



Photo by Vivien de Remy de Courcelles- Near Asgard Head

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Canyoning in the Snow

Tom Brennan



I hear canyoning is a summer activity. I optimistically put a couple of dry Kanangra canyons on the program for the second last week of winter.

Dione Dell and Kalang Falls are the two easiest of the Kanangra canyons, though the slippery quartzite rock, long abseils and loose scree slopes mean that they are typically harder than their northern counterparts.

I watched the weather somewhat anxiously for the week before the trip.

After a balmy few days, a heavy bout of rain was forecast on Friday night, with a cold front on Saturday morning. I ended up switching the order of the canyons to allow things to dry out before we did Kalang Falls on the Sunday.

This meant we could have a late start on the Saturday, so it was a very civilised 9am on the Saturday morning that we were rolling along the Edith Rd toward Kanangra. David M pointed out the pale white appearance of the hill off to the left. Was it snow? It sure was! As we came around the bend, the sides of the road were covered with shallow drifts, and the paddocks glittered white. We had a few minutes to spare, so jumped out and took the obligatory photos.

Everyone was already assembled at Boyd River when we arrived. Snowflakes were whirling around, though not settling on the ground at the camping area. I quickly donned five more layers of clothes, as the car temperature hadn't prepared me for a subzero start.

It's not every day that you can set off for a canyon in the snow, so you have to make the most of it! Quickly the snowflakes turned to drizzle as we descended into Dione Dell. My toes, which had already gone numb, started to defrost as we walked.

My memory of Dione Dell was that the only

compulsory wade was after the third abseil. Obviously a flawed memory, as not only was there a chilly wade after the first abseil, there were a few other sections of shallow creek walking. Thin Dunlop Volleys were better than bare feet, but still resulted in aching toes from the cold water. Thankfully everyone successfully negotiated the slippery underwater slab after the third drop and no-one went for a swim - though the cameras were well poised just in case!



The sun emerged and it looked like a beautiful, if cold and windy day.

However, this was just an illusion, as more grey clouds scudded over the hill behind us, and it started drizzling again. The only benefit of the occasional shower was that there was a lovely double rainbow over Margaret Falls at the end of the canyon.

When the rain did clear, the sky was beautifully clear, and we had uninterrupted views from the lookout at the top of Wallaby Pass on the way out

to Pindari Tops.

Just as my toes were starting to warm up and dry out, we finished with some unavoidable wading across Marrilman Heath (or should that be swamp)? As we trudged back along the road to the cars the snowflakes started to swirl again, and they were whistling around us as we set up camp just down the fire trail towards the Uni Rover Track.

A roaring fire was the order of the day (or night), which David M kept well fed. Unfortunately copious doses of "I hate white rabbits" were not able to overcome the gusty breeze blowing smoke in people's faces all evening. Jo had the right idea for the cold, having brought Ugg boots from home for extra comfort. Happy Hour was plentiful, perhaps excessive, and my packet dinner was left to languish! Eventually after a social evening, everyone rolled off to bed.

The next day dawned fine and clear.

Jo decided the lure of a warm Blackheath coffee shop trumped the 500m climb up Murdering Gully. The rest of us headed down to the lookout at Kanangra Walls, then scrambled down the dicey ledges to the first abseil of Kalang Falls. I was quite thankful that the rock had dried out, as exposed scrambling on wet rock would have been unpleasant at best, and dangerous at worst. Even when dry it requires concentration in places.

The ten abseils all went smoothly. We carried 4 ropes, so were generally able to have a couple of drops rigged at any one time. The abseils in Kalang Falls come thick and fast, and there's not much walking between them. There's over 400m of descent in about 500m of creek.

The highlights of the trip are the wide ledge at the top of the second abseil, with its expansive views of Thurat Spires, and the final four abseils, three of which descend next to the waterfalls. The final abseil ends in a pool - though for the skilled abseiler, it is possible to keep your feet dry. Everyone ended up with dry feet, though someone who shall remain nameless did need to be hauled in on the rope to avoid a waist deep wade.

Unfortunately all good things come to an end, and the downside is the long steep exit. Murdering Gully gets a bad rap, but in fact the gully itself is pleasant scrambling. It's only when the gully gets too steep that you have to scramble out on to the scree slopes, and from there it's a unpleasant slog. Eventually we found ourselves back in the saddle near Dance Floor Cave, and it's an easy stroll from there back to the car park.

All up a chilly but enjoyable weekend of winter canyoning.



New members

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

Sara Ladd
Lucy Xiao
Puru Karki
Tony Gardner

Wine and Cheese Overnighter

Erin Harris

We set out at a leisurely 10am for a "wine and cheese" overnight walk geared around allowing some Prospective Members to have a fun introduction to overnight bushwalking. After a last minute cancellation, our group ended up being made up entirely of Tiggers - the informal SBW group of members in their 20s and 30s. We set off from Bell in stunning weather for the walk into Wollangambe Crater. We had a not-too-taxing walk in, and those of us who were learning navigation were able to follow along with Nicole as we worked our way to the crater, where we would meet up with another group who had walked in an alternative route (from Mount Wilson) with a couple of other Prospective and full Members.

