



sydney bush walkers  
**sbw**  
*Leading the way since 1927*



*Spring Program 2023*



## SYDNEY BUSH WALKERS INC

### Covid-19 Updates & Conditions

Due to the current Covid-19 pandemic the conditions which activities are operating under may differ from usual, and can change at short notice with government advice.

Please refer to <https://www.sbw.org.au/SBW-Activities-Program> for current information.

### Integrated Program

**THE INTEGRATED PROGRAM** <https://program.sbw.org.au/> combines the Seasonal Program and any changes/additions which have come through the Weekly Updates. It is the most up to date source of what is happening with the club.

**SIGNING-UP:** Once you've perused the program and want to join a walk it is best to go to the Integrated Program and click on the leader's email address from there. That way the subject line & draft email content will be pre-populated – saving you some time, and giving the leader more consistent information.

### WALKS GRADING

#### Day Walk:

A day walk means walking all day - the walks usually start at 8:00am and finish by dark. Often we have dinner afterwards.

#### Weekend Walk:

A weekend walk may start Friday night and camp at the start or early Saturday morning. On the first day, the party usually gets to camp after 3:00pm and before dark, (hopefully). Happy hour occurs before dinner and is a time when party members share 'nibbles'. The next day's walking could start between first light and 9:00am, usually 8:00 to 8:30am. We usually get back to the cars between early afternoon and dark. After dark finishes do happen, however they are usually not planned for. Often a dinner is arranged at a venue on the way home.

### THE GRADING SYSTEM

The Grading System is shown at the bottom of each page and has 4 categories: (D)istance, (F)itness, (A)scent, (T)errain and (E)xposure

Distance S < 10km, M 10-19km, L 20-30km, X >30km; Fitness 1-3; Ascent 1-3; Terrain 1-3; Exposure

<b>D - Distance:</b>	<b>S</b> Short - under 10 km per day
	<b>M</b> Medium - 10 - 20 km per day
	<b>L</b> Long - 20 - 30 km per day
	<b>X</b> Extra Long - more than 30 km per day
<b>F - Fitness:</b>	<b>1</b> Beginners - frequent long rest breaks
	<b>2</b> Intermediate - stand up regroup, morning tea, lunch, afternoon tea breaks, stops for views
	<b>3</b> Strenuous, fit walkers only - short regroup, short meal breaks, potentially fast paced
<b>A - Ascent:</b>	<b>1</b> Flat to undulating
	<b>2</b> Undulating with one or more 200m to 300m climbs
	<b>3</b> Climbs of 300m plus, or one or more large steep climbs
<b>T - Terrain:</b>	<b>1</b> Formed tracks and / or open terrain, no scrub
	<b>2</b> Sections of rough track and / or off track and/or creek crossing and / or rock scrambling
	<b>3</b> Similar to 2 for long periods and / or thick scrub
<b>E - Exposure:</b>	Mild to high exposure to heights (yes or no)

Note that some walks may involve an **exploratory** component where the leader is exploring a new area or feature.

**Q - Qualifying:** Prospective members note that qualifying walks are indicated on the program with a Q

**IMPORTANT: All Q walks require a good level of fitness. It is advisable that new members do a number of easier walks with the club prior to applying for a Q rated walk.**

### Walker Guidelines – before the walk

1. If you wish to participate in a programmed activity, contact leaders with reasonable notice. We recommend that weekend walks should be booked a week in advance and day walks should be booked by the Tuesday prior to the weekend of the walk. Many leaders send out walk information early in the week leading up to the walk, and later signups cause them additional work. At minimum, no later than 2 days before a day activity and 4 days before a full weekend activity.
2. Inform the leader of your level of experience and ability, and also any factor that may impair your walking. The suitability of any person taking part in a club activity is entirely at the discretion of the leader. Leaders may refuse to take any person on activities irrespective of whether that person is a member or not. By clicking on the leader's email address from the Integrated Program (<https://program.sbw.org.au/>) you will get a draft email with the information the leader would like to know.
3. Leaders may cancel an activity if there are insufficient participants (less than 4) or if circumstances are likely to make conditions unsafe.
4. Advise the leader early if you have to withdraw from the activity as this allows someone on a waiting list to go.
5. Visitors are only permitted with the express permission of the leader.

### Walker Guidelines – on the day

1. Arrive on time. Leaders and vehicles (at their discretion) will only wait 15 minutes.
2. Ensure you're adequately equipped for the activity and all possible conditions with suitable clothing, hat, rain gear, sunscreen, food, sufficient water for the conditions (typically minimum of 2L), First Aid kit, torch and appropriate footwear. Check the club's website and New Members' booklet for details.
3. You will need to sign the activity sheet, after noting any hazards/risks that the leader will have indicated may be encountered. If you have any questions, ASK!
4. Let the leader know if you are taking any medication or have a medical condition that may require treatment.
5. Be prepared to follow the leader's directions. They are volunteers but will have experience.
6. Walk together - this enhances group safety. Always keep sight of the person ahead - if you're having trouble keeping up, you need to stop for water, a blister repair, rest or toilet break, TELL the leader. Never leave the party or fall behind the "tail".
7. Allow sufficient space to ensure that you are not injured by branches flicking back or pressuring the pace of the person ahead.
8. On activities of more than one day you will have to provide your own camping gear. Prospective Members can borrow camping gear from the SBW Gear Officer: [gearofficer@sbw.org.au](mailto:gearofficer@sbw.org.au)
9. We expect walkers to be prepared and self-sufficient.
10. Carry out all rubbish. Minimum impact is our aim: "Take only photographs, leave only footprints".
11. Have a sense of adventure and humour handy!
12. Leave a record of your intentions with a responsible person. All walkers should advise relatives/friends that they may return home later than planned due to unforeseen circumstances. Emphasise that they should wait ~15 hours after your expected return before becoming concerned.

**PLEASE NOTE:** All participants, including visitors, are reminded that they join in activities as volunteers. Your fitness is your responsibility. Bushwalking and other activities on our program have associated risks including but not limited to the risk of accidental injury. All persons joining in any activities of the Sydney Bush Walkers Inc. accept sole responsibility for any injury howsoever incurred and the Sydney Bush Walkers Inc., its office bearers and appointed leaders are absolved from any liability in respect of any injury or damage suffered whilst engaging in any such activity.

Legend	
Colour Codes	Abbreviations
Day Q Walk	NP: National Park
Overnight Q Walk	SF: State Forest
Social Activity	NR: Nature Reserve
Extended Walk	RP: Regional Park
Any other Activity	SCA: State Conservation Area

All Map scales are 1:25000 unless otherwise specified.

