

## Bush Club Walks Program Spring September - November 2017

Date	Grade	Route and Description
<b>SEPTEMBER</b>		
Sat 2 Sep	3 M Fast pace 17km 750m total climbs	<b>Ku-ring-gai Chase National Park</b> West Head Circuit: Start with ferry ride from Pittwater side of Palm Beach to The Basin. Via fire trails, tracks and 2km road, we visit the most beautiful headlands and beaches around West Head including Mackerel, Flint and Steel, Army, West Head and Resolute beaches. Return to Palm Beach by ferry from Mackerel Beach. Spectacular views of Broken Bay and Pittwater abound. There are lots of ups and downs. Map: Broken Bay
Sat 2 Sep	4 M LTW Medium pace 30 km 500 m climbs	<b>Royal National Park</b> Waterfall-Bundeena: Waterfall-Couranga-Wallamurra & Forest Path Tracks. Curra Moors-Eagle Rock-Coast Track-Bundeena. Combines the best of hinterland and coast walking in Royal National Park. Wonderful forests- beaches-bays-wildflowers- stunning ocean views to enjoy on our way to Bundeena. The ascents are fairly gradual and not that difficult. We can enjoy the walk at a moderate pace without having to rush. 1 ascent 180 metres 3-Approx-110 metres each. Total ascents 500 metres. All on good bush tracks. Map: Otford-Port Hacking
Mon 4 Sep	3 M LTW Medium pace 14km 450m climbs (New)	<b>Brisbane Water National Park</b> Wondabyne to Kariong: Following the GNW from Wondabyne Station via Scopas and Lechores Peaks, Piles Creek, Gurrakool Reserve and a small off track to Kariong. Bus to Gosford Station. All on established track with a few steep climbs. Cliff overhangs, waterfalls, ridge tops with great view and wildflowers galore. Map: Kariong
Mon 4 Sep	3 M Medium pace 20km 200m climbs (New)	<b>Ku-ring-gai</b> Berowra to Wahroonga: Berowra Station down to Cowan Creek, along to Apple Tree Bay and Bobbin Head then the Gibberagong track, a bit of street walking to Wahroonga Station.
Mon 4 Sep to Thu 7 Sep	Mixed Various daily km	<b>Blue Mountains National Park</b> Emu Plains to Katoomba: Four day walks, car supported. Emu Plains to Glenbrook, Glenbrook to Woodford, Woodford to Wentworth Falls and Wentworth Falls to Katoomba. Two nights camping, Euroka Clearing, Penrith and Murphys Glen, Woodford, with one night Hotel accommodation. Various distances and asc/desc's. Map: Penrith/Katoomba
Tue 5 Sep	2 Slow pace 8km Minor climbs	<b>Lower Blue Mountains</b> Discovering Hidden Sydney -Lapstone Tunnel.: This is a new walk (for me). A shortened version of a popular Club walk taking in the Old Lapstone Tunnel, the Spurline and Lucasville Platform. Fascinating historical aspects, some street walking with a brief commentary, wonderful views, coffee and lunch in Glenbrook and early finish. Map: Penrith 1:25 000
Tue 5 Sep	3 M Medium pace 15km Some climbs (nothing major)	<b>Royal National Park</b> Otford to Figure of Eight Pool Circuit: The walk starts with a short climb at Otford Stn before entering the Royal National Park. Mostly bush track and fire trail. Beautiful views along the coast. Side trip to the Figure of Eight Pools (low tide due at 1pm) will require rock hopping. Map: Otford
Wed 6 Sep	1 Unhurried pace 9km approx Nil climbs	<b>Suburban</b> Musical Meander: Explore a different area of Sydney on a walk from Flemington to Canterbury. This walk is mainly along cycle paths, reserves and some street walking. From Canterbury we take a train to Circular Quay and after lunch in the Botanical Gardens enjoy a 12:30 Jazz concert at the Conservatorium of Music. Gold coin admission requested.
Thu 7 Sep	3 M Medium pace 16km 650m climbs	<b>Blue Mountains National Park</b> Blaxland to Springwood: Blaxland - Bullant Ridge - Lost World - Bunyan Lookout - Martins Lookout - Perch Ponds - Magdala Creek - Springwood. There are a number of creek crossings and steep climbs from Glenbrook Creek to Bullant Ridge and Glenbrook Creek to Martins Lookout. Map: Springwood
Thu 7 Sep		Bush Club Committee Meeting, 4:30pm, Thorton Room Kirribilli Neighbourhood Centre, 16 Fitzroy St, Kirribilli
Fri 8 Sep	6 M Medium pace About 10km (New)	<b>Wollemi NP</b> Firefly Point via Galaxies Gully East: Park at the locked gate GR 434 258 and walk on Wolgan River Trail, then use Galaxies Gully East to climb up to the tops at GR 450 250. Next, walk to Firefly Point at GR 461 258. From here, find a way underneath the cliffs, starting from the southern side, then traverse underneath the cliffs until Galaxies Gully East. Walk down to the Wolgan River Trail and to the cars. Partly exploratory. Scrambling and exposure. Map: Mount Morgan, Ben Bullen
Fri 8 Sep to Tue 19 Sep POSTP ONED	6 Medium pace 140km 8000m total climbs	<b>Wollemi National Park</b> Postponed until 2018  Complete East to West Traverse: Co-leader: Ian Thorpe This walk will traverse the Wollemi National Park from its easternmost point near Bulga in the Hunter Valley to its westernmost point at Oz Mountain next to Bylong Valley Way. It is expected to take 11-12 days. About 140km. Exploratory. Scrambling and exposure. Map: various Please note that this walk is now closed. The team has been selected from those who have been doing programmed reccies over the past two years.
