



THE SYDNEY BUSHWALKER

February 2016

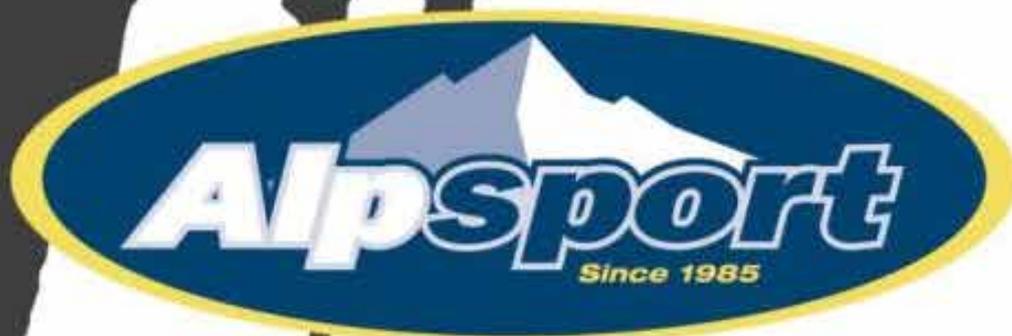


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Photo: David Angell - South Coast of Tasmania - See article in March newsletter

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

From the President

John Flint

This edition of the magazine is the first since the holding of the SBW Christmas party. The magazine is the official journal and since newsletters don't get sent to mail subscription members some members may have missed the news of our newest Honorary Life member.

I was very pleased to announce at the Christmas party Caro Ryan was to be bestowed Honorary Life Membership of Sydney Bush Walkers by the committee. Caro was nominated by David Trinder. Caro may indeed be the youngest member of that exclusive club but certainly not the most junior in the list of achievements and contribution to the club. Caro has been involved in almost every area of volunteering with the club. She has been on the committee, lead walks over many years, participated in training days, rebuilt the website leading to a revitalisation of the club in the first decade of 2000, started the tiggers youth group, and participated outside the club with the BWRS and online social media promoting bushwalking. Congratulations to Caro, it is well deserved.

Identified in the survey were many members clamoring for more mid-week walks to be put on the program. Robyn Christie among others have regular mid-week walks but there does appear to be a need for more. Robert Carter has stepped up to the plate and has now put a series of walks on the latest program. He had a trial walk in the past week and had some enthusiastic feedback. However to be successful this needs to be sustained with regular attendance. If you were one of those people that asked for more mid-week walks here is your chance to make it a permanent part of the program. Robert does a huge range of walks from easy to hard. Get on his walks and get in his ear to influence what

type of walks he is willing to put on.

Some more feedback from the survey was for more walks of a gentler nature. Some people want to be able to "smell the roses" on walks and also more time for social aspects and chatting with friends. They express the thought that the club tends to favour the harder more competitive walks and have asked what can be done. Well the committee has done its part in identifying a potential need. It is up to those that want a certain style of walk to put them on the program. The club gets its character from the walks that people are willing to lead and willing to attend. The only edict that may determine the type of member and walks on the program is our long standing qualifying membership program which is not going to change. Having said that and asked others to lead, it is worth mentioning I'll have a walk coming up in the near future. It meets a quintuplet of needs in being mid-week, will be easy, time for photographs, and have environmental and community service aims in looking at some illegal development and damage in Garigal NP adjacent to Killarney Point.

For this month's award I looked over the stats for members leading walks last year. For number of walks on the program Genevieve Savill and Robert Carter having top billing. When you look at giving a point for each walker on the walks again these two get top spots. Some new names come up beneath them. Things start to get interesting when you look at giving points for the number of days per walker per leader. It is worth an article on its own so I'll not reveal all here. Thanks to Genevieve and Robert.

See you on the track. Failing that see you at the AGM

New members

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

Minfeng Gu

Peter Sheriden

Ross Jamieson

SBW Annual Reunion

Patrick James



The Annual Reunion is for all members to get together. The SBW Annual Reunion started the year Sydney Harbour Bridge was opened. The 84th, 2016 Reunion is on the weekend of 12/13 March 2016 at Coolana in the Kangaroo Valley about 2 hours and 150 km south of Sydney. SBW Coolana is big, very big; room for all. Car parking at Coolana can be a bit of a problem; park neatly and closely to conserve parking space. Please do not drive along the formed but unmade access road if it has been raining recently; this avoids getting bogged and conserves the road. Wet weather and overflow parking arrangements – just before the left hand turn off to Mt Scanzi, take the dirt road on the right, directly under the 330kV power lines, park on the grass, pick up your pack and walk for 12 minutes along the Reserve Road foot track to Coolana.



At the Reunion the current President is invested or reinvested with the symbols of office which basically

define the raison d'être for SBW. The SBW symbols which the President will happily show you are the Boot, Map, Flower and Hands carved in bone by Harry Savage and first used at the 1939 Reunion.

Bring: besides your normal camping gear a chair to sit on, plenty of happy hour provisions, camera, torch and flour and other ingredients for damper.

Patrick James, Reunion "walks" leader, phone: 040 904 1515; patrickjames28@optusnet.com.au

Bill Holland, phone (02) 4296 3084, billholland@bigpond.com

Lilong is one of the many activities you can do during the reunion weekend.



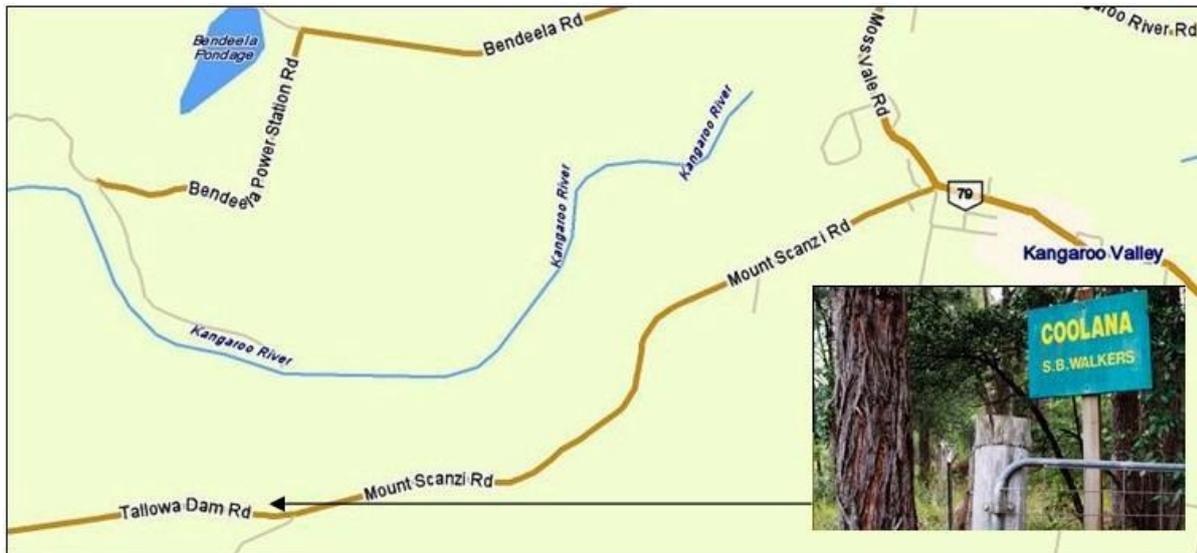
You can also come and discover some of the hidden gems of Coolana on a bushwalk.



How to get to Coolana

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

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



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

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

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

National Parks:

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

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

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

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

Coolana Gourmet Weekend

Bruno De Villenoisy

Bushwalking overnight in remote areas and good food don't usually go well together. But about six months ago in the Wild Dogs an SBW group of 8 showed that with a bit of imagination and planning it could be done. Keen to keep the momentum going I searched for a new place to set up our open air kitchen.

Being summer this time we knew we wanted to be close to a river, don't walk too far and have access to a shady and relaxing camping area. After some brainstorming one place stood out, Coolana, the SBW property on the edge of the Kangaroo River, about 2.5 hours drive south of Sydney. Photo by Peter Cai.



And so in mid January Sheila, John and Lin K, Diana and Jose, Jaimey and Diana, Meg, John F and myself set up camp in Coolana, and what a wonderful weekend this turned out to be.

Quickly we had our routine down pat. We arrived around lunch time, smelled the roses, chatted, did nothing, pitched our tents, started a campfire, did nothing again, ambled around the campsite, relaxed a bit more and slowed down to the point where we killed 4 hours without noticing the time passing by. Then 5pm chimed and it was time to get busy with the food.



This is where deep relaxation and cooking came together.

People took turn to cook their dish and we shared them around. The atmosphere was busy but peaceful, the conversation flowed easily and everyone found food to their taste.

Over the next 3.5 hours we had homemade Chinese lamb dumplings, Italian slow cook pork with cabbage, fresh veggies skewers, grilled chicken fajitas with warm tortillas, traditional Peruvian skewers (Anticuchos) and a sauce (Huancaína) with a dip and chips, grilled tuna steaks with salmoriglio sauce, protein balls and more.

Picking a best dish is very subjective. But I'll nominate my favourite, the Huancaína sauce. This is a beautiful creamy dip. The combination of the saltiness of the cheese and chilli paste gives it a sharp flavour that stands apart from the mostly Middle Eastern dips we tend to get in Australia. Try it, you won't be disappointed.

Ingredients:

- 3 tablespoons of Peruvian yellow chilli paste (Google Aji Amarrillo)
- 4 hard-boiled yolk eggs
- 1/2 onion, chopped
- 90grs feta cheese
- 4 saltine crackers
- 3/4 cup evaporated milk
- Olive Oil
- Salt to taste

Preparation:

Sauté onion in oil until cooked. Place onion, chilli, yolk, crackers and milk into the blender. While blending, add oil until a creamy sauce is obtained.

Coolana is a great place for gourmet weekends, but it's much more than that. The native fauna and flora are abundant, the river is ideal for swimming and canoeing, day walks in the area are numerous, whole families can find things to do. Mornings and evenings offer different mood and experience. You can lie at night in your tent and listen to wombats grazing outside. It's tucked away from civilisation but close enough to Kangaroo Valley village to get good supplies easily.

