



# THE WANDERERS BUSHWALKING & OUTDOORS CLUB INC.

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[www.bushwalkingnsw.org.au/wanderers](http://www.bushwalkingnsw.org.au/wanderers)

PO Box 132, Baulkham Hills, 1755

## ACTIVITIES PROGRAM

3<sup>rd</sup> January — 8<sup>th</sup> April 2016

### Committee Members

<b>President</b>	Diane Sharp		<b>Activity Coordinator</b>	Bill Donoghoe	
<b>Secretary</b>	Norman Pain		<b>Assistant Activity Coordinator</b>	Peter Zimmermann	
<b>Treasurer</b>	Kevin Sharp		<b>Assistant Activity Coordinator</b>	Carol Sidler	
<b>Public Officer</b>	Elaine McKee		<b>Public Relations Coordinator</b>	Yvonne Crosby	

Or email a committee member via the secretary at - [wanderersbushwalking@gmail.com](mailto:wanderersbushwalking@gmail.com)

### CAR POOLING

The contribution costs are calculated on the travel time from the meeting place to the start of the activity:

**Up to 1 hour - \$5**  
**1 and 1.5 hours - \$7.50**  
**1.5 and 2 hours - \$10**

- \* Please ensure that there is an even distribution of passengers within cars.
- \* Remember to also share the costs of parking and tolls.

Examples of toll costs:

- ◆ Torrs St to M4 and return - \$19.92.
- ◆ Torrs St to Ryde or Lane Cove and return - \$13.22.



### AN EXPLANATION OF WALK GRADINGS

**Grade 1.** Opportunity for large number of walkers, including those with reduced walking ability to walk on well marked and even tracks. Tracks are man made and may have a few steps. Should not be steep. Suitable for beginners. Distance should not exceed about 10km.

**Grade 2.** Mostly on tracks of low gradient. Opportunity to walk easily in natural environments on well marked tracks. Tracks should not be steep. Distance should not exceed about 15km.

**Grade 3.** Walk with some hilly sections &/or rougher terrain. Opportunity to walk on defined and distinct tracks with some steep sections requiring a moderate level of fitness. Suitable for fit beginners. Distance should not exceed about 20 km.

**Grade 4.** Steeper, rougher terrain & may have off-track sections (no more than one quarter of the walk) or a longer distance track walk. Opportunity to explore and discover relatively undisturbed natural environments mostly along defined and distinct tracks. Tracks can be steep. There may be short sections of rock scrambling involved. Leaders should have map reading abilities and/or ability to use a compass. Distance depending on circumstances. Not suitable for most beginners.

**Grade 5.** Off-track or difficult terrain. Opportunity for walkers with advanced outdoor knowledge and skills to find their own way along often indistinct tracks or off track in remote locations. May include steep sections of unmodified surfaces. There may be rock scrambling, creek walking & crossing involved. Distance should not exceed 30 km, but may be short & difficult. Not suitable for beginners.

**Grade 6.** Strenuous off-track walk or very long distance. Opportunity for highly experienced walkers to explore remote and challenging natural areas without reliance on managed tracks. Terrain may be steep, uneven and no track. There may be rock scrambling, creek walking & crossing involved. Distance covered is unlimited, but may be short & difficult. Only for experienced walkers and not suitable for beginners.

**If you need further details of grading please discuss the walk with the nominated leader.**



**Bill's Blurb**



A couple of suggestions from Bushwalk Australia Magazine:

- I use Teatree Oil on my socks and shoes to keep the leeches away. I carry it with me in a eye dropper bottle which allows me to dispense it easily and if I get a leech, I put a couple of drops on the leech and the skin area, which makes it let go and kills it. The teatree oil has healing properties which is helpful on the affected area.
- Wear "knee high" stockings over your socks and tuck your trouser leg into the stockings to prevent leeches getting to your skin. They can't get through the stockings. I leave a pair in my backpack. It may not look the most glamorous but it's very effective.