Sat 9 Sep	Social	<b>Bush Club 78th Birthday</b>  The 78th Bush Club birthday celebrations this year take place at The Scout Camp, 2 Freeman Road, Heathcote. Afternoon tea will be served from 2pm till 4pm. Tea, coffee, soft drink and cake will be provided. Members, prospectives and partners are all welcome.
Sat 9 Sep	2-3 Unhurried pace About 14 km Ascents less than 100 m	<b>Heathcote National Park</b> Waterfall to Heathcote: Waterfall - Lake Toolooma - Kingfisher Pool- the causeway - the Scout Camp Heathcote Map: Heathcote National Park

Sat 9 Sep	3 M LTW Medium pace 16km 273m climbs	Royal National Park Engadine to Heathcote via Uloola Falls: Engadine - Heathcote via Uloola Falls and Karloo Pools: This pleasant walk encompasses creeks, ridgetops, waterfalls and pools and, hopefully, some early spring flowerings. Finish at Bush Club 78th afternoon tea at 2:00pm. Moderate ups and downs (incl 2 ascents 148/125 mtrs) but mostly easy walking. All on track. Map: Royal NP CMA
Sat 9 Sep	3 M LTW Medium pace 13 km 240 m climbs	Royal National Park Waterfall to Heathcote: Waterfall-Uloola Falls- Kangaroo Creek-Karlool Pool-Olympic Pool-Karlool Spur-Heathcote. We will visit a beautiful remote waterfall-inspect some interesting rock formations and include a side trip to Olympic Pool before ascending Karlool Spur-then onto Heathcote in time for Bush Club 78 Birthday Celebrations. On a variety of interesting tracks- fire-trail. 1- steep ascent 120 metres- Karlool Spur. Total ascents-240 metres. Map: Port Hacking
Sat 9 Sep	3 Medium pace approx 10km 300m total climbs (New)	Royal National Park Loftus to Heathcote: From Loftus station an unhurried walk (for Leader) down the Honeymoon track to Audley and then up the Engadine Track and Bottle Forest Trail to back streets of Heathcote and onto Scout Hall for Birthday afternoon tea. Map: Port Hacking
Sat 9 Sep	3 M Medium pace 12km 250m climbs	Brisbane Water National Park Pindar Cave: Wondabyne Station to Pindar Cave and return. This is the time for wildflowers and this section of the park has them in spades. There is also the chance of Sydney rock orchids above the cave. Joint walk with SBW Map: Gosford & Gunderman
Tue 12 Sep	2 Unhurried pace 9km 210m climbs (New)	Royal NP Stanwell Pk to Otford: Walk follows Wodi Wodi track, Stanwell Pk beach and 1.8km disused railway tunnel. Lunchtime swim option if warm. No leaches due to dry weather. MUST bring STRONG torch for tunnel. Total ascents 210m. Track rough in many patches. Map: Otford
Wed 13 Sep	3 M Medium pace 7km 200m climbs	Glenbrook Pisgah Rock, Dadder Cave: Pisgah Rock, Monkey Ropes Ck, Lincoln Ck, Erskine Ck to Dadder Cave and return. Some athleticism required to get back to cars. Leader will take some rope for short people. Bring water shoes in case Erskine Creek is a bit high (but it will not be a problem to cross). Map: Penrith
Wed 13 Sep	3 M LTW Medium pace About 14km No major climbs	Ku-ring-gai Chase National Park Lost in St Ives & North Turramurra: Let's hope this isn't an unlucky day for some! From St Ives Showground we'll follow a firetrail then take the Mueller Track to near the end of Kitchener St. Then follow the concrete pathway up the hill to some streets in St Ives. We'll follow the Warrimoo Track briefly before turning left onto the Darri Track. Almost at the end we'll take a side track up to Normurra Ave. Then we'll walk to Samuel King Oval and some more tracks before entering Lovers Jump Creek Walk. Some more fire trail before reaching Samuel King Oval again. Some climbs of <100 m. Expect refreshments at the North Turramurra shops before taking Bus 577 to Turramurra Railway. Map: Various
Fri 15 Sep	4 M Medium pace 22km 250m up & down (New)	<i>Manly Seaforth area</i> <i>Manly Dam, The Bluff, Seaforth Oval, Manly Dam.: From King St entry we walk up NE side of Manly Dam to water supply pipeline, up to footbridge over Wakehurst Parkway, down to Forestville Park, thru Garrigal Nat. Park to the Buff &amp; then the The Bay Track &amp; Timber Getters Track to Seaforth Oval. Crossing Seaforth to return down SW side of Manly Dam. The first half of this walk is a steady climb, the second half can be steep &amp; rocky downhill with some steep climbs and can be slippery if wet (not expected). Lots of beautiful native flowers &amp; views. Medium steady pace. Map: Manly Dam &amp; STEP sheets #1 &amp; 2</i>
Fri 15 Sep to Sun 17 Sep	6 M Medium pace 30km 2000m climbs (New)	Wollemi National Park Bylong Labyrinth West Exploration: This is challenging and spectacular country. Early start on Friday. Day 1-Friday 15 September. Park at Growee Gulf on Bylong Valley Way. Find a new route to the tops and follow the Growee Range east to Key Saddle. Descend into Lee Creek for overnight camp. Distance 10km. Day 2-Saturday 16 September. With day packs, return to Key Saddle, then traverse a tight and convoluted ridge towards Goat Mountain, as far as the time permits, before returning to the camp. Day 3-Sunday 17 September. Make our way back to the cars along Growee Range, using some variations in the route. Distance 10km. Partly exploratory. Scrambling and exposure. Numbers are strictly limited. Exploratory. Scrambling and exposure. Map: Taloooy, Growee