Check it out, you will not be disappointed.



Coolana Birdwatch Weekend 27/28 Feb 2016

Patrick James

Many people have watched birds at Coolana over the years. The only official, bird-watching event at Coolana, to my knowledge, was on the weekend 28/29 March 1998. This was reported in the April 1998 Issue of *The Sydney Bushwalker*. Now after 18 years the force awakens and it's time to do it again. A lot has happened to bird-watching in 18 years, new bird book editions, improved optical devices, bird apps for phones, improved eye health care for watchers, etc. In 2007 ROKAMBA was added to the birdspeak vocabulary of ACAP, JAMBA and CAMBA. These may sound like numbers from a mariachi band to the uninformed but are of vital concern to serious birders.

Since Coolana Birdwatch 1 the Agreement on the Conservation of Albatrosses and Petrels (ACAP) entered into force on 1 February 2004, at which time all Southern Hemisphere species of albatrosses and seven petrel species were listed under its auspices. In view of ACAP the sighting of an albatross at Coolana in 1998 now has been totally discounted as a post-happy hour aberration. The current list of identified birds at Coolana and the Kangaroo Valley will be available.

Birdwatching Requirements.

1) As birds are described by their colour which can be subtle and varied you need to know if you are colour-blind. The Ishihara Color Vision charts introduced by Dr. Shinobu Ishihara from Japan in 1918 are a quick, simple and painless colour-blind testing procedure. You can do this online and there is also a smart phone application. Colour-blindness ranges from typical red-green to extreme. About 8 percent of males, but only 0.5 percent of females are colour-blind. This may explain someone's strange dress sense or colour combinations. If you are colour blind the birds to concentrate on are penguins, crows, magpies, currawongs, storks and cockatoos.

2) A reference book is essential as there are so many birds. The most popular bird books are listed below. A bird book should be small, lightweight and comprehensive; an impossible combination of attributes. Bird books as a smart phone application are now available and really are small, lightweight and comprehensive, however the smart phone needs to be operational (fully charged).

3) Optical Aids. No Virginia not an eye disease but devices to help one to see. The binoculars used in bird watching are described by their magnification, from 7x to 10x and by the diameter of the objective lens, from 22 to 50 mm diameter. For bird watching binoculars with a magnification greater than about 8x are difficult to hold steady. Binoculars with 40 to 50 mm lenses are too bulky and too heavy. Best choice range from 7 x 25 mm to 8 x 30 mm.

4) For super-keen birders a ghillie suit or yowie suit is a must. This is a camouflage overall designed to resemble heavy foliage. Typically, it is a net or cloth garment covered in loose strips of sacking (hemp), cloth or twine, sometimes made to look like leaves and twigs, and optionally augmented with scraps of foliage. Birders and nature photographers wear a ghillie suit to blend into their surroundings. Of course you'll look like an abominably snowman, your fellow watchers will think you're a galah but you will see more birds. A simple green or brown cape or groundsheet would be ok.

5) There are two schools of thought with bird watching; wander about in the chosen habitat area or remain stationary and let the birds come to you. For the latter you'll need a comfortable, squeak-free chair. As you fidget around to get the blood circulating in you numb backside and legs you don't want the chair to squawk like a mob of cockatoos and frighten off every feathered thing for a 25 metres radius.

Collective nouns to describe flocks of birds are hundreds of years old and mostly obsolete. They are however charmingly descriptive and enrich our language. A parliament of galahs seems to be a fitting Australian addition. Collective nouns include: a cover of coots, a flight of cormorants, a trip of dotterel, a dole of doves, a paddling of ducks, a charm of finches, a skein of geese, a flight of goshawks, a siege of herons, a deceit of lapwings, a tidings of magpies, a parliament of owls, a company of parrots, a bevy of quail, an unkindness of ravens, a host of sparrows, a murmuration of starlings, a flight of swallows, a wedge of swans, a spring of teal. These could be used in bird watching reports

If your experience with birds rill now is limited to dining at KFC don't worry we can help you. Some quick, short but essential workshops are being planned. The workshop list includes How to describe birds (what do you call that bit); Imitating bird calls; Binoculars which end goes where; Bird Colours for the colour blind; Identifying bird scats; LBB, LGB and other alphabet birds.

Coolana has a range of landforms, vegetation type and habitats with a corresponding range of birds therein. At Coolana there are riverine, gentle slope, steep slope and escarpment landforms with riverine forest, dry sclerophyll forest, open grassland, grassy heath and woodland vegetation. Accommodation at Coolana varies from car/tent camping in the carpark, grassy camping near the River to the concrete floor of the hut.

The Coolana Birdwatch Weekend, the last in summer promises good company, in a delightful location with a dissimulation of birds. Specific details will be given

in the Short Notice Program, or call me.

Barrett, G; Barry, S; Cunningham, R; Poulter, R and Silcocks, A (2004) *The New Atlas of Australian Birds*, Birds Australia (\$90)

Christidis, Les and Boles, Walter E. (2008) *Systematic and Taxonomy of Australian Birds*. CSIRO Publishing, Melbourne. (\$75)

Day, Nicholas and Simpson, Ken (2010) *Field Guide*

to the Birds of Australia, 8th edition, Viking, paperback. (\$40)

Pizzey, Graham and Knight, Frank (1997) *A field guide to the Birds of Australia*, 9th edition, Harper Collins. (\$45)

Slater, Peter; Slater, Pat and Slater, Raoul (2009) *The Slater Field Guide to Australian Birds*, 2nd edition, New Holland. (\$33)

SBW Magazine Project – Update

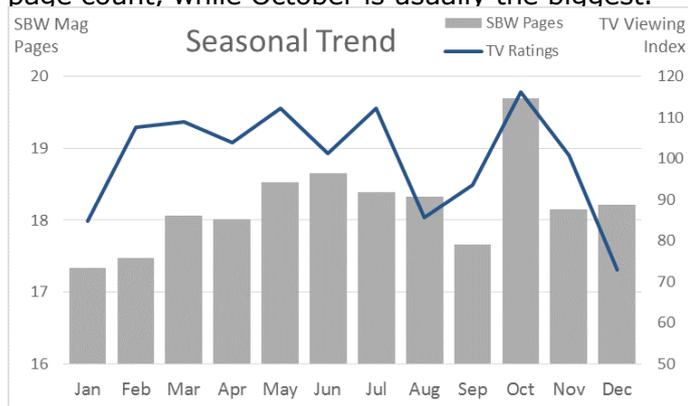
Richard Pattison

Amazingly, 46 magazines were completed in January, outstanding. This impressive achievement is mainly a result of tireless effort by John Kennett (~28 editions) and Geoff Goodyer (~14 editions). Fantastic, congratulations to you both and deserved gratitude from the club.

This means we now have 22% of the club's history complete online (171 of 782), with another 44 showing some kind of progress (6%). If you'd like to be part of the project, read more here: <http://sbw.ozultimate.com/wiki/>.

Just for interest, I thought I'd review the historic seasonal trend in magazine size.

The grey bars on the graph below represent the average magazine size by month, over the last 80 years. January & February typically have the lowest page count, while October is usually the biggest.



As stated in the March 2015 newsletter, the October skyscraper is driven by anniversary editions: "six of the largest seven magazines were October editions, all on significant anniversary dates: 70, 25, 50, 75, 21 & 80 years".

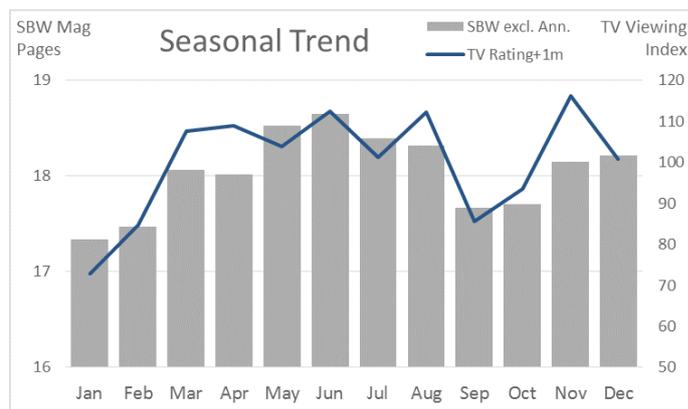
However, how do we explain the slow start to the year, and also the bizarre September dip?

I believe it's because members do not have sufficient spare time to write articles earlier in the year due

to Christmas & school holidays. Plus, with daylight savings, everyone should be out making the most of summertime. In order to test that theory, I've attempted to find a reliable comparison metric that indicates "people at home"... for that I'll use TV viewing figures.

The blue line in the chart is the monthly trend of TV viewing in Australia. It looks quite strongly correlated, however, the correlation (R-squared) is only 18%. Disappointed, I thought I had lost my story... but then...

The TV ratings indicate when people are at home... which is when members can write articles... for the next months' magazine... aha, the next months' magazine... I need to offset the TV ratings by a month to compare against the magazine that the articles were written for... and, I need to exclude the "anomaly" anniversary bumper editions.



Hey presto, the graph now looks like this, with correlation (R-Squared) of 68%, whoa, that's highly correlated (well, maybe not for science, but good enough for us). What does it mean? When people are not at home, they don't write articles.

So what? Well, nothing really! Basically, it means the Editor should have an easy job in periods when people are "out and about" because they're not writing articles.

SBW Mid-Week Walking Activities

Bill Holland

There is an informal gathering of people in SBW who find the time to enjoy walking, cycling, kayaking during the quiet times of the week. You are welcome to join us at any time and if you would like to be added to our Midweek Activities mailing list please let me know by contacting Bill Holland 4296 3084 or by email to billholland@bigpond.com.

Sad to say the beach picnic at Balmoral was a complete washout! The Bondi to Coogee walk was more successful with 15 attending for a very pleasant evening.

