja include Scout Hat and Table top with Mt Dromadery in the distance - Saturday night camp - On the way to camp. This page: Rachel and Caro on knife edge ridge to Tabletop. descending off Scout Hat - Rob, Alex and Sierra surveying Mother Woila - Last firetrail bash to the car - Monday sunrise on Mother Woila ans Little Woila from camp.

Walks and Activities Report

Emmanuelle Convert

Leaders: After the activity, please fill in the google form on the SBW website [here](#). Email your photos to e_convert@hotmail.com and the editor@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.

<p>9 Aug 2015</p> <p>Brindle Bitch</p> <p>Enjoyable day out with pleasant company.</p> <p>Brindle Dog South was an interesting ridge to navigate down and it had a nice casuarina forest closer to the river with a good campsite at its base.</p> <p>I can confirm the rumour that a cow is now living along the Coxs River. We saw a Hereford on the riverbank at morning tea near Merrigal Ck junction. Two toed hoof prints were observed on river near Scrubbers Hump on a walk earlier in the year.</p>	<p>Blue Mountains NP</p>	<p>Paul Barton</p> <p>Sue Bucknell Geoff Goodyer</p> <p><i>P Members</i></p> <p>Rhys Jones</p>
		
<p>28 - 31 Aug 2015</p> <p>Snowy Mountains snowshoe walk</p> <p>Day 1 The walk started at Guthega power station, weather was clear and it had snowed for two days before the trip so there was plenty of snow on the route, Followed the Schlunks trail to Schlunks hut camp, snow conditions was between 0.3 to 1 metre base and a bit soft which made the uphill a bit harder then normal. Snow showers on arrival to camp.</p> <p>Day 2 Schlunks hut to Valentines hut via schlunks and valentine trails. weather was clear, snow depth about 0.6m + snow still a bit soft but made good time. Some of the group explored valentines falls.</p> <p>Day3 Valentine hut to Schlunks pass camp, weather was clear but cold which meant the snow was hard and made very good time on the route. established camp in the snowgums and sent the group to Dicky Cooper bogong while we dug out a fire pit in the snow for our campfire which allowed all to enjoy the evening.</p> <p>Day4 Schlunks pass camp to Horse camp hut then Guthega power station exit, weather was clear but cold which meant the snow was hard and made very good time.</p> <p>Overall the trip went well and we all enjoyed a very different aspect of bush-walking. The weather was spectacular, mostly clear blue skies with little wind (very unusual in this area). Only real problem is most got seriously sunburn due to the reflection on the snow.</p>	<p>Kosciuszko NP</p>	<p>Terry Moss</p> <p>Jim Close Stephen Dolphin Tim Van Langenhove Steve Willems Robert Carter Karen Kool</p>

<p>30 Aug 2015 All walked well. A strong party who finished in good time.</p>	<p>Govetts Ck Passes</p>	<p>Blue Mountains NP</p>	<p>Paul Barton Calogero Panvino Gordon Jagger Bruno De Villenoisy Peter Cai</p>
			
<p>2 Sep 2015 A slightly cloudy day - not too cold - perfect walking weather. Headed off at 9.30 am with a fast pace to the Conservation Hut (need to get off that road as quickly as possible). Down through Valley of the Waters with a quick morning tea stop then a visit to the top of the Vera Falls - great view. Scrambly track across to Hippocrene Falls and up to base of Wentworth Falls for lunch. Although the sun is out it's too cold under the Falls to stay long. A more relaxed walk back to the station along Darwins Walk - coffee shop by 2.30 pm with the sun shining.</p>	<p>Wentworth Falls Circuit</p>	<p>Blue Mountains NP</p>	<p>Robyn Christie Grace Love Rosemary MacDougal Margaret Rozea Sheila Zaman <i>P Members</i> Bruce Worthington Frank Berg</p>
<p>3 Sep 2015 The weather gods were fairly kind to us again tonight with the rain stopping right before we started the walk and only making a re-appearance towards the end of the circuit. Another pleasant trip around Lane Cove river. Plenty of animal life including some adorable baby ducklings, a frog and an owl.</p>	<p>Lane Cove River Circuit (Evening Walk)</p>	<p>Lane Cove NP</p>	<p>Genevieve Savill Angela Beveridge Bill Raffle Jenny Stephens <i>P Members</i> Alexa Bullen Margaret Baz</p>
<p>4 Sep 2015 OK</p>	<p>Lost Ark Ravine</p>	<p>Newnes SF</p>	<p>Yuri Bolotin Daryl Watson Sheila Zaman Grace Love Ian Starkey <i>P Members</i> Liz Youman</p>