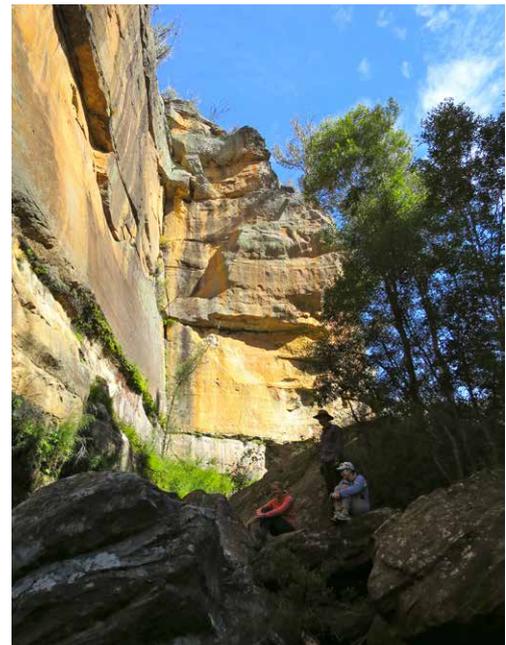
crossings, a bit of bush bashing, and a lunch stop at the Centre of the Universe pagoda with its awesome 360 degree views. All topped off with a stop for some apple pie on the drive home.



The stars came out for a beautiful clear night and we had a fun happy hour around the campfire, sharing mulled wine, cheese and chocolate. The temperature dipped down to zero overnight but that didn't stop some of the group from sleeping out under the stars (or jumping into the freezing Wollangambe the next day for a swim!). We joined forces for the walk out, with some fallen tree river



This was a fun walk with great company, and gave us Prospective Members a great chance to test out our gear, talk to more experienced members about what (and what not) to bring, hear some stories, and generally get a taste for overnight bushwalking before tackling the more difficult Q overnight walks.



Social Program

Wed 21st of September - Expedition of Mt Gangotri III. Gourav Bhaduri will talk about a Mountaineering Expedition (Climbing of Mt Gangotri III, 6577 mtrs) in Garwal Himalaya (India). Their expedition includes walking from Gangotri town to the base camp and then setting up base camp and further higher camps to complete a summit.

Wed 17th of October - Balls Pyramid. Only 54 people have reached the top of Balls Pyramid, a formidable 552 m rock spire near Lord Howe Island. Two of them will be talking about their experiences on Balls Pyramid. Jim Smith was on the second successful ascent in 1969 and Keith Bell led two expeditions, in 1970 and 1973. On the 1969 expedition was Rona Butler, daughter of Dot Butler, she is the only woman to have ever climbed the Pyramid. Rock climbers have been banned since 1986. Jim and Keith will be showing many dramatic pictures and telling some of the stories of their adventures and showing the remarkable wildlife including the giant Phasmid. Their new book 'South Pacific Pinnacle - The Exploration of Balls Pyramid' will be on sale at a discounted price on the night.

Wed 16 November - Bibbulmun Track - WA. Robert Carter will talk about a recent Bibbulmun Track adventure walking 1000km in 52 days through south-west Western Australia.

If you have any ideas for social events, contact Tracey Avolio: 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.*

Why not join other club members for dinner at "The Pizzeria Rio", a cheap pizza place that is next door to the Kirribilli Neighbourhood centre in Fitzroy Street. Club members assemble there from 6.00pm on.

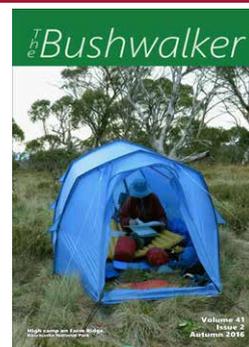


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Walks and Activities Report

Emmanuelle Convert

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

7 - 2 Aug 2016	Jatbula track and Southern walks	Nitmiluk NP	<p>Virginia Riley</p> <p>Kenn Clacher Sally Reynolds Petros Nicoloudis Michelle Rose Sandra See Barbara Laborczfalvi</p>
<p>Section 1: Jatbula track - 62kms</p> <p>We began the first walk from Nitmiluk Visitor Centre crossing the Katherine river in a boat to start the Jatbula track. We had 5 beautiful nights camping at Biddlecombe Cascades, Crystal Falls, 17 mile Falls, Sandy Camp and Sweetwater Pool campsites. We explored all the waterfalls, cascades and waterholes and swam at every opportunity. We couldn't swim at the Northern Rockhole which is on the way to the first camp, as it was closed due to the possibility of a croc being there.</p> <p>Section 2: Southern Walks- 40kms</p> <p>Starting at the Nitmiluk Visitor Centre, we went via the Yambi walk to Gorge #8 campsite where we spent 2 nights. From here, we went and explored the galleries of Jawoyn rock art in the Jawoyn Valley. We had lovely swimming days at the gorge and the views of the upper gorge from here are spectacular. From Gorge #8 campsite we walked via the Waleka walk to Smitt Rock. We had a further 2 nights camping at Smitt Rock where we enjoyed swimming, relaxing and exploring the gorge system. We headed back out along the Waleka walk via Lily Ponds and then back to the Nitmiluk Visitor Centre.</p>			
			
