



THE SYDNEY BUSHWALKER



November 2016





Photo: Tristan Guzman on Nigel Weaver's walk to Burning Palms in the Royal NP.

In this issue...

| | | | |
|--|---|----------------------------------|----|
| From the President..... | 1 | Cedar Creek Exploration..... | 6 |
| How to sign up for a walk*..... | 2 | Donkey Mountain..... | 8 |
| A Walk around the Dolomites..... | 3 | Social Program..... | 9 |
| Conservation News: Deua Catchment Parks Draft Plan of Management..... | 5 | Walks and Activities Report..... | 10 |

Key contacts

Members are welcome to contact the following officers on club matters

President John Flint
 0414 410 867
president@sbw.org.au

Vice President Don Finch
vicepresident@sbw.org.au

Secretary and Public Officer Glenn Draper
secretary@sbw.org.au

Treasurer Kerry Atkins
treasurer@sbw.org.au

Activities Secretary Tom Brennan
activities@sbw.org.au

Membership Secretary Thuy Ho
membership@sbw.org.au

Communications Sec. Alex Allchin
communications@sbw.org.au

New Members Sec. Genevieve Savill
newmembers@sbw.org.au

Skills Enhancement Sec. Ian Thorpe
skillsenhancement@sbw.org.au

Social Secretary Tracey Avolio
 0434 693 455
social@sbw.org.au

Conservation Secretary David Bell
conservation@sbw.org.au

Bushwalking NSW Delegates
 Caro Ryan

David Trinder
 Alex Allchin
 John Flint

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

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

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.

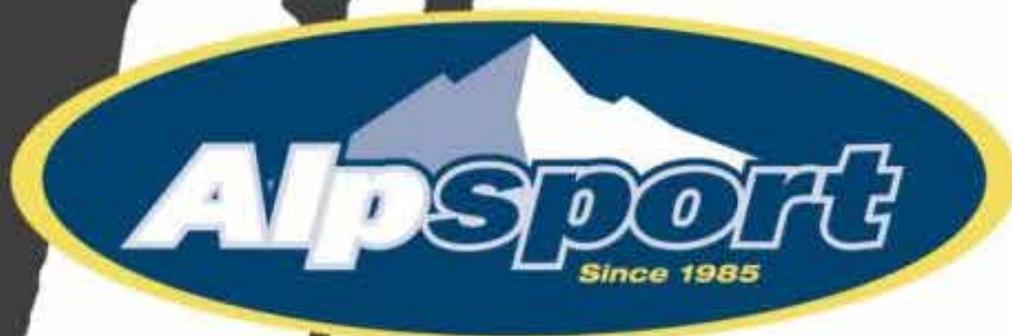


◀ **Black Diamond**



icebreaker.com
PURE MERINO

For specials,
Join the Alpsport club
Free to join on our
website or in store.



1045 Victoria Rd West Ryde NSW
www.alpsport.com.au
contact@alpsport.com.au
9858 5844

From the President

John Flint

Welcome to summer everyone, well I guess still officially spring, but the weather has been warm and more to come as the summer program is released. As always good to see a few new leaders stepping up and a variety of walks coming up.

When walking in summer, make sure to find out about the water sources where you are going as some dry up, so make sure to carry enough water with you. Last year in some of the hot days I found myself cramping up on the big hills. The hydration tablets particularly those with magnesium seem to be a fix for me.

There has been some discussion in the committee and outside on whether SBW should implement a policy of ensuring leaders carry a Personal Locator Beacon (PLB) on walks. This has never been the policy in the past and there are many different walk styles and individual choices. Personally I always carry one and think it is a good idea. They are no longer so expensive and they are hireable or can be borrowed from police stations near the common bushwalking areas. We don't think we will mandate a policy on this for now, however some people have an expectation that one is carried and reported surprise when they found out it was not the case on a walk they attended. It makes sense that leaders inform the group before the walk and perhaps ask all members if they are carrying one. That way everyone is informed. Don't hesitate to ask a leader on a walk you are going on as well. Remember PLB's are for emergencies, not to get a lift because you are tired or sick of walking.

Christmas Party

The date for the Christmas party has changed to Wednesday 14th December. The original date is too close to Christmas. I would hope to see everyone there, you just need to turn up with a plate of food. Beer, wine and non alcoholic beverages provided by the club. It is a great change to catch up with members that you haven't seen for a while and of course to meet your walk buddies off the track.

Richard Brading recognized for his work

The Law Society of NSW November journal has published an article about Richard Brading. It says the following:

Sydney lawyer and founder of Wesley Community Legal Service Richard Brading has won the 2016 Justice Medal for outstanding work providing community legal services to problem gamblers and driving reform in response to the impact of problem gambling. At the presentation at Parliament House on 13 October the Director of the Law and Justice Foundation of NSW said " A true pioneer, Richard Brading established the Wesley Community Legal Service, the world's only free legal service for problem gamblers and their families, over 20 years ago. He has provided advice and representation to hundreds of people, in many cases turning their lives around. Richard has also taken gambling operators to task in an effort to reduce the social harm caused by problem gambling."



New members

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

Peter Kunda
Ian Houghton
Caroline Houghton
Denise Woodcock
Trevor Carr

How to sign up for a walk*

*and not piss off the leader

L Eader

Leaders love getting out in the bush. They love walking. They may or may not love the administration which comes with running walks. We want leaders to keep leading walks so let's make it easy for them.

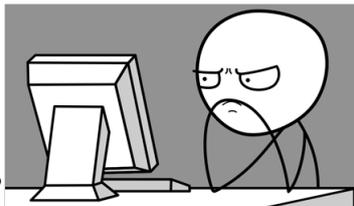
Here are a few handy tips to increase your likeliness of being accepted onto a walk:

1. Remember there are several hundred people in SBW. Don't assume the leader knows anything about you – even if you are a full member.



Hi please send me details for your walk. I am an experienced walker

Expe-rienced walker – what does that mean??



Experience spectrum:

- Can make their way to the local park
- Spit to Manly
- Has done a couple of on track bushwalks recently
- Used to do a lot of walking but hasn't for a while
- Walks regularly on and off track - doesn't organise own trips
- Organises own trips over multiple days to remote areas

2. Include as much information as you can in your first email. It might only be one email conversation to you but the leader may be communicating with 20+ people regarding the walk and the less emails they need to write the better. An ideal first email includes the following pieces of information:

- Your full name
- Your contact phone number
- Whether you are a full or prospective member
- A list of your recent walking history in order of preference:
- SBW walks including who the leader(s) were
- Relevant non-SBW walks if they demonstrate your experience / suitability for the walk

- Other non-SBW walks / information (e.g. fitness level)
- Your transport situation (i.e. need a lift, can give lifts from your suburb)

3. Sign up with sufficient notice – at minimum, 2 days before a day activity and 4 days or more before a weekend activity, but preferably a week as many leaders send out walk information early in the week and later signups cause them additional work.



Hi, are there any spots left for your walk tomorrow?

4. If you need to cancel, withdraw with enough notice (where possible) that the leader is able to offer your spot to other participants.

Sorry, I won't make the walk today I had my work Christmas party last night and I'm too drunk to drive. LOL!
(sent 4am on day of walk)



The leader is trying to make sure that everyone has an enjoyable, safe time on their trip. Don't embellish your experience, this isn't a job application. Any trip into the bush has real potential dangers, it's important the leader knows your true experience. Trips have been cut short or abandoned due to the members' inability to deal with the challenges which is disappointing for everyone involved. Knowing your experience level allows the leader to ensure all members on the trip are capable of completing the planned activity.

Happy walking!

A Walk around the Dolomites

Lucy Moore

Rosemary McDonald and Mike Arnott planned, organised and led this spectacular alpine walk. These trip reflections are mine but the credit for the trip is all theirs.

If you've yet to walk in Italy's Dolomite Mountains you're in for quite a surprise. With stupendous views, graded trails, and full service guesthouses (rifugi) perched in spectacular locations, the Dolomites have much to offer the experienced Sydney bushwalker.

In late August 2016 Rosemary and Mike led a spectacular seven day walk in the South Tyrol region of the Dolomites. Our counter-clockwise circuit of peaks around the famed Dolomites Towers followed many of the long-distance Alta Via (high trails) which criss-cross the mountains at medium/high altitude.

Situated in the Northern Italian Alps the Dolomites are a World Heritage area, renowned for their intrinsic natural beauty, soft colours and diversity of landforms. Sheer cliffs, towering limestone pinnacles and expansive rock walls are interspersed with deep glacial valleys and ravines. The higher areas offer spectacular views of the surrounding peaks, turquoise lakes and the giant scree slopes.

Day 1: Our group of seven set off from the fashionable resort town of Cortina 160km north of Venice, a town seemingly favoured by bronzed European fashionistas. A short taxi ride took us to the start of our walk at Rifugio Auronzo (2330m), where we alighted into a bustling scene of scores of smartly-clad hikers and climbers, fanning out to explore this magnificent region. Families with young children were everywhere. Kitted out in strong boots and handling their poles with ease, the kids displayed impressive alpine assurance.

After about three hours on well-marked trails including wide slopes of scree, we arrived at our first lodge, Rifugio Tre Cime A Locatelli (2298m), positioned opposite the breathtakingly beautiful Dolomites Towers (photo by J. Spencer).



Approaching the lodge we were stunned to see scores of day trippers picnicking and sunbaking on the grassy slopes, revelling in the precious burst of warm weather. There were scores more people in the bar and café, providing plenty of opportunities to practice our Italian/German that afternoon.