Electronic topographic maps can be found on

- <https://maps.six.nsw.gov.au/etopo.html> – select the map name from the drop-down list
- <https://maps.ozultimate.com/> - enter the Map Name into the search button on the right-hand side

Advance Notice and Extended Walks	
<b>Sun 10 Sep - Sun 24 Sep</b>	<p><b>Kosciuszko NP - Lodge-based ski day trips from Charlotte Pass Pass</b> <b>Maps:</b> Perisher Valley, Kosciuszko</p> <p>Enjoy the luxury of dry boots, skiing from the door, day trips to places like Lake Cootapatamba, Mt Kosciuszko, Mt Townsend, Mt Lee, Mt Carruthers, Mt Twynam, Watsons Crags, Blue Lake, Club Lake, Mt Stilwell, Twin Valleys, etc, or sharpen up your teles on the lifts. (Lift operation at Charlotte Pass depends on snow cover.) Experience the outrageously cooperative spring snow and choose the grade to suit yourself. Cost for the week \$770 for Southern Alps Ski Club (SASC) members and \$952 for SASC non-members, fully catered. Great value for full board. You may be able to come for less than the full week, cost pro-rata. 50% deposit required on booking and should be paid early as it is likely the lodge will be full for both weeks. Week 10-17 is fully booked. As at May 1 there are six places still available in week 17-24.</p> <p><b>Grade:</b> M222, There is a wide variety of day trip choices available, you can vary the grade to suit yourself.</p>
<b>Sat 16 Sep - Sat 30 Sep</b>	<p><b>Japan - Japan Alps [TRIP FULL]</b> <b>Maps:</b> Mapple's Yama to Kogen series</p> <p>Nokogiri-dake (Southern Alps), Tengu-dake (Yatsu-ga-take), Kasumisawa-dake and Dainichi-dake (Northern Alps). All over 2600 m. Nokogiri-dake is a full pack walk (you'll have to bring your tent!), elsewhere we'll stay in mountain huts. Each peak requires a two-day or three-day trip. Dates may be subject to minor adjustment</p> <p><b>Grade:</b> L232-Q</p>
<b>Mon 18 Sep - Sun 24 Sep</b>	<p><b>Corsica - Canyoning/Diving Corsica [TRIP FULL]</b> <b>Maps:</b> TBA</p> <p>Expressions of interest. We will either engage a local canyoning guide in absence of a SBW canyoning leader joining us and being able to source quality information to allow us to self guide. Expect 5 canyons with a 2 x Optional Dives. Experienced (flowing water, single rope, etc). Dates are not in concrete need to deal with transfers from prior event. Number limits.</p> <p><b>Grade:</b> S323E</p>
<b>Mon 25 Sep - Mon 23 Oct</b>	<p><b>Nepal - Nepal Kanchenjunga Circuit [TRIP FULL]</b> <b>Maps:</b> Nepal</p> <p>Like our 2022 Trek in Nepal this will be challenging. No Porters, Tea House. This is known route so do some research. Dates are not in concrete need to deal with transfers from prior event but the window is about right with 21 days trekking. Number limits.</p> <p><b>Grade:</b> M331E</p>

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<p><b>Tue 26 Sep - Tue 10 Oct</b></p>	<p><b>Scottish Highlands - Oban to Dunnottar Castle</b> <span style="float: right;"><b>Maps:</b> Various</span>                  From Oban (west coast) to Dunnottar Castle (east coast) over 15 days, linking valleys ("glens") and passes ("bealachs") through the Cairngorms and other remote and mountainous areas. Dramatic scenery over generally straightforward terrain including estate roads, historic tracks, faint deerstalkers paths and trackless ground. Boggy in places, with plenty of ascents. Optional more challenging diversions to various Munro peaks which will increase the difficulty. Mixture of accommodation and wild camping. Several food resupply points. Possibility to join just part of the adventure.  <b>Grade:</b> L232, 325km, 9000m ascent, more for optional Munros</p>
<p><b>Sun 1 Oct - Mon 16 Oct</b></p>	<p><b>Japan - Western Japan [TRIP FULL]</b> <span style="float: right;"><b>Maps:</b> Mapple's Yama to Kogen series</span>                  Three mountains in Shikoku (1700-1900 m) and two smaller ones in Kansai. A couple of nights in mountain huts and one in a temple, the rest in ryokan and hotels. A free day in Nara, sightseeing time at Mt Koya, and two days on the Kohechi branch of the Kumano Kodo.                  Dates may be subject to minor adjustment.  <b>Grade:</b> L231</p>
<p><b>Sun 15 Oct - Sun 29 Oct</b></p>	<p><b>South Korea - South Korea Autumn Leaves [TRIP FULL]</b> <span style="float: right;"><b>Maps:</b> Korean National Parks Service maps</span>                  Invigorating cool autumn weather, maple and ginkgo autumn leaves highly likely, World Heritage Buddhist temples, relaxing hot springs, exotic foods and alcohols, cheap hiking gear. Hotels and B&amp;Bs. No huts, no tents, no sleeping bags.                  M231 day walks. All on track. No creek crossings. Minimal rock scrambling. Day packs only. Typical day walk will be 16-20 km, ascent 800m, same descent, steep sections most days. Estimated cost for food, accommodation, land transport, entry fees is about \$150/day per person twin share or double. Plus alcohol, plus international air fare. Single rooms may be available for a supplement.                  This is an overseas trip, so the normal insurance arrangements of SBW do not apply. Participants to arrange own international air travel and travel insurance.                  Meet in Gangneung City (North East Coast near Odaesan NP) on afternoon of Sunday 15 October 2023.                  Trip ends in Seoul on morning of Sunday 29 October 2023.                  Party limit 10.                  Joint walk with The Bush Club.                  Expressions of interest sought.  <b>Grade:</b> M231, Typical day walk will be 16-20 km, ascent 800m, same descent, steep sections most days.</p>
<p><b>Fri 3 Nov - Mon 27 Nov</b></p>	<p><b>Nepal - Annapurna Base Camp, Khopra Ridge and Poon Hill Trek</b> <span style="float: right;"><b>Maps:</b> Annapurna Base Camp, Nepal Map Publisher (available in Kathmandu)</span>                  Expressions of interest are sought for this teahouse trek (no camping) which will visit Annapurna Sanctuary and Annapurna Base Camp (ABC), Poon Hill and the little-visited Khopra ridge. These are usually considered three separate treks but can all be visited in the one trek. Maximum compulsory altitude is modest at 4,130m but the views of Dhaulagiri (world's 7th highest mountain, 8,167m), Annapurna I (10th highest, 8,091m), Annapurna South (7,219m), Machhapuchhare (fishtail mountain, 6,997m) and others are considered by many to be equal or superior to any on the Everest trek but at much lower altitudes. Optional trek to Kayher Barahi Lake (4,650m) from Khopra Ridge, plus optional Mardi Himal Trek along the south Ridge of Machhapuchhare before the ABC trek taking an extra four days before the ABC trek and meeting up with the ABC party on their second day of trekking.                  Grade varies day-to-day. M232 is typical. Optional walk to Barahi Lake is a 12-hour day. Total cost is surprisingly modest. Party limit.  <b>Grade:</b> M232E</p>