4 Aug 2016	Mt Kuring-gai to Hornsby	Berowra Regional Park	<p>Clare Holland</p> <p>Vivien de Remy de Courcelles</p>
<p>The Lyrebird Track threw up some tricky creek crossings because of the heavy rain from the last 3 days. Similarly at Fishponds we had to negotiate some off track as the wide creek wasn't crossable.</p>			

<p>4 Aug 2016 Bobbin Head & Apple Tree Bay Ku-ring-gai Chase NP</p> <p>The weather gods were shining on us tonight. After torrential rain all week (especially Wed) we decided to proceed with the Thurs night walk and it all turned out OK in the end. In fact, we didn't get rained on at all.</p> <p>Plan A was to head over to Apple Tree Bay and then find the faint Pipeline track towards Mt Kuring-gai... we quickly decided that the Pipeline track might be a little waterlogged so best avoided.</p> <p>Plan B was to head up almost the entire Gibberagong Track and then circuit back which was a good plan until the creek crossing proved to be uncross-able.</p> <p>Plan C saw us heading up the Gibberagong Track until the Murrua track and then go down the Bobin Head firetrail to the cars. Not as exciting but safe... the only downer was that security told us we shouldn't be passing through the marina after hours. All in all a nice walk.</p>	<p>Genevieve Savill</p> <p>Susan Healey Philip Worledge</p> <p><i>P Member</i></p> <p>Viviana Sepulveda Flores</p>
<p>6 Aug 2016 Dharug Traverse Dharug NP</p> <p>A diverse group of seven met at Mill Creek and shuffled to our starting point where, as a group, we climbed, slithered, slipped, pushed and pulled ourselves (and each other) through some gnarly undergrowth and up loose rock falls. Some of it was like a game of Twister, ie: "left foot here, then right hand there..."</p> <p>The group trekked through the middle of the day, stopping by the rarely visited Haycock and Foody trig, before taking a well defined track to the Group 6 aboriginal carvings, which are looking spectacular at the moment following recent maintenance by NPWS.</p> <p>Having navigated successfully through the day we managed to lose the clearly marked trail back to the cars for some time before the calls of black cockatoos got us back on course.</p> <p>Everyone completed the walk safe and sound barring some scratches and scrapes and the Prospectives were great dealing with some tricky conditions.</p>	<p>Geoff Goodyer</p> <p>Genevieve Savill Joanne Armstrong Jose Correa Natalia Veinberg</p> <p><i>P Members</i></p> <p>Marivic Galinato Bruce Donnelly</p>
	
<p>6 Aug 2016 Kuring-gai Capers Ku-ring-gai Chase NP, Berowra Valley Regional Park</p> <p>Despite the weather forecast it was a nice day with overcast skies at times and no rain. A challenge with transport with City Rail changing its track work calendar at the last minute impacting all trains on this line.</p> <p>A long walk of approx. 28km with a number of ups and downs throughout the day (up 1280m/down 1100m) providing a good work out for the group. Plenty of water flowing in the creeks following recent rains and the expected muddy patches along the track.</p> <p>Wildflowers are now starting to bloom along the Great North Walk with Boronia being the most common at this early stage.</p> <p>Congratulations to Viviana and John who successfully completed their first qualifying walk. Also great to have Ramon join us for this walk as he will be part of the Bush Club contingent partnering with next week's Six Foot Track in a Day.</p>	<p>Robert Carter</p> <p>Dave Harter Barbara Laborczfalvi Lyn Hungerford</p> <p><i>P Members</i></p> <p>Viviana Sepulveda Flores John Fitzgerald</p> <p><i>Visitor</i></p> <p>Ramon Alvares</p>

<p>6 - 7 Aug 2016</p> <p>We had a late start from the Kanangra carpark and the pressure was on to get to the cave before dark. We arrived at 6.30 PM and we navigated in the dark to find the cave. The return trip was quicker. We had 6 beginners and they were happy to spend 2 days in this wilderness and to work hard at walking. Most activities were new to them but they enjoyed it and are now initiate and fit for overnight walking. The social atmosphere was good and the 11 people are now all good friends. The only rain came when we were under shelter in the cave at night.</p>	<p>Hundred Man Cave</p> <p>Kanangra-Boyd NP</p>	<p>David Trinder</p> <p>Mindfeng Gu Patsy Quealy Bruno de Villenoisy Sue Tiller</p> <p><i>P Members</i></p> <p>Lucy Xiao Gouri Venigalla Julie-Anne Murphy Emma Doherty Vincent Murray Pei Liping</p>
<p>6 - 7 Aug 2016</p> <p>When people go into this area they usually walk on existing tracks or fire trails. We tried to avoid them and this led to some great finds. Beautiful waterfall up high on the Endrick River, and views from top of Binnari Pass were impressive. Found numerous camp caves on the west side of Quiltys Mountain.</p> <p>Photos by Virginia Waller</p>	<p>Exploring Binnari Pass</p> <p>Morton NP</p>	<p>Melinda Turner</p> <p>Gilda Floyd Michael Floyd Stephen Dolphin Grace Love Peter Love Virginia Waller Andrew Vilder Caro Ryan</p>
<p>7 Aug 2016</p> <p>This was originally Angela Barton's walk in the program but Angela was unable to lead the walk so myself and Tim Sutherland offered to co-lead. It turned out to be a wonderful and challenging circuit of the Wild Dogs. We started down Pots & Pans after a 20 minutes detour when we missed the turn. Down to Frying Pan Flat, along Breakfast Creek and then a sustained steep climb up Knights Pup to Knights Deck for wonderful views on a pleasant day with high clouds. Down to the Coxs River via Blue Dog Spur and then back up Ironmonger. We could not get to Angela's planned return ridge just past Ironmonger Gully due to high water in the river. Our very strong and fit party finished about an hour earlier than expected.</p>	<p>Wild Dogs - Knights Pup</p> <p>Blue Mountains NP</p>	<p>Dirk Goës/Tim Sutherland</p> <p>Peter Bruce Liz Youman James Blair George Cagle</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!