Located in the South Tyrol region, this rifugio served up fabulous hearty German meals. That night we tucked into cream of carrot soup, baked salmon and roast vegetables with a splendid apple strudel for dessert.

Day 2: A long descent (1000m) down into the Rienza Valley was marked by progressive changes in vegetation and a snake sighting which we guessed to be a type of viper. We met scores of resolute locals striding up to the rifugio for lunch. Our route included a 200m stint on the renowned Via Ferrata (cable-supported track) which certainly heightened the senses. The edges of the trail had eroded and parts of the linking boardwalk were missing. As we continued, the path narrowed significantly and the drop-offs were startling. Grasping firmly onto our new best friend - the iron cable affixed to the rock face - we tip-toed through (photo by J. Spencer).



Back on firmer ground we took a welcome break on the sunny terrace of the Hotel Tre Cime and reflected on the deep sense of history in this valley which has facilitated the movement of peoples for thousands of years.

Later, climbing steadily (800m) through light woodland then shady forests of confers, we ducked to avoid two mountain bikers descending the route at break-neck speed, navigating the corners with incredible skill, one with a video camera in-hand.

A saddle crossing (Steudel Saddle) saw us arrive at Rifugio Vallandro, a small, quiet family-run lodge with spacious rooms, modern bathrooms and delightful hosts.

Day 3: The day began with a gradual descent (800m) into the Stolla Valley traversing an interesting diversity of vegetation - lush meadows and tufted cushion plants, interspersed with clumps of stones sheltering purple bellflowers and bright Rhaetian poppies (Photo by D Bell).

That afternoon we stopped at a tiny café (Rifugio Malga Cavallo) and shared a delicious plate of freshly



made kaiserschmarrn (sweet pancake) topped with gooseberries and red currant jam.

Avalanches, floods and landslides are a frequent occurrence in the Dolomites. Just that morning we had to change to a lower route as our planned trail had been closed by a rockslide. Throughout the day gunshot-like sounds rang out from higher up the mountains signalling the continuing fall of rocks and rubble. From

the rifugio we could appreciate the enormous scale of the incident - it turned out that 1.6 million cubic metres of rubble had been displaced.

After a long climb (1200m) we arrived at Rifugio Biella, a small, older style lodging for just 25 hikers. It offered sensational views from the veranda and served generously-portioned meals which we hugely appreciated after that day's exertions.

Day 4: At first light a flock of floppy-eared sheep tumbled down from the ridgetop, the drifters kept in check by the shepherd's well-trained dog. Soon after, we spotted the first of many marmots, beaver like creatures (without a tail) which generously tolerated our keen interest.

Part of our descent (800m) towards Pederu was on a very steep zig-zag road which was also popular with fit hikers and super-fit bikers heading back up to the rifugio. We clapped and cheered at the grit and tenacity of one bunch of riders, straining and sweating to stay in the saddle despite the impossible gradient.

On the valley floor scores of hikers and cyclists gathered around the large public information boards and detailed maps displayed at the busy route junction. (Photo by D. Bell)



We indulged in some schnapps and strudel before ascending through the glacial Fanes Valley, reaching the lovely Rifugio Lavarella in the early afternoon. Others were not so lucky. As the weather caved in, groups of weary cyclists and exhausted hikers arrived, caught out and completely drenched in the afternoon thunderstorm. But we were all revived by our fabulous dinner - beef goulash with spinach knodel (dumplings) followed by a rich Tyrolean specialty mohnkuchen (poppy seed cake) for dessert.

Day 5: We headed out early, initially following the Alta Via, before a steep climb up to a narrow mountain pass (Forcella di Lech) and some magnificent views. Our descent was slow, as we negotiated the steep and meticulously constructed zig-zag trail, tacked onto the rock face. (Photo by D. Bell)



The sheer terrain can catch the unwary. The hiker ahead of me had frozen with fear on the narrow, exposed trail ("OK, now put your left foot here...") and later that day we encountered a walker who had sustained golf-ball sized swellings on her forehead and knees after a fall.

After lunch it was a long climb up the zig-zagging track to reach the remarkable Rifugio Lagazuoi (2700m). Perched on the summit of Mt Lagazuoi, its magnificent location afforded spectacular views across the Dolomite peaks. The facilities were excellent (a bar, hot showers, a sauna, drying room, recharging stations) and the spacious deck was perfect for winding down with a slice of rich chocolate cake. A delicious Italian meal topped off a long day - cannelloni, roast potato with melted cheese and lime cassata to finish.

The Dolomites were the front line of the brutal WW1 conflict between Italy and the Austro-Hungarian Empire and relics from the conflict can be found throughout the region. Trenches, pill boxes, tunnels and observation posts were dotted around the rifugio and information boards explained the extreme hardships endured by the soldiers during the three years of fighting. More soldiers died from exposure and rockslides than in battle.

At dusk we took a quiet stroll along the ridge top pathway used by the Austrian troops and reflected on the suffering of so many young men, and our gratitude at being able to experience the region's magnificence in peacetime.

Day 6: On this relatively short day we had a choice of routes down to Falzarego Pass - one on track, the other via a long military tunnel used by the

Italians in WWI. The tunnel was steep and slippery (I'm told!) but provided a fascinating insight into wartime conditions.

After reaching the pass, we ascended slowly across fields of soft grass to an excellent lunch spot (photo by L. Moore)



Wildlife sightings were limited that day but a shiny black salamander caught our eye, poorly camouflaged on the white stone path.

For the final ascent of the trip we clambered up an expansive rocky outcrop to reach Rifugio Nuvolau (2600m), the second oldest rifugio in the Dolomites, dating from 1883 (photo by D. Bell).



There we were greeted by a cheery bunch of Eastern European day trippers scattered about in the sun,

drinking and laughing to a Bruce Springsteen soundtrack emanating from the kitchen. As the sun sank the visitors departed and a small group of just 20 hikers settled in for a cosy evening. Over our meal of Wiener schnitzel and salad, the lodge's owner regaled how one local, attracted by her warm hospitality and the rifugio's inspirational views, visited over 1,100 times before gifting the bronze sculpture (in front of the rifugio) as thanks before he died.



Our last day, outside Rifugio Nuvolau (Image G Byrne)

Day 7: Our trip ended with a short descent down to Rifugio Scoiattoli for a farewell coffee and strudel. On a clear still morning we rode the silent chairlift down to our transport back to Cortina.

The Dolomites provided us with a perfect introduction to the majesty and grandeur of alpine walking. The sublime views, long range trails and poignant historical backdrop promoted opportunities for personal reflection while the rifugi delivered a warm, restorative Tyrolian hospitality. Get there if you can.

Trip members: Rosemary McDonald (leader), Mike Arnott, Jan Spencer, Graham Byrne, Janet Sinclair, David Bell and Lucy Moore.

Conservation News: Deua Catchment Parks Draft Plan of Management

David Bell - Conservation Secretary

These are a series of small reserves bordering the Deua National Park. From time to time the Deua area has been included in the Walks Program.

NPWS has released a draft Plan of Management for these reserves. The draft proposes to continue to support "self-reliant nature-based recreation" mainly through fire trail and off-track access.

The draft is open for comment till 13 February 2017.

Anyone who would like to make a comment via SBW should send this through to me at conservation@sbw.org.au

The draft can also be downloaded at <http://www.environment.nsw.gov.au/publications/parks/deua-catchment-parks-draft-plan-of-management.htm>

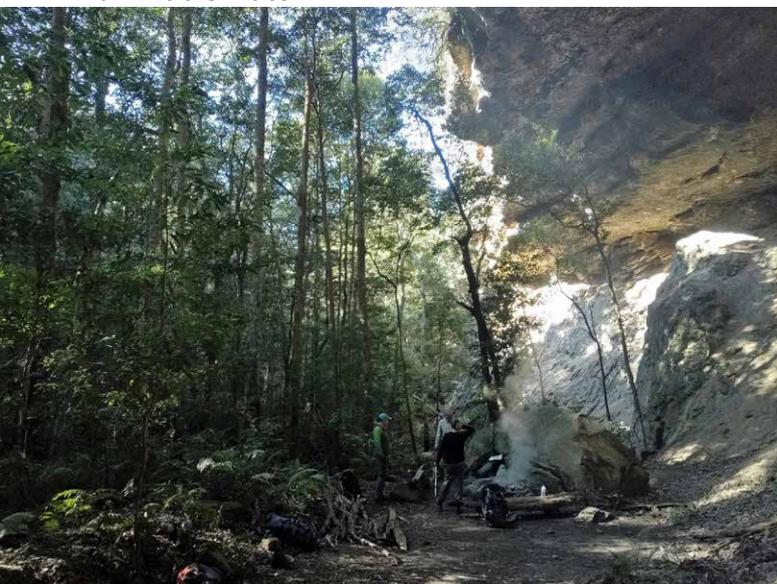
Cedar Creek Exploration.

1-3 Oct: Bruno de Villenoisy

Cedar Creek is a wild and pristine creek that runs between Mt Solitary and the Narrow Neck plateau and flows into the Coxs River and the Sydney water catchment area. It is at once close to Katoomba yet remote and rarely explored in its full length. After a few previous day and overnight walks in the creek, on the October long weekend I decided to explore the creek down to Geeragangalla creek, about 6kms downstream from Cedar Cave and return to Katoomba via Narrow Neck.