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<p><b>Sun 5 Nov - Mon 13 Nov</b></p>	<p><b>Hong Kong - Hong Kong - Green Hills, Sandy Beaches, Glorious Food</b>      <b>Maps:</b> Peter Spurrier, The Serious Hiker's Guide to Hong Kong</p> <p>Hong Kong is 75% undeveloped hilly countryside with National Parks, green hills and sandy beaches. You can walk it on day trips from your comfortable hotel in bustling downtown Kowloon using cheap transport.</p> <p>November climate is usually cool and dry.</p> <p>M231 day walks on MacLehose Trail, Sai Kung Country Park, Lantau Peak, Lamma Island, Hong Kong Island, Ma On Shan Country Park.</p> <p>Typical day walk will be 15 km, ascent 500m, same descent..</p> <p>All on track. No creek crossings. No rock scrambling.</p> <p>Moderate pace.</p> <p>All walks finish long before the shops and restaurants close.</p> <p>No packing and unpacking - stay in the same hotel the whole week.</p> <p>Estimated cost for food, accommodation, land transport, is about \$180/day per person twin share or double. Plus alcohol, plus international air fare. Single supplement available on request.</p> <p>This is an overseas trip, so the normal insurance arrangements of SBW do not apply. Participants to arrange own international air travel and travel insurance.</p> <p>Group limit 14.</p> <p>Joint trip with The Bush Club.</p> <p>Expressions of interest sought.</p> <p>UPDATE as at 17/5/23: trip confirmed, 4 spots remaining</p> <p><b>Grade:</b> M231, Typical day walk will be 15 km, ascent 500m, same descent..</p>
<p><b>Wed 27 Dec - Wed 3 Jan</b></p>	<p><b>Kosciuszko NP - Post Xmas hikes in Kosciuszko</b>      <b>Maps:</b> Perisher, Thredbo</p> <p>Lodge stay in Guthega. A variety of grades day hikes together with fellow members staying in Smiggins. Joint walk with Bush club.</p> <p><b>Grade:</b> M232</p>
<p><b>Fri 12 Jan - Thu 1 Feb</b></p>	<p><b>Uganda, Africa - Rwenzori, "Mountains of the Moon"; gorillas; + Kibale NP [TRIP FULL]</b>      <b>Maps:</b></p> <p>Rwenzori Mountains</p> <p>At last, post Covid and Uganda is in our sights! 7 day supported walk in the Rwenzoris with hut accommodation; non-technical climb to Weismann's Peak, 4,620 m. You will experience fantastic views of surrounding peaks and range; a diverse range of plant and animal life including, hopefully, the Malachite Sunbird and possibly wild chimpanzees; streams and waterfalls. It will be a tough trek with steep ridges, mud and boggy sections. Followed by 4 day wildlife safari and mountain gorilla trekking in the Bwindi Impenetrable Forest. And finishing up with a rare opportunity to assist on an ecological research trip to Kibale National Park, home to the greatest primate diversity on earth and a rich variety of other wildlife and vegetation.</p> <p>Small group only.</p> <p><b>Grade:</b> M332</p>

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<p><b>Wed 24 Jan - Mon 29 Jan</b> <b>Jan</b> <b>Q</b></p>	<p><b>Kosciuszko NP - Cowombat Flat</b> <span style="float: right;"><b>Maps:</b> Suggan Buggan, Davies Plain</span>                  Cowombat Flat is where the Murray River starts. I have tried five times to get there, each time from the north. It has always proven just a little too far for the time allotted. I'm going to nail it this time, for sure. This time, I'll start from the Victorian side. Four days walking, all less than 20 km.                  Day 1: drive to Victoria;                  Day 2: Bulley Creek campground to Cowombat Flat;                  Day 3: north to Carters Hut via the Australian Alps Walking Track;                  Day 4 returning to Cowombat Flat, via Cowombat Trail. On this return leg, we'll attempt to summit The Pilot (1829 m), the highest peak in the area. (This part depends on how thick the scrub has become.)                  Day 5: Cowombat Flat back to the cars                  Day 6: travel home                  It's a lovely part of the world, great for camping. All the pleasure of Kosciuszko without the crowds! Even the long drive is quite attractive!  <b>Grade:</b> L222-Q</p>
<p><b>Sat 13 Apr - Sun 5 May</b></p>	<p><b>Nepal - Everest Base Camp, Ama Dablam Base Camp plus Rhododendrons</b> <span style="float: right;"><b>Maps:</b> Everest Base Camp, Nepal Map Publishers, available in Kathmandu</span>                  Expressions of interest are sought for a trek to Everest Base Camp in April/May 2024. It is designed to traverse rhododendron forests that flower in April and the standard Everest Base Camp trek misses. This trek is designed to minimise the drawbacks of flying into Lukla to start the trek to Everest Base Camp (risk of altitude sickness, risk of weather disrupting the start of and consequently the whole trek) by driving to Paphlu to start the trek. The walk from here to Namche Bazaar will take in spectacular rhododendron forests in bloom and allow for appropriate acclimatisation. There will be an opportunity to visit Ama Dablam Base Camp (4,800m) during a rest day. After visiting Everest Base Camp (5,300m) there will be an opportunity to see a sunrise from Kala Patar (5,545m) before beginning the descent to Lukla and flight to Karhmandu. There is a Plan B in the event of disruption at Lukla airport.  <b>Grade:</b> M232E</p>
<p><b>Fri 26 Apr - Mon 13 May</b></p>	<p><b>Scottish Highlands - Cape Wrath Trail</b> <span style="float: right;"><b>Maps:</b> Various</span>                  The Cape Wrath Trail is a bit of a misnomer - there is no constructed trail, no signposting and no fixed route. If you've walked the West Highland Way, this is NOTHING like that! From Fort William in the south to Cape Wrath Lighthouse (at the NW tip of Scotland) over 18 days, linking valleys ("glens") and passes ("bealachs") through the remote and mountainous North West Highlands. Dramatic scenery over mostly straightforward terrain including estate roads, historic tracks, faint deerstalkers paths and trackless ground. Plenty of bogs, and plenty of ascents, rugged in places. Optional diversions to various Munro summits which will increase the difficulty. Mixture of accommodation and wild camping. Several food resupply points. Possibility to join just part of the adventure.  <b>Grade:</b> M233, 320km, 10000m ascent, more for optional Munros</p>
<p><b>Sun 2 Jun - Sun 7 Jul</b></p>	<p><b>Peru - Peru trekking - Cusco and Chachapoyas</b>                  From Cusco, the Vilcabamba route to Machu Picchu and the Ausangate circuit, both featuring snow capped mountains. Treks in the less visited north eastern Andes from Chachapoyas – through the Belen valley to Kuelap archeological site, and Great Valley of the Condors. Ruins, mummies, sarcophagi, cloud forest, lakes, hot springs and more  <b>Grade:</b> M231E, The only particularly steep passes are on Ausangate Ausangate</p>



