



Photo by David Angel - Snowy Mountains. See walk report below.

In this issue...

From the President.....1	Climbing Mount Blanche by Kayak.....4
SBW Mid-Week Walking Activities.....2	From Mt Hotham to Thredbo along the AAWT.....6
Social Program.....3	Walks and Activities Report.....8

Key contacts

Members are welcome to contact the following officers on club matters

President John Flint
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

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

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

New Members Sec. Genevieve Savill
newmembers@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.

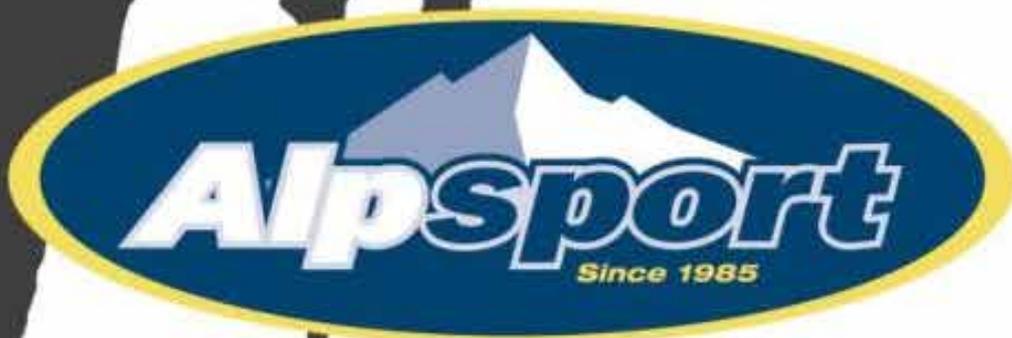


◀ **Black Diamond**



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

As happens every year, Christmas is arriving sooner than expected, one day I will find out where all the missing days went. This means we have already had the annual SBW Christmas party which was a roaring success. I didn't do a count myself but I heard around 80 people were estimated so a great turn up. I saw many familiar faces and quite a few new people as well. By the end of the evening I had only talked to a small fraction of the number of people I meant to, so apologies if we did not meet this time. With so many stories heard and interesting recounts of the year's events, I somehow missed the opportunity to give a President's speech on the night. I am not sure if it is my speeches or my newsletter columns that generate the most excitement among members but you will have to make do with the newsletter for now. It does give me the opportunity in this month's column to wish everyone a safe and happy Christmas. I would also like to take the opportunity for some special thanks during the year.

Firstly to Tracey Avolio, our outgoing Social Secretary for organising all the events and of course the Christmas party, the superior bottled wines and nice beers received special note at the Xmas party! (Note we do need to fill the Social Secretary role from next year)

Members may have missed our New Members

Secretary at the Christmas party, Genevieve was upstairs conducting the New Members Information night. Thanks to her for giving up the Xmas party as new members keeps the club in good shape. This year will have close to record numbers of prospectives joining. Genevieve along with John Kennett also manage the loan gear enabling many prospectives to get to full membership while trying out some great gear.

Thanks of course to the rest of the committee which have done a sterling job again this year. There have not been too many big changes, but the club has been running smoothly with plenty of action that might not otherwise be noticed by members. On the subject of the committee, while it is early to tell I think we may need some new committee members to join next year to help out so do consider how each of you may contribute.

Of course it goes without saying that I thank on behalf of all club members for our many leaders that put on walks this year. We have had a great program of walks this year. While leaders put on walks for themselves as well, there is a lot of organising and responsibility that goes with it.

With that I am wishing everyone a safe and happy Christmas and may there be many exciting walks and adventures in the New Year.

Congratulations...

... to Simon Hager and Linda Goodfellow who tied the knot on 19 November. We hope to see the happy couple in the bush soon.

New members

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

John Millard
Gavin Judd
Erin Harris

Greg Cave
Tania Parker
Simon Parker

SBW Mid-Week Walking Activities

Bill Holland

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

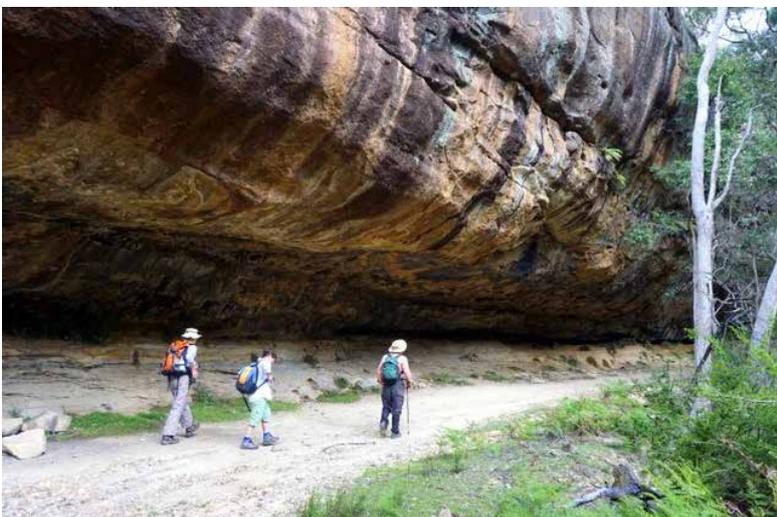


A total of thirteen (ten members and three visitors) attended Dunns Swamp in November. Six of us camped in tents, four in campervans and three in a nearby cottage.

The members were: Fran and Bill Holland, Barrie Murdoch, Patrick James, George Mawer, Carol Lubbers, Frances and George Bertrand, Jim Percy and Jo van Sommers.

The visitors were: Helen and John Kershaw, Karen Jensen

The weather was kind; fine days and cool evenings. A couple of thunderstorms threatened but passed us by. We walked several tracks, climbed the pagoda rocks for magnificent views, walked to the weir and the Long Cave, paddled the waters or just relaxed.



Later in the month we had the first of our Midweek luncheons. This was at the St George Motor Boat

Club. Seventeen attended and the consensus was that we should repeat it on a regular basis. In this respect I am seeking opinions on how often we should have these lunches and whether we should use the same venue each time. I will send out an email later but at this stage I am proposing the next lunch should be in early February. Let me know what you think.



As we approach the busy Christmas/New Year season I am now planning next year. I have already committed to some of the following and would really appreciate receiving your expressions of interest in:

- February (13th – 17th): I have booked our annual visit to Myola
- April (22nd – 29th): Cutlers Cottage at Myall Lakes firmly committed.
- June (12th - 16th): the cabins at Newnes are reserved
- August: return to Morvern Valley near Bundanoon
- October: suggestions needed! Perhaps Erowal Bay
- November: the annual camp at Dunns swamp or perhaps the nearby cabins.
- Please feel free to suggest a change or add an activity should a new location or revisit appeal.

Here are details of Coming events:

Myola (13th – 17th February)

Myola is an annual event and has proved to be very popular due to the scenic nature of the surroundings. The houses are modern and comfortable, close to the river and surrounded by beautiful bush. A nice stroll through the bush brings you to the kilometres long beaches of the bay.