Over the years two SBW parties had previously attempted roughly similar explorations by walking down to Bunba Yaka and exit via Narrow Neck in two days and had found the endeavour challenging. Phil who was with us had led one the other was led by Caro Ryan. I learned from their experience and decided to go slightly further downstream and play it safe by doing it in three days.

On Saturday our party of five (David Hou, Sue Tiller, Mark Wigley, Phil Worledge and myself) set off around 10am from the Golden Stairs and we quickly made our way down to Cedar Cave. We had plenty of time to practice various navigation skills from Ruined Castle to Cedar Cave which we reached just before 2pm. Cedar Cave is a great camping spot with a nice established campfire and easy access to drinkable water.



We turned our first night into a mini gourmet walk and ate our freshest and heaviest food so as to carry the lightest possible packs on the second and third days

On Sunday we left around 8:30am to begin our main exploration of the creek. Although the distance to our next planned camping spot was not very long, walking in and around the creek with a full weekend pack proved to be hard work. The frequent crossings of the creek, the rock hopping, the contouring around three waterfalls, the steep side ridges, the

fallen trees and the occasional patch of lawyer vines put a lot of stress on the whole body. The reward was to be immersed in a stunning and pristine environment.



Upstream near Cedar Cave the creek was wide, humid and dominated by a temperate rain forest type environment. As we walked down the creek narrowed, tree foliage became thinner and the overall environment dryer. Huge gum trees dotted the side of the creek. Yet, the feeling of being cocooned and immersed in true wilderness remained the same.



We spotted a few cairns between Cedar Cave and Bunba Yaka creek but you could tell very few people walk in this area.

The first hours passed quite quickly but from lunch time onwards fatigue started to set in. We maintained our slow and steady pace being at once absorbed by the landscape and very mindful of where we needed

to put our feet next in order to avoid any injuries. The last major obstacle was a waterfall about 500m north of Bunba Yaka which we negotiated by going up the ridge on the western side.

We reached Bunba Yaka creek about 3:30pm and from then onwards it took us another 1.5 hour to reach the junction of Cedar and Geerangangalla creeks where we set up camp. Altogether it took 7.5 hours to walk the six kilometres between Cedar Cave and Geerangangalla creek.

On Monday we left camp around 8am, walked about 200m upstream to connect to a ridge on the

southern side of the creek that would lead us to the Cedar Land fire trail that services the high voltage power lines. Initially the ridge was open but quite steep, reminiscent of the ridges you find in the wild dogs, and then as it turned westward the terrain flattened out. We got to the fire trail around 11am, had a quick break and then made our way to little cedar gap, Tarros Ladder and the long Narrow Neck plateau walk back to the Golden Stairs we reached around 4pm.

Two years of preparation and a small and cohesive group made the exploration of Cedar Creek a successful and memorable walk.



Blue Dot Travel

Exotic Silk Road – Four ‘Stans

Tashkent, Samarkand, Bukhara; Oxus River; Tien Shan and Pamir Mountains. For most of my life these Silk Road way-stops and landmarks were the very essence of unattainable exotica. They sounded wonderful, but I never dreamed that I might one day be able to see for myself.

Well, things have changed, and I will get there after all, courtesy of Blue Dot Travel. The company has scheduled two trips to “The Stans” (Uzbekistan, Turkmenistan, Kyrgyzstan and Kazakhstan) in 2017, and I will be the host on the second of them, in May. I would be delighted if any SBW members joined me.

You can read all about the tour on <http://www.bluedottravel.com.au/destinations>. If you’d like to come, mention my name and receive a small reward.

Leigh McClintock

Donkey Mountain

1-2 Oct: Vivien de Remy de Courcelles

I heard of Donkey Mountain not long after I joined the club some 8 years ago. Lately I have seen many walk reports popping up on blogs maintained by bushwalkers stating what a gem the place is. One of the latest reports showed a four year old celebrating his birthday there. Justine having been a good



little walker lately and Donkey Mountain being one of those places that is best explored at a slow pace I thought time was ripe to get up there.

Eight other club members joined us in our mini-adventure that started in very rural surroundings in the Wolgan Valley. We chose the Northern route to the top, sidling along the slope. It might have been better to contour the mountain in the valley and then go up a spur because we found

a good track on the spur. The climb however is not that long as Ian proved by having a quick bash back down to the car and up again from about two third of the way up.

We entered this bushwalking paradise through the Grand Entrance indicated on a sketch map drawn by fellow bushwalker Geoff Fox. We had lunch there finally sheltered from the wind. Some of us took time to explore and found a ramp in a tunnel, a walk through cave that led to a balcony over the Grand Hall where we were to spend the night. The cave also offered a way up to the top of rock formations: quite a lot to discover in 10 minutes!

After lunch we walked through "Ferns" and a chasm leading to the Grand Hall where we set up camp. We then left for some exploring. By this time we had met two parties already. What followed was a succession of chasms/canyons, rooms, pagodas and caves. You can get from a very tight squeeze to very expansive views in a matter of minutes.



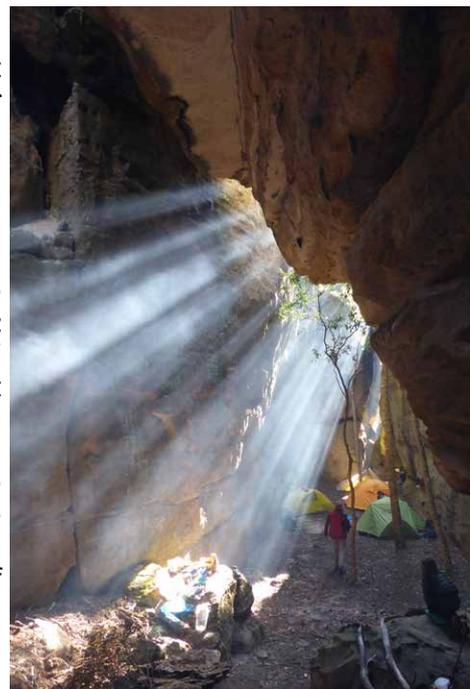
Jenny Craig is one of the formers: some left a bit of their jacket there whilst others wondered what the fuss was about; well being 1m tall and 16kg probably puts things in a different perspective. We finished the afternoon exploration with Pagoda View, the Lighthouse (that looks like a rude gesture on the sketch map) and the Arrow that are all great lookouts over the Newnes Plateau or the Wolgan-Capertee divide.

Whilst some had happy hour back at camp around the fire others went back to the lighthouse to watch the sunset. More happy hour, happy cooking and happy chatting followed. Comments were made about the pleasure of being tucked warm in your sleeping bag camping in a sheltered location when you can hear the wind roaring above in the open.



Sunday dawned sunny and still. Sunbeams played with smoke from the breakfast fire lending itself to a lengthy photo shoot.

We packed up and left our packs at camp for a morning exploration. A bit of confusion had us go further than expected and we could not resist the appeal of Titanic canyon. The prow of the Titanic separates two canyons/chasms/tunnels that can be linked by a ledge on the other side. It is a very fun place to chimney, squeeze through and scramble: my favourite part of the mountain.



Back in the Grand Hall, we collected our packs and made our way south. We found a nice shaded

camp site where we had lunch. A nearby pagoda offered great views south west. I spotted a drone down below and four wedge-tailed eagles gliding up above us.

Further on and after some more impressive views over the Wolgan Resort and Newnes Plateau we reached the Steep Chute which as its name suggest is a very steep and exposed bushwalkers track made all the less comfortable by being quite dry and slippery. From then on we kept going down

following a series of cairns and a foot pad before rejoining the very obvious and well marked track to the stile where we parked our cars. In retrospect it would have been worth staying level after the steep chute in order to find the top of the track but it is a good reason to come back and explore the South West end of the mountain.

It was a very satisfying weekend of exploration in a new area for most of us. Donkey mountain is worth a visit and even a revisit.



Social Program

Wed 14 December (start 6.30pm) - SBW Annual Christmas Party. The club's annual Christmas party! Do not miss this great opportunity to eat and catch up with fellow members. The club supplies all drinks, alcoholic and non-alcoholic, plates and cutlery. All required of you is to bring yourself and a plate of food to share. This great event is held at the back of the Kirribilli Neighbourhood Centre unless it pours with rain.

Wed 11 January (from 8:00pm) - SBW Annual Picnic. Beach Picnic at Balmoral Beach. The annual SBW feature event. Come to the southern end of Balmoral Beach and join with old and new members for a very enjoyable evening. Come early for a swim or from 6 pm. Bring along a picnic meal or buy fish and chips at the nearby shops. No need to phone, just come. Family and friends welcome.

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.