<p><b>Sun 25 Aug - Sat 31 Aug</b></p>	<p><b>Ticino, Switzerland - Ticino Canyoning: Information Evening leading to Expressions of Interest</b></p> <p style="text-align: right;"><b>Maps:</b> Swiss Topo</p> <p>Ticino is truly the El Dorado of canyoning. Within a short drive of Bellinzona are scores of canyons, ranging from the touristic to very demanding. Ticino has the highest concentration of top quality canyons in the world, as well as beautiful alpine scenery and walking. I've undertaken 27 canyon descents in and around Ticino, and am looking forward to more next northern summer. I am intending to run an SBW canyoning trip to Ticino during late August / early September of 2024. Exact dates TBC. I will hold a <b>Zoom information session at 7:30 PM on 19/10/23</b> to provide further information.</p> <p><b>Grade:</b> M222</p>
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Regular Activities	
<b>Tuesdays</b>	<p><b>Climbfit Indoor Climbing</b>                      Weekly Tuesday night indoor climbing at Climbfit Macquarie. \$23 casual entry fee (\$30 if you need to rent a harness/ \$33 also includes shoes). No climbing experience required.</p>
<b>Thursdays</b>	<p><b>Stair Training at The Rocks</b>                      Join Thursday night stair training to build your fitness for hills. Circuit of 8 sets of stairs around The Rocks and Barangaroo. A chance to get to know other walkers. Send a text if you want to join. Be ready to start at 6.30pm from Agar Steps, Millers Point. Please note at times there may be alternative leaders for this activity. Check the SBW Integrated Program for the particular evening's details.</p>

Additional Expenses
<p><b>TRAVEL:</b> SBW recommends fuel travel costs are recovered at 30 cents per kilometre shared by all the occupants in the vehicle, including the driver/owner. Drivers may however suggest any amount they believe appropriate. There may be other expenses such as tolls &amp; park entry fees. In non-Covid times we encourage car sharing, it is environmentally friendly, helps with driver fatigue and it is a good way to get to know other club members.</p> <p><b>ABSEILING/CANYONING:</b> On abseiling trips, fees may be charged for use of the ropes.</p>



*Tjoritja / West MacDonnell NP ©Lauren Curtis*

Spring Program Activities

2-3 September

<p><b>Fri 1 Sep - Mon 4 Sep Q</b></p>	<p><b>Wollemi NP - Pomany Range Adventure</b> Co-leader. Strictly limited numbers. One two-day overnight walk and two one-day walks from a base camp exploring the Pomany Range (south east of the Yodellers Range). The plan for each walk is to be advised, and our progress will depend on the terrain and availability of water. Exploratory. Scrambling and exposure. About 6 km every day. <b>Grade:</b> S333E-Q</p>	<p><b>Maps:</b> Widden</p>
<p><b>Sat 2 Sep Q</b></p>	<p><b>Dharug NP - Flat Rock Ridge Wildflowers [TRIP FULL]</b> From Mill Creek on the Hawkesbury, the Creek circuit then detour to Group 6 engravings. Very good wildflowers at this rocky site. Then down Flat Rock Ridge past more engraving sites towards Starkey Trig, opting to return to Mill Creek via the Trig or a shorter route. <b>Grade:</b> M223-Q</p>	<p><b>Maps:</b> Gunderman</p>
<p><b>Sat 2 Sep</b></p>	<p><b>Ku-ring-gai Chase NP - Mt Murray Anderson</b> Duffys Forest – Long Trail – unnamed ridge – creek above Stingray Bay - Mt Murray Anderson – Duffys Forest Similar route to a number of other walks on the club program in the last couple of years. Mt Murray Anderson has spectacular views and there are numerous important aboriginal engraving sites in the area. Mix of fire trail, track and rough off track walking. Off-track section is largely new for leader, but expect steep, scrubby and rough terrain crossing between Long Track and Mt Murray Anderson. Party limit 8. <b>Grade:</b> M222</p>	<p><b>Maps:</b> Cowan</p>
<p><b>Sat 2 Sep - Sun 3 Sep Q</b></p>	<p><b>Nattai NP - Nattai Road &amp; River (3rd time lucky?)</b> Hopefully it's third time lucky for this trip, after being rained out last year, and me being afflicted with Covid this year. Wattle Ridge - Starlights Trail - Emmetts Flat - Nattai River (camp) - more Nattai River - old Nattai Road - Wattle Ridge Day 1: We'll follow the fire trail then tracks down to Emmetts Flat before continuing alongside (or on occasions in) the Nattai River. We'll camp on one of the large sandy banks that have resulted from flood events in recent years. Sections along the river could be quite scrubby. Day 2: We'll continue downstream before eventually picking up the old Nattai Road - which has been expunged from 3rd edition maps, probably because in places there is little resemblance to a road - and follow it back to the tops. Then finish with a few kilometres of fire trail back to the cars. Expect wet feet at some point! 4 spots are reserved for prospective members needing to do their overnight Q walk. <b>Grade:</b> M232-Q</p>	<p><b>Maps:</b> Hilltop, Nattai</p>
<p><b>Sun 3 Sep</b></p>	<p><b>Brisbane Water NP - Umina Heights to Pearl Beach</b> Woy Woy Station - taxi to Umina Heights - The Ridgetop Track - Van Dahl's Trail - Elephant Rock - Warrah Lookout - Pearl Beach - bus to Woy Woy Station. Panoramic clifftop views of the Hawkesbury estuary including Barrenjoey, Pittwater, the rugged hills of West Head, and the mouth of Cowan Creek. Part exploratory - two sections of track are new to the Leader. Wildflowers galore! <b>Grade:</b> M111, 13 kms</p>	<p><b>Maps:</b> Broken Bay</p>