Looking ahead this year we have some activities in mind and also welcome your suggestions:

- Cottages at Jenolan Caves 14th – 18th March
- Cutlers Cottage at Myall Lakes has been booked 23rd - 30th April
- Yarrangobilly Caves 16th – 20th May
- Cabins in Newnes 20th – 24th June
- Illoura at Woy Woy 18th – 22nd July.
- Arrawarra headland near Woolgoolga 8th – 12th August
- Erowal Bay in October
- Dunns Swamp in November

Jenolan Cottages - Caves House Mon 14th – Fri 18th March



I have booked three self contained cottages located 8km from Jenolan precinct and reasonably close to Kanangra Tops. Set in bush surroundings these two bedroom cottages come with full linen included. The cabins have a queen size bed in one room and bunk beds in the second room.

I have allowed for four to each cottage so the cost will be about \$170 (4 nights) per person.

Cutlers Cottage - Myall Lakes Sat 23rd – Sat 30th April



This is a mid-week activity but we have extended the stay to a week (Saturday to Saturday). Cutlers Cottage is a three bedroom fully restored residence and has a fully equipped kitchen & relaxing verandah with peaceful views overlooking Myall Lakes. The location is ideal for kayaking, swimming and bushwalking. The cottage has comfortable accommodation but is limited to a maximum of 6 people. However, excess numbers can use the camping site nearby.

Yarrangobilly Caves 16th – 20th May



"The Yarrangobilly Caves are located in the northern part of the Kosciuszko National Park, just off the Snowy Mountains Highway between Tumut and Cooma. Come and discover Nature's wonders inside the Snowy Mountains, While the caves are some of the most beautiful in Australia, the landscape above ground is truly awe inspiring and well worth taking the time for a wander, you never know what you will come across".

We will book the East Wing of Caves House. This has a maximum of eight people and the cost will about \$140 - \$150 for the five days. I need to book early so please let me know if you are interested



Summer Series Update

Vivien de Rémy de Courcelles

Two third of the summer series events have been run... or walked, jogged, all of the above... by up to 14 SBW members. The trophy for best pizza was given in Haberfield whilst best burger is a tie between the Royal Oak in Balmain and The UTS rowing club in Haberfield again; their fish and chips is pretty good too.

The Pattison's cup for best SBW representative seems to be promised to Laurent who should spend more time bushwalking and less time running... at least this is Richard and my opinion.

Nicole, Rachel and Emmanuelle are doing very well in their categories and Nicole seems to do the best out of them. Nicole should probably ride less and get older.

Coming events are:

17 February: Glebe - Wentworth Park, Wentworth Park road.

24 February: Denistone - Darwall Park, Chatham road.

2 March: Cheltenham - Cheltenham Park, Castle Howard road

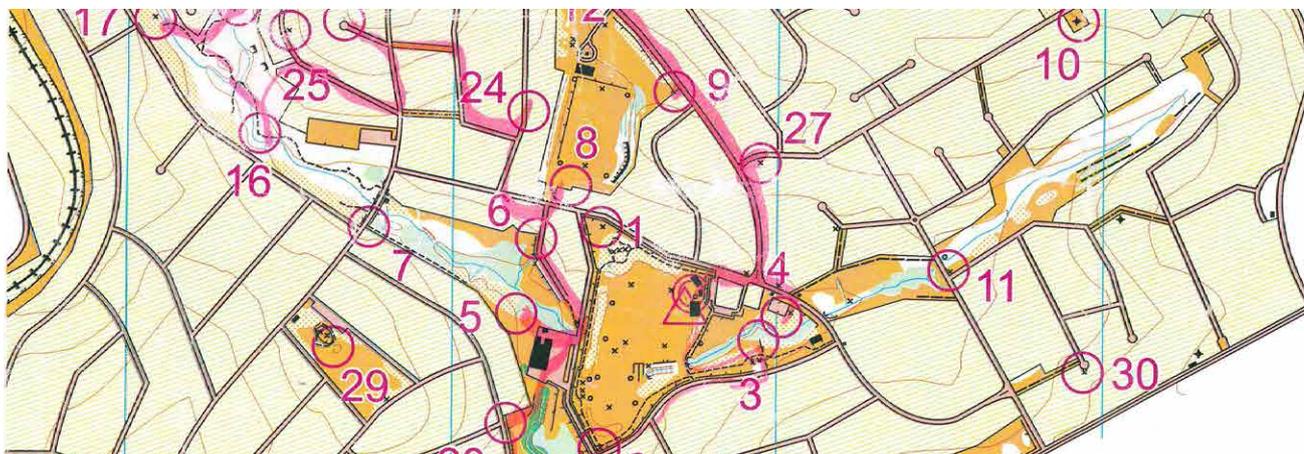
9 March: Cremorne - Primrose Park, Young street. A good pre-AGM exercise.

16 March: North Paramatta - Barton Park, Gladstone street.

Start anytime between 4.30 pm and 6.45 pm.

We hope to see you there.

For mote details check <http://www.sydneysummerseries.com.au>.



Social Program

Wed 17 Feb - 17 days Cycling in Austria and Germany. Jan and Graham will cycle you through the Salaach, Salzach, Inn and Danube rivers zig zagging through Austria and Germany...17 days and 700 kms including daily bakery delights for morning teas!

Wed 9 March - SBW Annual General Meeting and Special General Meeting. Starting at 7pm, all members are welcome to take part in the life of their club.

Sat 12 and Sun 13 March - SBW annual reunion. Come down to camp in Coolana for the longest happy hour of the year. Walks and other activities will take place around Kangaroo valley. See program, Short notice walk updates and magazine articles for details. Click to know [how to get to Coolana](#).

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 Pittwater Track walk

25 Oct 15: Roger Treagus



The Pittwater Track is becoming better known these days and has been in the SBW program many times. It surprises bush walkers doing it for the first time. This is because it has such stunning views with so much walking variety through many pristine areas where the creeks are drinkable, yet it is public transport friendly. But don't ask the NPWS about it (they can't advise you) because it doesn't exist officially even though I and many others have been pushing for it to be recognised and funded for 20 years now. But it can be walked, whether official or not, and that's the main thing.

The track basically follows the western Pittwater shoreline for the full length of Pittwater, i.e., West Head to Elvina Bay. You can walk south to north or vice versa. We chose north to south because we had to coincide the timing of our crossing of two inlets with low tide. The first of these is at the Basin where low tide still means waste deep water but confined to a narrow channel. The second crossing at Morning Bay is shallower but longer. I recall writing an article about this track and the prospects to establish it properly by connecting the missing links over 20 years ago. To their credit NPWS put the main missing link into the Plan of Management for Ku-ring-gai Chase NP but 15 years on from that event precisely nothing has happened as the lack of funding has forced NPWS to prioritise their management tasks and this task is relegated as non essential. It has the potential to rival on the north side the status of the Bundeena to Otford track in the Royal.

On October 25 thirteen of us, including four prospectives embarked on this walk starting from the fabulous West Head Lookout after a slightly chaotic car shuffle. We passed two gorgeous beaches, West

Head and Resolute to reach the northern end of Great Mackerel Beach by morning tea. This is where the West Head track system peters out. There are about 50 houses here sporting all sorts of weird designs and a main road which is just grass. The only traffic here are golf buggies and wheelbarrows.

At the southern end of the beach we walked through a gate with a "No trespassing sign" designed to scare off the uninformed. The path which winds around a cluster of houses is in fact a public right of way. It eventually becomes a bush track and winds around the headland soon to arrive at Currawong, the wonderfully retro 1950's style resort designed for lowly paid union members, now run by Pittwater Council. All of the cottages are available to anyone these days including the magnificent Midholme, a 1912 heritage listed homestead.

The walk is listed as a Q walk so by this time the group may have been wondering what was so hard about it. The next 500m may have answered that query as we had off track bush bashing to the camping area at the Basin followed by the deep Basin crossing, followed then by a steep 160m climb on a scrubby pad not shown on maps.





Things were getting a bit hot as it was getting onto midday so news about an imminent lunch spot spurred the group on. At 12:50pm we arrived at the best lookout on the trip, comprising a rocky ledge perched 150m almost vertically above Pittwater was commanding views from east, through south to west including the ubiquitous Bahai Temple. Lunch was hurried as the tide had turned and the long Morning Bay Crossing was still 45 minutes away. Another track "that doesn't exist" took us down to the shoreline, past the ruins of the old YHA Hostel and onto

Towlers Beach with wallabies around, although today there were actually people on the beach.

A 30 minute rockhop around the shoreline brought us to the shallow sandbar crossing to the southern shore. It was a lovely feeling to wade through the clean cool water of the Bay. Back on the fire trail system we walked through the rare Pittwater spotted gum forest looking for all the world like a mini Blue Gum Forest arriving at the Pittwater Youth Hostel for a late afternoon tea. Michael, the hostel manager knew we were coming and served up cool lemon cordials and hot tea while he gave his prepared talk on the joys of coming to the hostel and staying a few days. It is one of the most beautifully located hostels in Australia. Considering its superb location and range of facilities it costs a pittance to stay there

It got just too comfortable so 40 minutes had slipped by before we got going again and made our way up to the Towlers Track. Yet another unofficial track "that doesn't exist" took us down to the famous Flagstaff (Birnie) lookout where 19th century ladies in their crinolines and long skirts walked for their high teas. The track from the bottom was a lot better in the 1890s but the superb engineering was still in evidence. A park bench had been concreted into the rock at the lookout giving it a period feel. Views once again were superb of Lovett Bay, Scotland Island and the stretch of Pittwater towards Newport.

The clock was nudging 5pm and we still had a kilometre of badly overgrown track around the head of Lovett Bay to negotiate to reach the end of the walk at the South Elvina Wharf. That section crossed Salvation Creek otherwise known as "leech city" followed by the highest waterfall on Pittwater. We were likely to miss the ferry doing that so I decided that it would be best to make for the Lovett Bay wharf instead shortening the walk by 1 km but

giving the group the delightful opportunity for a little more off track walking through palm jungle. The 1890 track zig zag'd down the side of the hill 150 vertical metres generally keeping a grade a cow could walk up but intended for overdressed 19th century ladies.

The sun was setting behind the western hills of the Lambert Peninsula by the time we made it to Lovett Bay wharf adjacent to Tarrangaua, the house the poet Dorothea Mackellar built in 1925 and now owned by Susan Duncan, author of Salvation Creek (the same one). To save time for the reverse car shuffle some of our number tried out the water taxi and saved themselves 30 minutes.