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.

| | |
|---|--|
| <p>25 - 15 Sep 2016 Walking in the Dolomites and sailing in Croatia</p> <p>This was a trip of two halves. We spent the first week walking around the Dolomites staying in mountain refugios. The Dolomites are a uniquely beautiful mountain area in the north of Italy and it is now a UNESCO Natural World Heritage Site. The scenery was spectacular, the weather perfect and the history of the area fascinating - a number of the trails pass through relics and artifacts from the First World War. We explored tunnels built into hillsides, a little of the via ferrata (iron paths built directly into the rock that aided the military to move safely through the mountains during the war), marvelled at the sheer cliffs, ancient villages and rolling pastures and enjoyed the hospitality offered at all the mountains huts. (see Lucy's article above)</p> <p>We then hired a car and headed off to Croatia where we chartered a 42-foot yacht for a week of sailing exploring tiny islands, secluded coves, traditional fishing villages, historic seaside towns and swimming in the crystal clear Adriatic Sea.</p> | <p>Ro McDonald</p> <p>Mike Arnott Jan Spencer Graham Bryne David Bell Lucy Moore Janet Sinclair Bryn Lynar</p> <p><i>Visitor</i></p> <p>Kathy Lynar</p> |
| <p>17 - 20 Sep 2016 Midweek at Erowal Bay</p> <p>There were only six of us this time as some of our regulars were away on holidays etc... We stayed for four days in the very comfortable house next to a jetty leading out into the bay. There were some glorious sunsets to enjoy after some bushwalking and exploring of Huskisson not too far away. The water at St Georges Basin was reasonably calm and the weather pleasantly cool, except for Monday when a cold wind from the south encouraged us to gather around the roaring wood fire in the large eating area.</p> | <p>Bill Holland</p> <p>Frances Holland George Mawer John Poleson Tammy Safi John Poleson</p> <p><i>Visitor</i></p> <p>Lynne Poleson</p> |



| | | | |
|-----------------|-------------------------------|-------------------|--|
| 29 - 4 Oct 2016 | Coolana Bush Care | Morton NP | <p>Don Finch</p> <p>Rosie Kerrigan Phil Butt Glenn Draper Brian McGrath Barry Wallace Spiro Hilo Chris Miller Mae Miller Francis Bertrand George Bertrand</p> <p><i>Visitors</i></p> <p>Melinda Barwell Rob Barwell James Barwell Edward Barwell Kirsty Barwell Piper Barwell Aidan Barwell</p> |
| 1 Oct 2016 | Wild Dogs #5 - Splendour Rock | Blue Mountains NP | <p>Robert Carter</p> <p>Frances Bottrell Margaret Rozea</p> <p><i>P Members</i></p> <p>Emma Simpson Robert Betos Anthony Campbell</p> |

Several days of bush care and maintenance at Coolana with a very pleasant camp and good company.

Another nice day out in the Wild Dogs despite the cold and strong winds and a very light sprinkle of rain. The views from the top of Blackhorse Ridge and Splendour Rock were outstanding as expected. The traverse of Wombat Parade was a little more challenging than usual due to a number of fallen trees that needed to be negotiated.

Upon our arrival back at Dunphys Carpark there were around 36 vehicles parked and a few motor bikes hidden away in the bushes!

Congratulations to our Prospective Members – Emma Simpson, Robert Betos and Anthony Campbell on successfully completing this qualifying walk.



| | | |
|--|--|---|
| <p>1 - 2 Oct 2016</p> <p>A fun weekend exploring the maze of pagodas, canyons and chasms that is Donkey Mountain. There are some great lookouts and even the Titanic.</p> <p>See article above.</p>  | <p>Donkey Mountain</p> <p>Gardens of Stone NP</p>  | <p>Vivien de Remy de Courcelles</p> <p>Emmanuelle Convert Roslyn Thorpe Ian Thorpe Joan Chan Alexa Bullen Carley Finn James Collier Damon De Costa</p> <p><i>P Members</i></p> <p>Srinivas Gowdas</p> <p><i>Visitor</i></p> <p>Justine de Remy de Courcelles</p> |
| <p>1 - 2 Oct 2016</p> <p>Started at 8.40 am. Coffee at Audley cafe. Arrived at Bundeena at 2.30 pm. Finished at Sutherland Station at 3.50 pm. Sunny weather and slightly windy.</p> | <p>Engadine to Bundeena</p> <p>Royal NP</p> | <p>Melanie Freer</p> <p>Richard Brading Karen Brading Joanne Rhoden</p> |
| <p>1 - 3 Oct 2016</p> <p>A much more difficult walk than expected due to large rainfall event back on the 5th/6th June completely changed both Ettrema and Jones Creek.</p> <p>A well done to both Patsy and Jo for handling the difficult terrain like seasoned walkers.</p> | <p>Spectacular Ettrema</p> <p>Morton NP</p> | <p>Stephen Dolphin</p> <p>Jo Daly Patsy Quealy Karl Miller John Robb Peter and Grace Love</p> |
| <p>1 - 3 Oct 2016</p> <p>A memorable 3 days walks in and around Cedar Creek. More details in the article above.</p>  | <p>Cedar Creek Exploration</p> <p>Blue Mountains NP</p>  | <p>Bruno De Villenoisy</p> <p>Sue Tiller Mark Wigley Phil Worledge</p> <p><i>P Members</i></p> <p>David Hou</p> |

Can't think of a walk to lead?

There are well over 1,000 overnight and extended trips outlined in the Historical Walks Database, found by logging in to the Members Area on our website and following the link to Historical Walks Record

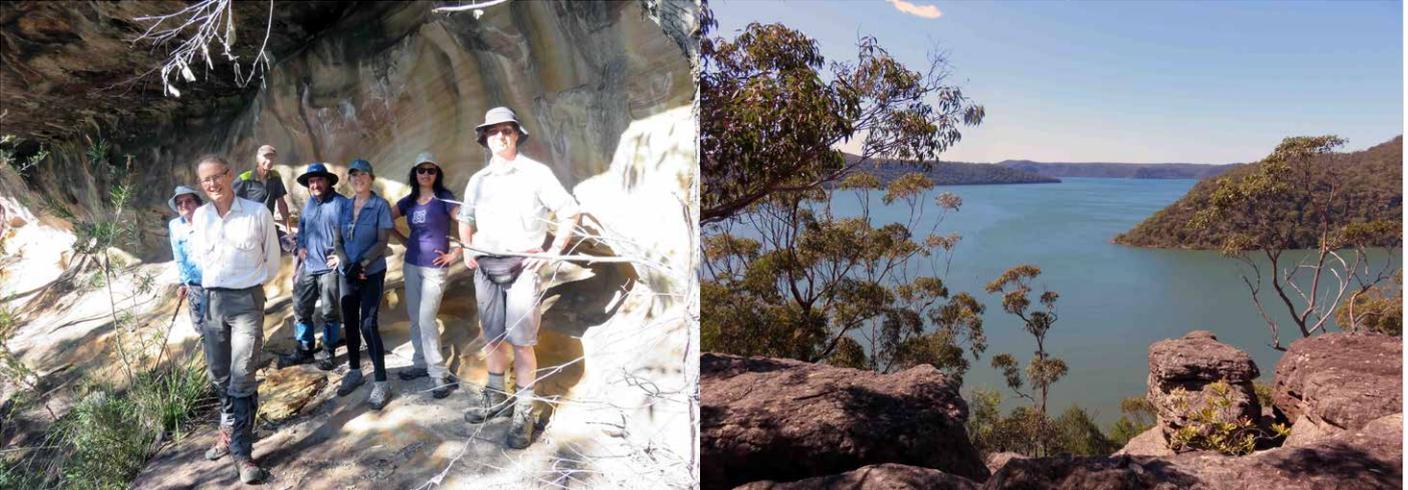
www.sbw.org.au

Here you will find a list of all the overnight or extended walks run by the club from its inception to the present day. Look at the region you are interested in and see what walks have been done there in the past!

Use this wonderful resource to help plan your next walk!

| | | | |
|--|--|-----------------------------|--|
| <p>2 Oct 2016</p> | <p>Mt Kuring-gai to Berowra Waters</p> | <p>Berowra Valley</p> | <p>Roger Treagus</p> |
| <p>This walk was postponed from the previous Sunday. Thanks to the Short Notice Walks process there were more takers for this walk than its postponed predecessor.</p> <p>Normally Benowie track walks start and end at railway stations but purposefully this one didn't as it terminated at Berowra Waters, the idea being that we would have more time to smell the flowers and appreciate the views. Sixteen of us started off at Mt Kuring-gai after the necessary car shuffle and a surprise random breath test on the way.</p> <p>In Lyre Bird gully the creek was running strongly after a wet winter. Calna creek added to the flow so at the mouth it was a pretty decent looking waterway. So good then to have our new super doper bridge in place after so long without a crossing at this point. We reached Crosslands for lunch after negotiating with two goannas and one water dragon plus the brief appearance of a lyre bird.</p> <p>The weather had warmed into the high 20s by now as we made our way up the eastern shore of Berowra Creek as far as Sams Creek where we warmed up even more with a stiff climb to the ridge top. The wildflowers were as good as ever I had seen them on this walk for this area. Perhaps all that winter moisture made a difference. I was talking with some of my group about the notable absence of waratahs when, would you believe it, we rounded a corner and there they were, more waratahs than I had ever seen together in one giant bunch. For those of you who want to see this excellent display it is on the Benowie Track in the Sams Creek Valley about 200m west of the turn off to Berowra Waters but be quick, it may not last long.</p> <p>The final stage was on a nice north facing descending ridge dropping us right into Berowra Waters where we finished just after 4pm. It would have been nice to finish with an ice cream but unfortunately the shop closed at 4 not believing that a hoard of bushwalkers might arrive around that time.</p> | | | <p>Angela Barton Mike Barton Vincent Murray Victoria Sales Jenny Clark Jan McLean</p> <p><i>P Members</i></p> <p>Elizabeth Powell Monika Boehm John Fitzgerald Sarah Homewood Janet Hanson Erin Harris Phillip Powell Bruce Donelley</p> |
| <p>3 Oct 2016</p> | <p>East Col Mt Solitary</p> | <p>Blue Mountains NP</p> | <p>Frances Bottrell</p> |
| <p>What better way to end a long weekend than by climbing up Mt Solitary.</p> | | | <p>Helen MacDonald Caro Ryan Sandra See Julio Rodriguez</p> |
| <p>3 Oct 2016</p> | <p>Cowan Point</p> | <p>Ku-ring-gai Chase NP</p> | <p>John Kennett</p> |
| <p>Splendid group who enjoyed the frequent rock scrambling and didn't complain when I intercepted the isthmus to Cowan Point too low, adding an unplanned climb. Great views across the multiple waterways, lots of local features including the heritage of the area. Nice day out.</p> | | | <p>Robert Carter Susan Healey Tim Yewdall Cathy Hoare Penny Pang Kin Lee Janina Szyndler Lisa Ochs Jose Correa Lin Kennett</p> <p><i>P Members</i></p> <p>Chris Kavanagh Harry Fisher Marie O'Connell</p> |