7 Aug 2016	Katoomba Rollercoaster	Blue Mountains NP	Robert Carter
<p>A cool start however nice sunny day with the cloud and fog moving in mid-afternoon an some light rain just as we arrived back at Katoomba Station – very well planned indeed !</p> <p>For some of us this was the final hit out before the Six Foot Track in a day next weekend so a few hills were required (24.1km up 1184m/down 1035m). Recent rains resulted in plenty of water flowing in Nellies Glenn and Devils Hole with some mud however overall the conditions were pretty good. Some new track work in Nellies Glenn has removed some of the hazardous track section which would be great for those brave souls who runs up and down!</p> <p>Plenty of people on the Ruined Castle Track once we had descended the Golden Stairs – looked like Mt Solitary had many campers the previous night – and then the usual heavy traffic and congestion as we neared the Scenic Railway and ascended the Giant Stairway.</p> <p>Overall a good walk and great to catch up and spend a nice day with a great group of people. Congratulations to David Hou on completing this qualifying walk.</p>			<p>Margot Bull Kylie Carter Jim Collier Carley Finn Angela Beveridge Peter Beveridge Barbara Laborczfalvi</p> <p><i>P Member</i></p> <p>David Hou</p>



7 Aug 2016	Sharp Peak and Blue Gum Creek	Nattai NP	Alex Allchin
<p>Well, being an exploratory trip for the leader, this was definitely a trip where a 'sense of adventure' came in handy.</p> <p>After some easy fire trail walking on the Buxton Plateau we passed an impressive lookout to the Wild Goat Plateau and soon reached Sharp Peak. Some rock scrambling up to the top of the peak, followed by a 300m descent to the Blue Gum Creek and Little River junction. Views over to Eastwood Bluff soon revealed that an ascent would probably be too ambitious (looked more like a rock climb...) so a new plan was needed.</p> <p>Little River was found to be in ruins, smashed by large flood waters that had recently gone through. The power of water is truly impressive. I suggested that we work our way up through the river debris, to which a certain member laughed and replied that they'd be walking out via the Blue Gum Creek fire trail.</p> <p>After a quick dip in the river, we headed off, finding the going to be slow and covering a km in about an hour. Getting late in the day, a quick change of plan then had us climbing up the steep Western side of Sharp Peak, with many cliffy sections to negotiate.</p> <p>A well earned rest was had at the top, followed by a fire trail bash back to the cars which soon required head torches and finished a little before 7pm to make a good 11hr walk.</p> <p>Well done to the three prospective who rose to the challenge of the adventure.</p>			<p>Glenn Draper Mark Wigley</p> <p><i>P Members</i></p> <p>David Chan Shubam Grover Vignesh Manimuthu Denis Quigley</p>



8 Aug 2016	Penrose Slot	Wollemi NP	Yuri Bolotin
			<p>Ian Starkey Linda Starkey</p>

<p>8 - 12 Aug 2016</p> <p>We walked each morning and returned home for a quiet hour or two before happy hour. Areas visited include:</p> <p>Shell Cove Lakes and Farm Beach</p> <p>Cathedral Rock</p> <p>Bombo Head</p> <p>Macquarie Rainforest</p> <p>Illawarra Fly</p> <p>Historic Aircraft Restoration Museum</p> <p>Non Tien Temple</p>	<p>Days In Illawarra</p> <p>NA</p>	<p>Bill Holland</p> <p>Frances Holland Patrick James Rick Angel George Mawer Maurie Bloom Barbara Bloom Karen Brading Robyn O'Bryan</p>
<p>9 Aug 2016</p> <p>A nice day with clear blue skies however a wee bit chilly for this well attended mid-week walk with a number of new faces.</p> <p>Our walk commenced at Thornleigh Station from where we meandered through local backstreets to pick up the Great North Walk access following Zig Zag Creek down to the upper reaches of Berowra Creek which we followed to Fish-ponds before ascending back up to Hornsby Station. A short however pretty walk not far from the edges of civilisation.</p> <p>An enthusiastic group of Prospective Members with a bit of basic navigation throughout the walk and 'basic skills' introduction whilst replacing fluids at the Hornsby Railway Hotel</p>	<p>Thornleigh to Hornsby Berowra Valley Regional Park</p>	<p>Robert Carter</p> <p>Tim Yewdall Kelvin Russell</p> <p><i>P Members</i></p> <p>Irine Kaye John Millard Viviana Sepulveda Flores Elizabeth Powell Janet Hanson</p>
		