Sat 16 Sep	3 M Medium pace 17km 450m climbs	Blue Mountains National Park Pulpit Rock & Grand Canyon: Pulpit Rock - Govetts Leap - Braeside Walk - Neates Glen - Grand Canyon - Evans Lookout - Govetts Leap - Pulpit Rock. Great scenery. All on tracks, with short firetrail and roadside sections. Biggest ascent is 200 metres. Map: Katoomba & Mt. Wilson
Sat 16 Sep MOVED	3 Unhurried 12km	Bouddi National Park Maitland Bay area: Swapped to Sat 18 Nov
Sat 16 Sep	3 M Medium pace 13km 220m climbs (New route)	Brisbane Water NP Point Clare to Spion Kop: This walk will begin at Point Clare Station, walking up on to Koolewoong Ridge. From there on fire trails and tracks to Spion Kop. There are terrific views over Woy Woy and beyond. On the return journey we'll visit the famous Egyptoid Hieroglyphs site, the Grandmother Tree and Lyre Trig. Map: Gosford
Sat 16 Sep	4 M Medium pace 20km 1400m climbs (new)	Blue Mountains National Park <i>Lions Head Pass to East Col: Kings Tableland to Lions Head where there are glorious views on a clear day. Then a scramble down the pass to the Kedumba River. After enjoying the history and wildlife at the campground comes the challenge of ascending to the East Col of Solitary, with fantastic views across to Lions Head. Return down the same path before proceeding along the Mt Solitary trail and then the hard slog up the Kedumba fire trail. Some scrambling down a steep slope and a small section of off-track through open country. Two big ascents. Car shuffle required. Map: Jamison</i>
Sun 17 Sep MOVED	4 M LTW Medium pace 17km 270m climbs	Royal National Park: Heathcote Circuit Swapped to Sun 24 Sep

Sun 17 Sep to Sun 24 Sep	3 M Various daily km	Luxembourg WALK FULL - WAIT LIST OPERATING Grand Duchy of Luxembourg: Day walks Luxembourg is a compact walking paradise and tax haven containing extensions of the Belgian Ardennes and the German Eiffel mountains. Enjoy uncrowded tracks and historic villages. Be amazed at strangely familiar sandstone country with unfamiliar vegetation. Savour French and German cuisine. Cheap alcohol. Discreet private banking services. We will stay in a hotel in the capital, Luxembourg City, whose Old Quarters and Fortifications are World Heritage listed. Day packs only. Typical day walk: 15 km, ascent 500m, same descent, occasional steepish sections. All on track. No scrambling. Medium pace. Snow is very unlikely. Cost: Hotel: about EUR 60/night/person twin share. Food and drink. Local transport: only EUR 4/day for a nationwide pass. This is an overseas trip, so the normal insurance arrangements of the Bush Club do not apply. Participants to arrange own international air travel and travel insurance. Leader speaks French and German.
Mon 18 Sep to Thu 21 Sep	Mixed incl. some at Grade 4 Various daily km	Budawangs Walk Full- Wait list operating Car camping trip: Car camping trip to include four great/classic day walks. Pigeon House Mountain, the Castle, Byangee Mountain and Mt Bushwalker. Distances and asc/desc vary with the Castle being the highest with 780m asc. Camping at Long Gully. Limited numbers. PLEASE NOTE, rope will be placed to assist final scramble up to the Castle. Map: Milton, Corang, Budawang Sketch Map,
Tue 19 Sep	1 Slow pace 8km Minor climbs	Sydney Ultimo and Harbour Foreshores Discovering Hidden Sydney - Town Hall to Town Hall via Ultimo and Blackwattle Bay. An amble through some of Sydney's historical and lesser-known attractions with a brief commentary and plenty of opportunity for participant input, cappuccinos and cakes. In this walk we discover where Hell Hole, Purgatory and Paradise are. We see Sydney's first fire station and some lovely stretches of our harbour alongside Johnstons Bay. Early finish. Map: Sydney UBD
Wed 20 Sep	3 Medium pace 15 (or 17)km Less than 100m climbs (New)	<b>Georges River National Park</b> Riverwood to Picnic Point: This walk follows the Georges River mostly, with some quiet street walking when the going gets tough. The bushland will be blooming and we finish with a visit to Sylvan Grove Native Flower Garden where the bush orchids should be at their best. Afternoon tea at leader's home optional. Map: Street directory
Thu 21 Sep	4 M Fast pace 28km 400m climbs	Sydney Harbour Foreshore Harbour Bridge to Manly: Soak up the scenery and enjoy the best of the foreshore. Via Cremorne Reserve Foreshore Walk, Bradley's Head, Chowder Bay, Spit Bridge. Formed paths, good bushtracks, rock-hopping from Balmoral to Spit Bridge (if we're making good time). Swimming & coffee opportunities en-route, pub for drinks/food in Manly after the walk. Joint walk with SBW&NPA Map: Gregory's
Sat 23 Sep	3 M Medium pace 15km Total Ascents. 350-400m	<i>Ku-ring-gai Chase National Park</i> <i>North Turramurra Circuit: From Wahroonga Station, we'll make our way to the Gibberagong Track, linking up with Murrumbidgee Track. From here we'll navigate a series of fire trails, leading us back [via Golden Jubilee Field] to Grosvenor Street and Wahroonga Station. There are many ups &amp; downs along the way, the longest climb being around 150metres. A good training track.</i>
Sat 23 Sep	5 M Unhurried pace About 7km (New)	Newnes State Forest Waratahs and Pagodas in Holts Heaven: Find out why this unique part of the Gardens of Stone region must be protected, now. This walk is a ramble and scramble through the amazing pagoda terrain of Holts Heaven, with a camera in hand and an eye on the Waratahs, which should be out by then. We will access the area through a fire trail at GR 463 965. Scrambling and exposure.