It's a tradition in these parts to fly a red flag at the wharf which attracts the attention of the ferryman so he doesn't skip the wharf. So it was on this afternoon although he almost did as it was hard for him to pick out the flag against the glare of the setting sun. Although not particularly long (15km) the start of the walk at West Head seemed a very long time ago. Everyone tackled the track in fine style except for the leader who had cramps about 300m from the end. I checked up later why I was getting cramps (not the first time) and was told one leg was shorter than the other, something I never knew until now.

One of the great things about this track is when you have an accident, like spraining your ankle or even breaking your leg help is at hand. Accidents would normally be a big problem in the bush but not here as much because the track being near the shore meant the local water taxi could come and whisk you to a connecting land based taxi bound for nearby Mona Vale Hospital. That actually happened on a walk I did a long time ago. I was impressed to learn that the time of the accident on the track to the time on arrival in Emergency at the hospital was 20 minutes.

A small group of local residents including me have pushed for the Pittwater Track to be recognised and the missing links constructed. Our local State Member of Parliament is keen even if the bureaucracy is not. But this shouldn't deter an SBW walker as however unofficial the tracks may be, you can still walk on them and enjoy one of the great delights of the Sydney Bushland. For those interested in walking the Pittwater track from end to end I have comprehensive walk notes to guide you including a full photographic record of track conditions plus all the public transport connections at both ends of the track.



Main Range Ramble

29 Dec 15 - 4 Jan 16: Robert Carter



What better way to start the year than a walk in the Snowies! However some of us also had some unfinished business as we cut last year's walk short due to injury and missed Mt Jagungal, Mawsons Hut, Kerries Ridge and Mt Gungartan.

Our meeting place was Thredbo to link up with our transfer to Munyang once again provided by the friendly and reliable folk from Snow Alliance. Our ascent from Munyang was slow as we were carrying provisions for eight days and the temperature was increasing so a more leisurely route via the Aqueduct Track to Schlink Hut was taken for a mid-afternoon arrival. Carley & Jim had decided to bid us farewell the next morning and walk out early to Thredbo due to Carley aggravating an ankle sprain that occurred prior to Christmas - coincidentally we shared Schlink Hut with a Physiotherapist - Albert and his son - who checked Carley over and recommended the early exit.

An early start on day 2 as we were ascending to Gungartan Saddle via an off-track route that looked pretty scrubby in places - however turned out to be fine except for the route chosen through the boulder field below the saddle where there was also close encounters with a large Tiger Snake and Copperhead. Following a short break in which we were preparing to ascend Mt Gungartan the call went out 'There are some humans coming !'. From amongst the boulders emerged another SBW party with Owen & Michelle Kimberley in the lead and were also headed for the summit.

After taking in the breathtaking views from Mt Gungartan we bid our farewells and were off along the spectacular Kerries Ridge to our next campsite at Mawson Hut which we reached without too many issues despite a very scrubby descent down the final spur. Melinda was suffering from a chest infection and decided to walk out to Grey Mare Hut via Valentines Hut and wait for us to arrive in a couple of days.



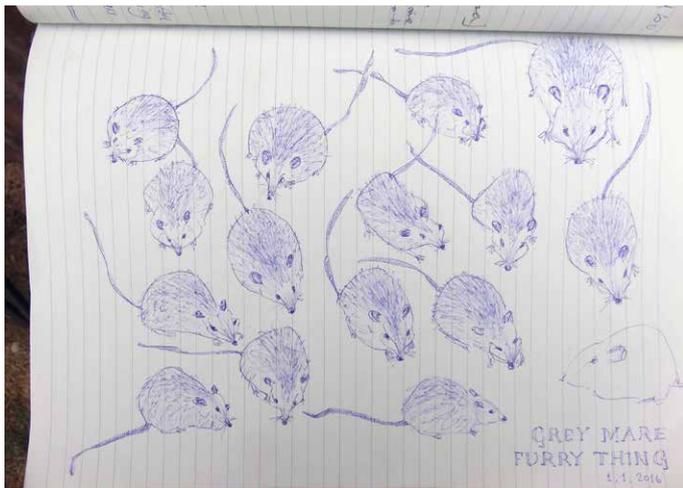
Day 3 saw our merry little band reduced to seven (7) and we set out along the valley following Valentine Creek to Big Bend skirting around the west of Tarn Bluff to a point approx. 400m upriver from the Geehi Forks. Our initial ascent to Mt Jagungal took a more direct route that saw us gain a lot of altitude quickly before intersecting the pad heading towards Toolong Range. Packs were dropped in the saddle below the summit as this would be the start of our descent heading almost N/NNW down the creek to the Meteorological Station - best summed up as 'a very interesting route !'.

We arrived at O'Keefes Hut a bit worse for wear however everyone was in fine form for our New Year's Eve celebration. A very memorable Happy Hour with fine food a wide array of beverages (for medicinal purposes only) including 'an emergency litre of Scotch', mead, Apple Schnapps and the leader's Laotian Sticky Rice Wine that was multi-purpose and used for rubbing sore muscles, sterilising wounds, cleaning boots and fuelling Rob Scroettner's stove when his metho stocks were running low! Sadly we were all in bed by 9.30 pm.

Day 4 was an easy (recovery) day with a straight forward walk along the AAWT to the supposedly



haunted Grey Mare Hut where we were greeted by a message in the log from Melinda to advise she had decided to return to Schlink Hut and wait for there. A nice afternoon for a wash, dry and air our clothes and sit around to relax. During the afternoon we met 'Frank' the resident 'Grey Mare Furry Thing' which we identified as a marsupial rat (actually started out as Alvin as one of the group observed a Chip Monk). Marianne applied her artistic talents drew an amazing panel of sketches in the hut log documenting Frank from many angles as he/she kept us entertained during the afternoon – sadly this was Frank's last stand as he was found dead the next morning (we figured possibly Myxomatosis). Possibly Frank may now also haunt Grey Mare Hut?



Day 5 started out a bit gloomy as there had been some light rain overnight and a few drops throughout the morning however we headed off back to Schlink Hut via Valentines Hut – general consensus of those wise people in the group is that we give the Valentines Fall route a miss this year given the hardships experienced last year and the enduring trauma this caused.

Upon arrival at Schlink Hut we were expecting a welcoming party and the billy to be boiled however Melinda was in her tent dead to the world and none of us had the guts to wake her up. So checked our food drop left behind on the first day – all accounted for – and the (second) emergency litre of Scotch was retrieved from the secret hiding spot.

The weather started to close in during the late afternoon and it was evident that the predicted rain and temperature drop was arriving so most of us bunked down in the hut to avoid carrying a wet tent for at least another day.

We awoke to a very miserable Day 6 as the weather had closed in with mist and cloud down to the base of the Main Range in view from the hut. Melinda had decided she would walk out to Mulyang ('don't wake me if I am still in my tent!') and hitch a ride to await our arrival in Thredbo. The rest of us headed off to Schlink Pass to commence our ascent to the Main Range where we had planned to spend the next few days.

Visibility was down to approx. 50m (sometimes less) and made navigation a bit challenging at times. It was a wet, cold and windy miserable day and we missed the stunning views that would normally be on offer. However everyone was great and just put their heads down and we eventually arrived at our planned campsite on the slope to the east of Mt Twynam. We were fairly well sheltered from the wind however there was a change in direction during the night resulting in gusts. Increasing heavy rain forced a couple of the guys to relocate their tents during the late afternoon as a mini lake had formed beneath them. Sadly we were all tucked away in our tents regaining warmth by approx. 3.30 pm.

Given the worsening condition it was decided to walk out on day 7 cutting the planned trip short by a day – I can assure you that there were no complaints. An early wet, cold and windy start saw us quickly cover the distance to Rawson Pass in 3 hours for a long break in the toilet block for a warm drink before heading off down the tourist walk to catch the chairlift to Thredbo – where we met Melinda holding court and having coffee. The folk at Thredbo YHA were fantastic in moving some people around to fit us in a day early despite being fully booked.



The post-walk long lunch extending into dinner was held at the Thredbo pub where all recounted their experiences (some tried hard to maintain the truth) over several beverages and a good hearty (unhealthy) meal. Following lunch Melinda decided to seek out a doctor (apparently none of us were suitably qualified despite claims to the contrary fuelled on by a few beers) and returned with the news that she had a partially collapsed left lung and slight pneumonia – some thought that this still wasn't enough to warrant an early exit (the rest of us were most empathetic)! Good news was that this diagnosis changed when her regular doctor was visited and downgraded to a severe chest infection.

It is interesting how bushwalkers choose to fill in the sometimes long hours whilst walking. There was a very creative and talented streak to this group resulting in the conceptual design of the 'Strumpet'. Possibly many things are going through the reader's mind at this point however the Strumpet is actually

a custom designed multi-use skirt for use by either female or male bushwalkers to provide maximum comfort levels. Creative Director Stephen Dolphin conceived the Strumpet with marketing Guru Marianne Davies creating the advertising campaign and catchphrase - 'Hiking is more comfortable with a Strumpet' - and Technical Director Rob Schroettner adding his MYOG experience and practicality to finessing the design and soon to be released prototype.

We experienced some extremes in the weather with the first few days being sunny and hot (up to approx. 32°C) and the last few days being wet, cold and windy (down to approx. 4°C excluding wind

chill) however the group remained upbeat and jovial throughout. There were numerous 'interesting' conversations held at camp and along the track - few retaining political correctness and there was certainly no harm to small furry animals - along with many life stories and experiences being shared.

This was a great walk with a fantastic fun group of people who were most supportive throughout and a real pleasure to walk with. Given that the conditions got the better of us and we didn't complete the walk as planned it looks like we will be going back again next Christmas/New Year to finish the unfinished business and visit a few new areas.

