

# National Parks Association

## ACTIVITIES SUPPLEMENT

### November - December 1999

#### Grading system for walks

A single grading system suitable for all people and all activities is not possible. Instead, NPA activities are described by the three factors - distance, ascent and terrain - which most determine the overall difficulty.

- *Total length of the walk* in kilometres giving walkers some idea of the amount of walking and the speed intended by the leader.
- *Total ascent* in metres expected during the walk.
- *Type of terrain* giving the most apt description of the walk. When required further details are given in the description of the trip.

#### Potential hazards on activities

Whilst walks vary greatly in difficulty, dangers such as poor weather, river crossings, rock climbing and other hazards can be encountered and cannot always be anticipated. Participants on NPA activities must ensure that they have adequate fitness and that they are suitably equipped. Participants must also make sure that they are aware of the conditions likely to be encountered and have adequate experience for the activity which they intend to undertake. If in doubt, participants should speak with the leader for further information.

#### Bookings

Please give reasonable notice to leaders if you wish to join an activity, and verify all transport and meeting details. People leading activities for the NPA do so on a voluntary basis and may decline any person's request to attend. The leader's permission must be obtained before inviting friends or bringing children on activities. Please follow any restrictions of the times at which leaders wish to be contacted.

#### Search and Rescue

Leaders should leave full details of their trip with a responsible person. The NPA is affiliated with the Confederation of Bushwalkers, which maintains a voluntary Search and Rescue section to assist those in difficulties in the bush. In the event of an overdue party or other incident ring the following NPA contacts:

Lyn Gett: 9797 7845

David Shepherd: 4226 6565

Richard Thompson 9213 8033 (W), 9144 1392 (H)

You may also contact Search and Rescue via pocket pagers by phoning 016 020 from anywhere. Ask the operator to send your message (including return phone number) to pager number 277 321.

#### LIABILITY

Every person participating in an activity conducted by the National Parks Association of NSW Inc does so as a volunteer in all respects, and as such accepts responsibility for any personal injury, however incurred. The Association, its office bearers and walks leaders cannot accept liability in regard to any injury or damage suffered by any person while engaged in any NPA activity.

Welcome to our November-December walks program - the last one for the 1900s. This program has a mix of day trips, often involving plenty of swimming, great weekend trips, as well as advance notices for some terrific activities. So enjoy the warmer weather and go bushwalking!

Greg Bridge, one of our most prolific and best liked leaders, died recently of a brain tumour. Greg was absolutely enthusiastic about bushwalking and contributed a huge number of walks to our program. Rennies Tunnel, Splendour Rock, Erskine Creek, Blue Gum, and the Six Foot Track are all walks which so many of us associate with Greg. He was also extremely active in the organisation of the program, and particularly with special activities such as the annual Woodford to Warragamba Walk and the Six Foot Track in a Day. We will miss his presence greatly. (See also "On the Track" section.)

On a brighter note, the annual Woodford to (this year because of the spillway construction) Glenbrook Walk was held on August 14. The attendance was 50, divided into three groups with different starting times and routes. Despite train track work, cold conditions, and a few showers, all enjoyed the walk. Nick and Judith Hill arranged their typical delicious morning tea, and the walk was followed by a BBQ and a good chance to get together and talk. Our thanks to the people who helped in many ways: Steve Bennetts, Peter Fox, Lyn Gett, Judith and Nick Hill, Vivien Dunne, Elaine Pfeil and David Dash.

#### Information about NPA Walks

Want to know more about bushwalking or NPA activities? Contact any one of the following NPA members -

Richard Thompson 9144 1392 (eve - 7-9 pm)

Steve Bennetts 9411 4908 (evenings)

Henry Roda 9948 2715 (daytime and evenings)

#### VIETNAM TRIP

19 days early November, approx \$2100 all inclusive.  
Caryll Sefton 4284 2004.