Sun 24 Sep	4 M LTW Medium pace 17km 270m climbs	Royal National Park Heathcote Circuit: Heathcote- Kangaroo Creek Karloo Pool-Olympic Pool-Robertsons Knoll-Uloola Falls-Heathcote Scenic walk-including 5 km along Kangaroo Creek with some of the best rock pools in The Royal. Ample swimming opportunities. 4 km section track along Kangaroo overgrown-indistinct and scratchy in places. Remainder on variety of good bush tracks. No major ascents. Map: Port Hacking
Sun 24 Sep to Wed 27 Sep	4 Medium pace 42km 1300m climbs	Budawangs - Morton National Park Sassafras to Long Gully: Many Hidden wonders. Full pack 4 day bushwalk -mostly on rough track 42km + ~10km exploring off track day 2 1300m Asc & 2000m Desc on main track  Day 1: Sassafras - Newhaven Gap - Red Johnnys Cave - 12km Day 2: The Vines - Styles Ck camping area 5km. Then explore (day packs only) Hidden Valley, Dark Brother Cave, Pagoda Rock & Sturgiss Mtn. Day 3: Mt Haughton - Mt Tarn & Anvil Rock - Mt Cole - Seven Gods - Monolith Valley - Cooyoyo Ck campsite - 15km Day 4: The Castle - Kalianna Ridge - Long Gully - 10km
Mon 25 Sep to Wed 4 Oct	4 Med pace 210km in total Minor climbs	Bibbulmun Track, WA Walpole to Albany : Expressions of interest for a 10 day packwalk on the Bibbulmun Track in Western Australia from Walpole to Albany: 210 kms- average 20kms per day (but 2 days will be 30kms- fairly flat but some beach walking). The Track takes walkers through towering karri and tingle forests, down mist-shrouded valleys, over giant granite boulders and along breathtaking coastal heathlands. It passes through many of the most beautiful national parks of the south west forests and coastline. Extra days needed to travel to and from Walpole and Albany WA. max 8 walkers; food 'drop' options. Map: Bibbulmun Track; Sections 7 & 8 Joint walk with UBM and SBW
Wed 27 Sep	3 M Medium pace 14km. 100m climbs approx	Blue Mountains Waterfalls of Lawson and Hazelbrook: In the deep gullies around Lawson and Hazelbrook are some of the prettiest waterfalls in the mountains. This is a figure 8 walk linked by a quiet gravel road, with a great lunch spot. There are lots of up and downs as we navigate our way around the gullies.
Fri 29 Sep to Thu 12 Oct	3 M Average 15km/day	Auvergne FRANCE Walk full, wait list operating Volcanic Auvergne: Auvergne is a region West and North-West of Le Puy. The walk is in the Parc Naturel Regional des Volcans d'Auvergne. It has three distinct areas: La Chaîne des Dômes near Clermont-Ferrand Le Massif du Sancy near Le Mont Dore Les Monts du Cantal North of Aurillac

<b>Fri 29 Sep</b>	<b>6 M Medium pace 6km 450m climbs</b>	Wollemi National Park The Ledge between Koopartoo Ravine and Koopartoo Gully: Park at GR 412 209 on Wolgan Rd and climb NW into Koopartoo Ravine. Walk up the ravine, then climb E to the base of the cliffs at about GR 405 217. Follow the ledge SE and then around to the extent possible, ideally all the way to Koopartoo Gully at about GR 415 221 or even beyond to GR 420 221. Descend to the Wolgan Rd. Includes possibly impossible sections. About 6k. Exploratory. Scrambling and exposure. Map: Ben Bullen
<b>Sat 30 Sep</b>	<b>3 M SEA Unhurried pace 11km Minor climbs but see route description</b>	Ku-ring-gai National Park Mt Murray: Nature Walk #3. Drive from Terry Hills to the Perimeter Trail. We follow Perimeter Trail from the locked gate near Mallowa Road to a faint "track" that heads along the ridge then via large bare rock outcrops to the spectacular views from Mt Murray Anderson. Climbs include some scrambles up and down over rock outcrops. Return via same route. Some scrub, so wear appropriate clothes. This is a great walk to learn more about the plants, vegetation and geomorphology of ridge tops in KNP. Map: Hornsby
<b>Sat 30 Sep</b>	<b>6 M Medium pace About 8km (New)</b>	Wollemi National Park North of Penrose Gully: Park on Wolgan Road at GR 429 220, cross Wolgan River, use Glowworm Tunnel track for a while, then climb to the top cliff line and traverse it, looking at slots. Climb up to the plateau at GR 432 206, using one of the two known passes, then walk to the top of the ridge and north to about GR 438 215 – the start of Rock-in-the-Wall gully. Descend the gully and attempt to find a way around the first abseil. Depending on what we find, we will return the same way or down at about GR 439 220. Exploratory. Includes possibly impossible sections. Scrambling and exposure.