| | | |
|---|--|--|
| <p>4 Oct 2016</p> <p>A nice sunny day for this relatively short but challenging walk around the Brooklyn ridges. Another fantastic turn-out for a mid-week walk and also a good number of Prospective Members. Crystal clear skies provided fantastic vistas throughout.</p> <p>Although this walk is relatively short it does provide a number of challenges due to being almost entirely off-track or very rough pad throughout and the descent from Peak Hill out to 'Julian's Lookout' before a challenging scrambling descent down to Sandy Bay. However everyone was suitably rewarded with a very convivial rehydration session at the Anglers Rest!</p> <p>It was great to have a bit of time to spend with the Prospective Members in providing some basic navigation, map reading and understanding the lay of the land as we progressed throughout the walk.</p> | <p>Brooklyn Loop</p> <p>Ku-ring-gai Chase NP</p> | <p>Robert Carter</p> <p>Linda Mallett Steve Watson Graham Byrne Gordon Jagger</p> <p><i>P Members</i></p> <p>John Millard Viviana S. Flores Robert Betos Clare Wang Nicola Le Couteur</p> |
|---|--|--|

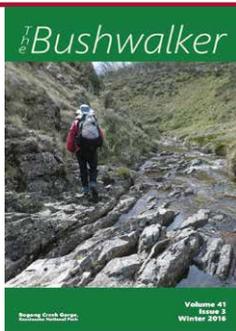


| | | |
|--|-------------------------------------|--|
| <p>6 Oct 2016</p> <p>A new walk for a Thursday night. Starting at Acron Oval at St Ives, we covered approx 11kms in 2.5hrs including Cascades, Lower Cambourne, Bare Creek and Heath tracks and a visit to Rocky Hill. Just the regulars along to-night...</p> | <p>Acron Oval</p> <p>Garigal NP</p> | <p>Genevieve Savill</p> <p>Philip Worledge Susan Healey Melinda Long Tracy Edwards</p> <p><i>P Member</i></p> <p>Viviana Sepulveda Flores</p> |
|--|-------------------------------------|--|

| | | |
|--|---|---|
| <p>8 Oct 2016</p> <p>For the first time I've been running the workshop at Wahroonga, we had competition for the prime spot. This meant a lot of running around from the helpers trying to find alternative abseil options. Nevertheless we managed to make a good fist of it, and probably found a more suitable spot for the prusiking, which went much better than usual. Everyone seemed to have a good time, and managed some large and somewhat tricky abseils by the end of the day.</p> <p>Thanks to Neil, Alex and Ed for all of their work setting up, belaying and coaching everyone throughout the day.</p> | <p>Introductory Abseiling Workshop</p> <p>Wahroonga Rocks</p> | <p>Tom Brennan</p> <p>Neil Soutar Ed Squires Alex Allchin</p> <p><i>P Members</i></p> <p>Anna von Dewitz Jenny Lian Brendan Fletcher Alladdin Bajwa Sarah McGeough Simon Karantonis Matthew Kates Viviana Sepulveda Flores</p> |
|--|---|---|



| | | |
|---|---|---|
| <p>8 Oct 2016</p> <p>The Four Heads</p> <p>Blue Mountains NP</p> <p>The forecast was for windy and 19C I don't know if Asgard Plateau has its own microclimate but it was in the mid twenties if not higher for much of the day. With high levels of humidity even the short climbs through this walk were taxing. We enjoyed the amazing views from the Grose at all the heads - and the bonus heads in between.</p> |  | <p>Rachel Grindlay</p> <p>Chris Dowling Dave Harter</p> <p><i>P Members</i></p> <p>Vignesh Manimuthu Jon Reilly Lisa Joseph Simon Parker Tania Parker Joyce Choucair Denise Woodcock Samuel Huet</p> |
| <p>8 - 9 Oct 2016</p> <p>Walk Leader Program</p> <p>Blue Mountains NP</p> <p>What a fantastic weekend spent in the Wollangambe area an enthusiastic group of 'prospective leaders' and a very experienced team of facilitators.</p> <p>Our new leaders were put through their paces throughout this hands-on walk leader program where they took turns as the 'real' walk leader working with their walking group through navigational exercises (at times quite complex) and the management of a number of 'scenarios' that just happen to occur at various times when they least expect it these will remain veiled in secrecy amongst those in the program!</p> <p>Each of our new leaders did a fantastic job and I can confidently say are well prepared for their next step in the leadership journey - leading walks! An absolute stand-out for the facilitators was the way in which the guys teamed and supported each other throughout the weekend - a great attribute that can only strengthen SBW. Congratulations to Jo, Susan, Geoff and Mark on the way in which you approached the workshop and confidently embraced the challenges that presented themselves along the way.</p> <p>Thanks to Lisa and Angela for giving up their weekend to facilitate and impart their walk leadership journey and experiences to the team. The facilitator group had a lot of fun - often at the new leader's expense!</p> <p>On a less serious note it was great to spend the weekend in the Wollangambe area (my first) - the scenery is simply mind blowing with the highlights being pagodas, the Wollongambe River (in which we spent half a day wading upstream due to regrowth in the canyon) and (honestly) thousands of Waratahs beginning to bloom. Can't wait to visit this area again.</p> | | <p>Robert Carter</p> <p>Facilitators: Lisa Sheldon Angela Barton</p> <p>New Leaders: Jo Daly Susan Healey Geoff Goodyer Mark Wigley</p> |



The latest edition of the Bushwalking NSW magazine is available for downloaded at:
<http://www.bushwalkingnsw.org.au/bushwalker-archives/>

Have you seen the latest Colong Foundation Bulletin?

THE COLONG BULLETIN

If not, you can download it from the Colong Foundation website at:
www.colongwilderness.org.au

9 Oct 2016

A Jamison Valley Walk

Blue Mountains NP

Peter Cai

This is another one of my favorite routes in Blue Mountains NP I led for SBW (with 18 members) on Feb 7 2015 and walked three times very recently. After posting short notice activity, I received twelve responses including three prospective members. One prospective member and one full member dropped out prior to walk day. Eleven of us made a good size of party started walk at 8:10 AM along Darwins Track, had early morning tea at lower Wentworth Falls at 9:20 AM (10 minutes), 10:00 AM at Hipporcene Falls for the second morning tea (5 minutes), 10:30 AM at Vera Falls for the third morning tea (20 minutes), and 11:10 AM upper Vera Falls for the fourth morning tea (20 minutes). We then crossed Den Fenella creek and walked overgrown "Robertson Pass", climbed about 400 meters and arrived at "Moya Point" at 13:05 PM, and had lunch break for 30 minutes before leading to Gladstone Lookout. We passed Lilian Bridge to Edinburgh Castle Rock and arrived at Wentworth Conservation Hut at 15:05 PM and had big afternoon tea (actually ice cream, cold soft drink and hot coffee) for about 40 minutes. After refreshing we walked along Overcliff track, Breakfast Point look out, Undercliff to upper Wentworth Falls. We returned to car park of Wilson Park along Darwins Track. All of us arrived at car park by 17:05 PM with smile face. Fortunately we did not find any leeches but snakes this time. Two prospective members completed walk well. Thanks all of you for your company.

Monica Matisan
 Bruno De Villenoisy
 Virginia Waller
 Andrew Vilder
 Alexa Bullen
 Vincent Murray
 Cvet Jankulovska
 Cathy Hui

P Members

Simon Karantonis
 Peter Christensen



9 Oct 2016

Victoria Brook & Odin Head

Blue Mountains NP

Rachel Grindlay

On the Tuesday before the walk I was thinking the walk was going to get cancelled as I didn't have any takers, but by Wednesday night I was up to 7! In the end we had 6 starters. Victoria Brook was slow in places but with some beautiful sections to break up the scrub. Given the pace we decided not to descend Victoria Creek but to head up directly on to the ridge. This involved a thick section of Black Wattle and a muddy climb up a pass. By 4:30pm we had made it to Odin Head and were soaking in the grand views of the Grose Valley. Back at the cars just after 5pm - obviously there are easier ways to get to Odin Head than via Victoria Brook! It was Adrian's first walk with SBW, and Harry's second only having been in Australia for a month - a bit of a baptism by fire in the Australian bush but they claimed (hopefully honestly!) to enjoy it.

Tom Brennan
 Michelle Rose
 Petros Nikoloudis

P Members

Adrian Doyle
 Harry Fisher



9 Oct 2016 Mt Ousley Road to Bulli Tops Illawarra Escarpment

Nigel Weaver

This was an exploratory walk for all on the trip. It was about 13 kms in length along the top of the Illawarra escarpment on a mix of foot tracks and fire trails. We enjoyed panoramic views of the southern Illawarra coastline from several vantage points high on the clifftops, with the best view of all from Broker's Nose. We finished off a pleasant day at the Cliffhanger Cafe at Bulli Tops. Photos by Yasir Zia.