I need to know approximately how many will attend and whether to book both houses. Please let me know ASAP if you intend to come and send your \$50 deposit. Rooms will be allocated as deposits are received.

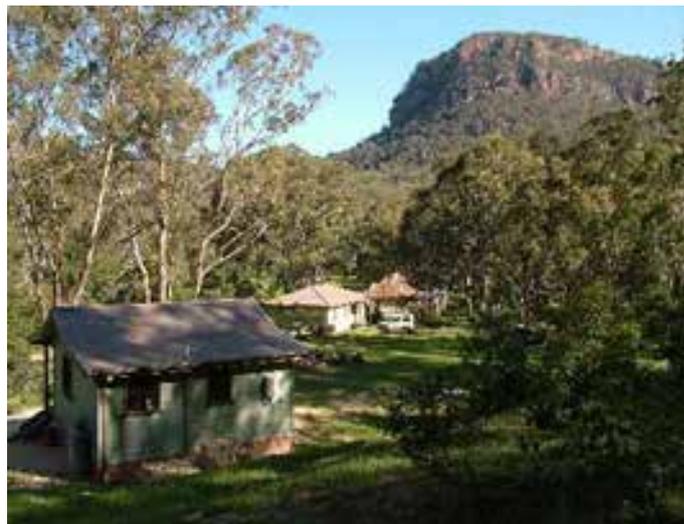
Cutlers Cottage - Myall Lakes (Saturday 23rd – Saturday 29th April)



Cabins at Newnes (June 12th - 16th)

We have stayed in these cabins a couple of times before and enjoyed the walks and spectacular mountain scenery. Our host, Thomas assists in making our stay very comfortable. Interesting optional walks each day including a visit to the old township ruins, Pipeline Pass and the Glow Worm Tunnel. Or perhaps you just want to relax and enjoy the views.

I have indicated to Thomas that we will need the new large cabin and another as well. Please let me know if you are interested and I will finalise the booking.



This is a mid-week activity but we have extended the stay to a week (Saturday until Saturday) for a slightly extra cost. There is no obligation to use the full seven days (but the weekend 23rd/24th may be of interest for a family booking./

Cutlers Cottage is a three bedroom fully restored residence and has a well equipped kitchen & relaxing verandah with peaceful views overlooking Myall Lakes.

The location is ideal for kayaking, swimming and bushwalking. The cottage has comfortable accommodation but is limited to a maximum of 6 people. However, excess numbers can use the camping site nearby at Korsmans Landing .

If you would like to be in the lucky six to use the cottage please send me a deposit of \$50 per person.

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.

Wed 15 February - Walking in the Dolomites and sailing in Croatia. The Dolomites are a stunning range of mountains in Northern Italy. Generations of walkers have visited them. Recently a group from SBW spent a week walking in the Dolomites, a circuit walk which took in much of the best scenery of the mountains as well as the hospitality of some of the many rifugios (mountain huts) that are located there. But the Dolomites are much more with a fascinating military history, a culinary blend of Italian and Austrian cultures and even the odd rockslide or two. So hear Jan Spencer and David Bell talk about their recent walk there and how some continued on a 42 foot Croatian yacht called "Travels with Tin Tin IV" exploring tiny islands, secluded coves, traditional fishing villages, historic seaside towns and swimming in the crystal clear Adriatic Sea.

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.

Climbing Mount Blanche by Kayak

John Kennett

Mount Blanche (Marra Marra NP) had become an obsession with me.

From Canoelands Road, it is a long off-track sweep to the east along Fishermans Ridge, past New Guinea Hill, then south to Pie Dish Hill, flanking Big Bay, and then sharp left, west to Mount Blanche.

My first attempt as part of a Bush Club trip in 2012 had floundered. The leader lost his battle with the thick bush, compounded, and surrendered. We were not even half way - not even on the slopes of New Guinea Hill.

Two other SBW trips braved Fishermans Ridge (what exactly fishermen were doing there so far from the water is a mystery) but couldn't find a way through.

Then in 2015, Geoff Goodyer confounded everyone by going solo to Mount Blanche and back in only 7 hours. My theory is that he walks side on - his slim profile slicing through the head high scrub relatively unimpeded.

Angela Beveridge and Genevieve Savill then got there via Big Bay, a more direct diagonal route compared to Geoff's circular approach. Good idea, though Big Bay is really just a Big Mangrove, and a very muddy one at that. The mud makes the old Sodden Lodden Plains in Tas look dry. Whatever, the dynamic pair drove themselves to arrive dirty and sweaty but successfully at the top.

But there is another way there. All you need is a kayak.



A small group set out on Sunday 20 November from Mooney Mooney boat ramp: myself in a Mirage 580, the very experienced kayaker Don Andrews in a Challenger, the enthusiastic Jade Chang in a nice kayak, and first timer Sally Reynolds in an AirFusion Elite, a very good marketing name for a "blow up" boat. Sally had bought it a few days earlier.

In the end Sally's performance was roughly equivalent to an experienced sea kayaker taking on

Bass Strait. The trip back from the base of Mount Blanche into a sea breeze took an excruciating 2 hours 10 minutes. Paddling alongside her, I noted that she took ten strokes for every three that my 580 required to be propelled the same distance. But, she refused all offers of assistance such as a tow rope, and doggedly persisted. Congratulations Sally !

A gentle rising tide helped us cruise to Bar Island. There is a 19th century cemetery and remnants of a church. Granny Lewis, an aboriginal woman who lived in Marra Marra Creek from 1835, and who had at least six hundred descendants, is buried on Bar Island.

We consumed a few bananas etc and moved on past Friendly Island to the base of Mount Blanche. We pulled the kayaks up onto a rough "beach", tying them together and to tree branches in anticipation of a rising tide. Then, a change into "off-track" clothes: bushwalking shoes, gaiters and gloves.

The climb up the spur is about 180 metres elevation, and about 750 metres in distance. Not much but it took 45 minutes as we had to find a way through or around various little cliffs. Great views from many rock platforms on the way.



Blanche Trig crowns the top. This relic of the 1880s is very well preserved with a shaft still in place, though the vane was nowhere to be found.

Note that Don and Sally had read the instructions on what to wear for the off track section of the day's paddle.

Then back down, which inexplicably took about the same time as the way up. The tide had come in, the beach had disappeared. Lunch on a massive midden just above the kayaks.

A plan to visit a beach on the way back was thwarted. We were reminded that this is now the summer boating season, and the beach, often used as a camp in Pam Irving's Sorious of the River trips,



That's when Don got injured. Some fishing people were cleaning their fish at the facility provided for that purpose. They were tossing the heads and entrails to a grateful pelican. Mumbling that "you shouldn't feed wild animals", Don made the mistake of walking between the fish and the pelican. The pelican heard his comments and bit him on the arm. They may look cute but don't get in the way of a pelican's dinner!