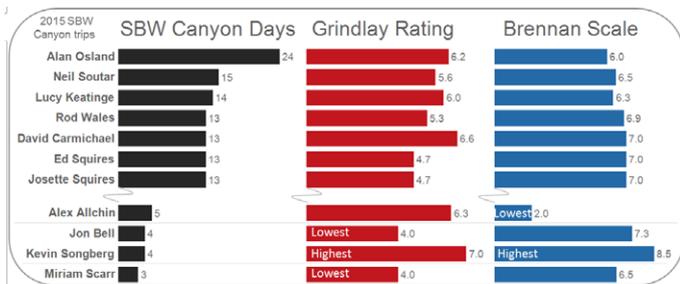
The 2015 SBW Canyoneer of the year is... Alan Osland!

Richard Pattison

And it was Alan by a considerable margin, congratulations Alan!

There were 31 SBW canyon trips in calendar year 2015, down 2 from 2014. Alan attended 1/2 of those trips and a clear winner in the most important canyon category: quantity of ticks. Neil Soutar moved-up from 3rd to 2nd in the rankings, while 2014 champion Lucy Keatinge dropped back to 3rd place with half of last years' figure.

Let's review the 2015 canyon leaderboard, the chart illustrates the difficulty rating (Grindlay) and quality scale (Brennan) of the trips attended. These two metrics make a lovely couple.



In terms of difficulty and quality, Kevin Songberg was a clear winner with two well-chosen trips: Crikey canyon in the remote Bungleboori wilderness, and the impressive Danae Brook at Kanangra.

Commiserations... or maybe congratulations to Alex Allchin for his choice of exploratory canyoning in

2015, Alex's 5 days in less-frequented territory only scoring 2 / 10 quality on the Brennan scale.

Finally, it's worth noting the efforts of Tom Brennan to introduce club members to the sport. Tom conducted two abseil workshops in both 2014 and 2015, followed closely by introductory canyon trips of Grindlay rating 4.

John Bell and Miriam Scarr both graduated through Tom's pathway in 2015, I'm sure they'll both be tackling more challenging canyons in 2016, following in the footsteps of the Squires who progressed from the workshops of 2014 to a top 10 finish in 2015.

Where are they now?

In 2014 Dennis Trembath scored the highest Brennan scale average of 9 / 10, choosing his trips wisely. Having seemingly ticked the best canyons available, Dennis has now taken a break from the sport with zero activity in 2015.

Meanwhile, I encouraged Richard Lee to "stay strong", Richard had the lowest Brennan scale average of 3.3 - there are 100s of better quality canyons out there and it can be an enjoyable sport. Unfortunately though, that experience was enough for Richard and he has exited the sport, rumours on Facebook suggest he's taken-up Fencing! I hope that doesn't happen to the 2015 champion of "dud canyons"... stay strong Alex!

Summertime in the Snowies... it puts a smile on your face

26 Dec 2015 – 2 Jan 2016: Virginia Waller



Eight days of endless summer sun and vast blue skies.

Forty-two happy smiling faces.

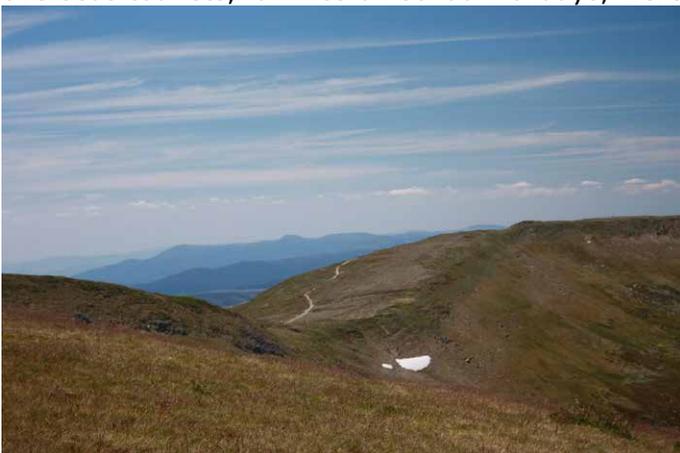
A group made up of SBW members, prospective members and visitors, ranging in age from three to seventy seven years. Coming together in a quest to stride out and explore the high alpine country of the Kosciuszko National Park.

Over fifteen different day walks and an overnigher. This annual lodge based SBW event organised by David Trinder.

Day 2

After most had spent Boxing Day travelling down to Smiggin Holes, all were keen to get up and get out walking, despite "white-out" conditions and car thermometers reading a meagre three degrees. Spirits among the group were high as we approached Charlotte Pass and gathered for the start of our walk. As the low cloud burnt off and the morning summer sun shone through, the grandeur of the Main Range was revealed.

Morning tea was had at the picturesque Blue Lake (a haven for many a camper during the 1970s according to Paul) then on to Carruthers Peak, skirting around Mt Lee (that can be seen on photo), Mt Northcote and Lake Albina. On past Muellers Pass and up to Mt Kosciuszko. The usual throng of summer visitors - overseas tourists, families on school holidays, were



found clambering for a picture on the white obelisk that marks the Kosciuszko datum.

Return in mid-afternoon sunshine via the road down to Seamans Hut and along the old summit walking track across the Snowy River and back to the cars. Tired legs were a testament to the 28 kilometre circuit but smiles seemed to be catching. Ah... how good to sink into that car seat and let the car take over from the legs (just for a little while)!

Day 3

From the Guthega Pondage we headed north to the saddle of Consett Stephen Pass where the two rivers start: Guthega river to the south and Windy river to the north. A good two hour ramble up through alpine scrub with some navigation practice along the way saw us there. All welcome the shade of granite boulders for a mid-morning break. Flies were pesky - I wishfully decide shade and a good dose of Bushmen's will see the little buggers gone but alas this does not prevail. Just got to toughen up girlie and embrace them!

We crossed the Pass and headed for Mt Tate (photo) where climbing to the Trigg point afforded marvellous views. There is a discernible difference in the flora and fauna to this side with the scrub and gnarled snow-gums having given way to low lying alpine grasses and plants.

On toward Mt Anderson. Whilst three eager party members, nicknamed "the Andersonians" scaled its height in a record nine minutes, the rest of our group were content to stay low and admire from afar. Lunch over, we pressed on to skirt around Mt Anton and onto to again peak bag Mt Twynam for some or crawl crablike across its lower flank for others; all met at Little Twynam.

Long descent to the suspension bridge and Illawong hut. Again those cars - would they ever appear? But they did, above the beautiful sight of the dam and Guthega Pondage.

We drove back to Smiggins in that blissful zombie-like state that only comes after a ten hour day of walking some 25 kilometres. All energy spent,



nothing more to do except sink into to the car seat, feel the breeze on your face, stare out over the dead sea of white gnarled snow-gums and watch that late afternoon sun dip its heavy head.

Day 4

A rest day for many after two good walking days.

Trips to Thredbo and rides up the chairlift... or to Jindabyne and canoeing on the lake... or reading a book in the lodge... running up under the Smiggins T-bar... casting a line into one of the rivers... Take your pick... Or get acquainted to the Sentinel via Mt Clarke.

Day 5

Day walk to Mt Townsend and Mt Clarke.

Cars parked at Charlotte Pass, we set off at a brisk pace along the old summit track toward Seamans Hut. Mountain bikers, runners, and other walkers pass by in this veritable summer playground.

On to Rawson Pass, Muellers Pass and then off track to Mt Townsend.

Truly idyllic walking across rolling hills of low tufted grass, drifts of white daisies and yellow "Billy Buttons". Rising to 2009m above sea level, Mt Townsend is just shy of Mt Kosciuszko by 20m. There are superb views for miles around and of Mt Bogong in the Victorian Alps.

Return to Muellers Pass, Mt Northcote across the Moraine Pass and up Mt Clarke. Walking here is almost effortless. Famous last words! The descent from Mt Clarke is steep and feels more like wading across a giant yellow river of heath flower rather than walking. The scrubby heath is tricky as its depth varies from shallow to deep and coupled with this are the flies and a penetrating afternoon sun. We welcomed the sight of the old brick chimney which sits on the flank of the Snowy River and signals we are almost there. On to the river crossing and return to the cars – just shy of closing time at the CP Chalet!



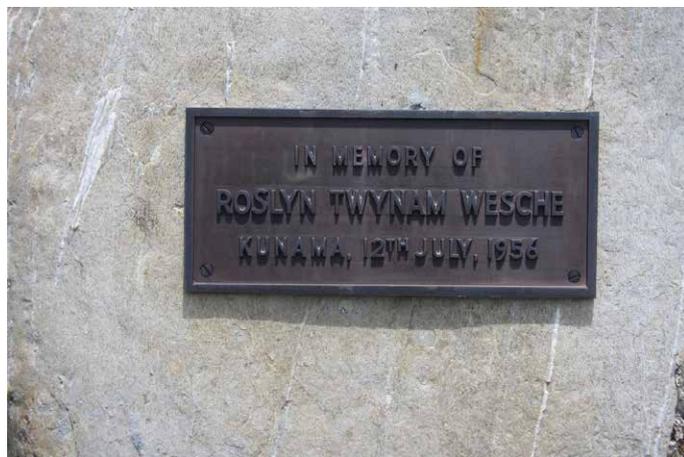
Day 6

Last day of the year and an exploratory off-track

walk to Club Lake

From Charlotte Pass we headed off up to Mt Stilwell to access Kangaroo ridge. The morning was already hot although a haze clouded the sky and concealed the sun; I already felt listless and tired. We walked across the ridge and descend down to the junction of the old summit track and up to Seamans Hut for a mid-morning break. It had taken two hours whereas the previous day we had reached SH in roughly an hour (difference between track and off track walking?)

We continued down behind Seamans Hut, up toward Mt Northcote and across to Mt Clarke. The descent of the steep scree slope behind Mt Clarke to the basin before Mt Lee was tiresome in the midday heat but we were rewarded with the discovery of an old ruin. The stone base of Kunama lodge, destroyed by fire in 1956, is all that remains and it is dedicated to Roslyn Twynam Wesche. It is an interesting area and worthy of future visits.



A fierce sun, lack of shade and bloody ants out everywhere generated a mantra in our heads: REACH CLUB LAKE.