Penny Pang
Rosemary MacDougal
Graham Byrne
Jan Spencer
Margaret Weaver

P Members

Emily Hoare
Yasir Zia



11 Oct 2016 Wondabyne-Pindar Cave-Woy Woy Brisbane Water NP

Robert Carter

Spectacular weather for yet another well attended mid-week walk in the Brisbane waters NP.

Kevin Williams
Dave Harter
Gordon Jagger
Margaret Rozea

It had been over a year since I last visited Pindar Cave and was delighted to see that there is no rubbish in the surrounds unlike the previous visit. Recent rains had resulted in a number of drips from the cave overhang that added to the beauty of this well used camp cave.

P Member

There was also plenty of water flowing over Kariong Brook Falls where we stopped for lunch and to take in the serenity of this large pool and falls.

Nicola Le Couteur

Crystal clear 360 degree views were available from atop Mt Wondabyne where we visited the trig and retraced our steps commencing with a view of the quarry at Wondabyne.

Due to some unintended circumstances we just happen to discover and follow what appeared to be a very faint pad leading steeply down the escarpment to the Woy Woy sewerage works which also provided some very interesting remnants of what appeared to be levies, embankments and a railway under-carriage that may have been used in the construction of the nearby railway tunnel.

To cap it all off we visited the Bayview Hotel in Woy Woy to debrief our most recent adventure!



| | | | |
|-------------|--------------------------|-------------------|---|
| 13 Oct 2016 | Forestville to Searforth | Garigal NP | Genevieve Savill Susan Healey Tracy Edwards Melinda Long <i>P Members</i> Viviana Sepulveda Flores Susan Baar Mark Thieben |
| 15 Oct 2016 | Starkey Trig | Dharug NP | John Kennett Robert Carter Owen Kimberley Brendon Anderson Susan Healey Genevieve Savill Sue Tiller Geoff Goodyer <i>P Member</i> Alex Alperovich |
| 15 Oct 2016 | Wild Dogs | Blue Mountains NP | Tim Sutherland Huw ap Rees Helen McDonald Frances Botrell Dirk Goes <i>P Members</i> Greg Cave Jon Reilly Vignesh Manimuthu |
| 15 Oct 2016 | Waterfall to Heathcote | Royal NP | Jo Daly Stephen Dolphin Glenn Draper Ewa Borowiec Cathy Hui <i>P Members</i> Rachel Nolan Maria Viveiros |

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.

| | | | |
|------------------|-----------------------|----------------------|---|
| 15 - 16 Oct 2016 | Mt Talaterang | Morton NP | <p>Tim Hager</p> <p>Alexa Bullen Damon de Costa Gilda Floyd Michael Floyd</p> <p><i>P Member</i></p> <p>Jaclyn Fletcher</p> |
| 16 Oct 2016 | Taffys Rock & Lookout | Ku-ring-gai Chase NP | <p>Robert Carter</p> <p>Glenn Draper Petros Nikoloudis Michelle Rose Richard Darke Lisa Sheldon David Hou</p> <p><i>P Members</i></p> <p>John Fitzgerald Clare Wang Bruce Donnelley Peter Kunda Catherine Myson Sarah Homewood Yasir Zia Tania Parker Simon Parker</p> |
| 16 Oct 2016 | Burning Palms | Royal NP | <p>Nigel Weaver</p> <p>Lucy Moore David Bell</p> <p><i>P Member</i></p> <p>Tristan Guzman</p> |

The walk went according to plans until we reached Talaterang. From here, the going was slow as we negotiated the ridge running south from the summit. Track notes suggested there is a good campsite about 1km south of the summit but we had improvise somewhat, using two smallish caves and a rock platform to accommodate the six of us. Obtaining water from Talaterang Ck involved some solid bashing through Banksia and Hakea. Many thanks to Damon and Jaclyn for helping with water collection, and to Michael, Gilda and Alexa for setting up the campsite. The reward was a lovely sunrise the next morning and great views of The Castle, Byangee Walls and Pigeon House. The return trip was somewhat easier because we largely retraced the route we had already pushed through the thicker patches of scrub. The walk was harder than I expected and I would take a different route if trying to reach camp cave near Talaterang Ck again. This probably should have been a Q walk due to the rough off track walking.

A rather warm day providing fantastic views through this walk for a relatively fit and enthusiastic group. A blanket of smoke from a hazard reduction burn gone wrong at Mt Kuring-gai the previous day caused some concern travelling to Cowan however the smoke had not drifted this far north.

We took the opportunity to provide some hands-on navigation refresher for the Prospective Members with map reading, relating the map to the surrounds and distance estimation being practiced at various times throughout the walk. Additionally they were provided the opportunity to gain some first-hand experience being out front whilst moving through the off-track sections. Well done to all!



We had a sunny and warm day for this walk, which was full of fabulous coastal views. While rounding Semi-Detached Point we had it all to ourselves, and enjoyed a shaded lunch spot just up from the rock platforms. In contrast, there were a fair number of people at Burning Palms beach, and a whole heap of them in the area around Figure of 8 Pool, which has become an untra-popular spot (see photo). Whatever you think of the crowds, this was nevertheless a wonderful day full of great coastal scenery. Photos by Tristan Guzman.



| | | |
|--|---|--|
| <p>18 Oct 2016</p> <p>Spectacular weather for what started out as a fairly straight forward walk that suddenly turned pear shaped...</p> <p>Quite often you forget that there are some very nice walking tracks close to the hustle and bustle of Sydney however this walk certainly provided some spectacular views as we meandered along the Gibberagong Track to Bobbin Head then around to Apple Tree Bay and finally along Cowan Creek to Waratah Bay. The high spring tides had flooded the board walk near Bobbin Head resulting in boots off as we waded to our morning tea spot.</p> <p>Unfortunately one of the walkers slipped off the track close to Waratah Bay sustaining a head knock resulting in concussion and a fractured pelvis. Contacted 000 with both Police and Paramedics attending and extracting our injured walker via Police launch to Bobbin Head and a waiting Ambulance. Once again the Emergency Services guys did a fantastic job however our own group really stood up when it counted providing support for our injured friend throughout the ordeal. Here's hoping for a speedy recovery.</p> | <p>Wahroonga to Berowra</p> <p>Ku-ring-gai Chase NP</p> | <p>Robert Carter</p> <p>Grace Love Michelle Powell Owen Kimberley Gordon Jagger</p> <p><i>P Members</i></p> <p>Janet Hanson Elizabeth Powell Nicola Le Couteur John Millard</p> |
| <p>20 Oct 2016</p> <p>Due to scheduled Hazard Reduction burns at our planned location (Wahroonga) this week's Thursday night walk had to be relocated. Rather than doing a walk we'd done many times before, the leader decided to try something new. Probably not a good idea when you are walking at night! It all started out smoothly... we followed the Pipeline Track from Barra Brui Oval and then proceeded down the Bungaroo Track to middle harbour as usual. Here we would normally turn left but this time we turned right. There was a bit of indecision about where to cross Rocky Creek (for the first time) but this didn't set us back too much. The track from Rocky Creek is much clearer than a few years ago so we kept a good pace around the section heading towards Lockley Point but unfortunately didn't find the start of the track that would take us to East Killara. This was not a major issue as the 'off-track' section here was fairly open although most of us were covered in charcoal from the blackened trees by the time we re-located the track.</p> <p>Once again we missed a turn-off and ended up wondering the streets of Killara looking for a 'short-cut' shown on the maps - good learning - the maps are not always accurate. After backtracking we located the track and successfully followed it back to Rocky Creek (the second crossing) where we lost it once again. Here proved to be the challenging part of the evening - too much off-track bush-bashing until we eventually once again connected with the track. This section was not long but it did take time to negotiate. I think we were all relieved when we 'found' the well defined track back to Burraneer Ave where there was a bit of road-walking to get back to our cars. I usually aim to keep the Thurs night walks between 2-3 hrs but tonight's was an epic 3.5hrs.</p> <p>I've promised the Thursday night regulars that this walk will be retired after its maiden voyage (although maybe if I walk it a few more times during daylight it can be reinstated sometime in the future).</p> <p>The leader loved the exploratory nature of this walk but I'm not sure that all the participants were impressed. Nice work from our 3 prospectives, especially Maria who I don't think has done a walk of this nature before!</p> | <p>Barra Brui Exploratory</p> <p>Garigal NP</p> | <p>Genevieve Savill</p> <p>Philip Worledge Tracy Edwards Susan Healey</p> <p><i>P Members</i></p> <p>Viviana Sepulveda Flores Maria Viveiros Keith Lamb</p> |