Quite a few people in the club have kayaks. Bushwalkers' garages are typically full of stuff other than hiking gear: bikes, ski gear, boats etc.

I will try this concept of mixing a paddle with a walk again. I have in mind Goodyer Rocks, a mini version of Donkey Mountain about 400 metres up Yoemans Creek at the end of Yoemans Bay, accessed from Appletree Bay at Bobbin Head. It has the added advantage of a cafe on the way back at Cottage Point.

was chock full of motor boats and their occupants. No thanks!

We paddled our way laboriously back to the Mooney Mooney ramp - a welcome sight.

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



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

From Mt Hotham to Thredbo along the AAWT

David Bell

Any extended walk needs a Plan B (and a Plan C!). So it came to pass that with a strong cold front heading our way we decided to abandon our original route to climb Mt Bogong and instead undertake a 50km dash over two days across the Bogong High Plains to a refuge at Mt Wills Hut. We ended up hunkering down there for two nights until the snow showers, high winds and low cloud abated.



We had begun some days earlier at Mt Hotham (Victoria) to follow the Australian Alps Walking Track (AAWT) along the crest of the Great Dividing Range for some 210 km to Thredbo (NSW). Our first night (November 9th) was at Dibbens Hut only 8 km from Mt Hotham and well within mobile phone range. So as the outcome of the US Presidential Election gradually unfolded we decided that rather than let the news get us down, we would hereon enjoy the walk and the magnificent scenery.

Indeed the scenery did not let us down and the Bogong High Plains afforded terrific views of mountains such as Bogong and Feathertop. These were still covered in snow.



After leaving Mt Wills we descended into the valley of the Mitta Mitta River where awaited our food drop. We chose a location near a dirt road and discovered that this is a popular spot judging by the number of other caches in the area. We donated our empty containers to another walker we had met on the way and proceeded over some days to enter the catchment of the Murray River. We reached the Victorian/NSW border on November 19 and enjoyed camping at Cowombat Flat, a must see location along the AAWT. Apart from being able to stand with one leg on either side of the Murray River (the source of the river is nearby), it also contains relics from a RAAF transport plane that crashed here in 1953.



Heading north we followed an easy fire trail via Tin Mines and Cascade Huts to Thredbo which we reached on November 22.

Packing up at Cascade Hut on the last morning also revealed a Funnel Web Spider lurking underneath one of the tents. Pays to check underneath tents and ground sheets before packing them away!



Actually apart from heaps of feral horses (way too many and they need to be reduced) we saw comparatively little wildlife, a few kangaroos, an emu with chicks and a few noises in the undergrowth (snakes?). We did however enjoy the company of the Scarlet Robin which invariably turned up when we entered Snow Gum country and one pair had built an ingenious nest next to the toilet at Mt Wills Hut.

This walk completes the middle section of the AAWT for the author and only one more section remains to complete the entire track – Walhalla to Mt Hotham. Another 200km plus leg and something

for 2017. November was a good time to do this walk as although there was still some cold weather lingering, water was plentiful and we had no trouble with finding it (though we had a few wet crossings of rivers and creeks).

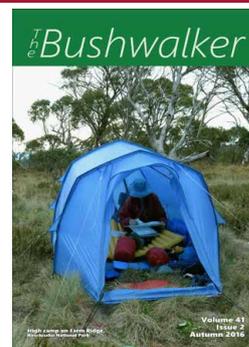
Finally I would like to thank Owen Kimberley, Anthea Michaelis and Michele Powell for being such great walking companions and making this a terrific walk. Apart from leech, insect bites and minor scratches we also came through fairly unscathed. Also I would like to thank Don Andrews for co-organising the route planning and the transport arrangements to get us to and from the walk. Unfortunately Don



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*



The latest edition of the Bushwalking NSW magazine is available for downloaded at:

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

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.

1 Nov 2016	Kiama Coast Walk	South Coast	<p>Robert Carter</p> <p>Dave Harter Petros Nikoloudis Margaret Rozea Anthea Michaelis</p> <p><i>P Members</i></p> <p>Matthew Waugh Clare Wang</p>
2 Nov 2016	Wentworth Falls Circuit	Blue Mountains NP	<p>Robyn Christie</p> <p>Ted Nixon Margaret Rozea Anthea Michaelis Bruce Worthington</p> <p><i>P Member</i></p> <p>Greg Cave</p> <p><i>Visitors</i></p> <p>7 Bush Club members</p>
4 - 6 Nov 2016	Hefrons Hole and beyond	Wollemi NP	<p>Yuri Bolotin</p> <p>Ian Starkey Ian Thorpe</p> <p><i>P Members</i></p> <p>Srinivas Gowda</p>

<p>5 Nov 2016</p> <p>A nice sunny day for a walk in the Wild Dogs with a bit of wind up high on the ridges.</p> <p>Plenty of wildlife throughout the walk – Wallabies and Lace Monitors – including one Wallaby that very nearly bowled Harry over during our descent of Iron-monger Spur. No snakes encountered however there was a large skin sighted along the river.</p> <p>Overall a good walk with a very strong group topped off by a quick drink at the Gearin Hotel in Katoomba on the way home.</p>	<p>Wild Dogs #1</p>	<p>Blue Mountains NP</p>	<p>Robert Carter</p> <p>Margaret Rozea Lisa Sheldon Alexa Bullen Huw ap Rees</p> <p><i>P Members</i></p> <p>Keith Lamb Harry Fisher</p>
<p>5 Nov 2016</p> <p>The walk description in the spring program indicated a challenging and adventurous walk. This turned out to be an understatement.</p> <p>We commenced walking at 8am and walked back along the Grassy Hill FT for 800m to access a ridge. Immediately the scrub was thick. We persisted navigating along this ridge until finally making pass 7c at 12:30. Pass 7c was steep but straight forward for a Colo Pass. We then followed Dooli Ck and enjoyed seeing a few rock platforms, pools and waterfalls and in parts reminisced about it's similarity with lower Angorawa Ck. Another highlight was the perfectly straight, roots of a strangler fig that had grown down a rock wall.</p> <p>Arrived at the Colo River at 2:20pm. After a quick lunch we liloed along a beautiful section of river aided by a tailwind. It was relaxing to lie back on the lilo, paddling and drifting along with the current while looking dreamily up at a perfect blue sky and the rugged honeycomb coloured cliffs of the Colo Gorge. A lot later than hoped for, we arrived at our exit gully at 6:20pm. We packed quickly, had a snack and filled our water bottles. But about 900m up the gully the light ran out and so out came the torches and our progress slowed dramatically. We took another drink and snack break to keep our energy up. Joan pointed out some glow worms which gave us momentary respite from the task at hand. Due to our tiredness, the tricky terrain and scrambling in the creek we took great care. The 3km from the Colo to our cars dragged on and on. Eventually four exhausted but extremely relieved walkers arrived back to the refuge of the cars at 10:45pm.</p> <p>Thanks everyone for your team work and for sticking together to get through a very difficult day. I guess this walk just confirmed that The Colo Wilderness doesn't give up its treasures easily. Despite the challenges of this walk, I have a strong feeling that we'll all visit again soon.</p>	<p>Colo Lilo</p>	<p>Wollemi NP</p>	<p>Paul Barton</p> <p>Damon DeCosta Joan Chan Helen MacDonald</p>
			<p>Melinda Turner</p> <p>Stephen Dolphin Glenn Draper</p>
<p>5 - 6 Nov 2016</p> <p>Beautiful trip along the Coxs, blue bird days. Another hilarious evening around the campfire with my two favorite 'wrongs-ins'. And they did forgive me for the attempted short cut on NNW side of Goolara... I think!!!</p>	<p>Coxs River and Goolara Peak</p>	<p>Blue Mountains NP</p>	