<b>OCTOBER</b>		
<b>Sun 1 Oct to Sat 7 Oct</b>	<b>Mixed</b>	Snowy Mtns XCcountry skiing or snowshoeing: Dates confirmed for a week of cross country skiing. Beginners welcome. Stay in lodge in East Jindabyne and car pool each day to Perisher, Charlotte Pass or Thredbo. Advice will be given on equipment required. Instruction(non expert) for beginners. Snow shoeing also possible. There is usually adequate snow in first couple of weeks of October so we could go down the following week. By going in October we get cheaper (Summer) rates and road access to Charlotte Pass. Map: Perisher
<b>Tue 3 Oct</b>	<b>1 Unhurried pace 10 km approx Minor climbs</b>	Suburban Musical Meander: Beginning at North Sydney station we walk down to Blues Point then along the shoreline to Milsons Point, across the Harbour Bridge, and make our way through the city to the University of Sydney for a 12 noon concert on the Great Hall. We will be entertained by the Brass Ensemble of the Conservatorium. Gold coin donation is requested
<b>Wed 4 Oct</b>	<b>3M 15km Medium pace</b>	Royal National Park/Garawarra State Recreation Area. Waterfall to Otford: Joint walk with NPA. From Waterfall Station follow the Couranga Track and cross the Hacking River. Ascend 150m on an off track section to Bola Heights. Pick up the coast track with a 230m gradual ascent to Otford with option to visit Werrong Beach. From Otford gap walk to station. Map: Otford
<b>Thu 5 Oct</b>		Bush Club Committee Meeting, 4:30pm, Thorton Room Kirribilli Neighbourhood Centre, 16 Fitzroy St, Kirribilli
<b>Fri 6 Oct to Sun 8 Oct</b>	<b>4 M Medium pace 32km Ascents approx. 1500m (New)</b>	<b>Kanangra Boyd National Park</b> Kanangra to Carlons via Morilla Maloo: Kanangra Walls, Mt Cloudmaker, Moko Creek, Mt Morilla, Nurla Morilla Ridge, Cocks River, Yellow Pup, Dunphys. Pace will not be fast, slower uphill, therefore early starts. Fire trail, tracks, and off-track in parts. Maps: Kanangra & Jenolan
<b>Fri 6 Oct</b>	<b>5 M Medium pace 8km 350m climbs</b>	Mugii Murum-ban SCA Gap Creek Pagodas: Co-leader – Peter Medbury Park at Airly Gap and walk up Gap Creek. Explore its northern branch, then climb out to the tops at about GR 231 335 and explore the pagoda spurs on the northern side of Gap Creek, moving east. Descend into Airly Gap. About 8km. Exploratory. Scrambling and exposure. Map: Glen Alice
<b>Sat 7 Oct</b>	<b>3M Medium pace 18km</b>	Royal National Park /Garawarra State Recreation Area. Stanwell Park to Burning Palms and return: Joint walk with NPA. Road and fire trail to steep ascent (190m) on track and grass to Bald Hill. Follow new track to Otford Lookout. Continue on Coast Track, Cliff Track and descend the Burgh Track (210m) to Burning Palms. Head south on Coast Track and ascend 170m to Otford Lookout. Return on same route to station. May have time for coffee out and back from the Flying High Café. Map: Otford
<b>Tue 10 Oct</b>	<b>2 Slow pace 10km Minor climbs</b>	Sydney East Discovering Hidden Sydney - Circular Quay Station to Central Station.: An amble through some of Sydney's historical and lesser-known attractions with a brief commentary and plenty of opportunity for participant input, cappuccinos and cakes. Our walk takes us through King's Cross, Darlinghurst, Paddington and Centennial Park and Surry Hills. This does include a 35minute walk along Oxford Street but you will see where Juanita Nielson, Henry Keck and Robert Cooper lived. 10km Map: Sydney UBD
<b>Wed 11 Oct</b>	<b>3 M LTW Medium pace 14km 700-800m total climbs</b>	Berowra Valley Cowan to Berowra: Cowan to Berowra via GNW. Significant climbs. Great views Map: Berowra
<b>Wed 11 Oct</b>	<b>Training (New)</b>	Kirribilli Neighbourhood Centre Navigation Training Package. PART 1: Map reading, the basics: Classroom-based instruction to introduce the mysteries and pleasures of map reading in the bush. A popular course, led by Graham Conden from 6:00pm to 8:00pm. Bring Cowan map, compass and \$3 for course notes. Map: Cowan
<b>Thu 12 Oct</b>	<b>4 M Fast pace 22km 750m climbs</b>	Ku-ring-gai Chase & Berowra Valley National Parks Berowra loop: Berowra Station; Waratah Bay; Bobbin Head; Pipeline Track; Mt Kuring-gai; Lyrebird Gully; GNW; Berowra. Mostly good bush tracks, creek crossings, Pipeline Track is steep and scrubby in places. Joint walk with SBW/NPA. Map: Cowan, Hornsby, STEP
<b>Fri 13 Oct</b>	<b>3 M LTW Medium pace About 15km Some climbs &lt;100m</b>	Northern Suburbs Thornleigh to Gordon via Pennant Hills Park: From Thornleigh railway to Thornleigh Oval then via tracks to Pennant Hills Oval. We'll then follow a firetrail to join the GNW which we follow to just south of De Burgh's bridge. Then we cross Lady Game Drive and take the Blackbutt Track to Gordon Station. Refreshment opportunity there. Modest climbing only. Map: STEP Lane Cove Valley – Sheet 2