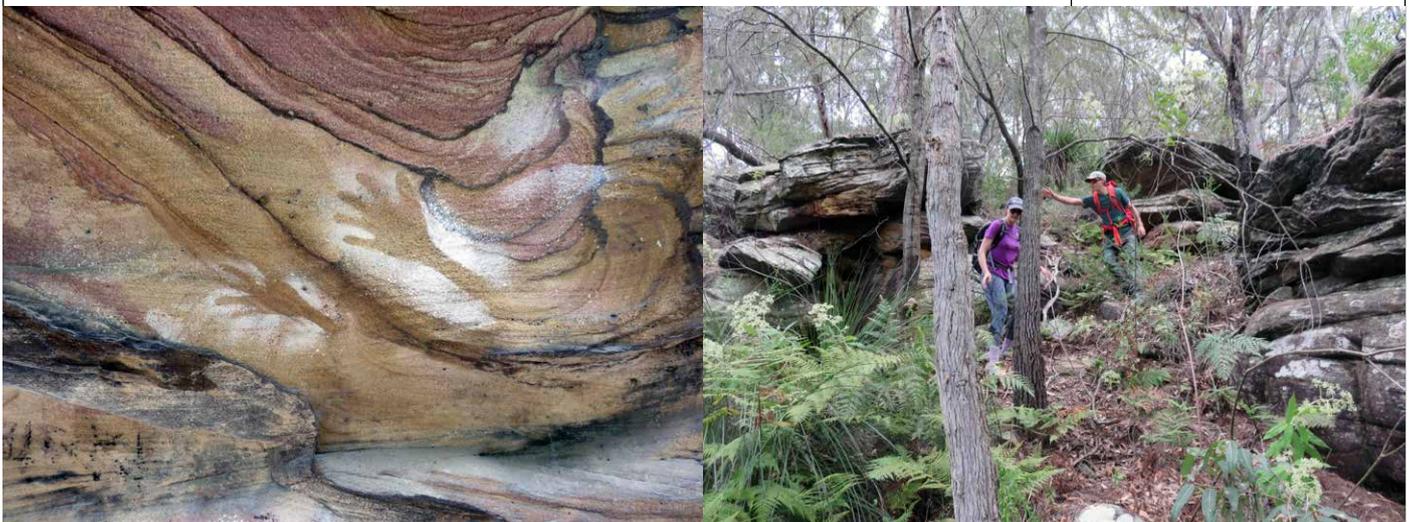
| | | |
|--|---|---|
| <p>22 Oct 2016</p> <p>The threatened heavy rain passed to the north, leaving pleasant overcast conditions. The leaders got thoroughly wet pushing through the drenched bush but those following were dry and comfortable. Three years since I last did this trip, either the bush has got a lot thicker or I forgot how bad it was. Similarly, I thought there was a track between Cliff Trig and Taffeys but that must be a faulty memory. Spectacular cliffs and views leaving beautiful Gunyah Beach, a great location for lunch at Cliff Trig, the usual vistas from Taffeys and a nice track to Cowan. Many late season wildflowers including Frasers Boronia.</p> | <p>Gunyah Beach</p> <p>Ku-ring-gai Chase NP</p> | <p>John Kennett</p> <p>Carley Finn Jim Collier Robert Carter Thuy Ho Genevieve Savill Anne Marie Cooper</p> <p><i>P Members</i></p> <p>Amanda Allan Bill Nassar Adrian Doyle Nicola Le Couteur</p> |
| <p>22 Oct 2016</p> <p>A lovely, cool Spring day. Thanks to Mike for leading the party up the Goat Track while I wandered up the road due to a sore shoulder.</p> | <p>Kedumba Valley</p> <p>Blue Mountains NP</p> | <p>Angela Barton</p> <p>Owen Kimberley James Blair David Hou Chris Dowling Skye O'Donnell Alexa Bullen Mike Barton Michelle Powell</p> <p><i>P Members</i></p> <p>Trevor Carr Caroline Houghton Ian Houghton Denise Woodcock</p> |
| <p>22 Oct 2016</p> <p>It was a cold grey day when we parked at the clearing on Bells Line and set off along the ridge. Jon boldly proclaimed that he would need sunscreen by the end of the day! The waratahs were out in force - it looks like one of the best shows in several years. A short off track jaunt led us to the start of the canyon, a short slippery abseil. The following abseil is one of the prettiest in the canyon, down a narrow chute into a small amphitheatre, and the beginners got to put all of their skills into practice. A little further on, the "waist deep pool" was a little more than waist deep for most, eliciting some interesting responses. They might have been squeals of enjoyment, but perhaps not! The second last abseil was a long one, into another large amphitheatre, and the sun and blue sky had emerged by now, allowing Jon a moment of smugness. On the final abseil Viviana had a slip and got a nasty gash to her knee. Given where we were, still deep in the canyon, this could have been problematic. However, Viviana bravely walked out on it after patching from Paul and Jon, with the party divvying up her gear to make it easier.</p> | <p>Better Offer Canyon</p> <p>Blue Mountains NP</p> | <p>Tom Brennan</p> <p>Jon Bell Srinivas Gowda Paul O'Callaghan Rachel Grindlay</p> <p><i>P Members</i></p> <p>Alladdin Bajwa Viviana Sepulveda Flores Jenny Lian</p> |



| | |
|--|--|
| <p>22 - 23 Oct 2016 Kanuka Brook - Fairy Campsite Blue Mountains NP</p> <p>Following some overnight rain we walked off into damp and overcast bush, not seeing the sun until lunchtime. We made good progress, reaching the wonderful campsite a bit after 4. The cloud had lifted and we had a good fire and long conversation on Saturday evening.</p> <p>Sunday was clear and warm. We checked out the campsite at St Helena's crater and descended to Glenbrook creek via the cave on Shark's Head spur.</p> <p>The two prospective members coped well with the bushbashing and the descents which were more challenging than I remember them: well done!</p> | <p>Kelvin Russell</p> <p>Graham Byrne Jan Spencer</p> <p><i>P Members</i></p> <p>Pierrette Michaux Antony Campbell</p> |
| <p>22 - 23 Oct 2016 Splendour Rock Blue Mountains NP</p> <p>In point form, the best parts of the weekend by W.G.</p> <ul style="list-style-type: none"> • Perfect walking weather • Climbing Thommos Chains • Sunset at Splendour Rock • Rain - distant & beautiful • Campfire delight • Birthday cake • Satellites galore • Tent de' chateau • Sunrise at Splendour Rock • Bushwalkers memorial • Learning to use walking poles... sort of • Mating Goannas • Jungles of Stinging Nettles • An adventurous Echidna    | <p>Frances Bottrell</p> <p>Margot Bull Joanne Armstrong Wayne Gardner Lisa Sheldon Philip Worledge Glenn Draper Jo Daly</p> <p><i>P Members</i></p> <p>Catherine Myson Sarah Homewood</p> |
| <p>22 - 23 Oct 2016 Ettrema Plateau Morton NP</p> <p>We rode mountain bikes along the mostly flat Ettrema Tops Trail. This took an hour off the normal walking time. During the ride we disturbed three emus that proceeded to run in front of us for a couple of hundred metres. Left the bikes near Jones Ck Track junction and proceeded 40 minutes on foot to overhang in Cinch Ck that we found on a previous walk. Set up camp, had morning tea then walked down stream on right along rock platforms, enjoying distant views down the deepening Cinch Ck Valley... After lunch we headed east to overlook Moore Ck Valley. Lots of rocky leads made this very simple off-track walking.</p> <p>Spent a comfortable night in overhang sheltering from cold southwesterly wind and rain. Early start in morning allowed us to arrive back at cars by 10:45am.</p> <p>Thanks to Alan and Stephen for a good weekend.</p> | <p>Paul Barton</p> <p>Alan Osland Stephen Dolphin</p> |

| | | |
|--|---|--|
| <p>23 Oct 2016</p> <p>Perfect weather for walking - very keen prospectives all coped well with the walk even when the estimated distance was underestimated.</p> <p>Lots to see including a small green tree snake sunning itself across the track. A "honeyeater" trapped in a thorny bush that John successfully rescued. Carp spotted swimming in the creek near Galston Gorge. Sundew spotted in a shady spot off the fire trail in Dural - carnivorous plant.</p> | <p>Hornsby Circuit</p> <p>Berowra Valley NP</p> | <p>Susan Healey</p> <p>David Mollison</p> <p><i>P Members</i></p> <p>John Fitzgerald Tammy Safi Clare Wang Sue Baar</p> |
| <p>23 Oct 2016</p> <p>From Mt Victoria station we walked out to Lockyer's Track which runs along the top of a high ridge with occasional views to the valleys far below. The ridge has a fair number of pagodas on it, and we had a great lunch spot on top of one of them with a grand view over the verdant valley of the River Lett, with the Great Dividing Range on the horizon. We continued down to Hartley Vale, passed by the historic Comet Inn, and then followed Lawson's Long Alley which was fairly level for a long way until a steep rise up to Mt York Road. We had a fine and mild day, which made for ideal walking conditions.</p> | <p>Lockyer's Track & Lawson's Long Alley</p> <p>Blue Mountains NP</p> | <p>Nigel Weaver</p> <p>Nigel Wingate Margaret Weaver Richard Darke Vincent Murray</p> <p><i>P Members</i></p> <p>Armando Gonzales Editha Gonzales Svetlana Orrock Lily Tan Ramon Tan Penny Stone Keith Lamb</p> |
| <p>23 Oct 2016</p> <p>Lovely weather for this trip. We set out along the Prince Henry Cliff Walk, taking in a number of clear views over the Jamison Valley and did not pass many other people. Morning tea was enjoyed at Inspiration Point, with inspiring discussion for making homemade crackers. The group enjoyed the descent down Robert's Pass and particularly the ladder. Lunch was devoured near the Lindeman Rock; after which the group was split in two so the second group could assist a participant out. Overall a beautiful area to walk in.</p> | <p>Lindeman Pass</p> <p>Blue Mountains NP</p> | <p>Nicole Mealing</p> <p>Emmanuelle Convert Jose Correa Geoff Goodyer</p> <p><i>P Members</i></p> <p>David Mason Emily Deck Vignesh Manimuthu Diana Correa Nicola Le Couteur</p> |
| <p>25 Oct 2016</p> <p>Another spectacular day weather-wise for this mid-week walk which meandered through gullies and along creek lines close to suburbia. Great company and a nice walk.</p> | <p>Epping to Hornsby</p> <p>Lane Cove NP & Berowra Valley Regional Park</p> | <p>Robert Carter</p> <p>Margaret Rozea Tim Yewdall</p> <p><i>P Member</i></p> <p>John Millard</p> |
| <p>28 - 1 Nov 2016</p> <p>One of the very few places you can walk in Wilderness and stay in huts (old cattlemens huts). Great weather, great company and we even managed some Citizen Science gathering specimens of a plant to help a Botany student at USYD. Day 1 = All fire trail, Day 2 = Short off track/foot pad and then onto f/t, followed by knee shaking descent, Day 3 = (our fave day) creek walking with lovely small canyon section, Day 4 = back on firetrail and the lung busting ascent back up to the Kunderang Trail and back to luxury cottage. Recommend it.</p> | <p>Green Gully Track</p> <p>Oxley Wild Rivers NP</p> | <p>Caro Ryan</p> <p>Jon Bell Murray Henwood Frances Bottrell Margot Bull</p> <p><i>P Member</i></p> <p>Frank Tamas</p> |