<p>11 Aug 2016</p> <p>Local resident Tracy Edwards helped out once again with navigation on this walk, although the leader is to blame for missing a turn during the start of the walk and making everyone scramble up a small rock face (adds to the adventure!). Another lovely circuit although it was a little slower than usual finishing just after 10pm.</p>	<p>Garigal NP</p> <p>Garigal NP</p>	<p>Genevieve Savill</p> <p>Tracy Edwards Melinda Long Philip Worledge Jose Correa</p> <p><i>P Member</i></p> <p>Sue Riakos</p>
<p>13 Aug 2016</p> <p>We spent the day practising rope rescue techniques which included: rescuing a stuck abseiler, assisted abseiling, hauling systems and belay techniques.</p>	<p>Improvised Rope Rescue Workshop</p> <p>Wahroonga Rocks</p>	<p>Simon Hager</p> <p>Tom Brennan Alex Allchin Nicole Mealing</p>

13 - 14 Aug 2016	Six Foot Track in a Day	Blue Mountains	Robert Carter Kylie Carter Wayne Gardner Barbara Laborczfalvi Huw ap Rees Margot Bull John Currie Anne-Marie Cooper Samira Bachir Steve Willems Lyn Hungerford Mark Wigley Rachel Grindlay Simon Tellam Peter Bruce Liz Youman Jo Daly Jim Collier Carley Finn Frances Bottrell <i>P Members</i> Nicola Le Couteur <i>Visitor</i> Bush Club Tony Sandrussi Ramon Alvarez Robert Powell John Hungerford (Nicola Le Couteur)
<p>A near perfect day for the annual Six Foot Track in a Day walk which saw a group of 31 members and guests participate.</p>			
<p>With such a large group it was inevitable that we would be strung out along the track however pre-arranged meet-up points with the Support Crew allowed us to ensure everyone arrived safely. We departed Explorers Tree at 6.15 am and arrivals at Jenolan Caves varied between 3.40 – 5.05 pm which is an outstanding effort for everyone considering the tired and sore legs, blisters, lifted toenails and other injuries sustained throughout the 45km with 1600m ascent/1900m descent) challenge.</p>			
<p>Our traditional post-walk Happy Hour and dinner once again capped of a great day and provided the opportunity for everyone to engage in a more relaxed atmosphere – including partaking in a natural grape-based remedy for sore muscles to promote healing and a numbing sensation!</p>			
<p>A BIG THANKS to our wonderful Support Crew – Jim & Valerie Close, David & Mindy Trinder, Joe Laborczfalvi and Stephen Hungerford - for the generosity in giving up their weekend in order to support the walkers. Thanks to Anne-Marie Cooper, Frances Bottrell (thanks for the cake!) and Margot Bull for their car shuffle on Friday afternoon to ensure that we had sufficient vehicles for the return trip to Katoomba on Sunday.</p>			
<p>Also thanks to Tony Sandrussi and the other Bush Club folk who partnered with us this year. It was great to get to know you and share the Six Foot Track experience. Hopefully we can align and do it together once again next year.</p>			
<p>Congratulations to Nicola Le Couteur who joined SBW in the week leading up to the walk and successfully completed her first Q-walk.</p>			
			
13 - 14 Aug 2016	Hunter Main Trail and Blackwater Creek	Wollemi NP	Yuri Bolotin Joanne Armstrong Brendon Anderson <i>P Member</i> Karol Borowiec
14 Aug 2016	Lindfield to Gordon	Garigal NP	Tom Brennan Jon Bell <i>P Members</i> Lara Hardy Jennifer Nobbs
<p>An absolutely gorgeous Sydney winter's day. The section of Middle Harbour between Gordon Creek and Rocky Creek is surprisingly untouched, with only a rough track following the western shoreline. Well worth the visit.</p>			