<p>6 Nov 2016</p> <p>Frying Pan Rock</p> <p>We discovered that Frying Pan Rock is so named because on a warm day it is like a frying pan. Wonderful views across to Yengo. Excellent navigation by the team, picking our way along the ridges without clear landmarks, and avoiding many false leads that might have lured us astray. Cutta Muttan cave is very, very rarely visited, hard to locate even with coordinates, blessed with prolific art. At the end of the day, rapidly emptying water bottles forced us to take a short cut across some paddocks where the horses, evidently starved of frequent human contact, galloped up and surrounded us. Nice way to finish at 5pm.</p>	<p>Yengo NP</p> <p>John Kennett</p> <p>Mark Wrigley Robert Carter Margaret Rozea Geoff Goodyer Sally Reynolds Jim Collier Carley Finn Ted Nixon Dave Hartner Lin Kennett</p> <p><i>P Member</i></p> <p>Clare Wang</p>
<p>6 Nov 2016</p> <p>Woy Woy to Wagstaffe</p> <p>On a fine and warm day we enjoyed magnificent views of Brisbane Water from many vantage points. There were especially good views from the top of Blackwall Mountain, from where we could see Broken Bay, Lion Island, Pittwater, and the ocean. There were also great views on the ascent of Daley's Point Ridge and from Allen Strom Lookout. When leaving Blackwall Mountain the easterly decent towards the Rip Bridge was difficult because of a steep track that unexpectedly fizzled out; however the descent was easy once we found the main track on the steeply-sloping east ridge. We did most of the walk at a medium sort of pace, but we had to step up the pace for the last section from Hardies Bay to Wagstaffe to ensure that we got the 3.20pm ferry. In the end, we got there with 20 minutes to spare, which gave us plenty of time to round off a very scenic day with coffees, milk shakes, and ice creams before the ferry ride to Ettalong and the trip back home.</p> <p>Photos by Sarah Homewood</p>	<p>Bouddi National Park</p> <p>Nigel Weaver</p> <p>Margaret Weaver John Pozniak Jade Chang Christine McColl Misako Sugiyama Linda Mallet James Cryer</p> <p><i>P Members</i></p> <p>Roslyn Johnson Jan Pilz Penny Stone Katie Graham Erin Harris Sarah Homewood</p>
	
<p>6 Nov 2016</p> <p>Blackheath</p> <p>A great day with flowers, both native and exotic, everywhere we looked. A milkshake was a fantastic way to finish the day.</p>	<p>Blue Mountains NP</p> <p>Angela Barton</p> <p>Melinda Long Michael Barton Chris Dowling</p>

Walk updates

Don't forget to check the Short Notice Activities bulletin for any amendments to the quaterly 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>7 - 11 Nov 2016</p> <p>A total of thirteen (ten members and three visitors) attended Dunns Swamp in November. Six of us camped in tents, four in campervans and three in a nearby cottage.</p> <p>The weather was kind, fine days and cool evenings. A couple of thunderstorms threatened but passed us by. We walked the usual tracks, climbed the Cathedral rocks for magnificent views, paddled the waters or just relaxed.</p>	<p>Midweek at Dunns Swamp</p>	<p>Bill Holland</p> <p>Fran Holland Barrie Murdoch Patrick James George Mawer Carol Lubbers Frances Bertrand George Bertrand Jim Percy Jo van Sommers</p> <p><i>Visitors</i></p> <p>Three visitors</p>
<p>9 - 22 Nov 2016</p> <p>Due to adverse weather the walk commenced a week later than originally planned. Otherwise we all had a great time. See article above.</p>	<p>Mt Hotham to Thredbo Kosciuszko NP, Alpine NP</p>	<p>David Bell</p> <p>Owen Kimberley Anthea Michaelis Michele Powell</p>
<p>10 Nov 2016</p> <p>Walk location was changed closer to the city this week due the leaders hectic work schedule... decided to do the 'classic' Lane Cove River circuit and fully expected to have to detour to the streets as the NPWS website still shows track closures after the storms in June. It was a pleasant surprise to find all sections of the track open again and it was a perfect Spring night for a walk. Lovely group with a few new faces.</p>	<p>Lane Cove Lane Cove NP</p>	<p>Genevieve Savill</p> <p>Phil Worledge Susan Healey Tracy Edwards Jenny Stephens Melinda Long Suzanne Aubrun Joan Chan</p> <p><i>P Member</i></p> <p>Wilhelmina von Buellen</p> <p><i>Visitor</i></p> <p>Bozenna Hinton</p>



<p>12 Nov 2016</p> <p>We left Sydney with its dismal, steady rain, and arrived at Blackheath just as a steamy, sunny day was starting.</p> <p>This was an uneventful walk, finishing with the usual spectacular view and rest at Lizard Rock.</p> <p>One unsettling sight was a significant rockfall directly onto the flat rock ledge on the far side of Edenderry Falls - just where we usually sit for a meal. Remaining rock on the cliff is only just hanging on.</p>	<p>Blue Gum Forest</p>	<p>Blue Mountains NP</p>	<p>Tim Sutherland</p> <p>Margaret Rozea Chris Dowling Huw ap Rees Tim Yewdall Nima Zarbakht</p> <p><i>P Member</i></p> <p>Monica Vian Chaves</p>
<p>12 Nov 2016</p> <p>Despite rain, overnight storms, and driving through showers on the way up the mountains, it was fine and sunny by the time we met at Medlow Bath. We quickly dropped into Jugglers Canyon, and Jon and David kept finding abseils that I wasn't even planning on doing, including one I'd never even done before. It was Jo and Alex's first canyoning trip, so a good tester away from the nice grippy rock that we do the training workshops on. Lunch was at beautiful Beauchamp Falls, where we discussed how it should be pronounced (it's pronounced Beecham, if you're interested). Then it was up the now almost fully restored Grand Canyon track to the start of the Grand Canyon. Most people only get to see it from the top, but it's much better from the bottom! The swim was colder than usual, but also shorter than usual. After a break at the lookout halfway up the Pilcher Track, we were back at the cars about 4:30pm. Jo and I went to Jon's rented place and enjoyed wine and nibbles watching the afternoon light on Fortress Ridge. A lovely day.</p>	<p>Jugglers and Grand Canyons</p>	<p>Blue Mountains NP</p>	<p>Tom Brennan</p> <p>Jon Bell Jo Daly</p> <p><i>P Members</i></p> <p>Alex Alperovich David Mason</p>
			