Mid Week		
<b>Mon 4 Sep - Fri 8 Sep</b>	<b>Heathcote NP - NRMA Murramarang Beach Resort</b> Social and mixed short/long walks <b>Grade: S111E</b>	<b>Maps: South Coast</b>
9-10 September		
<b>Sat 9 Sep</b>	<b>Blue Mountains NP - Wild Dogs - Black Horse</b> This will be a joint walk with Bush Club. Overgrowth on Black Horse pad and ridge is evident but not significant. Pace will be moderate and includes 7km of fire trail. Dunphy's - Carlon Creek - Black Horse Walking Pad - Black Horse Ridge - Blue Dog Ridge track - Medlow Gap fire trail - Dunphy's <b>Grade: M332</b>	<b>Maps: Jenolan</b>
<b>Sat 9 Sep - Sun 10 Sep</b>	<b>Morton NP, Budderoo NP - Southern Highlands waterfall hunting</b> Valley 2 day walks exploring very spectacular waterfall locations in the Southern Highlands. Rugged off track for full access to amazing locations. Car camp at Carrington Falls Saturday night. Limit of 6 <b>Grade: S222E</b>	<b>Maps: Robertson, Kangaroo</b>
<b>Sat 9 Sep - Sun 10 Sep</b>	<b>Marramarra NP - The Orchard, Marramarra Creek</b> Park at the start of The Waddy F/T. Head out along Coba ridge trail then off track to Coba Creek, eventually making our way to the Orchard at Marramarra Creek. Spend the night at the Marramarra Creek campground, Nice grassy camp with a toilet. Day 2 is a shorter more relaxed walk-up Smugglers ridge track. A combination of fire trails, walking trails, pads and off track. A short bit f creek walking on day 1. 15km Day 1, 8km day 2. Great views of Marramarra Creek, the Hawkesbury river and some engraving sites to explore, all close to Sydney. <b>Grade: M222</b>	<b>Maps: Cowan</b>
<b>Sat 9 Sep - Sun 10 Sep Q</b>	<b>Wollemi NP, Muggii Murm-ban SCA - Tayan Pic - Blacks Corner - day walk weekend</b> Glen Alice Base camp at Airly Gap with two day walks. Saturday: Tayan Pic 1157m is an iconic cone shaped basaltic volcanic neck near Glen Alice in the Capertee Valley. Access is through private property which has been arranged. Off track walk starting near Upper Nile Rd (400m) Steep climb to Tayan Pic then exploring the area including cliffs, pagodas and Aboriginal shelters. Exploratory for leader. Q day walk. M233E-Q. Sunday: Black Corner (GR 230,360 Glen Alice) a narrow-necked extension curling northwards from Mt Airly in Muggii Murum-ban SCA. We will start at Airly Gap. Pagodas cliffs, slots and general scrambling, will I find a route through? Exploratory for leader. M223E. <b>Grade: M233E-Q</b>	<b>Maps: Boguee,</b>
<b>Sun 10 Sep</b>	<b>Blue Mountains NP - Burra Korrain</b> A pleasant walk out to Burra Korrain Head with beautiful views over the Grose Valley, Victoria Creek and Odin Head. A good walk if you have not been out for a while, are just starting out or want to enjoy the lunchtime views. <b>Grade: M212, 13 km</b>	<b>Maps: Mt Wilson</b>



Mid Week	
<b>Wed 13 Sep</b>	<b>Ku-ring-gai Chase NP - Duffys Forest aboriginal sites</b> <span style="float: right;"><b>Maps:</b> Hornsby</span> This walk visits a number of off-track aboriginal sites, with engravings, grinding grooves and, possibly, charcoal drawings. Walkers will be asked to respect and protect the sites by not revealing their location. The bush in this area is generally pleasant and there will be wildflowers on show, with the possibility of some early waratahs. Plus a few trigs from the 1880's. <b>Grade:</b> M223
16-17 September	
<b>Fri 15 Sep - Sun 17 Sep</b> <b>Q</b>	<b>Morton NP - Ettrema Plateau</b> <span style="float: right;"><b>Maps:</b> Nerriga, Sassafras, Yalwal, Touga</span> Greta Rd, Pauls Pass track, Lost Pools (camp), Rogers Hill, Upper Cinch Ck, Pioneer Plateau, Ettrema Rim (camp), Jones Creek, Jones Creek track, Greta Rd. Open plateau walking, fairly level with some on track. Expect short patches of scrub near creeks but we aim to avoid any major scrub. High, open campsites on rocky plateaux with spectacular views. Carry water 100m to campsites. <b>Grade:</b> M212-Q
<b>Sat 16 Sep</b> <b>Q</b>	<b>Mugii Murum-ban SCA - Jurassic Gorge</b> <span style="float: right;"><b>Maps:</b> Glen Alice</span> This unique area, part of the Gardens of Stone region, has an active coal mine underneath it. Find out why it must be better protected for future generations. Park near Airly Mountain and walk up to the plateau. Walk on the loop access trail and visit Mine in the Sky. Continue to spot height 1031 m, visiting Ladders Defile on the way. Next, visit pagoda lookouts to the east before descending into Jurassic Gorge. Walk down to an area known as Jurassic Park, eventually linking with Genowlan Mountain Trail at about GR 257 331. On the way back, visit The Grotto and, if time permits, Ultimate Slot. Scrambling and exposure. About 13 km. <b>Grade:</b> M333E-Q
<b>Sat 16 Sep - Mon 18 Sep</b> <b>Q</b>	<b>Hawkesbury River - Kayak: Wisemans Ferry to Appletree Bay</b> <span style="float: right;"><b>Maps:</b> Gunderman and others</span> Paddle the best parts of the beautiful Hawkesbury River, camping at Gentlemans Halt and Dangar Island. Two day option - Wisemans to Brooklyn - possible if you can't get Monday off. You'll need your own sea kayak with compartments for stowing camping gear.
<b>Sun 17 Sep</b> <b>Q</b>	<b>Blue Mountains NP - East Col of Mt Solitary</b> <span style="float: right;"><b>Maps:</b> Jamison</span> We will walk from Kedumba to the East Col of Mt Solitary and return. Around 16km total. Two steep climbs totalling around 1500m. Terrific views from Mt Solitary. A good training walk for those looking to get some hills under their legs. <b>Grade:</b> M232-Q
<b>Sun 17 Sep</b>	<b>Blue Mountains NP - Mountain bike ride, Wentworth Falls</b> <span style="float: right;"><b>Maps:</b> Katoomba</span> A 40 km ride from the old Queen Victoria (former infectious disease) hospital on Kings Tableland Rd, Wentworth Falls to Mc Mahon's Point and return. Great views from Mc Mahon's Point across Lake Burragorang. Hopefully some nice wildflowers too. Some undulations along this fire trail / dirt road. Occasional cars. Suitable for mountain bikes and gravel bikes. Expect a leisurely pace, not a time trial.

23-24 September	
<p><b>Sat 23 Sep - Sun 24 Sep Q</b></p>	<p><b>Blue Mountains NP - Fishermans Camp</b> <span style="float: right;"><b>Maps:</b> Jenolan, Kanangra</span></p> <p>Overnight camp on the Jenolan River. Starting from Galong we will go via Tinpot Hill down to the Coxs River. Exit next day via Breakfast Creek and Hobbles Spur.</p> <p><b>Grade:</b> M232-Q</p>
<p><b>Sun 24 Sep Q</b></p>	<p><b>Ourimbah SF, Jiliby SCA - Dead Horse creek</b> <span style="float: right;"><b>Maps:</b> Wyong</span></p> <p>Cedar Brush Walk - Ourimbah creek - Dead Horse creek - Cedar Brush Walk. Enjoy some pretty, tranquil creek walking, a mix of track and off track. Some of walk is exploratory for leader. Expect multiple creek crossings, likelihood of some slippery rocks, potential wet feet and some minor scrambling. Dependent on time, may explore some short sections of side creeks. Suitably fit and experienced prospectives welcome. Public transport friendly - meeting point will be Ourimbah train station, where we will then take 2-3 cars to the start point of the walk.</p> <p><b>Grade:</b> M222-Q</p>
<p><b>Sun 24 Sep</b></p>	<p><b>Ku-ring-gai Chase NP - Mt Murray Anderson</b> <span style="float: right;"><b>Maps:</b> Hornsby</span></p> <p>Wildflowers, rock engravings, water views - what more could you want? Oh yes, if you're a trig point tragic there will be something for you too. A gentle and undemanding walk starting at a relaxed time. Some of it might possibly be slightly exploratory and a bit off track.</p> <p><b>Grade:</b> M212</p>