Over a hill, and then another crest catch the cooling breeze; another hill, another crest and yet another hill and crest. Finally, like a New Zealand postcard the glinting green waters of the lake came into view. With the backdrop of Carruthers Peak and a nearby snowdrift Club Lake is a delight. Ants, heat and tiredness dissipate.

The walk back to Charlotte's was a little hurried and hot (understatement). A certain person (VW) grumbled a lot. We had misjudged the time and really needed another hour. So definitely a walk to do again with more time to enjoy the walk out.

NYE – SBW's Got Talent, a marvellous night of fun. MCed by a certain Jean Simmons (AKA Andrew Vilder) H A P P Y N E W Y E A R

Day 7

New Year's Day, 1 January 2016 a meandering walk out to the Porcupine Rocks. There are great views from this exposed vantage point which sits at the edge of Perisher plateau with the drop into the Thredbo Valley. Views out are to distant Jindabyne,

the Ski-tube station far below on the Alpine Way that leads into Thredbo village and Charlotte Pass.

As thunder rumbled and skies darkened we watched the storm front approach, pass over and move on.



Day 8

“So long, farewell it’s now time to say Goodbye. We bid adieu, adieu, adieu, to you and you and you ...”

Postscript

Each year that I have been, I say it was the best ever Snowies trip....and true to form this year I have to say - it was just the best ever Snowies trip – a synthesis of great people, great walking, great weather.

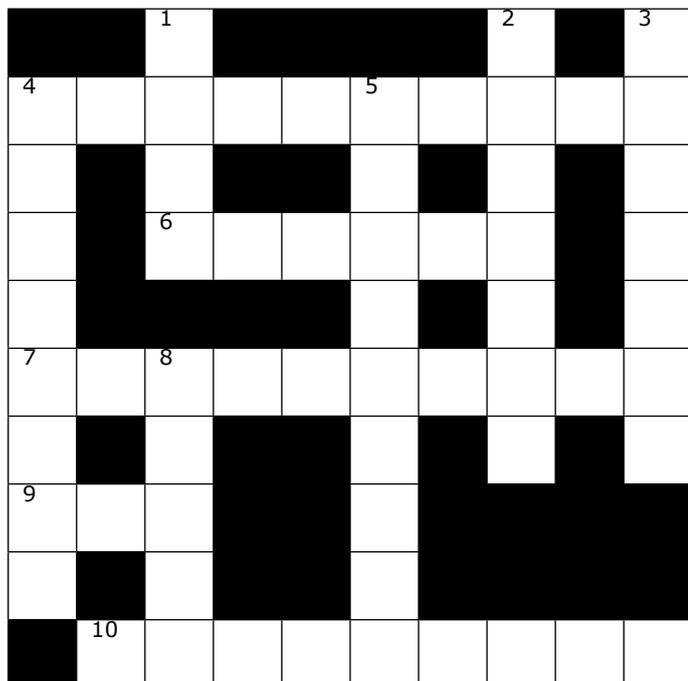
Feel like a kid again and just cannot wait for next years trip!

Note - Details of walking participants and leaders can be found in the walks report section. Summertime in the Snowies.....it puts a smile on your face

February 2016 Crossword

Richard Pattison

A test of SBW & NSW bushwalking knowledge. Answers next month.



Across

- 4) The administrative centre of SBW (10).
- 6) The colour of a well-known set of stairs near Katoomba (yeah, a bit of a trick question) (6).
- 7) The plateau that boasts the passes: Walls & Red Ledge (10).

9) ___ Kirby, SBW’s editor during WWII and therefore the lowest page count average for any editor (3).

10) Considered by most to be the highest quality canyon in the Blue Mountains (9).

Down

- 1) ___ Point. Man-made object used for surveying, abbreviation (4).
- 2) The club’s floral emblem (7).
- 3) The most remote of the “Northern 3 peaks” in the Wollemi, above Nayook creek (7).
- 4) Home of Mount Cloudmaker (8).
- 5) The area with the thickest scrub in the state (9).
- 8) Australia’s first national park (5).

January Answers:

D	E	U	A		G	P	S
E				P			N
B	O	B	B	I	N		O
E		O		G			W
R		A		E			I
T	A	R	R	O	S		E
		S		N			S

Walks and Activities Report

Emmanuelle Convert

Leaders: After the activity, reports must be submitted via the [online form](#). If your walk is cancelled, please send a brief email advising the same to walksreporting@sbw.org.au. 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.

You can also send one or two photos to the editor for inclusion in the walk reporting section of the magazine.

28 Dec 2015	Guthega Main Range Circuit	Kosciuszko NP	<p>Caro Ryan</p> <p>Tom Brennan Rachel Grindlay Vivien de Remy de Courcelles Bill Raffle John Flint Margaret Baz Virginia Waller Diana Porta Jamie Foti Melanie Freer</p>
<p><i>Guthega - Guthega Ridge - Consett Stephen Pass - Mt Tate - Mt Twynam - Little Twynam - Illawong - Guthega</i></p>			
<p>A beautiful day dawned in the Snowy Mountains and we drove from Smiggins to Guthega Pondage via the back Link Road. Leaving cars at the carpark we headed across the dam wall and up to the base of the Guthega (east) Ridge, picking up a rough footpad. With navigation practice for 2 of our newer members leading us up and around to morning tea at Consett Stephen Pass, with wildflowers greeting us and drawing us ever up.</p>			
<p>From here, we quickly followed the worn footpad towards Mt Tate, although learning a valuable lesson when realising that the fast footpad took us too far south of Mt Tate (rather than up and over the top), which meant we needed to slog straight up the hill to bring us back up to the high point. The leader takes full responsibility for this!!</p>			
<p>Onwards we headed towards Mt Twynam. This was our goal for the day, (although as advertised... there were options for shortening it) however as one of our members indicated at Mt Tate that they may not be up for the full distance, we evaluated throughout the day as we continued. Great news though, we all made it to the northern end of Mt Twynam where we did split the group into 2, with half going up and over Mt Twynam and the other half keeping at saddle height and coming around the southern face. This meant some fun rock scrambling and working our way around the visible rock slabs, along with some nice snow drifts. The two groups reconnected at the saddle between Mt Twynam and Little Twynam and headed up the top for afternoon tea.</p>			
<p>From there, it was simply a matter of heading back towards Guthega via Illawong Hut and swing bridge, and then onto the cars... these last couple of kms seemed to stretch out ... quite elastic!</p>			
<p>A great day out - thanks everyone!</p>			
			
28 - 2 Jan 2016	Tasmania - South Coast Track	Tasmania	<p>David Angell</p> <p>Charles Russell</p> <p><i>P Members</i></p> <p>Suzanne Gapps Greg Stankiewicz</p>
<p>See article in next newsletter</p>			

29 Dec 2015	Mt Twynam	Kosciuszko NP	<p>Andrew Vilder</p> <p>Jenny Stephens Pamela Irving Melanie Freer</p> <p><i>P Members</i></p> <p>Jacqui Keatinge Steph Jiang</p>
30 Dec 2015	Mt Townsend	Kosciuszko NP	<p>Andrew Vilder</p> <p>Bruno de Villenoisy Diana Porta Virginia Waller Paul McCann Melanie Freer Jenny Stephens</p> <p><i>P Members</i></p> <p>Dan Dan Shao</p>
30 - 31 Dec 2015	Trapyard Creek	Kosciuszko NP	<p>Caro Ryan</p> <p>Tom Brennan Rachel Grindlay Bill Raffle John Flint Margaret Baz</p>

Perisher - Mt Perisher - The Paralyser - Betts Creek - Johnnies Plain - Trapyard Creek (C) - Top Station Ruins - Mt Stilwell - Charlotte Pass

After a short car shuffle to leave 2 cars at the Charlotte Pass top car park, we headed off from the watertank up the back of Perisher Village along the service road under the Perisher Valley Quad to Back Perisher Mt. From the top we left the firetrail and headed to the trig station and then into the saddle across to Mt Perisher for morning tea and obligatory photo ops! From Mt Perisher we lose all footpads and tracks and head through shin to knee high soft scrub.

The section from Mt Perisher to the Paralyser is the highlight as we follow a ridgeback line with great views around that give context as you can see the road to Charlotte Pass in the distance.

We all learnt a valuable first aid lesson this day, as one of our members slammed their knee (you know that painful 'funny bone' part?) into a hidden rock. The extreme pain brought on a faint and gave us all pause to stop and attend to them as they twice passed out and turned a distinct shade of grey... or was it beige? or was it green?

After full recovery, we headed off again to the Paralyser trig point and then downwards to a lazy, snoozing, fishing spot at Spencer Creek.

Over the road we went and across the boggy swamp of Johnnies Plain. We picked up water (as it turns out, way too early) and commenced the slog across and up to camp. Pulling up one ridge short, in what turned out to be an even better campsite than the planned one, we settled in for a great and chilled out evening around the campfire. Yes... we were within the treeline - so this was legal.

With the Bivvy Buddies bunking down trying to evangelise their methods, the rest of us snuggled down into the super soft grass.

The next morning, after a lazy sleep in, we headed up the remainder of the ridge towards the old Charlotte Pass chairlift ruins for morning tea where we heard about the interesting history of these ruined (blown up by the army) dreams.

From there, it was simply a matter of heading towards Mt Stilwell, where we met some Canberra Bushwalking Club members and then onto the cars and back to base at Smiggins for NYE celebrations.