SBW members are eligible for Free Paddy Pallin Club membership.
Mention the Paddy Pallin ad in this newsletter and they will honor this offer!

<p>5 Sep 2015</p> <p>A spectacular warm early spring day with clear skies made near perfect conditions for the fantastic views and tackling the challenges presented by this walk.</p> <p>A large-ish group for off-track walking however the enthusiasm and constant banter provided a great atmosphere and fun along the way. All of the prospective members eagerly accepted the opportunity to navigate by compass and landmarks during the off-track section down to Fishermans Beach and also received hands-on experience in route finding down the broken cliff line. Although the 'pad' out to Taffys Rock now resembles a highway the scrub beyond Taffys remains pretty thick and required a bit of effort (from the Prospectives!).</p> <p>On our way back to Cowan, Tracey Avolio was asked to take the lead 'just in case there were any wriggles about due to the warm conditions' (all in good fun mind you!) and not long after there was a high pitched shriek at the sight of a small Brown Snake in the middle of the track. Once Tracey had calmed down we moved off and immediately there was another high pitched shriek with a second small Brown Snake only about 2m further along the track. We decided to high tail it out of there just in case mum was hanging about!</p> <p>Well done to the Prospective Members – Zhivan, Yoon, Stephanie, Lynette & Jack - on completing their Q-walk and congratulations to Stephanie Hickson who has now completed all qualifying activities to move to full membership.</p>	<p>Taffys Rock & Beyond</p>	<p>Ku-ring-gai Chase NP</p>	<p>Robert Carter</p> <p>Genevieve Savill Alexa Bullen Kelly O'Reilly Susan Healey Tracey Avolio Jodie Dixon Petros Nikoloudis Michelle Rose</p> <p><i>P Members</i></p> <p>Zhivan Wasinski Yoon Koo Lee Stephanie Hickson Jack Cocking Lynette Gill</p>
<p>5 Sep 2015</p> <p>Early morning views from Anvil rock were a good warm up but only a side trip. Descended almost immediately from the Wind Eroded Cave and scrambling directly into Bennett Gully marked the beginning of the walk, The early start had paid off as Bennett Gully glowed in the morning light.</p> <p>Leaving Bennett Gully was straightforward and we were soon on Blackheath Walls with a glimpse of views to come.</p> <p>Continuing along the cliff line and past Bennett Lookout we crossed a narrow saddle as the views continued to build, there was no disappointment as we enjoyed morning tea with a view from Bald Head.</p> <p>From here we were looking into the lower section of Hat Hill Canyon, accessing the canyon from this point was far from possible without the use of ropes and the plan was to back track along Bald Head Ridge and use the canyons track to descend to Hat Hill Creek between canyon sections two and three. The canyons track was a little broken at points, likely a result of the 2013 fires but we made good time and soon entered Hat Hill Creek.</p> <p>Walking up Creek from this point provided a change of scenery as we passed sections of pretty creek, while avoiding wet feet was easily achieved, this section of Canyon free walking would soon end; we were standing at a junction with a major side creek that entered from the west (GR 513791). And it was now time to leave the creek for Burramoko Ridge. A break in the cliff line was found at (GR 512789) and again some straight forward navigation was needed to follow a secondary ridge to Ridgewell road, and to avoid an early finish we walk a short distance out along Ridgewell Rd to Baltzer Lookout and Hanging Rock where we were entertained by a group walking a slack line across the Hanging Rock gap.</p>	<p>Anvil Rock to Burramoko Ridge</p>	<p>Blue Mountains NP</p>	<p>Brendon Anderson</p> <p>Stephen Brading Alan Osland Angela Beveridge</p> 