Here is a link to an Australian Association of Bush Regenerators web page about protecting yourself from ticks:

<http://www.aabr.org.au/learn/publications-presentations/ticks-and-tick-borne-diseases-protecting-yourself-2/>



The BWRS web site at <http://www.bwrs.org.au/> has really useful advice on outback / remote area communication, distress beacons (PLB), GPS, First Aid courses, general bushwalking safety plus the NSW Police TREK system of free PLB hire in the Blue Mountains.



In the bushfire season leaders are advised to check the NSW Rural Fire Service site:

<http://www.rfs.nsw.gov.au/fire-information/fires-near-me>



For national park and walking track closures check the website:

<http://www.nationalparks.nsw.gov.au/alert/state-alerts>

Scroll down to the relevant national park and click on 'details' in the right hand column.






If you would like to put on a Short Notice Activity then send an email to:







[wanderersbushwalking+activities@gmail.com](mailto:wanderersbushwalking+activities@gmail.com)


















Not all activity entries have a meeting place and time. Please contact the leader for this information.






**ADVANCE NOTICES**


<p>Sat 21 - Sun 22 May</p> 	<p><b>Relay for Life</b> Reserve the date.</p>	
<p>Fri 10 - Mon 13 June</p> 	<p><b>Wanderers 40<sup>th</sup> Anniversary</b> Katoomba YHA Volunteers needed to assist with catering, leading walks and entertainment. Reserve the weekend!</p>	
<p>Sat 12 - Sat 26 Nov</p> 	<p><b>Brian and Eleanor's 10<sup>th</sup> car camping trip.</b> Two weeks of camping and bushwalking. Wilsons Promontory and the Victorian high country. An event not to be missed.</p>	

<b>ACTIVITIES PROGRAM 3<sup>rd</sup> January – 8<sup>th</sup> April 2016</b>			
<b>Date</b>	<b>Activity and Description</b>	<b>Grade km</b>	<b>Leader</b>
Sun 3 Jan 	<b>Neutral Bay to Mosman</b> Foreshore stroll from Neutral Bay to Mosman and return then relax with picnic tea overlooking the harbour. Public transport recommended due to limited parking. Bring a picnic tea. Meet 3pm Circular Quay.	1  4.5km	
Fri 8 Jan 	<b>Wanderers Monthly Meeting</b> 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		
Sun 10 Jan 	<b>Collaroy to Manly</b> Morning coastal walk finishing at Manly for lunch (bring or buy). Bring water, morning tea and Opal card. Catch bus back to start. Meet 7:30am Torrs St or 8:15am Anzac Ave, Collaroy.	2  12km	
Sun 17 Jan 	<b>Drummoyne - The Bay Run</b> A flat 7 km circuit walk around the foreshore of the Parramatta River. Lunch in the park when we finish. Meet 9:00am Rodd Park carpark, Henley Marine Drive, Rodd Point.	1  7km	
Wed 20 – Tues 26 Jan 	<b>Dunns Swamp Camp – Wollemi NP</b> Camp site booking not necessary. Plenty of time to relax, swimming everyday, kayaks and canoes available for hire, easy walks 3km – 8km.		
Sun 24 Jan 	<b>Kayak - Berowra Creek</b> 4 hours of kayaking along Berowra Creek commencing at Berowra Waters Marina, paddling upstream to Crosslands for morning tea then return. Kayak hire - single \$50, double \$70. <i>Bookings close 12 January.</i> Meet 8am Mileham Ave, Baulkham Hills near entrance to Waves Swimming Pool.		

