

# 80 WALKS BY 80 LEADERS



## Cowan Creek: North Turramurra to Mt Ku-ring-gai

Leader: Lydia Chua

Date: 2<sup>nd</sup> January 2019

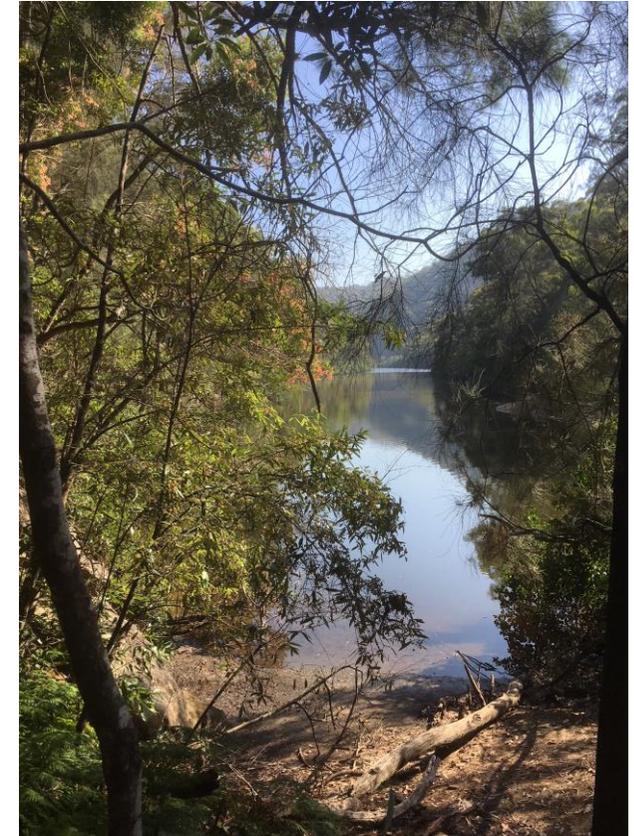
Participants: Lydia Chua, Colin Reid, Pamela Reid, Katrina Gaitero, Soo Lee Chen, Miho Mori, Myles Ormsby, guest Pamela Dawes



### Report:

Our group of congenial walkers started at Turramurra station with a bus ride to The Sphinx Track and down to Bobbin Head. A rather hot and humid day resulted in a few members pulling out at the last minute due to concern of heat which was actually not too unbearable as we did get a slight breeze and walked under shade for most of the time.

The chorus from cicadas on the walk kept us entertained or annoyed, depending on whether you are a fan of this 'official sound of summer' which signifies that we are in the middle of summer heat.



### Walk description:

A bus ride from Turramurra station will take us to the start of the Sphinx track and then descend to Bobbin Head where we will have morning tea. As a New Year treat the leader will provide morning tea (mystery gluten free tucker).

From Bobbin Head we go via Apple Tree Bay and up the Pipeline track to Mt Ku-ring-gai station. A bit of rock scrambling on the pipeline track. Early start and finish before lunch but you can bring lunch and have it just before we reach Mt Ku-ring-gai station (especially if we have just missed the train!) limit of 12. Map/s: Hornsby and Cowan

A morning tea, provided by the leader and consisting of sushi and ginseng tea, fresh cherries and water chestnut cake, was enjoyed by all. After the rest at Apple Tree Bay the scramble up the pipeline track was handled well by all members, or was it the effect of the ginseng tea which is known for its energy boosting benefit?

We finished the walk in good time and arrived at Mt Ku-ring-gai station with minutes to spare for the 12:30pm train.