5 Sep 2015	Helensburgh	Royal NP	David Trinder Kate Griffiths <i>P Members</i> Svet Orrock Yvonne Chan Brenda McLennan
6 Sep 2015	Shark Rock Ridge Revisited	Ku-ring-gai Chase NP	John Kennett Robert Carter Glenn Draper George Cagle Bruno De Villenoisy <i>P Members</i> Sue Hailstone
6 Sep 2015	Glenbrook and Portal Lookout	Blue Mountains NP	Nigel Weaver Margaret Weaver Leigh McClintock Misako Sugiyama Christine McColl Jenny Stephens Virginia Waller Jim Close Nigel Wingate John Robb <i>P Members</i> Valerie Close
7 - 11 Sep 2015	Mid Week Walk - New England	New England N P	Jim Percy for Bill Holland Jo van Sommers Fran Holland Robyn O'Bryan Gerry Leitner
11 - 14 Sep 2015	Classic Kanangra	Kanangra-Boyd NP	David Carmichael Alan Osland Sue Bucknell <i>Visitor</i> Rory Hentschel
12 Sep 2015	Grose Valley - Carne Wall	Blue Mountains NP	Bruno De Villenoisy Jay Abeysinghe Stephen Brading Jane Fielding Cathy Hui Catharina Muller Virginia Waller <i>P Members</i> Peter Bruce Liz Youman

12 Sep 2015	Temple of Doom	Newnes State Forest	Melinda Turner Glenn Draper Josette Squires Ed Squires Andrew Vilder Scott Lee
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We had a particularly stunning day for this trip. The Temple of Doom is an amazing ridge of pagodas that was recently highlighted in the Gardens of Stone Infocus Photographic Competition. We also visited Lost Ark Point and Indiana Slot, and thanks to Yuri's very precise map marking we exited via an unnamed gully to the 1056 highpoint to the east. A little more exploring of the spectacular cliffline, and we then found a very well place fire trail to return to the cars.

12 - 13 Sep 2015	Pantoneys Crown	Gardens of Stone NP	Frances Bottrell Paul Barton Tracey Avolio Damon De Costa <i>P Members</i> Joel Landon-Lane
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A great weekend to revisit Pantoneys Crown. Having been there so recently, it was easy moving across Baal Bone and the saddle and up the rather fun, if not slightly heart rate elevating climb up the Southern End of Pantoneys. With longer daylight hours and such a quick ascent we arrived in plenty of time to set up camp and for a great sunset. Such a wonderful place to visit and almost impossible to tire of the expansive views.



12 - 13 Sep 2015	100 Man Cave	Kanangra-Boyd NP	Robert Carter Barbara Laborczfalvi Joe Laborczfalvi Grace Love Peter Love <i>P Members</i> Regina Law Philip Law Stacey Johnstone
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Fantastic early spring weather however a little warm during our walk out to 100 Man Cave on Saturday.

Kanangra was very busy this weekend with Geoff Boyd leading a group from Brisbane Waters Outdoors Club heading to 1000 Man Cave, Alan Osland and friends heading off for some canyoning and Cotter Erikson with a group heading for Kalang Falls – amongst others. Good news was that we shared 100 Man Cave with only another couple with Blake just happening to be the newly appointed NPWS Ranger for Kanangra Boyd and Jenolan Karst NPs.

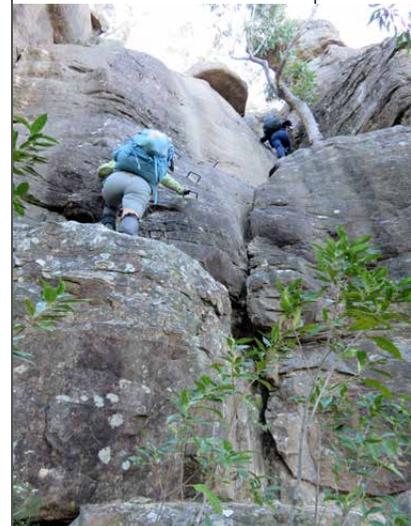
Our group was very engaged and social with a fantastic happy hour and discussion around the fire with our new friends Stephanie and Blake (who just happened to be the newly appointed NPWS Ranger for Kanangra Boyd and Jenolan Karst NPs). Also a quick side trip out across to 1000 Man Cave topped off a fabulous weekend walking.