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Tues 26 Jan 	<b>Social – Australia Day Celebrations</b> Walk over the bridge, watch the Ferrython, join in the Bradfield Park Celtic celebrations, tour of Government House and see the vintage car display. Bring lunch, nibbles and water. Meet Wynyard Park 9.am.	1  6km	
Sun 31 Jan 	<b>Lane Cove NP - Lorna Pass</b> Half-day circuit walk from Pennant Hills to Thornleigh including the Lorna Pass Track and morning tea at the City View Lookout. Approximately 3 hours of walking with some steep sections. Meet 7:30am Pennant Hills Oval #1, Cecil Ave near Britannia St intersection, Pennant Hills.	3  8km	
Sun 7 Feb  	<b>Snorkelling at Clovelly</b> Walk to Maroubra and return for snorkelling at Clovelly. Bring morning tea, swimmers, snorkel equipment, sunscreen, hat, light walking shoes. Snorkel gear will remain in cars while we walk. Bring or buy lunch. Ice-creams for afternoon tea. Meet 8am Torrs St.	2  10km	
Thurs 11 – Mon 15 Feb  	<b>Bonnie Vale Campground - Royal NP</b> You may be able to come for three nights and include the weekend. Contact Elaine for booking details with the National Parks. Day trippers are welcome to picnic with the campers on the weekend and/or join them for dinner at the club on Sunday night.		
Fri 12 Feb 	<b>Wanderers Monthly Meeting</b> 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		
Sun 14 Feb 	<b>Prospect Cycleway Loop</b> Meet 10am cnr Greystanes Rd and Macquarie Rd, Greystanes.	36km	
Sun 14 Feb 	<b>Bundeena – Royal National Park</b> Join the campers on a walk from Bundeena.	2  8km	

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Sat 20 Feb 	<b>Barefoot Bowls – Northmead</b> An afternoon of barefoot bowls at Northmead Bowling Club from 4pm with tea at 6pm. The afternoon will include two hours of bowls, all equipment and experienced instructors to ensure our group enjoys the time on the green. We will finish up with tea. Cost will be approximately \$25. Drinks available from the bar. <i>Bookings close 14 February.</i>		
Sun 21 Feb 	<b>Kellyville - Rouse Hill</b> Explore the cycleways in the Kellyville - Rouse Hill area. Some undulations and two sections, about a half km each, on back streets. Includes a number of street crossings. Meet 8:30am Riley T-way Carpark, cnr Old Windsor Road and Samantha Riley Drive, Kellyville.	2  30km	
Wed 24 Feb 	<b>Train trip to Kiama</b> Train leaves at 9.27am from Platform 25. Fish and chips for lunch or bring your own. Meet 9.00am under the clock Central Railway Station.		
Sun 28 Feb 	<b>Catherine Hill Bay – Ghosties Beach</b> Mainly beach walking with a visit to the sea cave at the end of Ghosties Beach. Finish with a swim and lunch at Catherine Hill Bay. Meet 7am Thompsons Corner.	2  8km	
Sun 6 Mar 	<b>Clean up Australia Day</b> Bidjigal Reserve near Ted Horwood, 8am to 11am. Meet 8am in the carpark off Park Road, Baulkham Hills.		
Fri 11 Mar 	<b>Wanderers Monthly Meeting</b> 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		

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Sun 13 Mar 	<b>McMasters Beach to Putty Beach</b> 4-5 hours. Drive to McMasters Beach. Car shuffle to Putty Beach picnic and camping area (NPWS sticker preferred). Topo Map: Broken Bay Meet 7:30am Torrs Street.	2  8.5km	
Sun 20 Mar 	<b>Blue Mountains – Govetts Leap to Hat Hill via Pulpit Rock</b> Cliff Top track from Govetts Leap to Pulpit Rock. Views over Grose Valley. Lunch at Hat Hill. Total ascent around 500m. Return same way. Meet Torrs Street.	3  10km	
Easter Thurs 24 - Mon 28 Mar 	<b>Bundanoon YHA</b> Comfortable accommodation. The Wanderers have sole occupancy of YHA for the Easter weekend. Walking in Morton NP and surrounds.		
Sun 3 Apr 	<b>Mt Kuringai to Berowra</b> Take the Benowie Walking Track between Mt Kuringai and Berowra. Cross the new Calna Creek bridge. 500m ascent. Bring Opal card for train. Meet 8am Thompsons Corner carpark.	3  10km	
Fri 8 Apr 	<b>Wanderers Monthly Meeting</b> 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		

<b>WEEKLY ACTIVITIES</b>		
	<b>Golf</b> Tuesday mornings at Rum Corps. All welcome.	
	<b>Tennis</b> Wednesdays. Newcomers welcome.	