**Enjoy Your Walking!**  
**Richard Thompson,**  
**Sydney Branch Field Activities**  
**Coordinator**

#### Walks/Activities Deadlines

Jan - Feb

Oct 01

Mar - Apr

Nov 26

For more information about leading walks please contact Richard Thompson 9144 1392 (after 7pm) or richard@ips.gov.au

# Walks - Activities

- 2 Nov Tue **Georges River NP** Sydney  
Easy/med 12km walk  
Jean Blackman  
9.04am train Central sub plat to Panania ETA 9.35 meet leader for riverside walk to Padstow via the boardwalk
- 2-4 Nov Tue-Thur **Morton NP** Sydney  
Canoe trip, 40km  
Peter Witt 6355 5144 (9am-9pm)  
Tallowa Dam - Shoalhaven River - Fossickers Flat  
Miss the weekend crowds. A beautiful flat water paddle to spend 2 nights camping on a grassy bank with a sandy beach. An ideal introduction for beginners to overnight canoe camping. Hire of quality canoes can be arranged with leader. Limit 12
- 3 Nov Wed **Royal NP** Sydney  
150m asc 14km all on tracks, some slippery/exposed roots  
Ralph Newbould 9579 4889 not Tue eve and never between 6-8pm. Ph only if a query  
Heathcote - Karloo Pool - Kangaroo Creek - Head of Navigation - Robertson's Knoll - Audley - Loftus  
8.17am Central (Illawarra line, platform 25). 9.01 Heathcote station for start of walk. Map: CMA Port Hacking
- 4 Nov Thur **Blue Mountains NP** Sydney  
Easy 5.5km on tracks, steps down. Suit beginners  
Norma Whitmore 9872 4679 no need to contact  
Lawson Station - Frederica Falls and return  
9.02am train (check), meet Lawson station 10.40am approx
- 6 Nov Sat **Blue Mountains NP** Sydney  
Medium 700m asc 20km on track and fire trail  
Arthur Anderson 9624 1296 (h after 7pm) 9622 4700 (w)  
Cliff Drive - Golden Stairs - Ruined Castle - Mt Solitary - return. Classic day walk with some rock scrambling and fantastic views. Map: Katoomba, Jamison CMA. Limit 15
- 6 Nov Sat **Ku-ring-gai Chase NP** Sydney  
Medium 280m asc 18km on track with a little wading  
Roger Treagus 9795-5218(w) 9905 1139 (H not after 8pm)  
e-mail treagusr@epa.nsw.gov.au  
Walk the proposed 'Pittwater Track' along the length of Pittwater from West Head to Elvina Bay, with a side trip to Birnie Lookout. A little wading but the tide is mostly out. Spectacular beaches and views. Afternoon tea at YHA.  
Map: Ku-ring-gai Chase NP. Limit 20
- 7 Nov Sun **Blue Mountains NP** Sydney  
Easy/medium 12km on track, rough in places  
Mike Schwarz 9144 2106 (7-9.30pm)  
Warrimoo - Florabella Pass - Glenbrook Creek - Duck Hole - Kanuka Brook - Glenbrook. Pleasant pass down to Glenbrook Creek, swimming holes, cool caves. Car shuffle.  
Map: Springwood, Penrith CMA. Limit 15
- 7 Nov Sun **Narrabeen Lagoon** Sydney  
Canoe/kayak trip, approx 4 hrs paddling  
Jenny Godfrey 9440 3242 (h until 9pm) 9514 1791 (w)  
Circuit of Narrabeen Lagoon: Billarong Reserve - South Creek - Middle Creek - Deep Creek - Jamieson Reserve - Mullet Creek - Billarong Reserve
- Learn a little of history and ecology of Narrabeen Lagoon. Level of difficulty depends on the wind on the day. Some canoe skills needed. PFD essential. Limit 10 paddlers
- 7 Nov Sun **Blue Mountains NP** Sydney  
Day walk 2x200m asc all on tracks  
Henry Roda 9948 2715  
Katoomba - descending into the valley - Golden Stairs - Waterboard Ladders - Devils Hole  
A very civilised walk. Map: Katoomba CMA. Limit 15
- 6-7 Nov Sat/Sun **Morton NP** Illawarra  
Two day paddle and camp, flat water 20km  
Caryll Sefton 4284 2004  
Paddle from Bendeela in Kangaroo Valley to Tallowa Dam on Lake Yurunga, overnight camp at beautiful site half way. Swimming. PFDs compulsory. Canoe hire available
- 6-7 Nov Sat/Sun **Morton NP** Illawarra  
Med overnight trip 2 x 200m climbs 30km, medium shrub off track  
Geoff Bailey 4236 0787 (h 7.30-9.30pm)  
A walk along cliff tops leading to a descent to the old gold mine workings at Peach Tree canal and then a climb to Wineglass Tor with great views over the Shoalhaven River. Return via Tims Gully and Sparkes Falls. Map: Touga CMA. Limit 10
- 8 Nov Mon **BIODIVERSITY Lecture Series** Sydney  
Prof Michael Archer, Director Australian Museum, sums up biodiversity in our final lecture at the Museum's Theatre, (enter from William St) 7pm. Cost \$8/\$5. Tea/coffee from 6.30pm. Further details phone Vivien Dunne 9328 0718
- 9 Nov Tue **Illawarra Escarpment** Sydney  
Medium, 300m asc, 12-14km  
Jean Blackman  
9.05am train (country platform) to Otford. ETA 10.05, meet leader for circular walk. Steep start through to Helensburgh via Lillyvale and Burgh Track
- 10 Nov Wed **Blue Mountains NP** Sydney  
150m asc 13km all on tracks, some with exposed roots and loose stones  
Ralph Newbould & Bob Shayler 9579 4889 not Tue eve and never b'twn 6-8pm, ph only if a query  
Glenbrook Zig Zag old rail line, Lennox and Knapsack bridges  
8.22am Sydney terminal (country platform) 9.19am Glenbrook for start of walk. Map: Penrith CMA
- 13 Nov Sat **Sydney Harbour NP** Sydney  
Easy/medium 12-14km  
Jean Blackman