October Long Weekend - 30 September-2 October

<p><b>Sat 30 Sep - Mon 2 Oct Q</b></p>	<p><b>Wollemi NP - Yarramun Creek Gorge</b> <span style="float: right;"><b>Maps:</b> Wollangambe</span>                  From Mount Wilson, Boronia Fire Trail then off-track across the Wollangambe River and along a reasonably clear ridge to camp two nights above Interesting Creek. Middle day to be devoted to exploring Yarramun Creek, accessed via a route with a narrow pass that comes down just east of Interesting Creek.  <b>Grade:</b> M223-Q</p>
<p><b>Sat 30 Sep - Mon 2 Oct</b></p>	<p><b>Morton NP - Northern Budawangs - Isla Montaine Circumabulation Plus [TRIP FULL]</b> <b>Maps:</b> Endrick / Budawangs Sketch map                  Sassafras Carpark - Newhaven gap - Camp Rock - Natural Arch (no; a different one!) - Island Mtn High Base Camp South - Route to Sluice Box Falls Explore - Island Mtn High Base Camp South - Island Mtn circumnavigation Easterly - Partial Explore Ridge to Munnuldi Falls - Island Mtn Circumnavigation Easterly - Return same route.                  Join me for my second trip exploring Island Mtn further with an awesome 360° high camp; we plan to travel to the southern extremes of the 'Island' and head down the ephemeral creek that flows off the southern corner, to find a 'rumored' route to Sluice Box Falls (Ron Doughton's Book). In addition, time permitting, we will scout out towards the most south-eastern tops towards Munnuldi Falls; though the priority will be to progress North over the rock slabs of the eastern tops and therefore circumnavigate the forested-cap of Island Mtn.                  As per typical of high camp trips; water will have to be hauled-up, albeit not much verticality (&lt;50m), though some may be available in the vicinity. Plan to camp on available rock slabs. This trip is inspired by the Budawangs Sketch Map and the aerial photography of this amazing mountain (sus-it out for yourself and you will be inspired!)                  Part-exploratory for leader; with exposure, off-track, possible hand-line use and typical Budawangs scrub. <b>YOU MUST BRING</b> an exploratory pack (not your main pack please) to carry your 1st aid kit, water and snacks.                  I plan to car-camp nearby on the Friday night before; though not compulsory.                  If you need more inspiration; visit my <b>FLICKR</b> Album of the 'Budawangs'  <b>Grade:</b> M223E</p>
<p><b>Sun 1 Oct Q</b></p>	<p><b>Newnes SF, GOS SCA - Temple Creek, Holy Grail Ravine and Last Crusade Point</b> <b>Maps:</b> Cullen Bullen                  Find out why this part of the Gardens of Stone region must be better protected for future generations. Park vehicles on the Blackfellows Hand Trail at GR 327 090. Walk north down into Temple Creek, then turn west and walk along the base of the cliffs to Last Crusade Point and Ravine. Climb to the tops, then descend into Holy Grail Ravine. Walk to the end, then climb out on the eastern side and return to the vehicles. Scrambling and exposure. About 9 km.  <b>Grade:</b> S333E-Q</p>
<p><b>14-15 October</b></p>	
<p><b>Sat 14 Oct Q</b></p>	<p><b>Wollemi NP - Tootie Creek : Badass Pass</b> <span style="float: right;"><b>Maps:</b> Mountain Lagoon</span>                  From the top of the T3 Trail at Mountain Lagoon, off-track to Cascade Peak then a pass to the junction of Tootie and Middle Creek. Climb up a narrow rocky spur to panoramic views of the Wollemi wilderness, before descending to Cabbage Tree creek and returning to the T3 fire trail. Short car shuffle required.  <b>Grade:</b> M233-Q</p>



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<p><b>Sat 14 Oct - Sun 15 Oct</b></p>	<p><b>Kanangra-Boyd NP - Hollanders River &amp; various waterfalls</b> <b>Maps:</b> Kanangra, Shooters Hill                  Box Creek Trail - Ben Lomond Fire Trail - Hollanders River - Tuglow Falls - Box Creek Falls - Black Banksia Falls (or some variation of the above)                  This walk is largely exploratory for leader. Hopefully some pretty waterfalls and interesting sections of the river to explore. Some steep terrain, some fire trail walking, but mainly off track with numerous creek and river crossings. (Wet feet guaranteed!)                  If unknown to leader please provide experience in rock-hopping/creek traversing when applying.  <b>Grade:</b> M233E</p>
<p><b>Sat 14 Oct - Sun 15 Oct Q</b></p>	<p><b>Morton NP - Sassafras to Folly Point Return</b> <b>Maps:</b> Sassafras and Endrick                  Following the Endrick River Fire trail past Sassafras camping area to Newhaven Gap, we will take the Folly Point trail enjoying the beautiful Budawangs landscapes all the way to the Folly Point campsite and Lookout. Time permitting, we will spend time exploring the rock pagodas at Folly Point after setting up camp where you will be rewarded with some of the best views you will ever see in the Budawangs. Our return journey will follow the same route. Water is available at camp where there is a small stream and a series of rock pools. Route is approximately 16.5km each way to and from the campsite + exploring at the point and requires a high level of fitness. The trail from Newhaven Gap to Folly Point is hilly, scrubby and slow going in parts. To get the best views at Folly Point this involves a bit of scrub bashing and rock scrambling up the various pagodas and may not be suitable for those uncomfortable with exposure. As the space available for tents is quite small a party limit will apply.  <b>Grade:</b> M322E-Q</p>
<p><b>Mid Week</b></p>	
<p><b>Mon 16 Oct - Fri 20 Oct</b></p>	<p><b>Brisbane Water NP - NRMA Ocean Beach Resort Umina</b> <b>Maps:</b> Broken Bay                  Social and short/longer walking  <b>Grade:</b> S111E</p>
<p><b>21-22 October</b></p>	
<p><b>Sat 21 Oct</b></p>	<p><b>Blue Mountains NP - Fortress Ridge and Dr Dark Cave Trail</b> <b>Maps:</b> Katoomba                  Gentle walk with exceptional views including two of the best lookouts in the mountains. Dr Dark 's Cave is intriguing and still has personal possessions from the time when his family stayed there in the 1930's and 40's.                  Fortress Car Park- Fortress ridge track - Fortress Rock - Dr Dark's Cave- Fortress Ridge Lookout - return.  <b>Grade:</b> S221E</p>
<p><b>Sat 21 Oct - Sun 22 Oct</b></p>	<p><b>Blue Mountains NP - Splendour Rock Meteor Watching</b> <b>Maps:</b> Jenolan, Kanangra                  October is the month that the Orionids meteor shower will light up the night sky. The plan is hopefully, with a clear sky, to see it from Splendour Rock. The display will start sometime after midnight so this walk is really only for those who really want to leave the warmth of their tents to see the Orionids                  Starting at Dunphys Campground, following Bellbird Ridge to Medlow Gap and then Mobbs Swamp. Collect water to carry to high camp on Mt Dingo. The return will depend on the water situation at Mobbs.  <b>Grade:</b> M222</p>