<p>14 Aug 2016</p> <p>Multi Lingual Walk</p> <p>Blue Mountains NP</p> <p>Day walk: The gullies, dells and creeks of this walk are magic places inhabited by lyre birds, bunyips, elves, gnomes and banksia men.</p>	<p>Patrick James</p> <p>Geoff Colman Brenda McLennan Richard Brading Kate Griffiths Tammy Safi</p> <p><i>P Members</i></p> <p>Monika Boehm Kimberly Commerford John Fitzgerald Rachel Marnell Julie Moffat Elizabeth Ryan</p>
<p>14 Aug 2016 Wentworth Falls - Mulherans Hidden Tracks</p> <p>Blue Mountains NP</p> <p>A spectacular "Winters" Day, which felt more like Spring with the clear skies and early signs of Boronia along the track. We left Conservation Hut with a brief pause at "Rest and Be Thankful", one of the abandoned spots from Peter Mulheran's old tracks. A quick stop at Lyrebird Lookout before heading back up the hill to join the Short Cut track for a 'short while' before leaving this to join Mulheran's upper level of this track with spectacular views across the Jamison Valley. Passing through the Wentworth Falls main carpark, we headed down to Den Fenella Lookout, which features a lovely gully/cascade track and new(ish) bridge built by National Parks. This little track appears to be not regularly visited, which is a shame as again, the views and amble down there is delightful.</p> <p>Back up the track half way, to join the non-serviced Undercliff track towards Wentworth Falls. Passing what must be the most spectacular of the Jamison Valley's northern lookout, now also abandoned with all that remains being rusty supports. Still onwards we pushed across a small landslide and gully, our feet finding the hidden railway sleepers below the razor grass and mud and we eventually joined the tourist highway (marked with a small cairn) near Princes Rock lookout. Here we admired one of Peter Mulheran's hand cut stone walls in the celtic style he brought with him from Ireland, along with one of his celtic wells which is seen beside the tourist highway.</p> <p>Crossing the top of Wentworth Falls and keen to leave the tourists behind, we headed for morning tea stop #1 at Rocket Point, where there's another stone wall and we enjoyed the sunshine. Following the Round loop track, we deviated at the start of Mulheran's Masterpiece track and dived into Casuarina Alley and the Leprechaun Tunnels towards Annes Picnic spot and then onto morning tea stop #2 at Ti Willa Lookout. Undoubtedly the best eastern lookout view for the Jamison Valley and rarely visited, with the Instagram Tourists and buses preferring Lincoln Halls Lookout (aka sunset rock) further south along Kings Tableland. We joined the Little Switzerland Firetrail to loop back to the top of Wentworth Falls and begin the National Pass - our route back to the Conservation Hut. Such a wonderful track with incredible views and sites of sandstone cliffs overhanging and waterfalls to walk under. We had lunch at one of the pools below Empress Falls, where we witnessed not 1, but 2 different people nearly slide to their potential death or definite injury by stepping over the fence to get a photo - one with his girlfriend piggy backed whilst they slipped on the ice like moss of the wet rocks. Seriously folks - soooo not worth the shot. Then it was simply a matter of the breathless ascent to the Con. Hut and onwards to the Grandview Hotel (Pink Palace) for a cleansing ale in the beer garden, soaking up the rays before the trip home. Lovely day out!</p>	<p>Caro Ryan</p> <p>David Angell Suzanne Gapps Michelle Rose Petros Nikoloudis Scott Lee Angela Barton</p> <p><i>P Members</i></p> <p>Rachele Rugiero Sonya Berson Dave Harter Tom MacDonald</p>
<p>18 Aug 2016</p> <p>Wildflower Gardens</p> <p>Ku-ring-gai Chase NP</p> <p>A few of us are training for upcoming trips so the leader tried to incorporate as many hills as possible into tonight's walk. Five of us walked for just over 2 hrs. Very enjoyable.</p>	<p>Genevieve Savill</p> <p>Angela Beveridge Philip Worledge Jenny Stephens Tracy Edwards</p>

20 - 21 Aug 2016

Kowmung River

Kanangra-Boyd NP

Leigh McClintock

As we drove along the Edith Road I noticed a flat white cloud on top of a ridge, to our left. As we got closer, I saw that it was snow, not a cloud. It started to snow, and the pine plantation on our right looked like a charming collection of traditional Christmas trees. My heart sank as the snow persisted. The trip had already been postponed once because of bad weather but this time Graham (Creed) had promised that the front would move east by mid day.

Graham delivered. By the time we got to the Kanagra car park the snow had turned to drizzle, which soon broke up, giving us ideal conditions for walking. The Kowmung, which on my previous visit in April had been barely flowing, looked intimidating. But Grace leapt in and led us across. After two more crossings we found a delightful spot to camp.

Sunday again offer excellent walking conditions. We walked upstream to a point opposite Rainbow Bluff, crossed the river for the last time and, after backtracking a few hundred metres, started the long climb out. I fell behind after a while, and when I caught up with Peter and Grace at Coal Seam Cave, I found Peter had made a little fire and the billy was about to boil. A cup of coffee was just what I needed to get me the final 4 km back to the car.

Good company, good weather and fabulous country. This is why I love bush-walking!

Grace Love
Peter Love



SYDNEY BUSH WALKERS CLUB

**MID WEEK
STAIR TRAINING**

Contact Paul Barton
(see Activities Program)

20 - 21 Aug 2016 Wild Dogs #5 - Splendour Rock Blue Mountains NP

Robert Carter

Despite an ominous forecast we enjoyed relatively fine weather despite it being very cold due to a gusty W-SW wind.

Glenn Draper
Stephen Dolphin

It is always special to revisit Splendour Rock and this trip was no exception with a fantastic group who very much enjoyed and willingly contributed (some more than others) to the usual banter along the track and then around the camp fire. Spectacular clear views were enjoyed from Splendour Rock and other high points throughout the trip added to the very pleasant weekend.

P Members

Srinivas Gowda
John Millard
Purusartha Karki
Tony Gardner

A side trip out along Blue Dog Ridge to relocate a number of Grey Gums with obvious scratch marks and search for 'poo' on behalf of the Blue Mountains Koala Research folk.

Congratulations to Prospective Members - Srinivas Gowda, John Millard, Purusartha Karki and Tony Gardner – on completing their overnight Q-walk and adding to the enjoyable weekend.



20 - 21 Aug 2016 Kalang Falls and Dione Dell

Kanangra-Boyd NP

Tom Brennan

Light snow to start and finish Dione Dell on the Saturday, with temperatures that didn't get much above zero all day. A roaring fire at camp succeeded somewhat in holding the cold at bay. A beautiful day on Sunday for the ten abseils of Kalang Falls, with a stiff climb up Murdering Gully to finish. Excellent weekend.