<p>12 Nov 2016</p> <p>I warned all walkers about the leeches, lawyer vine, scrub and fantastic views and I didn't disappoint. Unfortunately I didn't know about the giant mosquitoes that would eat some of us alive. It was a great day and we all enjoyed the walk.</p>	<p>Jamison Valley</p>	<p>Blue Mountains NP</p>	<p>Angela Barton</p> <p>Geoff Goodyer Mark Wigley Mike Barton Nicola Piper Petros Nikoloudis Angela Beveridge Tracey Avolio Michelle Rose Kin Lee Penny Pang</p> <p><i>P Members</i></p> <p>Steve Lang David Summergeene</p>

<p>13 Nov 2016 Mt Colah to Pearl Beach Brisbane Water, Ku-ring-gai Chase NP</p> <p>We enjoyed a fine warm day for this very scenic trip. We did the walk to Bobbin Head and then embarked on the ferry ride, during which we were able to see several iconic bushwalking spots from water level. These included Mt Murray-Anderson, Jerusalem Bay, Shark Rock Ridge, the Taffy's Rock area, the cliffs below Jim's Track, Gunyah Beach, Challenger Head, and Whitehorse Beach. We then followed the clifftop tracks from Patonga to Pearl Beach, enjoying magnificent views of the lower Hawkesbury River and the entrance to Pittwater along the way. (Photos by Rachele Rugiero.)</p>		<p>Nigel Weaver</p> <p>Rachele Rugiero Scott Lee</p> <p><i>P Members</i></p> <p>Penny Stone Alison Winn</p>
		<p>Robert Carter</p> <p>Jo Daly Sue Tiller Margaret Rozea Lisa Sheldon Barbara Gray Vincent Murray Peter Cai</p> <p><i>P Members</i></p> <p>Rita Riccio Clare Wang</p>
<p>13 Nov 2016 Blackheath Loop Blue Mountains NP</p> <p>Near perfect weather for this very pretty walk through the Grand Canyon with a relatively fit group of walkers.</p> <p>The cool, shadowy and reflective walk through the Grand Canyon was the highlight with a number of stops for those compulsive shutter bugs. A number of the group had not visited this area previously so a good introduction of what spectacular scenery is on offer in the Blue Mountains.</p> <p>A leisurely lunch was taken at Junction Rock before our final ascent back to Govetts Leap followed by a refreshing ale at the Ivanhoe in Blackheath.</p>		<p>Paul Barton</p> <p>Glenn Draper Sheila McDowell</p>

Help needed

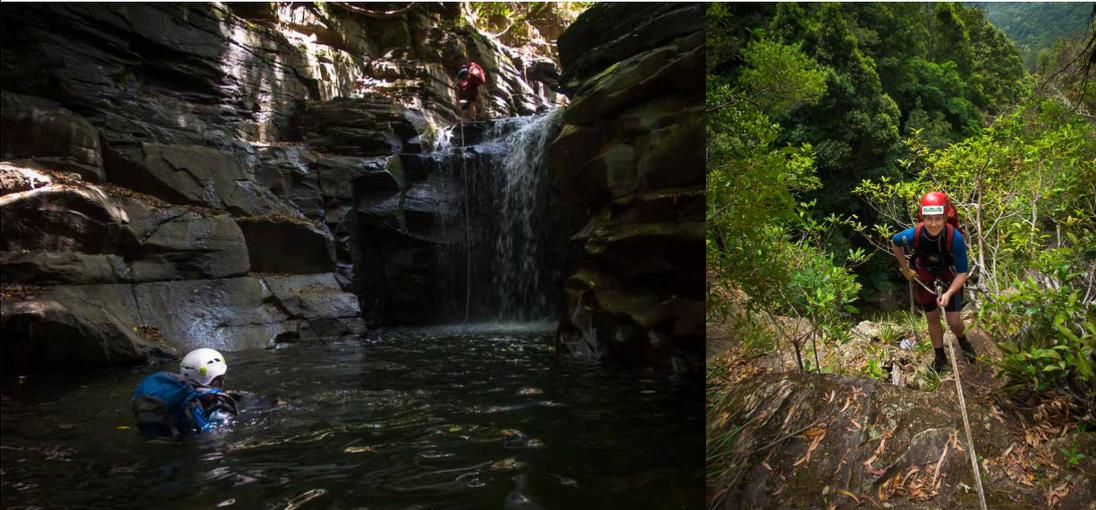
Remember to please give leaders plenty of notice if you need to pull out of a walk, so that other members can have the opportunity to take your place.

We continually need to expand our pool of leaders, so if you haven't put on a walk before, think about what you might put on the Spring Program. Maybe you have a favourite walk near Sydney that you are familiar with? Just one walk is all we are looking for.

<p>13 Nov 2016</p> <p>Bullaburra Canyoning</p> <p>Blue Mountains NP</p> <p>A fine and sunny day to start with for a change for one of my canyoning trips! After a short car shuffle, we took a different way into the creek than I had used previously, which had some issues with private property. We ended up on top of a cliff with slings, but an uncertain length drop. As it turned out, the ropes just reached, with a lovely descent beside a large waterfall. There were old stone stairs leading out of the amphitheatre, but we had another group behind us so no time to investigate.</p> <p>The next abseil was down a cascade into a large amphitheatre. It was a bit of a walk to morning tea, at the start of the first true canyon section, where some people wetsuited up. I opted to go without, and the water temperature was not too bad. Certainly a couple of degrees warmer than a month ago!</p> <p>There were a couple of tricky abseils and some more sections of canyon before the creek opened out. I had thought there might be another abseil and swim, but we never found them!</p> <p>Then there was a long section of creek walking to the exit. The creek is a beautiful upper mountains creek, with mostly easy open walking through rainforest. I neglected to look at the map before exiting, and we were halfway up the ridge before Brendon pointed out that we needed to go upstream for a couple of hundred metres to the next junction. Back down to the creek we went, and as we headed up to the junction, we spotted a large structure in the creek. Having come across the occasional marijuana plantation in the bush, I was somewhat nervous approaching it. However, it looked like some kind of bush camp, but with no current inhabitants. We quickly moved on, found a pass out, and after a bit of scrub were on the fire trail for the short walk back to the cars.</p> <p>An excellent early season canyon.</p>	<p>Tom Brennan</p> <p>Brendon Anderson Ian Houghton Caroline Houghton Darryl Sullings</p> <p><i>P Members</i></p> <p>Tania Parker Simon Parker</p>	
		