Sun 15 Oct	3 M LTW Medium pace 17km 500m climbs	Springwood Springwood Circuit- Blue Mts NP: Springwood-Magdala Gully-Perch Ponds-Bunyan & Lost Worlds Lookouts-Glenbrook Creek-Sassafras Gully-Springwood Pleasant walk, mostly through shady rainforest with a visit to the very scenic Lost Worlds lookout with numerous viewing points overlooking Glenbrook creek. On our return via Sassafras Gully we pass by some beautiful waterfalls. 2 significant ascents. I-300 Metres. 1-200 metres. Mostly on good bush tracks. Steep ascent to Bunyan lookout scrambly in places. Harder end of grade 3. Map: Springwood
Mon 16 Oct		<b>TIME TO SEND IN WALKS FOR THE SUMMER PROGRAM (Dec 2017 Jan-Feb 2018) Send your walks to the Walks Secretary:</b> 1. via the online form on the Bush Club website (preferred) 2. by email to <a href="mailto:walkssecretary@gmail.com">walkssecretary@gmail.com</a> 3. by letter post to PO Box 3079, Regents Park, NSW 2143
Mon 16 Oct	4 M Medium pace 28km maybe 400m climbs	Royal National Park Coast walk Otford to Bundeena: Otford,Burning Palms, Garie, Wattamolla, Marley, Bundeena along the coast, all on good track, several small climbs, biggest about 140, another 100 metres, pace brisk side of medium Map: Royal National Park Tourist Map
Tue 17 Oct	2 Medium pace 13 km No major climbs	North Sydney Waverton - Artarmon: Waverton to Artarmon. Leave Waverton station (West side) & pass The Coal Loader Centre & through the dark tunnel before traversing Balls Head. Circle Berry Island Reserve after passing Oyster Cove Reserve. On to Gore Creek & Lane Cove Bushland Park before eventually crossing the Pacific Highway to Artarmon. All on tracks with water views until the footpath walk to Artarmon station. Map: UBD 215-216
Tue 17 Oct	3 M Medium pace 17km 450m climbs (New)	Heathcote National Park Waterfall to Heathcote via Boobera Pool: We'll head along Heathcote Creek and the Goanna Track, before taking a rather overgrown track for a short distance. Several more tracks will bring us to the Woronora River and the beautiful Boobera Pool for lunch. There are a few scrambly sections but mostly good tracks.
Wed 18 Oct	3 M Medium pace 18km 100m climbs	Ku-ring-gai National Park Wahroonga to St Ives: From Wahroonga station there is a short stretch of street walking to the start of the Gibberagong Track. After descending into the valley, we follow Cackle Creek to Bobbin Head. From there we head up the Warrimoo Track to St Ives. Some parts of the track may be rough and there are creek crossings. There are a few short steep ascents. From St Ives there are buses back to Gordon Station.
Sat 21 Oct	4 M Medium pace About 21 km 150 m ascents	Central Coast Patonga to Wondabyne: Explores a variety of environments including the shore lines and coastal cliffs near Patonga and the dry rocky and open ridge line, Mount Wondabyne great views then we go to Wondabyne Station for the 3.20 train to Sydney
Mon 23 Oct to Tue 31 Oct	2 Cycling Slow pace Ave 35km/day	East and South Gippsland Place for 1 person due to a withdrawal  Cycling Rail Trails Gippsland Vic: East and South Gippsland There will be two groups riding, one in reverse order to the other. Eight days cycling East and South Gippsland Rail Trails. East Gippsland Rail Trail, Orbost to Bairnsdale 105km passes through farmland and forests. The Great Southern Rail Trail, Port Welshpool to Leongatha 68km is a mostly flat or gently undulating trail through lush dairy farmland areas of remnant bush and lowland scrub. Daily ride average 35km. East Gippsland Rail Trail accommodation Bruthen in cabins, shared rooms. Great Southern Rail Trail lodge accommodation Waratah Bay, shared rooms. OPTIONAL 6km 4 beach walk at Wilsons Promontory. An opportunity too good to miss as it is so close to Waratah Bay. Driving Sydney - Bruthen 710km, 8 hour drive. Waratah Bay Sth Gippsland to Sydney 11.5 hours. I am happy to link people together who wish to car share. Please indicate which dates you are available when responding. Limit 10 average 35 per daykm. Pace: Slow, unhurried, relaxed Map: Rail Trails of Victoria and Wilsons Promontory Guides
Thurs 26 Oct		<b>CLOSING DATE FOR WALKS FOR THE SUMMER PROGRAM (Sep-Oct-Nov) Send your walks to the Walks Secretary:</b> 1. via the online form on the Bush Club website (preferred) 2. by email to <a href="mailto:walkssecretary@gmail.com">walkssecretary@gmail.com</a> 3. by letter post to PO Box 3079, Regents Park, NSW 2143
Sat 28 Oct	Training Unhurried pace  (New)	West Head Navigation Training Package. Part 2: Map reading, the practice:: Bush-based application of navigation training. Use your skills and knowledge of map reading on a supported practice walk with an experienced Bush Club leader. Copies of map area provided by leader. Please bring: \$2 to cover copying costs and a compass, if you have one. Participation is open to members who have completed the current or previous classroom-based navigation training sessions and members who wish to practice their basic map reading.