| | | | |
|---|----------------------------|----------------------|---|
| 25 - 26 Oct 2016 | Yengo NP East to West | Mount Yengo | Leigh McClintock |
| <p>It is a long way to the Park and to Howes Track, the entrance to which is hard to spot. The Track itself is in pretty bad condition, making the going very slow for our Subaru. And it was not easy to decide where to leave the vehicle, and start to walk. The upshot of all this was that we didn't get going until after noon.</p> <p>We reached the McDonald River without much incident, after making one course correction (wrong spur) and some sliding on our bottoms down the final, steep section. The river is very pretty (think Colo, though the surrounding cliffs are not as high). The water was only about 10 cm deep, and a very comfortable temperature. Nice for barefoot sloshing. We found some nice rock flats to spread our mats. I used my tent but didn't bother pitching the fly. The others didn't bother pitching anything.</p> <p>The intended exit point from the river next morning was the junction with Howes Valley Ck. The cliffs were a bit forbidding there, so we moved a few hundred metres further north and found an easier route. After an hour or so of climbing we came across an old fire trail heading in the right direction (but not marked on the map), and later this trail turned into a bike path. It sidled around the contour, west and then north, back to the Putty Road at Garland Valley, where we arrived about 2 o'clock. Completing the car shuffle took another two hours.</p> | | | <p>Grace Love Peter Love Joan Chan</p> |
| 29 Oct 2016 | Windybanks Ridge Revisited | Ku-ring-gai Chase NP | Robert Carter |
| <p>Despite an unfavourable weather forecast we had a nice day for this mainly off-track adventure revisiting Windybanks Ridge.</p> <p>The purpose of the walk was to explore around the base of the minor cliff line starting at GR290764 with a view to identify a safe ascent route through the cliff.. without much success however our route did 'go' with the use of a tape. The second goal was to access the cliff tops at GR292767 which are obscured from the track below however provided a fantastic lookout and vista across Cowan Creek (one of the better ones but challenging to access!). Thirdly was to identify a safe route down from the ridge back to Waratah Bay which was successfully completed.</p> <p>Plenty of leeches due to the overnight rain including one lodged in a belly button and another which was removed during our visit to Berowra RSL – didn't like the Salt & Vinegar chip packet and relocated itself to the Doritos!</p> <p>It was great to introduce a few of our new Prospective Members to off-track walking and scrambling which they took to like a leech to a boot. Congratulations to Cassia, Ashleigh, Baz and David on successfully completing their Q-walk and providing us with a few laughs throughout the walk.</p> | | | <p>Angela Beveridge David Angel Suzanne Gomes Anne-Marie Cooper Shahram Landarani</p> <p><i>P Members</i></p> <p>Cassia Ferguson Baz Szomor Ashleigh Prest David Pender</p> |



| | | | |
|--|---|--------------------------|---|
| <p>29 Oct 2016</p> <p>Despite the drab weather prediction there was no rain until after we finished the walk. Wildflowers and lyre birds were profuse. A lovely day for walking.</p> | <p>Leura - Katoomba</p> | <p>Blue Mountains NP</p> | <p>Angela Barton</p> <p>Michael Barton Michelle Rose Petros Nikoloudis Alex Lazar Glenn Draper</p> |
| <p>29 - 30 Oct 2016</p> <p>Great group of participants. We all enjoyed discovering new (for us) passes, overhangs, camp sites and water sources as we made our way carefully through the challenging and convoluted terrain. Thanks everyone for a great weekend.</p> | <p>Zobels Gully and Constance Gorge</p> | <p>Wollemi NP</p> | <p>Paul Barton</p> <p><i>P Members</i></p> <p>Pierrette Michaux John Millard Peter Christensen George Cagle</p> |
| <p>29 - 30 Oct 2016</p> <p>Quite a mild morning allowed a comfortable climb up Cattledog ridge, before weather closed in during lunch on Knights Deck.</p> <p>Two hours of intermittent thunder storms accompanied us down to and along the Coxs river, before conveniently stopping at 5pm, allowing a fire to be coaxed to life and a pleasant evening.</p> <p>An early start allowed us to be up Quartpot and onto Tinpot Mt by 10 am and lunch at the Ivanhoe.</p> | <p>Wild Dogs</p> | <p>Blue Mountains NP</p> | <p>Tim Sutherland</p> <p><i>P Members</i></p> <p>Tania Parker Simon Parker Marie Szkot Ian Haughton Caroline Haughton</p> |
| <p>29 - 30 Oct 2016</p> <p>The leader decided to do the "exploratory" bit first and we were rewarded with a beautiful Corang River which would have been a delight to dip in if the weather had been warmer.</p> <p>Thanks to Tom, we knew that there was an easy track to follow along the river, but the leader liked off-track so we still had a bit of bushbashing at the start of the river until we found a fairly well trodden track.</p> <p>Morton NP is always a beautiful place to visit, the weather was surprisingly dry and we enjoyed beautiful views of Pigeon house and Mount Owen from several vantage points.</p> <p>Found a nice chasm at Yurnga Lookout and checked out some really nice pagodas on our way back to Wog Wog campground.</p> <p>Corang River is a must to visit, especially for warmer days.</p> <p>Photos by Tom Brennan</p> | <p>Corang River</p> | <p>Morton NP</p> | <p>Emmanuelle Convert</p> <p>Rachel Grindlay Tom Brennan Rosemary MacDougal Graham Byrne Jan Spencer</p> <p><i>P Member</i></p> <p>Alexandra Heath</p> |



| | | |
|---|--|--|
| <p>30 Oct 2016</p> <p>5 trigs in a day</p> <p>Ku-ring-gai Chase NP</p> <p>5 trigs in a day - it was always going to be a big ask, but it looked doable on paper. The terrain was the unknown factor, as it often is. So, whilst we didn't achieve our objective of 5 trigs in a day, it was an excellent walk nonetheless with good company in lovely bushland.</p> <p>The tone was set early on. After 5 metres of fire trail we were off into the bush. The first 2 trigs fell easily, Arden and Waratah, with lovely old cairns and magnificent views, plus some aboriginal carvings en route.</p> <p>The unexpected bonus came off track. We crossed a Yeomans Creek, which was very pretty, and then climbed up to a rock line. There was an overhang to explore, which led to another, which led to a beautiful narrow corridor full of mosses and orchids which unexpectedly led to another similarly gorgeous corridor, which led to a cave with a lyrebird nest. All of this was a surprise and lovely to discover.</p> <p>Trig #3 (Wallaroo) fell and the majority set course for trig #4. Here the unknown terrain became known and the ambitions were reassessed and, long story short, the amenities of the Terrey Hills Tavern proved most welcome.</p> | | <p>Geoff Goodyer</p> <p>Alexa Bullen Robert Carter John Kennett Andrew Price Sally Reynolds Genevieve Savill</p> <p><i>P Member</i></p> <p>Clare Wang</p> |
| <p>30 Oct 2016</p> <p>Mt Banks Ridge – King George Brook Blue Mountains NP</p> <p>The walk started fairly casually with hot coffee and muffins before we headed off for a small exploration around Mt Banks. Then we veered off track onto Banks ridge and the exploratory part of the day. The ridges were mostly clear with the occasional patches of thick shrubs and very dense and deep grass when we crossed shallow creeks on the plateau. We reached King George Brook around 579-808 but couldn't quite cross it because of a steep vertical drop close the banks. We will return to complete the walk but this time will try to walk in further upstream where the brook seems more accessible.</p> | | <p>Bruno De Villenoisy</p> <p>Misako Sugiyama Sue Tiller</p> <p><i>P Member</i></p> <p>Srinivas Gowda</p> |



DISTANCE IS NOTHING

Supremely Comfortable Packs

Enjoy long hikes with these capacious, highly adjustable and lightweight packs. A true custom fit allows you more comfort than any pack you have worn before. With loads of support where needed, your body will thank you.



Test a loaded pack in-store today and realise true comfort

EXPERIENCE IS EVERYTHING

Paddy Pallin
SINCE 1930

KATOOMBA 166 Katoomba Street. Ph 4782 4466
MIRANDA 581-587 Kingsway. Ph 9525 6829

MAILORDER Customer Service & Information
Ph 1300 654 259