



THE WANDERERS BUSHWALKING & OUTDOORS CLUB INC.

wanderersbushwalking@gmail.com

www.bushwalkingnsw.org.au/wanderers

PO Box 132, Baulkham Hills, 1755

ACTIVITIES PROGRAM

1st October 2016 — 15th January 2017

Committee Members

President	Diane Sharp		Treasurer	Kevin Sharp	
Secretary	Norman Pain		Membership Secretary	Carol Sidler	
Activity Coordinator	Bill Donoghoe		Public Relations Coordinator	Yvonne Crosby	
Committee Member	Jenny Donoghoe		Public Officer	Elaine McKee	
Or email a committee member via the secretary at - 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 - \$20.04.
- ◆ Torrs St to Ryde or Lane Cove and return - \$13.48.



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.



WANDERERS' CHRISTMAS PARTY



2016



We are turning the clock back 40
years to the 70s

When: Sat 17 December

Where: Windsor Room, Northmead Bowling Club

Dress Code: Casual

Cost: \$65

Payment Details: \$30 deposit & name to - BSB ...
or pay by cash or cheque at a monthly meeting

An opportunity to come together and share a meal
during the festive season with your bushwalking
friends.

Bill's Blurb

Leaders please send electronic versions of your activity reports, PDF format preferred, to: ...



The following forms are now available on the Wanderers web page under Leaders Resources (<http://bushwalkingnsw.org.au/clubsites/wanderers/leaders.html>):

- Activity Sign-On Sheet;
- Incident Report form; and
- Risk Waiver form



Members who would like to register their availability to assist leaders with pre-walks please send an email to ...



How much water to carry is an interesting question, and everyone seems to have their own answer. Here is a link to an NPA resource based on scientific research:

<http://www.bushwalking101.org/water-needs-2/>



An article about balancing hydration while maintaining essential salts:

<http://www.bushwalking101.org/water-balancing-2/>



Here is a link to the Bushwalk Australia August 2016 emagazine:

<http://emag.bushwalk.com/BWA201608.pdf>



To access older editions of the Bushwalk Australia emagazine:

<https://drive.google.com/folderview?id=0Bz-u1biWAmhaQktOLVI0OC1QdIU&usp=sharing>













If you would like to put on a Short Notice Activity please send an email with the details to: ...


















Leaders of both walks and pre-walks can obtain the PLB and/or UHF radios from the Activity Coordinator .





ADVANCE NOTICES

Fri – Sun 10 – 12 Mar 2017 	Hill End. A weekend at historic Hill End with accommodation in railway carriages (fully booked) and cabins. Planned activities are a mine or fossicking tour, historic town tour, walk to Bald Hill and a museum visit.	
Thu – Tue 13 – 18 Apr 2017 	Easter at Gerringong This will be a time of walking in a new area with great company and comfortable accommodation at Chittick Lodge. A variety of activities. Estimate \$40 per night. We need your booking now . Secure your place with a \$50 deposit payable at the October meeting or via EFT (see page 1). If you need more details contact Jenny or Elaine.	
Fri - Tue 9 – 13 Jun 2017 	June Long Weekend at Lake Burrendong We have secured comfortable accommodation at Mumbil (near Wellington) at Ridgecrest Convention Centre. This venue offers us the unique opportunity to have a fully catered time away. All meals from dinner on Friday night to breakfast on Tuesday morning including morning tea and supper. This will give you the chance to explore Dubbo and surrounds, visit Dubbo Zoo, historic Stuart Town, Wellington Caves and Burrendong Arboretum. The cost is \$258. Secure your place with a \$25 deposit payable at the October meeting or via EFT (see page 1). Don't miss out.	

ACTIVITIES PROGRAM 1st October 2016 – 15th January 2017			
Date	Activity and Description	Grade km	Leader
Fri - Mon 30 Sep - 3 Oct 	October Long Weekend at Patonga Five camp sites have been booked at Patonga Camping Ground. A pleasant and relaxing weekend at the beach. Fully booked. Day visitors are welcome. Please contact Elaine if you want to join the campers for dinner on Sunday.		
Sat 1 Oct 	Balmain Walk Long Nose Pt via Ballast Pt and Mort Bay. No morning tea. Bring or buy early lunch at markets. Meet at Torrs St, leaving 7:30am for Woolwich Ferry at 8:24am.	2 8 to 10km	
Mon 3 Oct 	Botanical Gardens - 200th Birthday Enjoy a walk through the Gardens with a few snippets of history. Finish at the State Library for a free exhibition celebrating "Planting Dreams". Bring morning tea and lunch. Meet 9am at the Opera House steps.	1 less than 4km	
Sun 9 Oct 	Valley Heights to Blaxland via Sun Valley and Cripple Creek Firetrail and track - steep descent and ascent.	3 12km	
Fri 14 Oct 	Wanderers Monthly Meeting 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		
Sun 16 Oct 	Balmain East, Rozelle & Blackwattle Bay, Glebe Pt, Darling Harbour Bring morning tea. Lunch at the Fish Markets. Walk finishes at Darling Harbour. No afternoon tea. Transport options: Option 1: 8:10am depart Meadowbank Wharf, arrive Balmain East 9:13am. Option 2: 8:35am depart Circular Quay, arrive Balmain East 9:21am.	2 11km	
Thu 20 Oct 	Sculpture by the Sea View amazing sculptures by Australian and International artists as we stroll from Bondi to Tamarama. Bring picnic tea. Meet 2:50pm outside Martin Place Station (Pitt St entrance) for 3:04pm train to Bondi Junction then bus to Bondi.		