<b>NOVEMBER</b>		
Thu 2 Nov		Bush Club Committee Meeting, 4:30pm, Thorton Room Kirribilli Neighbourhood Centre, 16 Fitzroy St, Kirribilli
Sat 4 Nov	2 or 3	Hornsby area Two possible bushwalks in the Galston Gorge area to link with the Hornsby Relay for Life.  Watch this space for details
Sat 4 Nov	4 M Medium pace 22km 300m climbs	Dharug National Park Mogo to Mt Lockyer: From Mogo camping ground to Mt Manning and a nice aboriginal cave with artwork. From there on the Great North Road to the convict-built Circuit Flat bridge, then to Mt Lockyer and back to Mogo camp. In conjunction with Sydney Bushwalkers (SBW). Map: Kulnura
Tue 7 Nov	1 Slow pace 8km Flat	Parramatta River Discovering Hidden Sydney - Rhodes Station to Meadowbank Wharf via Cabarita Point: A lovely, mostly flat walk that transports us into open fields and a countryside remarkable for its proximity to the city. Historical aspects and brief commentary. Includes a ferry ride. Early finish. Map: Sydney UBD
Wed 8 Nov	3 M LTW Medium pace 15km No major climbs	Sydney Harbour Mosman to Manly via Quaker's Hat: Mosman ferry wharf then street walking to Quaker's Hat track to The Spit then along the water to Manly. Possible swims if warm. Map: Gregorys



Thu 9 Nov	3 M Medium pace 19km No major climbs	Sydney Harbour Taronga Zoo to Manly: Taronga Zoo to Manly via Spit Bridge: All on defined track. Beautiful views of Sydney Harbour. Time for a swim on route (depending on weather). Exit for shorter walk at Spit Bridge. Map: Sydney Heads
Fri 10 Nov	1 Unhurried pace 9 km approx Minor climbs	Harbourside Musical Meander: After exploring Middle Head, we walk to Chowder Bay then along the foreshore to Taronga Zoo. From here we catch a ferry to Circular Quay. After lunch in the Botanical Gardens we head to St Stephens for a concert; "Divas on Demand". A donation is requested for admission.
Fri 10 Nov MOVED	5 M Medium pace 8km 400m climbs	Mugii Murum-ban SCA Land of the Stone Dragon and Genowlan Canyon: Moved to Monday 13 November
Sat 11 Nov MOVED	5 M Medium pace 6km 300m climbs	Newnes State Forest Gang Gang Canyon, Tunnels and Falls: MOVED to Saturday 18 November
Sat 11 Nov	3 M Medium pace 17km 200m climbs (New)	Sydney Harbour NP Spit to Manly & return: This walk begins at Spit Bridge at Mosman, goes to Manly, a break for coffee & whatever, then returning to Clontarf for lunch (perhaps fish 'n chips at Clonny's kiosk) and finally to Spit Bridge. Map: Parramatta River
Mon 13 Nov	3 M LTW Medium pace About 17km 200m climbs	Berowra Valley Regional Park Within the Black Stump: This is the Party Pooper's option (16 kms) of the Fat Ass "Beyond the Black Stump (33 kms) run held on New Year's Day. Walk with a 2014 participant to see what was happening whilst you were still asleep after seeing in the New Year. We follow a few streets in Berowra before joining a fire trail at the end of Ti Tree Crescent which leads to the GNW down to Berowra Waters Ferry. After touching the ferry gate we head towards Cowan but take the Turner Road exit back to Berowra Railway (via a coffee stop). 200 m ups and downs. Map: UBD
Mon 13 Nov	5 M Medium pace 8km 400m climbs (new date)	Mugii Murum-ban SCA Land of the Stone Dragon and Genowlan Canyon: Early start. Park on the plateau at GR 250 324. Walk on Genowlan Mountain Trail to about GR 266 339 – the take off point to the Land of the Stone Dragon. Descend into the Dragons Mouth, then continue on the rising spur southwards to the top of Genowlan Canyon at GR 273 333. Descend towards the southern cliff edge of the Hammer, then walk counter clockwise, visiting the northern cliff edge of the Hammer, before retracing towards the trail at about GR 267 332. Walk back to the cars. Exploratory. Scrambling and exposure. Map: Glen Alice
Tue 14 Nov	3 M Medium pace 15km No major climbs	Royal National Park Otford to Figure of Eight Pool Circuit: The walk starts with a short climb at Otford Stn before entering the Royal National Park. Mostly bush track and fire trail. Beautiful views along the coast. Side trip to the Figure of Eight Pools (low tide due at midday) Will require rock hopping. Map: Otford
Thu 16 Nov	4 M Medium pace 22km 300m climbs	Heathcote and Royal National Park Heathcote to Heathcote: Heathcote, Karloo Pool, Uloola Falls, Waterfall, cross Highway to Heathcote National Park, Bullawaring Track, Battery Causeway, Scout Camp, Heathcote Railway Station, Total climbs maybe 300 metres over 3 climbs, all on track, Pace brisk side of medium Map: Royal National Park tourist map