<p>15 Nov 2016</p> <p>Kurnell to Cronulla</p> <p>Botany Bay NP; Cronulla SP</p> <p>Another nice day for this mid-week walk along the coast from Kurnell to Cronulla via Gunnamatta Bay. Given the recent Super Moon there was a higher than normal tide and rough seas which added to the spectacular views along the coastal cliff lines with pounding waves and surf. The tides were just right for our walk along the Gunnamatta Bay foreshore taking us to our end point at Cronulla Station.</p> <p>Overall a good day out with a great group !</p>	<p>Robert Carter</p> <p>Sheila McDowall Bruce Worthington</p> <p><i>P Members</i></p> <p>Nicola Le Couteur Robert Betos Bruce Donnelley</p>	
<p>17 Nov 2016</p> <p>Extended Mill Creek Circuit</p> <p>Dharug NP</p> <p>Beautiful day. Much easier than expected. Turns out there is a pad, sometimes faint, all the way along the planned "off track" section of this walk. Lolly wrappers scattered along the route suggest Duke of Edinburgh kids are set loose in the wilderness here. Nice variation on the Mill Creek Circuit. Located engravings in a saddle that may have represented a clan boundary. Vibrant bird life. Will run this walk again.</p>	<p>John Kennett</p> <p>Robert Carter Ted Nixon Karen Darby Lynn Dabbs Kevin Williams</p>	

<p>17 Nov 2016</p> <p>Willoughby Wanderings</p> <p>Willoughby</p> <p>Lovely evening for a walk. Nine of us completed a circuit around Willoughby & Northbridge taking in some of the local sights such as Henry Lawson Cave and the wrecks of the ships Itata and Cobaki. Well done to Belinda for completing her first walk with SBW.</p>	<p>Willoughby</p> <p>Genevieve Savill</p> <p>Philip Worledge Susan Healey Tracy Edwards Angela Beveridge Jenny Stephens Sue Hailstone</p> <p><i>P Members</i></p> <p>Belinda Smith Wilhelmina von Buellen</p>
<p>18 - 23 Nov 2016</p> <p>Coolana Bush Care</p> <p>Bundanoon</p> <p>The team were at Coolana for up to six days during which a variety of jobs were attended to; spot spraying of weeds on the Eastern Flat, Camping Flat and along the WDT. Fire mitigation work was done around the shelter shed. Around the toilet and tool shed five full trailer loads of leaf litter and clippings were moved into the weed pit. Phil and Barry continued with cutting up dead trees with Nilo not far behind stacking the cut timber into piles. Helen and George brought along several bags of hard wood shavings as bulking material for the composting toilet. Bruno and Sue pulled purple flowered weeds and stacked fire piles. Some of the walking tracks were cleared with chain saw, anvil cutters and leaf blower. The weather was generally hot with Friday too hot for work in the afternoon. The tanks on the Eastern Flat were filled with the siphon line from the creek. Tank #1 has a leak yet to be fixed. A short sharp storm dropped ten mm of rain on Sunday afternoon. No feral animals were seen or picked up on the movement camera, however Rick heard pups calling under the power line on the Eastern Flat. Ten rifle reports were heard on Monday night. Coolana looks a picture.</p>	<p>Don Finch</p> <p>Rosie Kerrigan Phil Butt Rick Angel Barry Wallace Spiro Nilo Zolila Helen Gray George Gray Sue Tiller Bruno Do Villenoisy</p>
<p>19 Nov 2016</p> <p>Wild Dogs #6 - The Redemption Walk</p> <p>Blue Mountains NP</p> <p>A rather warm day for this longish walk in the Wild Dogs with a fit and enthusiastic group of walkers.</p> <p>This was a return walk to redeem the leader who had made a slight navigational error when last leading this walk and ended up on ascending via a minor spur of Blackhorse Ridge vs the intended Cattle Dog Ridge. Safe to say all has now been redeemed !</p> <p>It was great to have 'Mr Wild Dogs' – Dr Tim – join the walk and provide a number of insights from his deep knowledge of the area.</p> <p>A very enjoyable day out with a quick finish followed by a refreshing ale at the Ivanhoe before the long trip home.</p> <p>Photos by Adrian Doyle and Geoff Goodyer</p>	<p>Robert Carter</p> <p>Alexa Bullen Lisa Sheldon Tim Sutherland Margaret Rozea Geoff Goodyer</p> <p><i>P Members</i></p> <p>Adrian Doyle Robert Betos</p>



<p>19 - 20 Nov 2016 Mount Solitary Traverse Blue Mountains NP</p> <p>This walk is an old favourite: follow the valley around, camp on Mount Solitary. We did a number of diversions down unmarked tracks, including looking for (and finding) the dubiously named "Psyn Cave" on the western side of Narrownneck. A storm at dinner time prevented us lighting a fire but solved the dry campsite problem by allowing us to collect runoff from the tarp. Walking back on Sunday included the descent to Kedumba River and the long service road back to Federal pass, storms threatening but never really arriving.</p> <p>Congratulations to Gail Mackenzie and Shona Lindsay for successfully completing their overnight Q walk.</p>	<p>Kelvin Russell</p> <p><i>P Members</i></p> <p>Gail Mackenzie Shona Lindsay</p>
<p>20 Nov 2016 Mt Blanche by Kayak Marra Marra NP</p> <p>On this trip, we used kayaks to get to a spectacular location that is hard to get to by foot. (OK, people like Geoff Goodyer, Angela Beveridge and Genevieve Savill have got there the hard way, but they don't own kayaks). Nice paddle to Bar Island for a visit, before moving on to the base of Mount Blanche, stowing the kayaks below a massive midden. Steady climb on a relatively open spur to reach the top in about 45 mins. Fine old trig in very good condition on top, great views over Big Bay and Marra Marra Creek.</p> <p>Return trip became a bit of a slog into a breeze, especially for Sally bravely paddling her little kayak. But the ramp eventually came into view, ending a fine day. I will put another kayak - bushwalk on the program, but perhaps set a slightly easier task.</p>	<p>John Kennett</p> <p>Don Andrews Sally Reynolds Jade Chang</p>
<p>20 Nov 2016 Macquarie Park to Hornsby Berowra Valley NP</p> <p>A relatively easy on track walk along a couple of sections of the Great North Walk between Macquarie Pk & Hornsby. A warm & humid day with plenty of stops in the shade and a cool off at fishponds watched by the water dragons. Good company & good conversation.</p>	<p>Susan Healey</p> <p>Christine McColl Glen Draper Sue Hailstone Cathy Hui Anne-Marie Cooper John Currie</p> <p><i>P Member</i></p> <p>Jenny Lian</p>
<p>20 Nov 2016 Macquarie Pass Canyon Macquarie Pass NP</p> <p>Very popular trip, we split into 3 teams 1 hour apart. Thank you Tom & Neil for leading the other 2 teams, and thank you Rachel, Melissa, Nicole and Alan for supporting the leaders. The approach walk along the cliff-line had electrifying views. We made 8 abseils in total, all anchors different from 2 years ago, 6 of them now bolted. We also took the opportunity to repeat the 4 optional jumps a few times, a fun day out, concluded nicely at the famous Robertson pie shop.</p> <p>Photos by Tom Brennan</p> 	<p>Richard Pattison</p> <p>Tom Brennan Rachel Grindlay Stanley Wong Clare Williams Melissa Thomas Caroline Houghton Ian Houghton Srinivas Gowda Neil Soutar Alan Osland Nicole Mealing Winnie Chui Darryl Sullings</p> <p><i>P Members</i></p> <p>Simon Karantonis</p>