Congratulations to Regina and Philip Law who have now completed all qualifying events to move to full membership.



12 - 19 Sep 2015	Charlotte Pass Skiing	Kosciuszko NP	<p>Kenn Clacher</p> <p>Maureen Carter David Carter Richard Winthorpe Neil Hickson Lucy Keatinge Edith Baker Angela Barton Marianne Watt Margaret Rozea Greg McKay</p> <p><i>P Members</i></p> <p>Jon Bell</p> <p><i>Visitor</i></p> <p>Twenty two visitors, many of them members of the NSW Nordic Ski Club</p>
			
13 Sep 2015	Mt Wilson to Wollangambe River	Blue Mountains NP	<p>Rosetta Lee</p> <p>Glenn Draper</p>
13 Sep 2015	Exploring Donkey Mountain	Gardens of Stone NP	<p>Melinda Turner</p> <p>Jodie Dixon Jane Chan</p>
13 Sep 2015	Illawarra Escarpment	Wollongong	<p>Pam Campbell</p> <p>Vicki Zhang John Robb</p> <p><i>P Members</i></p> <p>Vincent Murray</p>

14 Sep 2015 OK	Lesser Barnacles and more	Blue Mountains NP	Yuri Bolotin Daryl Watson
<p>14 - 16 Sep 2015 Kanangra to Katoomba Kanangra-Boyd NP, Jenolan Karst NP</p> <p>A warm few days in which to walk the iconic K2K route however completing over 3 days provided us the opportunity to take in this wonderful part of the world and spend plenty of time chatting.</p> <p>Following our 100 Man Cave adventure over the previous 2 days there was some trepidation to continue through to Katoomba due to the warmer conditions and having to walk back out to Mt Cloudmaker however the sense of adventure kicked in and everyone signed-up!</p> <p>The track/pad is fairly obvious due to increased use however there are still a few sections where the pad disappears – especially on the final descent of Strongleg Ridge. Our first night’s camp was at Konangaroo Clearing where we all took the opportunity for a nice refreshing wash. Grace had been talking up her new Laksa recipe the past few days and it looked very nice only to end up in the dirt around the fire place – unfortunate.</p> <p>Everyone did very well ascending Yellow Pup before heading to Mobbs Soak to take on water for our second night’s camp at Medlow Gap. Not far after passing the Splendour Rock turn-off we met two young ladies bypassing the track due to a ‘large snake or lizard under THAT rock’ which ended up being a very large Lace Monitor attempting to hide from the unexpected human invasion.</p> <p>Following a mid afternoon nanna nap (more like getting out of the heat) we emerged from our tents to meet three other walkers who looked in pretty beat up shape. They were a day overdue and waiting for a Police extraction after taking the wrong ridge down Yellow Pup (not sure how), attempting to ascent Strongleg Ridge (not sure why) however unable to locate the pad and then turning back only for one of the group to experience serious foot damage due to poorly fitted boots (swollen toes and nails were starting to lift). We lit a fire, boiled a billy, made them a cuppa and encouraged them to join a bushwalking club whilst awaiting their extraction which came in the form of Senior Constable Jayne in a new police 4WD.</p> <p>We arrived back in Katoomba at midday and headed straight to the pub for a nice lunch and few refreshing ales before heading home. Grace and Stacey were fantastic company throughout the five days we spent together.</p>			<p>Robert Carter Grace Love <i>P Members</i> Stacey Johnstone</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!

Use this wonderful resource to help plan your next walk!