Great group, great walk... a bit of crappy, swampy, scrub. :-)

<p>1 Jan 2016</p> <p>The walk to Porcupine Rocks was aborted near Porcupine Rocks because of rain & lightning; then we walked in rain to Perisher Valley. The drivers walked to collect the cars.</p>	<p>Porcupine Rocks</p> <p>Kosciuszko NP</p>	<p>David Trinder</p> <p><i>P Members</i></p> <p>Mindy Gu</p> <p><i>Visitors</i></p> <p>Jiwen Sheng Lei Ren Zhou Fengdi Gu Bingxing Shen Yulin Zhou Yilin Zhou</p>
<p>1 Jan 2016</p> <p>Day started cool with some cloud, some nice high camp spots with easterly direction found on Carruthers outside lake catchments. Great for fair conditions with sunrise view. Weather fronts seen coming in but missed us for most of the day. Lunch at Strzelecki Ck which is also a great campsite just off the foot pad near the waterfall. Weather started closing in when back on the main range with great lightning show. Rain held off till Blue lake. Found a cairn coming back on Carruthers Ck and again on the ridge with a faint food pad in places. The off track parts were mostly light scrub except heavier at a short section at back of Hendley tarn. Very nice walk and the scenery around the Sentinel is terrific.</p>	<p>The Sentinel</p> <p>Kosciuszko NP</p>	<p>John Flint</p> <p>Margaret Baz Bill Raffle</p>
<p>1 Jan 2016</p> <p>2 hours theory Chalet lounge room</p> <p>Practical map reading at Perisher and Charlotte's Pass</p> <p>Coffee at Charlotte's Cafe</p>	<p>Navigation Training</p> <p>Kosciuszko NP</p>	<p>Karl Miller</p> <p>Clare Holland</p> <p><i>P Member</i></p> <p>Dan Dan Shao</p>
<p>1 Jan 2016</p> <p>Started later than usual as we were all recovering from a great New Year's Eve party (except for Justine, who didn't really like the look of David and Andrew...)</p> <p>The walk was fairly easy and all on track. Nice lunch at Whites River Hut looking at the menacing clouds and chatting with a couple of cyclists who were going to camp at Valentines Hut.</p> <p>We had to finish the walk with a tiny bit of off-track which we did by going down along the side of a large water pipe to the Power Station. Great fun!</p> 	<p>Aqueduct Trail</p> <p>Kosciuszko NP</p>	<p>Emmanuelle Convert</p> <p>Vivien de Remy de Courcelles Rachel Grindlay Jenny Stephens Barbara Laborczfalvi Joe Laborczfalvi Diana Porta Jaimey Foti Bruno De Villenoisy Pamela Irving</p> <p><i>P Members</i></p> <p>Liping Pei Jacqui Keatinge</p> <p><i>Visitor</i></p> <p>Justine de Remy de Courcelles</p> 
<p>1 Jan 2016</p>	<p>Porcupine Rocks Loop</p> <p>Kosciuszko NP</p>	<p>Andrew Vilder</p> <p>Virginia Waller</p>

<p>2 Jan 2016</p> <p>An excellent pace by all walkers saw us have morning tea at the picnic tables near the Con Hut. The Rocky Road went down very well with everyone. The views were great as we walked across to Leura Cascades and lunch was eaten in the park with the masses of tourists. The Cadbury Roses were a treat!! We finished in good time to catch the train back to Wentworth Falls. Thanks everyone for a great day of walking.</p>	<p>Wentworth Falls to Katoomba</p> <p>Blue Mountains NP</p>	<p>Angela Barton</p> <p>Lisa Sheldon Leigh McClintock Glenn Draper Chris Dowling Tim Yewdall Melinda Long Sue Fagoaga Alexandra Lazar Scott Lee</p> <p><i>P Members</i></p> <p>Alexa Bullen Jack Tomac John Delandelle Rodd Hamilton Scarlett O'Malley Rachele Rugiero</p>
<p>2 Jan 2016</p> <p>Good weather and great company in a quality introductory level canyon.</p>	<p>Hat Hill Canyon</p> <p>Blue Mountains NP</p>	<p>Brendon Anderson</p> <p>Dirk Goes Tim Van Langenhove Brenda McLeannan Damon</p>
<p>2 - 7 Jan 2016</p> <p>In pre-walk anticipation we boasted about who was the least-fit, and worried if it was all going to be too hot at this time of year, however neither fear materialised and we walked at a decent clip in wet and cool conditions. We car shuffled between Honeysuckle Creek and Kiandra, and did our first day from Tharwa to Honeysuckle creek with day packs, and luxury car-camping (read G+T/cold beer). Day 2 started with a side trip to Booroomba Rocks (worth a visit) and on to Pond Creek Flats. From that night the rain decided to put in a bit more effort, and we consequently headed for the huts at the end of each day to provide clothes-drying opportunities, with consecutive nights at Oldfields, Hainsworth and Witzes before a last half day jaunt to reach the car at Kiandra. Originally we considered side trips to Bimberi Peak and some time at Blue Waterholes, but the low cloud and wet conditions caused us to change our minds. A great trip despite the inclement weather and perfect to kick-start 2016. Looking forward to the next leg some time (Kiandra-Thredbo) with proper mountains and better weather!</p>	<p>AAWT Tharwa to Kiandra</p> <p>Kosciuszko NP</p>	<p>Angela Beveridge</p> <p>Genevieve Savill</p>
<p>8 Jan 2016</p> <p>ok</p>	<p>Constance Gorge and Constance Point</p> <p>Wollemi NP</p>	<p>Yuri Bolotin</p> <p>Damon de Costa Sheila Zaman</p>



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

<p>9 Jan 2016</p> <p>This was a 20 km walk with a variety of walking conditions, a bush track, coastal cliff walking, surf beach walking, promenade walking and then sand flat walking all with swimming opportunities on a warm day.</p>	<p>Kurnell to Cronulla</p>	<p>Botany Bay NP and Cronulla</p>	<p>David Trinder</p> <p>Robert Carter Misako Sukiya Penny Peng Kin Lee Pam Campbell Peter Marshall Margaret Rozea</p> <p><i>P Members</i></p> <p>Minfeng Gu David Brignall John Dellandelles Liping Pei Ralph Meyers</p>
<p>9 - 10 Jan 2016</p> <p>Good, fit group with no dramas.</p> <p>Surprisingly, despite heavy rain over the preceding week, the Cox was only slightly deeper than usual - mid thigh at Breakfast Creek crossing.</p> <p>A warm [30 degree] climb up Pots and Pans was finished with a pleasant lunch on the top at 12 noon</p>	<p>Jenolan River Camping</p>	<p>Blue Mountains NP</p>	<p>Tim Sutherland</p> <p>Ewa Borowic</p> <p><i>P Members</i></p> <p>Trevor Carr Murray Henwood Peter Sheridan</p>
<p>9 - 10 Jan 2016</p> <p>Newnes</p> <p>Devils Pinch - 8 hours on Saturday - a couple of wades and swims and Nightmare - 7 hours on Sunday - some wades. No wetsuits were used for either canyon. Both canyons impressed.</p>	<p>devils pinch & nightmare canyons</p>		<p>Neil Soutar</p> <p>Rod Wales Alan Osland Ed Squires Jo Squires Sheila McFarlane (Sunday only)</p>
<p>10 Jan 2016</p> <p>Warm sunny day, blue seas. Lovely coast line with many beautiful sights. Great company, finishing at Mick Cronin's pub. About 25kms.</p>	<p>Kiama Coast Walk</p>	<p>Kiama</p>	<p>John Kennett</p> <p>Margaret Rozea Robert Carter Patricia Huang Glenn Draper Kelly O'Reilly Marianne Davies</p> <p><i>P Members</i></p> <p>Alexa Bullen</p>
<p>10 Jan 2016</p> <p>A sunny but windy day made us want to go for a swim at many of the beaches we visited, about half of which only appear at very low tide. Unfortunately we were on a race against the tide and had to press on and wait for Forty Baskets Beach to enjoy a real swim. We did get wet at times when choosing to walk around rather than over rocks. A very nice way to see well known vistas from a different angle and discover new gems such as the Crater Cove shacks and Washpool Beach (clothing optional).</p> 	<p>Middle Harbour rock hopping</p>	<p>Sydney</p>	<p>Vivien de Remy de Courcelles</p> <p>Caro Ryan Emmanuelle Convert Meg Kwon Yvonne Everett Elicia O'Reilly</p> <p><i>Visitor</i></p> <p>Justine de Remy de Courcelles</p>

<p>12 Jan 2016</p>	<p>Evening Walk - Bondi to Coogee</p>	<p>Sydney</p>	<p>Bill Holland</p>
<p>This evening walk went in very warm weather with 15 people attending.</p>			
<p>13 Jan 2016</p>	<p>Govetts Leap Circuit</p>	<p>Blue Mountains NP</p>	<p>Robyn Christie Margaret Baz Chris Dowling Lynn Dabbs <i>P Members</i> Dave Hartner Frank Berg <i>Visitors</i> Kaye Birch (Bush Club) John Booth (Bush Club)</p>
<p>As the day was going to be over 30° I made a decision to reverse the walk so that we were walked across the top in the cooler morning.</p>			
<p>After a little prayer to my dear friend Angelika Langley who was supposed to be on the walk with me - we headed off from Govetts just before 9.00am.</p>			
<p>We headed across the top to Evans LO. A quick break and snack there and then down to the Grand Canyon/Rodriquez Track Junction.</p>			
<p>A beautiful sunny day we lunched at Junction Rock at 12.20pm where some went for a swim and others paddled and cooled their feet off.</p>			
<p>The track up to the base of the waterfall - although shady was very oppressive and humid which affected some more than others. A quick dip was needed by one to cool down and we all arrived back at the top by 3.30pm.</p>			
<p>16 Jan 2016</p>	<p>Berowra Loop Ku-ring-gai Chase NP, Berowra Valley Regional Park</p>	<p>Robert Carter Petros Nikoloudis Michelle Rose Melinda Long Lisa Ochs Melanie Freer Penny Pang Kin Lee Peter Bruce Liz Youman Tracey Avolio Pam Campbell Anna Wells Neil Cartwright Susan Cartwright Lyn Hungerford Karen Brading Richard Brading <i>P Members</i> Jen Adams David Campling Anwar Aziz</p>	
<p>Walker drop-outs has been a challenging ongoing issue however hopefully this walk is a sign of things to come with a large party of 21 walkers and no drop outs despite the forecast for sporadic light showers during the day ! Incidentally we had 2 or 3 showers with very light rain lasting for less than a few minutes and despite the warm humid conditions it was fantastic weather for walking.</p>			
<p>This was a relatively easy longer walk with a few ups and downs which everyone handled very well. The walking pace was reasonable with regular stops for rehydration. An extended morning tea was taken at Apple Tree Bay where the coffee shop was mobbed.</p>			
<p>There was an unintended short term change in leadership during our walk along Calna Creek when a large Lace Monitor set a slow pace along the track for approx. 100m with no intention of moving off the track until the leader decided it was time to re-assert his authority.</p>			
<p>Overall a great day out with many new faces in the group and fantastic engagement throughout. Congratulations to Jenny Adams and Anwar Aziz on completing their first walk with the Club with hopefully many more to come.</p>			
			