Fri 17 Nov	6 M Medium pace 13km 500m climbs	Wollemi National Park The Wonders of Alcatraz: Note early start. Only a few places left on this walk, which promises to be a spectacular adventure. Numbers are strictly limited due to multiple private properties access. Park at GR 357 188 on Wolgan Road. Walk N, then NW, then SSW and locate a narrow ridge at around GR 332 192. Now, climb this ridge and find a way to the tops. Follow the escarpment NW, then N around a tributary of Liberty Gully till about GR 331 201. From here, walk SE and visit a high point at around GR 333 199. Retrace NW, descend the gully to the W and make our way to the top of Alcatraz. Find a descent via the gully to the S; alternatively, use Woolpack Gap. About 13k. Scrambling and exposure. Exploratory. Map: Ben Bullen
Sat 18 Nov MOVED	3 M Medium pace 13km	Brisbane Water NP Point Clare to Spion Kop: Moved to Sat 16 September
Sat 18 Nov	3 Unhurried pace 12km 350 climbs (New)	Bouddi National Park Maitland Bay area: This walk has some beautiful coastal vistas, covering Maitland Bay, Putty Beach, and Bullimah Spur. It'll be a leisurely pace. Map: Broken Bay
Sat 18 Nov	4 M Medium pace 11km 900m climbs	Wild Dogs, Blue Mtns Ironmonger, Coxs, Breakfast Crk.: From Carlons Farm via Ironpot Mtn, Ironmonger Spur to the Coxs River and return via Breakfast and Carlon Creeks. If hot, a possible swim in the Coxs or in Breakfast Crk. Gaiters essential. Map: Jenolan
Sat 18 Nov	4 M Medium pace About 23 km About 100m climbs	Royal National Park Loftus to Bundeena : Loftus - Honeymoon Track - Audley - Winifred falls - Mount Bass - Marley beach - Bundeena all on track beautiful scenery not to be missed and will get to Bundeena with plenty of time for a drink or two.
Sat 18 Nov	5 M Medium pace 6km 300m climbs (new date)	Newnes State Forest Gang Gang Canyon, Tunnels and Falls: The spectacular Gang Gang Falls and the ecosystems of Gang Gang Gorge that they are feeding are unlikely to survive the expansion of underground coal mining, recently approved by the Government. See this unique area whilst you can. Park at GR 398 038. Descend into Gang Gang Canyon and walk all the way through to Gang Gang Tunnels, visiting a cave at about GR 309 400 seen on the previous trip, as well as the cave at GR 405 043. After exploring the Gang Gang Tunnels, turn south and walk to the falls at GR 407 045, whilst inspecting the caves along the way. Continue south to visit Lots Wife and the adjacent cave. Find a way out to the western side and re-connect with the cars. About 6km. All off track, some rock scrambling and exposure. Map: Cullen Bullen

<b>Wed 22 Nov</b>	<b>3 Unhurried pace approx 16km About 200m ascent/descent</b>	Sydney Coastal Walk Newport to Narrabeen Lakes: Sydney's Great Coastal Walk, North to South, Barrenjoey to RNP, Cronulla. A series of 9 day walks. Day 2. Newport to Narrabeen Lakes. Some streets, tracks, beach walking. A few steep climbs, beach to ridge. Great headland views of rugged coast and Pittwater. Finish with coffee stop. Map: Walking Coastal Sydney
<b>Thu 23 Nov</b>	<b>AGM</b>	4.30pm - Bush Club Committee Meeting 6.00pm - Annual General Meeting followed by social gathering
<b>Fri 24 Nov</b>	<b>6 M Medium pace 14km 500m climbs</b>	Mugii Murum-ban SCA Mothers Arms and more: Early start. Park on the plateau at GR 250 324. Walk on Genowlan Mountain Trail to about GR 267 355; explore the area to the east, moving southwards towards the northern extent of Mothers Arms at GR 268 348. Explore Mothers Arms, moving southwards and re-join the road at about GR 267 345. Walk back to the vehicles. Exploratory. Scrambling and exposure. Map: Glen Alice
<b>Sat 25 Nov</b>	<b>3 M Medium pace 14.5km 250m climbs</b>	Ku-ring-gai Chase National Park Mt Colah to Berowra: This is a pleasant walk through the streets of Mt Colah, then down to the Kalkari Visitors Centre, Apple Tree Bay, along Cowan Creek and finally up Waratah Gully to Berowra Station. Map: Hornsby
<b>Tues 28 Nov</b>	<b>3 M Medium pace 20km 600m climbs</b>	Blue Mountains Blackheath Circuit: Blackheath Station to Neates Glen via Braeside Fire Trail - Grand Canyon - Evans Lookout - along the Cliff Top Walk to Govett's Leap - return to Blackheath via Pope's Glen. Hard Grade 3 Map: Katoomba