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<p><b>Sun 22 Oct</b></p>	<p><b>Blue Mountains NP - Canyon Leader Training, Juggler Canyon</b>                  Are you wanting to step up from being a passenger in the canyons to being able to safely rig and run? Come and learn the basics of rigging and managing a wet abseil. Participants should already be experienced and comfortable in vertical canyons, and enthusiastic to step up to being a canyon rigger. Co-leader Shiva Nami  <b>Grade: S222E</b></p>	<p><b>Maps:</b> Katoomba</p>
<p><b>Sun 22 Oct Q</b></p>	<p><b>Blue Mountains NP - GPS-Free Bedford Creek &amp; Notts Ridge</b>                  A GPS-free walk! Practise completing what could be a navigationally difficult walk without using a GPS or phone app. The basic plan is to start at Murphys Glen (near Woodford), cross Bedford Creek, climb Scorpion Hill, follow Notts Ridge, then return by the unnamed fire trail. Possibly explore more of the surrounds too. It is also exploratory for the leader, so it might not work out. To get the most from this walk you would spend some time in advance studying the area. It will only be a Q if it ends up meeting the criteria. We can still carry devices in case we become truly lost or overdue but the intent is to try to avoid using them.  <b>Grade: M223-Q</b></p>	<p><b>Maps:</b> Jamison</p>
<p><b>28-29 October</b></p>		
<p><b>Sat 28 Oct Q</b></p>	<p><b>Blue Mountains NP - Shaws Creek</b>                  Shaws Creek is unbelievably pristine given its proximity to urban Sydney. The creek has crystal clear water, green mossy rocks and delightful swimming holes. Starting at Yellomundee Regional Park, we will wade across the Nepean to visit the site of a water powered grain grinding mill (1818 to 1867) and numerous stone axe grinding workshops. Then a 200 metre steep climb off-track to the Hawkesbury Lookout, and a short suburban walk through Hawkesbury Heights, before dropping down to Shaws Creek. You must be confident rock hopping because the route down the creek is trackless and will take about two hours to reach Yellomundee.  <b>Grade: M223-Q</b></p>	<p><b>Maps:</b> Springwood</p>
<p><b>Sat 28 Oct</b></p>	<p><b>Munmorah SCA - Coastal walk - Caves Beach to Birdie Beach</b>                  A terrific coastal walk exploring the changing scenery of the Munmorah SCA coastline. We will explore bush, beaches, swim holes and caves. One of the many highlights is going into Ghosties beach cave at low tide. There will be some rock scrambling.  <b>Grade: M212E</b></p>	<p><b>Maps:</b> Catherine Hill bay, Swansea</p>
<p><b>Sun 29 Oct</b></p>	<p><b>See invite for details - Leaders' Picnic</b>                  In recognition of the contribution that leaders for SBW have made we're having a Leaders' picnic to say thanks for all the fine efforts. The aim is for this to become an annual event, for those who have led in the previous 12 months. Leaders have been contacted separately with details - if you're a leader and haven't received an invite please contact using the email address below (and apologies if anyone has been missed).</p>	
<p><b>Sun 29 Oct Q</b></p>	<p><b>Blue Mountains NP - Grose River yo-yo</b>                  Pierces Pass - Blue Gum Forest - Perrys Lookdown - return. A big day out in the Grose River valley. A bit over 20km, two big climbs totalling around 1500m. Visit the amazing Blue Gum Forest. A good training walk for those looking to get some climbing under their belts.  <b>Grade: L231-Q</b></p>	<p><b>Maps:</b> Katoomba</p>
<p><b>4-5 November</b></p>		
<p><b>Sat 4 Nov</b></p>	<p><b>Royal NP - Heathcote to Bundeena</b>                  Heathcote station to Bundeena wharf via water features: Karloo Pool, Uloola Falls, Audley, Winifred Falls, Marley Beach, Jibbon Head. Early start, late finish, about 32km. Strong walkers only.  <b>Grade: X312</b></p>	<p><b>Maps:</b> Port Hacking</p>

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<p><b>Sat 4 Nov - Sun 5 Nov</b></p>	<p><b>Kangaroo Valley - Bush care at Coolana</b> <span style="float: right;"><b>Maps:</b> BURRIER</span>                  Bush Care at Coolana, Mount Scanzi Road, Kangaroo Valley including weeding, mowing, clearing tracks and around sheds, checking trails, join a Saturday night dinner up top if desired, camp with the wombats on the flats.  <b>Grade:</b> S111</p>
<p><b>Sat 4 Nov - Sun 5 Nov</b></p>	<p><b>Morton NP - Budawangs Corang Exploration</b> <span style="float: right;"><b>Maps:</b> Corang</span>                  Wog Wog – Corang Peak – Corang Arch – Canowie Brook/Burrumbeet Brook – return. Join me for a traditional favourite hike through the Budawangs wilderness starting from Wog Wog campground following the Scenic Rim walking track, climbing Corang Peak before arriving at Corang Arch. We will then descend into the valley towards Canowie Brook where the weather and timing will decide our next steps; either having a swim in the Corang River, ducking for cover in the Burrumbeet overhangs, or something in between. Possibility of visiting the Rock Ribs or Yurnga Lookout if time permits. We will return to Wog Wog on Sunday via the same route. The area beyond Corang Arch is exploratory for the leader.  <b>Grade:</b> M222E</p>
<p><b>Sat 4 Nov - Sun 5 Nov</b></p>	<p><b>Brisbane Water NP, Bouddi NP - Newy to Syd, the coastal route - #4 Avoca Beach to Patonga Beach</b> <span style="float: right;"><b>Maps:</b> Broken Bay, Gosford</span>                  Dreamed up as a coastal alternative to the GNW (Great North Walk)... what would it look like if you walked from Newcastle to Sydney, but followed the coastline as closely as possible? After a 2.5 year hiatus due to covid, park/track closures and restrictions on campground bookings, I'm finally attempting to continue this series of walks. This stage finishes off the Central Coast stretch, starting at Avoca Beach, camping at Tallow Beach on Saturday night (\$12.50 pp) and finishing up at Patonga. Tallow Beach campground is a small, walk-in, NPWS campsite tucked away in Bouddi NP, just steps from a beautiful 400m beach. Potential to coordinate stashing of overnight gear close to campsite, meaning majority of walking with day packs only. Expect a mixed bag of some beach walking, a little rock hopping (subject to suitable tides/conditions), scenic lookouts, well established walking trails, some urban street walking and superb coastal scenery. Plenty of swimming opportunities and even a potential cafe stop or two. Participants should be comfortable with some rock hopping and beach walking. Some mild/minor exposure to heights in one section. Will require a car shuffle. Day 2 (Tallow Beach to Patonga) likely to include Wagstaffe-Ettalong ferry (though particularly energetic walkers are welcome clock up extra km's on foot).  <b>Grade:</b> L212E</p>
<p><b>11-12 November</b></p>	
<p><b>Sat 11 Nov Q</b></p>	<p><b>Wollemi NP - The Colo : Ivy League Pass</b> <span style="float: right;"><b>Maps:</b> Mountain Lagoon</span>                  From Mountain Lagoon, one of the prettiest passes down to the Colo River, arriving opposite Townsend Spur. A short distance downstream, we will climb back up to Gaspers Ridge via a steep, challenging route pioneered by . A solid workout; 400 metre off-track climb.  <b>Grade:</b> M233-Q</p>
<p><b>Sun 12 Nov</b></p>	<p><b>Kanangra-Boyd NP - Canyon Leader Training, Kalang Canyon in Kanangra</b> <span style="float: right;"><b>Maps:</b> Kanangra</span>                  Are you wanting to step up from being a passenger in the canyons to being able to safely rig and run? Come and learn more about rigging and managing a wet abseil in a more challenging environment. Participants should already be experienced and comfortable in vertical canyons, and enthusiastic to step up to being a canyon rigger. Co-leader  <b>Grade:</b> M332E</p>