Jon Bell
Jo Squires
Ed Squires
David Carmichael

P Members

Emma Simpson
David Mason



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>21 Aug 2016</p> <p>Fantastic weather. The walk actually is less than 10KM. 2 brand new members started their first walk. Inga fell 2 times but no hurt. Finished early at 2PM. Enjoyed the drink at a popular pub at Wiseman Ferry after the walk.</p>	<p>11KM circuit</p>	<p>Dharug NP</p>	<p>rosetta lee</p> <p>Vincent Murray Vignesh Manimuthu Miu Pang Kin Lee Ewa Borowiec Kerry Atkins Richard Quinn Jeffrey Bridger</p> <p><i>P Members</i></p> <p>Inga Novak Darryl Sullivan</p>
<p>21 Aug 2016</p> <p>After a quick car shuffle, we set off from Mt Ku-ring-gai Station at 8:15am as planned. We made good progress throughout the morning with short breaks to regroup and a morning tea stop at Naa Badu lookout along with a few other parties (it was busy on the track). The climb from Berowra Waters was uneventful with all participants making good time. About 4kms from Cowan and our finish, one of the party took a small fall and fractured her wrist. Bravely, she continued on through the final valley and climb and 3 of us exited via Glendale Road whilst the rest of the group continued on via the Great North Walk to Cowan Station and the cars. The group was reunited at the junction of Glendale Road and the Old Pacific Highway where we said our goodbyes.</p>	<p>Mt Ku-ring-gai to Cowan</p>	<p>Ku-ring-gai Chase NP</p>	<p>Genevieve Savill</p> <p>Andrew Vilder Virginia Waller Karen Kool Melinda Long David Hou Peter Marshall Barbara Gray</p> <p><i>P Members</i></p> <p>Margo Cashman Kimberly Commerford</p>
<p>23 Aug 2016</p> <p>Once again a pretty shabby weather outlook for the day however turned out to be a really good day with very clear views along the coast a fine weather throughout – albeit it a little chilly in the SE breeze.</p> <p>A very good turn-out for a rather long mid-week walk along this iconic and picturesque track. One whale was briefly spotted a fair way off Garie Beach and a small Yellow-faced Whipsnake whilst crossing Curracurrong Creek near Eagle Rock.</p> <p>There has been a significant amount of recent track work building walkways above the numerous eroded areas along the southern and northern ends of the track and construction of sand stone stairways on a number of the hills. This will certainly support the increase in traffic visiting Figure 8 Pools and Wedding Cake Rock (which is now permanently fenced off) however does start to detract from challenge this fantastic walk provides (my view).</p> <p>Congratulations to Nicola Le Couteur, Trevor Carr and Viviana Sepulveda Flores on successfully completing their day Q-walk.</p>	<p>Coast Track</p>	<p>Royal NP</p>	<p>Robert Carter</p> <p>Patsy Quealy Barbara Laborczfalvi Bruce Worthington Dave Harter Gordon Jagger Penny Pang Kin Lee Joe Laborczfalvi</p> <p><i>P Members</i></p> <p>Viviana Sepulveda Flores Nicola Le Couteur Trevor Carr</p>



27 Aug 2016	Point Green and Wolgan Falls	Newnes SF	Yuri Bolotin Damon da Costa <i>P Member</i> Patrick Lorrimer
27 Aug 2016	Mangrove Creek	McPherson State Forest	John Kennett Michelle Powell Owen Kimberley Robert Carter Misako Sugiyama Suzanne Gapps Melanie Freer Andrew Price Angela Barton Mike Barton <i>P Members</i> Srini Gowda Antony Campbell Vignesh Manimuthu
27 Aug 2016	Wild Dogs	Blue Mountains NP	Geoff Goodyer Kin Lee Penny Pang David Pender Mark Wigley

27 Aug 2016 Lloyd's Trig and Peats Bight Muogamarra Nature Reserve

Nigel Weaver

Muogamarra Nature Reserve is set aside for botanical research and education, but it is open to the public on six weekends per year during August-September. The Reserve is located between Cowan and Hawkesbury River on the western side of the Newcastle expressway. Our group had a sunny day for this very scenic walk. We had a great lunch spot at Peats Bight right beside the beautiful waters of Hawkesbury River. We also enjoyed fabulous views of the river and its rugged surrounding hills from Lloyd's Trig and the lookout at Point Loop. During the walk we had a good look at a large set of aboriginal carvings. It was nice to finish off this very pleasant day with coffees and fresh fruit pies at the Pie In The Sky, which is a cafe that is fortuitously located right outside the Reserve. (Photos by Rachele Rugiero.)



P Members

Sarah Homewood
 Viviana Sepulveda Flores
 Brendan Fletcher
 Samuel Huet
 Vanessa Faragodiener

27 Aug 2016 Perrys Yo-Yo Blue Mountains NP

Tim Sutherland

A good day :
 Magnificent spring weather - blue sky and little breeze - enabling us to enjoy the views at lunch from Lockley Pylon and Du Faur Head. Not too hot for the climbs
 Usual slog back up Perrys track with no casualties.