## CANCELLATION OF BOOKINGS

Please note that if you book on a walk and then decide to cancel, you should let the walks leader know. Aside from being common courtesy it allows other NPA members to attend the walk.

# Nov - Dec 1999

Meet leader Carrington St Wynyard for 8.50am bus No180 to Medusa St, Beauty Point. ETA 9.20 walk to Manly via Quakers Hat

13 Nov Sat **Heathcote NP** Illawarra  
Day walk 12km undulating, firetrails and tracks  
Wes Sweet 4272 2625  
Meet Waterfall Station 9am. Walk via Abaroo Gully, Bullawaring Track, Kingfisher Pool to Waterfall

13 Nov Sat **Royal NP** Sydney  
Birding day in 2 locations  
Brian Everingham 9520 9341  
Curra Moors morning, Forest Island path afternoon

14 Nov Sun **Wollemi NP** Sydney  
Med day walk 500m asc 19km fire trail, rough track, rock hopping  
Peter Fox 9799 9402 (h) 9662 5741 (w)  
Mountain Lagoon - fire trail - Colo R - Tootie Ck - Neville's Ridge - fire trail - Mountain Lagoon. See some of Colo area and beautiful Tootie Ck. Map: Mt Lagoon CMA. Limit 15

14 Nov Sun **Royal NP** Illawarra  
Day walk 18km 200m asc  
Ken Kort 4268 1251 no need to contact  
Loftus to Bundeena via Audley, Winifred Falls  
Meet Loftus Station 8.25am. Ferry Bundeena to Cronulla.  
Heath, flowers and views

14 Nov Sun **Bundanoon** Macarthur  
Medium/hard, steep desc/asc  
Jim Long 4626 4021  
Long Point near Bundanoon. Walk down to Shoalhaven River and return

13-14 Nov Sat/Sun **Kanangra Boyd NP** Sydney  
2 day pack walk 900m des/asc 12km on track each day, rough and steep in places  
George Daniel 9449 4769 (7-9pm)  
Kanangra Walls - Hughes Ridge - Kowmung River - return  
Walk to a fair campsite by middle Kowmung, one of the State's great wild scenic rivers. Maps: Kanangra & Yerranderie (CMA), Gundungra sketch (Dunphy), 'Bushwalks in Sydney Region' Vol 1. Limit 12