<p>19 Sep 2015</p> <p>Heathcote to Bundeena</p> <p>Royal NP</p> <p>A nice day for walking considering the suspect weather forecast however only one short light shower experienced. We also had some logistics to work around due to track work however I must say that Sydney Trains have picked up their act with the replacement rail buses and we experienced no real delays at either end of the walk.</p> <p>This walk traverses the Royal from south-west to north-east and provides and experience of most vegetation zones existing within the park. The Wildflowers were in bloom throughout the walk and this also contributed to an abundance of bird life.</p> <p>A well-timed arrival in Bundeena provided time for some relaxation in the afternoon sun with a cold beverage before catching the ferry back to Cronulla and then rail bus to Sutherland. A great group to walk with and share the experience.</p> <p>There were the eight late drop-outs for this walk (six Prospective Members) including five who appeared to come down with the flu on Saturday morning! It was most disappointing that the late notice precluded those on the reserves list from being offered the opportunity to join the walk – this is pretty poor form.</p>	<p>Robert Carter</p> <p>Mary Lui Damon De Costa Petros Nikoloudis Michelle Rose Glenn Draper Philip Worledge</p> <p><i>P Members</i></p> <p>Rachele Rugerio</p>
<p>19 - 20 Sep 2015</p> <p>Mt Cloudmaker and Gingra</p> <p>Kanangra-Boyd NP</p> <p>A classic walk. Misty with a bit of drizzle on Saturday but with a good dry camp-site on the northernmost top of Gingra range.</p> <p>Good views and pleasant walking weather on Sunday.</p>	<p>Owen Kimberley</p> <p>Michele Powell Sue Bucknell George Cagle Bill Raffle</p> <p><i>P Members</i></p> <p>Stacey Johnstone</p>
<p>20 Sep 2015</p> <p>Muogamarra Circuit</p> <p>Muogamarra Nature Reserve</p> <p>This walk was all about enjoying the spectacular views of Hawkesbury River, its inlets and its adjacent hills from several high clifftop lookouts in the Reserve. From Tipper's Lookout there was an excellent view of the area around Long Island and Brooklyn. There was a similar great view from Brooklyn Lookout. The best view of all was from Deerubbin Lookout where we had a grandstand view of the river, the Peats Ferry area, the heights of Popran National Park, Peat Island and Milson Island. Later on we had attractive views westward to the Peats Bight area from Lloyd's Trig and Point Loop. En route we enjoyed close-up vistas of about a dozen bright red waratahs in full bloom, as well as a myriad of wildflowers. We also checked out three groups of aboriginal rock carvings where we found kangaroos, boomerangs, fish, a large whale, and some human figures. It was another great day in the Reserve which is set aside for botanical research, and is only open to the public on six weekends per year in the August-September period.</p>	<p>Nigel Weaver</p> <p>David Angell Margaret Rozea David Trinder Michael Bickley Margaret Weaver Denise Shaw Janina Szyndler Tim Yewdall Linda Mallett John Pozniak Pamela Irving</p> <p><i>P Members</i></p> <p>Susan Baar Mindy Gu Yvonne Chan Kate Bailey Lucy Xiao Liping Pei Vincent Murray</p>



20 Sep 2015

Finis Trig

McPherson State Forest

John Kennett

Long day, just under 10 hours, about 24 kms of which more than half were off track. Spectacular waratahs, huge display of rock orchid blooms, convict era stone bridge, an isolated and rarely visited trig, some great rocky capped ridge walking, and a visit to the fabulous Swintons Cave. Lots of good navigational team work from experienced members. A large group for this kind of walk but we didn't lose anyone thanks mainly to Gen keeping the tail in good order.

Robert Carter
Genevieve Savill
Gordon Jagger
Misako Sugiyama
Garry O'Toole
Leigh McClintock
Carley Finn
Jim Collier
Kerry Atkins
Alan Osland
Jodie Dixon

P Members

Ruyin Yang
Alexa Bullen
Mark Wigley
Geoff Goodyer

Visitor

Dorian Broadrick



24 Sep 2015 Sphinx/Darri Track Circuit - Evening Walk Ku-ring-gai Chase NP

Just four of us braved the wet & cold Sydney weather for this Thursday night walk. The original plan was revised, returning to the cars via a shorter circuit on Bobbin Head Road rather than following the firetrails as originally planned. Still managed to walk for 2 hours. Highlight of the evening was spotting a bandicoot who posed for photo's for a bit before scooting off into the bush again.