Alexa Bullen
 Glen Draper
 Petros Nikoloudis
 Virginia Waller
 Sandra See
 Mary Liu
 Patricia Huang

27 - 28 Aug 2016 Cedar Creek Weekend Blue Mountains NP

Bruno De Villenoisy

A wonderful weekend in great company in Cedar Creek. The pace of the first day was pretty laid back and that allowed the new members of the party to spend time practicing their navigation skills from Ruined Castle to Cedar Creek. They did a great job and we arrived early afternoon in Cedar Cave. This gave us plenty of time to explore our surroundings, organise a great campsite and dinner. On day two we explored Cedar Creek further downstream around some very rugged terrain and our overnight packs slowed us down more than expected. Otherwise once back up to the Cedar Gap the walk back up to the Golden Stairs went without a hitch.

Kelvin Russell

P Members

Megan Stapleton
 Kimberly Tiller
 Strudwick

Visitor

Tom Corrigan



<p>27 - 28 Aug 2016</p> <p>Following a fair bit of rain mid-week, we changed plans away from the lethal slippery Kanangra rock to the dry northern Wollemi for some exploratory winter canyoning. We found 5 canyons in a creek system new to all of us. A nice weekend.</p>	<p>Wooglemai Falls & Mathesons Falls</p>	<p>Wollemi NP</p>	<p>Richard Pattison</p> <p>Melissa Thomas</p> <p><i>Visitors</i></p> <p>Duc Phong Nguyen Simon Koller</p>
<p>27 - 28 Aug 2016</p> <p>See article above</p>	<p>Wollangambe Crater</p> 	<p>Blue Mountains NP</p>	<p>Nicole Mealing</p> <p>Jo Daly</p> <p><i>P Members</i></p> <p>Erin Harris Jarrah Watkinson Lauren Stephens</p>
<p>27 - 28 Aug 2016</p> <p>This trip was a complement to Nicole's, with both groups meeting up at the Crater. We set off from Mt Wilson Fire Station after a quick car shuffle, and made our way down to the Wollangambe River. Crossing, we shot up the other side on the Geronimo Canyon track North before we could swing around along the ridge tops before eventually dropping into the Crater around 4pm.</p> <p>A quick dip was had just before Nicole and party arrived, and we all settled into camp next to the Wollangambe River to enjoy a night of cheese, wine and starry skies.</p> <p>In the morning we quickly visited the Crater again, before making our way upstream to a cave we wanted to investigate. Here, another dip was had in the crystal clear water (what a spot it would be in summer!) before we left the river and made our way along to Centre of the Universe for lunch with a view.</p> <p>Heading off, it wasn't long before we got onto fire trail, and soon enough road, ending with a short road bash back to the cars. My group retrieved our cars from Mt Wilson, before joining the others for a scrumptious 'Pie in the Sky' apple pie - Yum!</p> <p>All up a fun weekend, I think there should be more joint camps on the program in future.</p>	<p>Wollangambe Crater (the other way)</p>	<p>Blue Mountains NP</p>	<p>Alex Allchin</p> <p>Graham Conden James Blair</p> <p><i>P Members</i></p> <p>Annan von Dewitz Sonya Berson</p>
<p>28 Aug 2016</p> <p>Not many people had signed up for this, so Winnie and Dan Dan both got to do plenty of abseils. I kept things interesting by shifting the ropes and making the drops progressively harder. We finished up with a couple of easy ones with more speed. Both Winnie and Dan Dan improved and learned a lot. As a bonus, the late afternoon vista from the cliffs at Cliff Oval has to be one of the best in Sydney, and we got to watch a fairly fearless wallaby.</p>	<p>Abseil Refresher</p>	<p>Wahroonga Rocks</p>	<p>Tom Brennan</p> <p><i>P Members</i></p> <p>Dan Dan Shao Winnie Chui</p>
<p>30 Aug 2016</p>	<p>Beyond Barton Pass</p>	<p>Wollemi NP</p>	<p>Yuri Bolotin</p> <p>Daryl Watson</p>



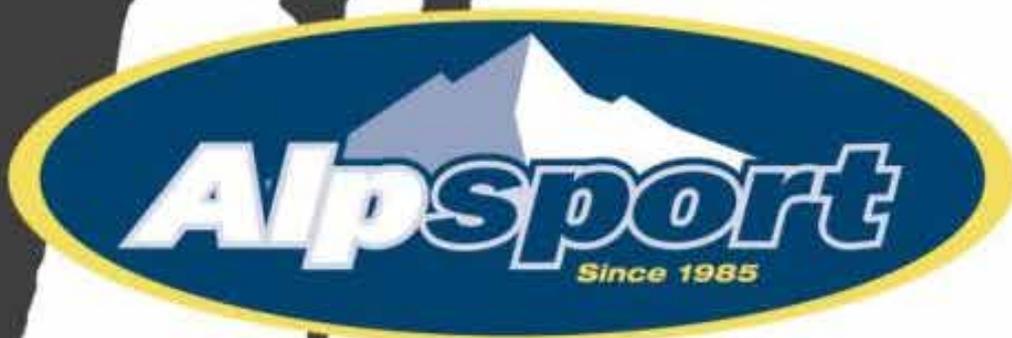


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