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Date	Activity and Description	Grade km	Leader
Sun 23 Oct 	Blackheath to Hanging Rock returning via Popes Glen Firetrail, road & footpad. Undulating, several steep loose sections with a creek crossing (shallow). Cliff edge views of Hanging Rock and the Grose Valley.	3 14km	
Sat 29 Oct 	Heathcote NP – Heathcote to Waterfall Heathcote – Mirang Pool - Bullawarring Track – Lake Eckersley – Kingfisher Pool – Waterfall. Undulating, fire trails and bush tracks. Several shallow creek crossings. Meet 7:30am Torrs St.	3 14km	
Sun 30 Oct 	Cherrybrook to Hornsby and return Callicoma Walk then Great North Walk to Blue Gum Walk (Joes Mountain, Hornsby) then back to Cherrybrook. The Great North Walk section joins the two loop walks so this section will be walked on in both directions. Meet 8am corner Shepherds Drive and Macquarie Drive, Cherrybrook.	3 14km	
Sun 6 Nov 	The changing face of Sydney Bus to Central, then walk on the Goods Line with a visit to the Gehry Building, coffee at Darling Harbour, walk to Barangaroo, lunch at the Stargazers Park, back via Circular Quay, Botanic Gardens and thence to QVB for bus home.	2 10km	
Fri 11 Nov 	Wanderers Monthly Meeting 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		
Sat 12 - Sat 26 Nov  	Brian and Eleanor's 10th car camping trip. Wilson's Promontory for the first week, moving to the Victorian High Alps for the second week. Fully booked.	various	
Sun 13 Nov 	Royal National Park - Curra Moors The Curra Moors Trail to Curracurrong and onto Curracurrang and return.	3 13km	

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Date	Activity and Description	Grade km	Leader
Sun 20 Nov 	Circular Walk with ferry Hunters Hill, Drummoyne, Gladesville Bridge. Bring morning tea. Bring or buy lunch at Birkenhead Point. Meet 7.30am Torrs St or 8.10am at Joubert St, Hunters Hill.	2 13km	
Sun 27 Nov 	Garigal National Park: Lyrebird, Carroll Creek, Casuarina Track Circuit Bring morning tea and lunch. Returning home after lunch. Afternoon tea is not required. Bring National Park pass. Meet 8am Torrs St.	2 8.8km	
Sun 4 Dec 	Blue Mountains NP – Grand Canyon Some steps, 350m ascent/descent. Limit 15. Meet 8am Torrs St.	3 10km	
Fri 9 Dec 	Wanderers Monthly Meeting 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		
Sat 10 Dec 	North Wyrabalong NP and Norah Head Burrawang track and Redgum trail at North Wyrabalong NP plus Norah Head Nature Trail Easy Grade 3.	3 12km	
Sun 11 Dec 	Werri Beach to Kiama Continuous wide-open views. One major water crossing (and possibly other minor ones). Undulating and possibly muddy in parts. 4 hours walking. 2 hour drive from Torrs St. Car shuffle. Bring sunhat, sunscreen, lunch, afternoon tea, water, waterproof bag for phone or camera. Meet 7:30am Torrs St.	3 8.5km	
Sat 17 Dec 	Wanderers' Christmas Party To be held in the Windsor Room, Northmead Bowling Club. Carrying on with our 40 years celebration our 1970s party will showcase the music of that era. A delicious 3 course buffet meal. Drinks will be at bar prices. Partners welcome. Cost \$65. Book now - deposit of \$30 at the October meeting or via EFT (see page 1).		

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Date	Activity and Description	Grade km	Leader
Sun 1 Jan 2017 	Blue Mountains - Faulconbridge Point Undulating firetrail to lookout over Grose River, returning by torchlight. Bring torch, warm jacket/wet weather jacket, tea and something to share. Supper at Hawkesbury Lookout afterwards. Bookings close 31 st December.	3 13km	
Sun 8 Jan 2017 	The Bay Run – Iron Cove Bay A flat walk around the foreshore of the Parramatta River. Meet 9am Rodd Point.	1 7.5km	
TBA Jan 2017 	Wanderers Monthly Meeting 8:00pm Crestwood Community Centre, Crestwood Drive, Baulkham Hills.		Date to be advised
Sun 15 Jan 2017 	Bouddi NP - Maitland Bay circuit Fabulous views, possible swim, one steep climb. Possible extension to Bullimah Lookout (add 4km), if weather not too hot. Easy Grade 3.	3 11- 15km	