Genevieve Savill

Angela Beveridge
Susan Healey

P Members

Pete Beveridge

Willis's Walkabouts

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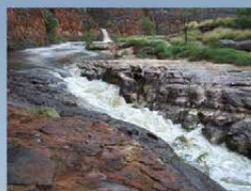
Kakadu Super Circle No. 1: 3-23 January

Bungle Bungles in the Wet: 14-27 February

Kimberley Coast Explorer: 6 March - 16 April

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<http://www.bushwalkingholidays.com.au/avail.shtml>



25 Sep 2015 OK	Hecates Cauldron	Ben Bullen SF	Yuri Bolotin Alan Osland <i>P Members</i> Bruce Worthington <i>Visitor</i> David Hufton Dave Fogg
25 - 27 Sep 2015	NAV 101	Kanangra-Boyd NP	Don Finch Aseyid Landarani <i>P Members</i> Alexa Bullen
26 Sep 2015 OK	Baal Bone Point	Ben Bullen SF, Gardens of Stone NP	Yuri Bolotin Joan Chan <i>P Members</i> Yoon Lee <i>Visitor</i> Ochre Lawson
26 - 27 Sep 2015	K2K in 2 Days	Blue Mountains NP, Kanangra-Boyd NP	Huw ap Rees Frances Bottrell Margot Bull Stanley Wong Karen Kool <i>P Members</i> Ewa Borowiec



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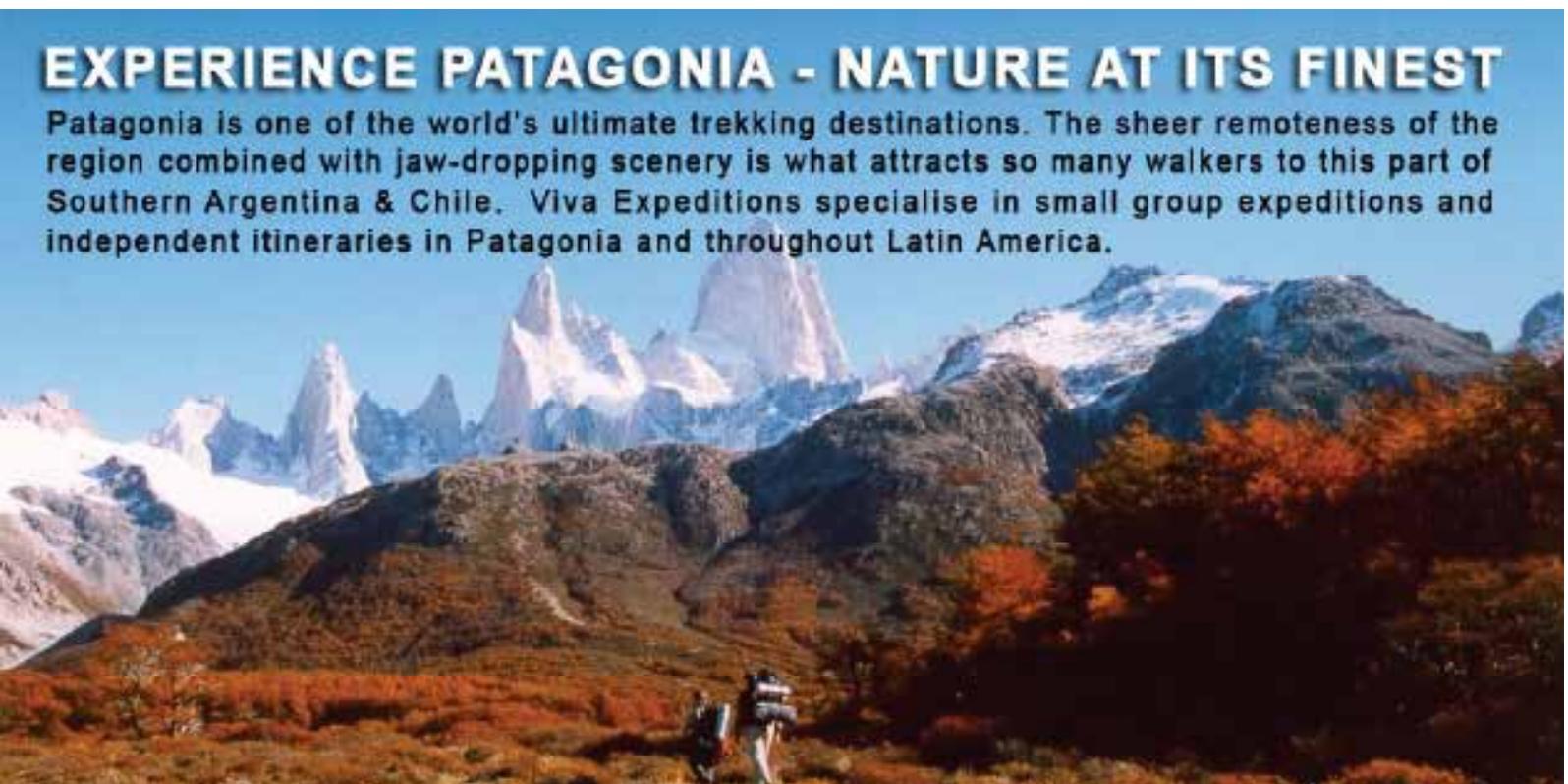
<http://www.bushwalkingnsw.org.au/bushwalker-archives/>