20 Nov 2016	Another Grose Valley Double Yoyo	Blue Mountains NP	<p>Peter Cai</p> <p>Nicola Piper Tracey Avelio Lyonel Tan Wayne Garden Helen Macdonald</p> <p><i>P Members</i></p> <p>Kate Fewell Edie Zhang</p>
<p>This is another one of my favorite routes (in Grose Valley) Blue Mountains NP where I walked twice in early 2016. After posting short notice activity I received thirteen responses including four prospective members, but unfortunately I was only able to take eleven due to limit of party size. Three full members dropped out prior to walk day due to individual personal reasons. Nine of us still made a good party started walk at 8:30 AM at Pierces Pass Picnic Area, reached Grose River at 9:10 AM and had the first morning tea for 15 minutes, arrived at Burra Koran Flat at 10:20 AM and had the second morning tea for other 10 minutes. We arrived at bottom of Victoria Falls at about 11:10 AM. It now became very hot (due to high humidity) so we slowly climbed to Victoria Falls Lookout but did not walk to Victoria Falls Picnic Area. After 10 minutes short break at Lookout we walked down to Sliver Cascades (over upper Victoria Falls), had lunch there and then swimming in water for about 30 minutes. We walked back along the track, crossed Grose River, climbed Pierces Pass and arrived at Pierces Pass Picnic Area at about 4:00 PM with smile face. Fortunately we did not catch thunderstorm by forecast before finishing walk. Two prospective members completed walk very well. Thanks all of you for great accompany.</p>			



22 Nov 2016	Mosman to Manly	Sydney Harbour Foreshore	<p>Robert Carter</p> <p>Margaret Rozea Bruce Worthington</p> <p><i>P Member</i></p> <p>Robert Betos</p>
<p>A warm day for this very scenic walk around the Sydney Harbour foreshore which provided fantastic crystal clear views throughout.</p> <p>The walk didn't get off to a great start with a couple of late drop-outs, ambiguous ferry timetables resulting in a change of plans and walk start from Mosman as opposed to the planned Taronga Zoo start, track closure due to outer wall repairs work at Taronga Zoo and taking the long way around Middle Harbour. Despite all of this the tides were in our favour and we were able to enjoy rock-hopping around the harbour rock platforms from Balmoral Beach to the Spit Bridge.</p> <p>This was just a really enjoyable day out with a great group of people and topped off with a few beers at the Hotel Steyne !</p>			

25 Nov 2016	Newnes-Wolgan River- Zobels Gully Triangle	Wollemi NP	<p>Yuri Bolotin</p> <p>Christine Austin Craig Austin Ian Starkey Daryl Watson</p>
-------------	--------------------------------------------	------------	------------------------------------------------------------------------------------------------------



26 Nov 2016	Old MacDonald Bike Ride	Yengo NP	John Kennett John Currie Anne-Marie Cooper Glenn Draper Petros Nikoloudis Kerry Atkins Richard Quinn
-------------	-------------------------	----------	-------------------------------------------------------------------------------------------------------------------------------



26 Nov 2016	Silkpod Gorge	Newnes SF	Yuri Bolotin Christine Austin Craig Austin Lynn Dabbs Kevin Williams <i>Visitor</i> Louise Russell
-------------	---------------	-----------	---------------------------------------------------------------------------------------------------------------------------------

26 Nov 2016 Engadine - Prince Edward Park - Jannali	Woronora Bushland	Nigel Weaver Melanie Freer Rachele Rugiero Robert Sames Lyn Terrey John Robb Karen Darby <i>P Member</i> Sarah Homewood
-----------------------------------------------------	-------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------



<p>26 Nov 2016</p> <p>We started at 7AM and finished 9.15AM.</p> <p>Everyone enjoyed the early morning sun, the serenity of the river and wildlife spotting like numerous water dragons and ducks, kookaburras and bush turkeys.</p> <p>It was a good pace and very enjoyable walk.</p>	<p>Lane Cove NP Riverside walk</p>	<p>Lane Cove NP</p>	<p>Cvet Jankulovska</p> <p>Tracy Edwards Wendy Drapac Susan Healey</p> <p><i>P Members</i></p> <p>John Fitzgerald Diane Smythr</p>
<p>26 - 27 Nov 2016</p> <p>Day 1 was a fine day for a leisurely river walk from Galong creek down the Cox to Merrigal Creek. 15 crossings- including the Jenolan River. Notable sightings were 2 red necked wallabies and an opium poppy flowering on the stretch south of Breakfast Creek. Lots of goannas also</p> <p>Merrigal creek was reduced to a single soak that was just flowing.</p> <p>Day 2 was more challenging in the heat - an early start had us up to Blue Dog track by 0845. Uneventful walk down Cattle Dog and a hot climb up Hobbles, with an early return to the cars by lunchtime</p>	<p>Cox River camping</p>	<p>Blue Mountains NP</p>	<p>Tim Sutherland</p> <p>Margaret Rozea</p> <p><i>P Members</i></p> <p>David Mason Sebastian Brunsdon Keith Lamb Pierrette Michaux</p>
<p>26 - 27 Nov 2016</p> <p>A great group of people to spend time with over the weekend. Everyone cooperated and got along well. There is a great lookout from a rock platform just before the descent to the river. We enjoyed the weather, swimming and camping by the beautiful Colo River. We didn't enjoy the 375 metre steep ascent/descent for access to and from the river but that is the price paid for keeping this as a rarely visited and pristine environment. The only other down side was the flies and mossies but we accepted this as part of being in nature. Whilst in the river valley, we explored a couple of side creeks nearby and found pools of frigid clean water in mini canyons containing waterfalls, overhangs with stalactites and evidence of old mining operations. Thanks to everyone for making my job as a leader simple.</p>	<p>Colo River Camp</p>	<p>Wollemi NP</p>	<p>Paul Barton</p> <p>Damon DeCosta Michael Floyd Sheila MacDowall</p> <p><i>P Members</i></p> <p>Robert McCormack Olga Poltavskaya Jenny Lian Erin Harris Irine Kay</p>
<p>27 Nov 2016</p> <p>This hike had an even mix of trail and off-trail walking. Starting on the Long track, we followed the ridgelines and it did not take too long to be rewarded with scenic glimpses and then more open views of Pittwater estuary.</p> <p>We then dropped off the ridge and traversed through some steep country down to Stingray bay. The bush was not too scrubby, and quite easy to walk through. Occasional rock ledges, short pitches and boulders to navigate around made it interesting and challenging. Much of the land here is quite steep, but we came across a few flatter meadow areas dominated by grass. We found a delightful lunch spot in well-shaded gully, where 2 creeks flow into Stingray Bay. Being a warm muggy day, some of us could not resist a swim. Thankfully, no stingrays to be seen.</p> <p>The highlight of walking in this area are the exposed sandstone outcrops, some of which have Aboriginal engravings. Overall, it was great to explore some rugged bushland, reasonably close to the centre of Sydney. Excluding lunch, it was about 6 hours walking.</p>	<p>Peach Trees Peninsula, Cowan Creek</p>	<p>Ku-ring-gai NP</p>	<p>Marc Allas</p> <p>Vincent Murray Genevieve Savill</p> <p><i>P Members</i></p> <p>David Chan Jon Humpherys</p>