<p>16 Jan 2016</p>	<p>NAV101</p>	<p>Ku-ring-gai Chase NP</p>	<p>Don Finch Yvonne Everett Ewa Borowiec Margot Bull <i>P Members</i> Ashwin Clarke Srinivas Gowda Mette Kirk</p>
<p>A brief rain shower at Cowan saw us scurrying for the bus shelter where we continued the introduction to navigation. The sun finally came out to a rather too warm day. The scrub on Porto Ridge is a bit thick but the party successfully navigated the route into Brooklyn where a cold beer was enjoyed until train time.</p>			

16 Jan 2016	Sheep Dip Canyon x 3	Wollemi NP	Richard Pattison Melissa Thomas Vivien de Remy de Courcelles Ed Squires Jo Squires Alex Allchin Damon de Costa <i>P Members</i> Sierra Classen
16 Jan 2016	Gang Gang Canyon, Tunnels and Falls	Newnes SF	Yuri Bolotin Ian Starkey Keith Muir
16 - 17 Jan 2016	Coolana Gourmet Weekend	Kangaroo Valley	Bruno De Villenoisy Jose Correa Jaimey Foti John Flint John Kennett Lin Kennett Meg Kwon Sheila McDowall Diana Porta <i>P Members</i> Diana Correa
17 Jan 2016	Taffys Rock	Ku-ring-gai Chase NP	Robert Carter Sally Reynolds Misako Sugiyama Marianne Davies Martyne Preston Gordon Jagger Susan Healey Alexandra Lazar Margaret Rozea <i>P Members</i> Alexa Bullen Chris Cunningham
17 Jan 2016	Heart Attack - Surefire Double	Wollemi NP	Richard Pattison Melissa Thomas Alan Osland <i>P Members</i> Sierra Classen

<p>17 Jan 2016</p> <p>The walk started as a mild overcast day, as it had rained the week before the track was muddy and slippery, so we all had a few slips on the way down the side creek to the Canyon entry point. Once in the canyon we put our wetsuits on and geared up for the 3 abseils and river walking (approx. 1 km).</p> <p>The abseils all went well, with the occasional slip and bumps into the walls which we all enjoyed.</p> <p>The exit is a scramble up a side creek with some minor rock climbing, and the track traversed back and forth up the hill.</p> <p>A very enjoyable day out.</p>	<p>North Bowen Canyon</p> <p>Wollemi NP</p>	<p>Terry Moss</p> <p>Stephen Dolphin Peter Love Grace Love Jodie Dixon Jenny Stephens Ross Jamieson Ed Squires Sheila Zaman Michael Gadiel Scott Lee Stanley Wong</p>
<p>22 Jan 2016</p> <p>OK</p>	<p>East Creek Glories</p> <p>Newnes SF</p>	<p>Yuri Bolotin</p> <p>Brendon Anderson</p>
<p>23 Jan 2016</p> <p>The weather in the lead up to this walk had been pretty ordinary and the forecast was for showers and possible storms. This prompted a couple of late withdrawals from the walk although there was a reserves list in place that had been advised to all walkers. The weather on the day was near perfect with a few spots of rain and a building thunderstorm well to the west of us that we watched during lunch from the top of Peak Hill.</p> <p>A fairly straight forward walk along the Great North Walk then moving off track onto Porto Ridge at GR330854 following the ridge for our descent into the saddle before Peak Hill where we visited a rock overhang containing a number of Aboriginal hand stencils. A quick ascent of Peak Hill where we had lunch before heading to a fantastic lookout that was recommended by Misako Sugiyama as being a favourite of our much missed friend Julian Martin.</p> <p>Our descent to Sandy Bay was via a small creek line which was a lot of fun although a tape was required to assist negotiate a vertical 2m rock face. This being said it was a much safer and more spectacular descent than the normal way down from Peak Hill. Thanks to Graham Conden for sharing his previous experiences out to 'Julian's Lookout' and the alternative descent.</p> <p>Unfortunately one of our number was savaged by a rogue bull ant that was described as being at least 1m long and as thick as your arm with pincers that could cut through steel. I could fill pages with the recount of the traumatic experience however this is best left unpublished for now !</p> <p>A good day out with a fun and enthusiastic group of people.</p>	<p>Cowan to Brooklyn via Peak Hill Ku-ring-gai Chase NP</p>	<p>Robert Carter</p> <p>Sue Tiller Marianne Davies Tracey Avolio Geoff Goodyer Tim Sutherland Graham Conden Petros Nikoloudis Michelle Rose Anthea Michaelis</p> <p><i>P Members</i></p> <p>Alexa Bullen Susan Tuncel</p>
<p>23 Jan 2016</p> <p>Started with a overcast day on the old coach road to the start of the Tiger snake canyon, normally this is a dry canyon but with some rain on the preceding days meant wet feet in the small pools in the canyon, the first abseil is a narrow squeeze abseil followed by some narrow sections which you had to remove packs to squeeze through. The second abseil is the waterfall of 12 m, we then followed the creek downstream for the third abseil which is from a chock stone which had fallen into the top of the canyon eons ago to form a roof in the canyon 20 m. we walked the lower section of the canyon to the exit and then back up the ridge over many pagodas to the start.</p> <p>A very enjoyable canyon with a great group.</p>	<p>Tiger Snake canyon</p> <p>Gardens of Stone NP</p>	<p>Terry Moss</p> <p>Grace Love Peter Love Melinda Turner Jodie Dixon</p>

23 - 26 Jan 2016	Cooleman Circuit	Kosciuszko NP, Namadgi	<p>Leigh McClintock / John Flint</p> <p>David Bell John Flint Misako Sugiyama Michael Browning Bill Raffle Glenn Draper</p> <p><i>P Members</i></p> <p>Patsy Quealy</p>
<p>See article in the next Newsletter.</p> 			
23 - 26 Jan 2016	Numietta canyoning	Wollemi NP	<p>David Carmichael</p> <p>Alan Osland Nicole Mealing Lisa McCarthy Mark Dabbs</p> <p><i>Visitor</i></p> <p>David Sweeting</p>
24 Jan 2016	The Western Mail	Popran	<p>John Kennett</p> <p>Robert Carter Kate Griffiths Margaret Rozea Kerry Atkins Richard Quinn Kin Lee Penny Pang Peter Sheridan Brenda McLellan Geoffery Coleman</p> <p><i>P Members</i></p> <p>Alexa Bullen</p> <p><i>Visitor</i></p> <p>Mike Pickles (Bush Club) Alfred Lee (Kin and Penny's son)</p>
<p>A walk in rarely visited areas of Popran NP, including the 19th century Mailman Track, access to which is hidden and which is gradually disappearing. The walk also included one of the best aboriginal cave art sites in Sydney, Upside Down Man. Wetter than normal conditions in Ironbark Creek made for more challenging rock-hopping, while the scramble up the rocky side creek to UDM provided just the right amount of adventure and challenge. A good day out. 11kms.</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!

26 Jan 2016	Berowra to Brooklyn	Ku-ring-gai Chase NP	Robert Carter Brian Tomney Margaret Rozea Margot Bull Pam Campbell Sue Tiller Geoff Colman <i>P Members</i> Alexa Bullen
29 Jan 2016	West of Newnes Hotel	Wollemi NP	Yuri Bolotin Brendon Anderson Daryl Watson <i>Visitor</i> Thomas Ebersoll
30 Jan 2016	Ethereal Canyon	Newnes SF	Yuri Bolotin Damon de Costa <i>P Members</i> Dan Dan Shao <i>Visitor</i> Peter Hannam
30 Jan 2016	Coast Track (Otford to Bundeena)	Royal NP	Robert Carter Michelle Rose Petros Nikoloudis Glenn Draper Lyn Hungerford Sandra See Kylie Carter <i>P Members</i> Liping Pei Mark Wigley

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>31 Jan 2016</p> <p>Kanuka Brook</p> <p>Blue Mountains NP</p> <p>With water levels up this turned out to be a more exciting walk than planned. A swim was enjoyed as the mercury rose and the off track section was actually blue paint hopping.</p>		<p>Nicole Mealing</p> <p>Geoff Coleman</p> <p><i>P Members</i></p> <p>Heath Francis Elizabeth Ryan Rachel Marnell Alexa Bullen Jaidev Krishnamurthy Jennifer Adams</p>
<p>31 Jan 2016</p> <p>Kangaroo creek</p> <p>Royal NP</p> <p>Finding the track leading to Kangaroo creek took us some time but allowed us to visit Tentcity in the bush at the back of Waterfall station. Morning teas was at the first swimming hole that we had to share with three others. We did make the secluded "Olympic pool" for lunch after battling more scrub than I remembered. Later in the afternoon, more scrub pushed us uphill and I decided on joining the walking track to Karloo pool rather than fighting our way back to the creek. Karloo pool was packed with people but that did not prevent us from a third swim. Then it was just a matter of pushing toward Engadine station via the Bottle brush track. A great walk for a hot day.</p>		<p>Vivien de Remy de Courcelles</p> <p>Emmanuelle Convert Pamela Irving Scott Lee Joanna McLachlan Leigh McClintock</p> <p><i>P Members</i></p> <p>Rachele Rugiero Verica Sekulic</p> <p><i>Visitor</i></p> <p>Justine de Remy de Courcelles</p>

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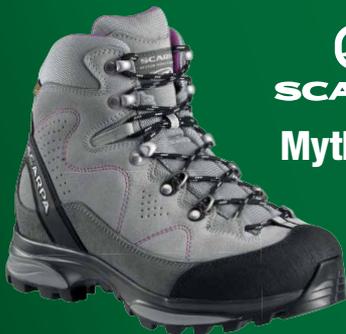
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