*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*

26 - 27 Sep 2015	Colley Plateau	Morton NP	<p>Paul Barton</p> <p>Alan Osland Sue Bucknell George Cagle</p>
<p>Last minute change of route. Very scrubby over Clarke Saddle, unnamed plateau and the ridge down to Corroboree Flat. Nice camp site at Corroboree Flat. Bundandah Ck was clean. It was nice to be in a pristine waterway with no sign of feral pig damage. Full moon on Saturday night got the local wild dogs howling. Following Bundandah Ck downstream to junction with Yalwal Ck was much better than walking over the ridge tops on the previous day. The overgrown Yalwal Ck Fire Trail is still visible. The road cutting, bulldozer humps and lots of ribbons make it simple to follow although a bit of navigation is required on the site of old Mackenzie Station as the track is indiscernible through the hillside paddocks. Overall an interesting area worthy of further exploration.</p> <p>Thanks to the party for an enjoyable walk.</p>			<p>Nigel Weaver</p> <p>Margaret Weaver Chris Dowling David Trinder Viginia Waller Misako Sugiyama Pam Campbell Michael Barton Tim Yewdall</p> <p><i>P Members</i></p> <p>Rochelle Woods Mindy Gu Rachele Rugiero</p>
27 Sep 2015	Lockyers Track & Coxs Road	Blue Mountains NP	<p>Nigel Weaver</p> <p>Margaret Weaver Chris Dowling David Trinder Viginia Waller Misako Sugiyama Pam Campbell Michael Barton Tim Yewdall</p> <p><i>P Members</i></p> <p>Rochelle Woods Mindy Gu Rachele Rugiero</p>



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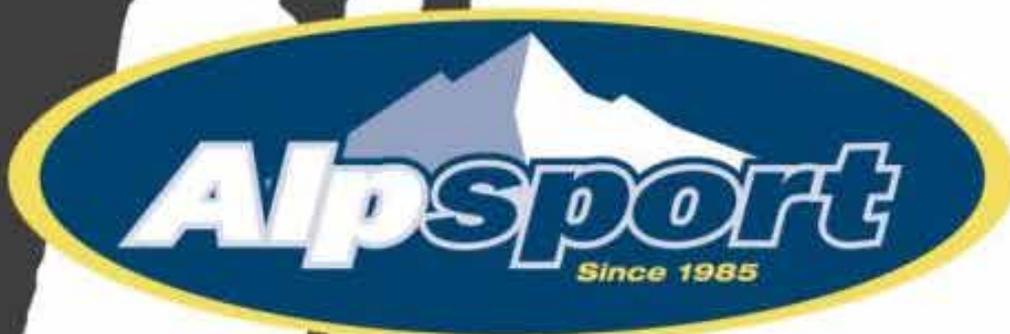


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