27 Nov 2016	Edenderry and Hilary Falls Walk	Blue Mountains NP	Peter Cai
<p>It is another great Sunday after Pierces Pass Victoria Falls double yoyo the previous Sunday. Six of us made a good party. We started to walk from Govetts Leap Lookout at 8:40 AM, arrived at Junction Rock along Rodriguez Pass at 9:40 AM and then had morning tea for 20 minutes. At Junction Rock we saw quite a few group of bushwalkers who had stayed overnight in Blue Gum Forest and walked to either Evans Lookout or Govetts Leap Lookout. We arrived at Edenderry Falls area at 11:10 AM and looked around for 20 minutes before heading to Hilary Falls area and then looked around for another 20 minutes. We came back to Edenderry Falls to have lunch and a swim for 45 minutes. We walked along Rodriguez Pass, passed Beauchamp Falls, and arrived at Evans Lookout at 15:20 PM. All of us arrived at Govetts Leap Lookout along Cliff Top track by 16:35 PM. Having beer and cold drinking in Ivanhoe was great reward to ourselves after walk.</p>			<p>Lyonel Tan Jane Fielding Virginia Waller Andrew Vidler Bruno De Villenoisy</p>
			
27 Nov 2016	Upper Woodford Creek	Blue Mountains NP	Brendon Anderson
<p>For the most part the day consisted of comfortable ridge walking that provided very few views of surroundings, Crossing Woodford Creek just north of Mount Twiss was straightforward.</p> <p>No notable features to report but nonetheless an enjoyable day of exploration with an open minded group.</p>			<p>Ed Squires Scott Lee</p>
27 Nov 2016	Fortress Canyon	Blue Mountains NP	Neil Soutar
<p>With 9 participants, we split the party into 2. 4 in the first group and 5 in the second. The first party shot down the canyon like startled gazelles and ended up waiting at the end overlooking the Grose Valley for about an hour and a half. There are worse places to wait. Back at the car nobody was terribly keen on doing Empress Canyon, so some left and others debriefed at a Wentworth Falls hotel.</p>			<p>Srinivas Gowda Paul O'Callaghan Gary O'Toole Isabelle Moss Terry Moss Stanley Wong Steve Willems</p> <p><i>P Member</i></p> <p>Winnie Chui</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>27 Nov 2016</p> <p>Broken Bay Shoreline</p> <p>Ku-ring-gai Chase NP</p> <p>The walk started at the beginning of Jims Track which was hidden from view by a clump of rocks, easily missed unless you are looking for it. This old depression era track is surprisingly open with cairns a plenty. Our small group had an early morning tea at the headland between Little Pittwater and Hungry Beach with the best view of the mouth of the Hawkesbury and the great water panorama of Broken Bay. Then followed a very steep descent through the cliff line to Hungry Beach. Normally this beach is pristine and peaceful but not today. Our visit unfortunately coincided with a flotilla of 35 jet skis plus a beachmaster. They were all surprised to see a group of bushwalkers appear on a beach that they thought had no track access. We moved on quickly in the off track section that led to Whitehorse Beach but all the jet skiers seemed to be following us until they eventually roared off to Ettalong in a terrific din.</p> <p>Whitehorse is a lovely little beach and this time it was quiet but the weather was not particularly warm so there were no takers for a swim. Then came the historic McCaws ruins, built at a time when not all of the land was inside the national park. The beautiful stone masonry of the original house still stands. Then it was over the ridge to Flint and Steel Beach and the final climb back up to the West Head Road. Along the way we encountered 2 wallabies, 1 snake, 1 leech, 4 bull ants, 1 tick and 2 soaring kites. It was a nice easy short walk and an introduction for Gary, a prospective doing his first walk.</p>		<p>Roger Treagus</p> <p>Martyne Preston Melinda Long Richard Darke Sue Tiller</p> <p><i>P Members</i></p> <p>Rita Riccio Penny Stone Gary Pogson</p>
<p>27 Nov 2016</p> <p>Introduction to Rogaining</p> <p>Ku-ring-gai Chase NP</p> <p>The aim was to provide members with opportunity to try Rogaining, learn the basics of strategy and course planning, race management and practice navigation. With 7 participants in total we split into two teams for the 6-hour NSWRA Socialgaine which was held in the bush and streets around North Wahroonga and Bobbin Head. Some in the party had previous experience in navigation competitions, so Team 1 took more competitive approach. Their aggressive strategy paid off with 23rd overall on 1790pts. Team 2 got to practice essential skills like pacing, race tactics and route alternations, map reading, pain and injury management. Also an echidna, lots of lizards, a cockatoo nest and plenty of flowers were encountered on the track.</p> <p>The finish came too soon but we all went strong until the very end despite the tired legs. The usual post-race aches and pains were soothed with sausage sizzle, fresh fruit and cool drinks.</p> <p>A few other SBW members participated in the Socialgaine, notably Rachel Grindlay - 1st mixed team, Nicole Mealing - 2nd women's team.</p>		<p>Toni Bachvarova & Andrew Smith</p> <p>Alan Osland Nicola Le Coteur Clare Williams Christina Pattison</p> <p><i>P Member</i></p> <p>Alex Apler</p>
<p>29 Nov 2016</p> <p>Berowra Loop</p> <p>Ku-ring-gai Chase NP, Berowra Valley RP</p> <p>A rather warm day for this long-ish walk with another fantastic turn-out for the mid-week program.</p> <p>No incidents apart from a small Whip Snake who had taken up residence in the underpass at Mt Kuring-gai Station and must have provided a bit of excitement for people using this walkway.</p> <p>A lovely day out in the bush topped of by a cold beer at Berowra RSL before heading our separate ways home.</p>		<p>Robert Carter</p> <p>Margaret Rozea Sally Reynolds Lisa Ochs Lynn Dabbs Kevin Williams Bruce Worthington Anthea Michaelis Karen Darby Tony Murphy</p> <p><i>P Members</i></p> <p>Bruce Donnelley Nicola Le Coteur</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
SYDNEY 507 Kent Street. Ph 9264 2685

MAILORDER Customer Service & Information
Ph 1300 654 259
www.paddypallin.com.au