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<p><b>Sun 12 Nov</b></p>	<p><b>Ku-ring-gai Chase NP - Apple Tree Creek</b>                  Apple Tree Bay is a popular picnic area in Kuring-gai Chase NP. The aim of this walk is to explore Apple Tree Creek. It contains a lovely waterfall that my grandmother visited in the 1950's. I am interested whether it has other pretty sections upstream. Tentative route: North Wahroonga - Gibberagong Track - Apple Tree Bay - Apple Tree Creek - Powerline Trail - cross back to start. Approx. 2 km of off-track walking likely involving scrambling, rock hopping, and dense vegetation, where the grade might be higher than listed. A small amount of shallow wading is possible. Even if we are unsuccessful and need to turn around the other parts of the walk should include pretty creek environments.  <b>Grade:</b> M222</p>	<p><b>Maps:</b> Hornsby</p>
<p><b>18-19 November</b></p>		
<p><b>Sat 18 Nov</b> <b>Q</b></p>	<p><b>Newnes SF, GOS SCA - Wolgan Loops and Point Green</b>                  Find out why this part of the Gardens of Stone region must be better protected for future generations. Park one car on FT No.5 off Sunnyside Ridge Road and the other car near FT 8. From the first car, walk above the Wolgan Loops, then make our way to Point Green and the second car. Scrambling and exposure. About 6 km.  <b>Grade:</b> S223E-Q</p>	<p><b>Maps:</b> Cullen Bullen</p>
<p><b>Sun 19 Nov</b> <b>Q</b></p>	<p><b>Blue Mountains NP - Kariwoga Ridge</b>                  Faulconbridge FT – Kariwoga Ridge – Springwood Creek – return. Spectacular ridge with knife edge sections. Mix of firetrail, single track and off-track sections. One medium sized climb, ~19km, some rock scrambling, lunch at the creek  <b>Grade:</b> M222-Q</p>	<p><b>Maps:</b> Springwood, Kurrajong</p>
<p><b>Sun 19 Nov</b></p>	<p><b>Sydney Harbour NP - Lane Cove Rivergaine (Navigation opportunity)</b>                  Rogaining is a fabulous way to improve your navigation. If the prospect of navigating for six hours in the bush is intimidating then this event is the place to start. The Lane Cove Rivergaine is an urban rogaine - set between the Harbour Bridge and the Spit Bridge you will be largely navigating streets and urban bushland. The same rules apply - you only have a map, compass and your partner(s) to work out which features to follow, how to maximise points and get back to the start on time! If you've been thinking you should improve your nav then this is a good way to start. The details for the Rogaine will become available at <a href="https://nswrogaining.org/lanecoverivergaine-5/">https://nswrogaining.org/lanecoverivergaine-5/</a> Make your own team (2-5 members) or contact me I will try and facilitate SBW teams. I will provide some guidance in advance of the rogaine on how to plan etc for those who want it.  <b>Grade:</b> M221, You choose the grade by choosing your route</p>	<p><b>Maps:</b> Rogaine provided</p>
<p><b>Sun 19 Nov</b> <b>Q</b></p>	<p><b>Blue Mountains NP - Birrabang Canyon - Liversidge Hill</b>                  The walk will be mostly off track with some scrambling and inclines. We will start with a short off track walk to Birrabang canyon. The canyon is short without any abseils. Most of the canyon will require wet feet however not deep water. Wet shoes are highly recommended. To avoid a swim there is a tricky scramble up and around a deeper section that will require some confidence. We then head towards Yileen gully and up to Birrabang Ridge. There is a foot print track towards Liversidge Hill with views into towards Pierces Pass. From there we will go out to a section of Birrabang Walls. It will be approximately 16kms and a reasonable level of fitness is required.  <b>Grade:</b> M223-Q</p>	<p><b>Maps:</b> Mt Wilson</p>
<p><b>25-26 November</b></p>		
<p><b>Sat 25 Nov</b></p>	<p><b>Blue Mountains NP - Bottleneck Pass</b>                  From the Radiata Plateau north of Katoomba, scramble down Bottle Neck Pass to the Six Foot Track and 300 metre plus climb up the Devils Hole back to Cliff Drive. Short car shuffle required. Probably only about 10kms.  <b>Grade:</b> M233</p>	<p><b>Maps:</b> Katoomba</p>

<p><b>Sun 26 Nov</b></p>	<p><b>Blue Mountains Council Reserves - Great Southern BioBlitz Centennial Pass</b>      <b>Maps:</b> Katoomba</p> <p>The Great Southern BioBlitz is an event where community members record as many wildlife (plants, animals, and other organisms) sightings as possible in a short time period. I thought it could be a fun way to learn more about wildlife in the Sydney region. You only need a camera and/or phone app to participate, and complete some homework afterwards. I have no prior experience myself. We can wander on- or off-track in the vicinity of Centennial Pass &amp; Glen, Colliers Causeway, and Porters Pass (at Blackheath). I've chosen this area because it should have a variety of environments, but it could be changed. At least there should be many wildflowers. We can even have a friendly contest of the most or rarest sightings. The walk format will differ from a normal club walk. There will be much standing around and we are unlikely to cover a large distance. Public transport accessible. For more information visit: <a href="https://www.greatsouthernbioblitz.org/">https://www.greatsouthernbioblitz.org/</a>.</p> <p><b>Grade:</b> S122</p>
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*See you on the track...*