14-21 Nov Sun-Sun **Mt Buffalo, Vic** Illawarra  
Base camp caravan park, day walks 10-19km, up to 200m asc  
Pam Robinson 4284 1662  
One week walking in granite country at Mt Buffalo staying at Mt Buffalo CP, camping or cabins. Wonderful views. Please advise leader by 1 Nov. Non-refundable deposit for camping. This trip is coordinated with Graham Burgess trip to western Snowy mountains starting 22 Nov. Minimum 10

16 Nov Tue **Warringah Shire Area** Sydney  
Med day walk 12-14km  
Jean Blackman  
Meet leader York St Wynyard for 9.05 bus No169 to Beacon Hill. ETA 10am for walk to Narrabeen Lake via Red Hill & lake

17 Nov Wed **Ku-ring-gai Chase NP** Sydney  
Day walk 200m asc 11km on tracks, some with exposed roots and slippery  
Ralph Newbould 9579 4889 not Tue eve and never b'teen 6-8pm. Phone only if a query  
Turramurra - The Sphinx - Cowan Creek - Bobbin Head - Apple Tree Bay - Mt Kuringai Station  
8.31am train Central via Nth Shore line. 9.06 arr Turramurra station, bus 577 (Shorelink) 9.15am to Ku-ring-gai High School arriving 9.28am. Map: 'Bushwalks in Sydney Region', Vol 1, Map 4

18 Nov Thur **Garigal NP** Sydney  
Easy/med day walk 10-12km  
Jean Blackman  
Meet leader Chatswood interchange for 8.55am bus No136 to Forestway shops, walk to East Roseville via Middle Harbour and Carrol Creek. Return bus to Chatswood or City

20 Nov Sat **Lane Cove River NP** Sydney  
Easy/medium 80m asc 7.5km tracks, some disused. Stiff road hill at end  
Norma Whitmore 9872 4679 no need to contact  
Turramurra Station - Howson Oval - George Christie Fields - Turramurra Station  
Train departs Central 9.30am (check). Meet at station ETA 10.05am

20 Nov Sat **Ku-ring-gai Chase NP** Sydney  
Easy day walk 10km asc to Sphinx, desc to Bobbin Head, the rest is easy  
Jenny Rich 9874 9821 (8-9pm)  
Bobbin Head/Sphinx circuit, relaxed pace. Cowan Creek, the Sphinx and Bobbin Head Track. Beautiful bush, boats and birds. Map: Ku-ring-gai Chase NP tourist. Limited to small group

21 Nov Sun **Waterfall Area** Sydney  
**Map and compass training** 200m 6km easy tracks  
Brian Saunders 9523 5681  
Learn how to use a map and compass and find your way in the bush. Learn by doing. Bush navigation, walking speeds, bush tracking. Walks planning. All on an easy one-day bushwalk with good scenery. You'll be elated when you discover you can do it! Bring any compass; half-metre length of stout cotton thread or thin string; pen and school exercise book (about 9"x7"). Map essential: Royal National Park Tourist. Limit 20

21 Nov Sun **Royal NP** Illawarra  
Day walk 16km, 3km off track rock hopping, 200m asc  
Des Towne 4261 5855  
Heathcote, Engadine Falls, Horseshoe Falls, Robertson Knoll to Uloola Falls, Karloo Pool to Heathcote  
Great circuit of the western section of the Royal

**Please remember to check all train and bus times in case of variation, because of the frequency of track work.**

21 Nov Sun **Lower Blue Mountains** Syd/Blue Mts  
Easy day walk 200m asc total, 15km fire trails and steps  
Judith & Nick Hill 4739 2871 around 7pm  
Warrimoo to Blaxland on the south side via Green Rd,  
Florabella Pass and Pippa's Track. Swimming at lunch time.  
Map: Springwood. Limit 25

20-21 Nov Sat/Sun **Morton NP** Blue Mts  
2 day pack walk 450m trackless, river and creek walking  
Mark Goodson 4739 3898 (7-8.30pm Mon-Fri)  
The Jumps - Water Race Creek - Shoalhaven River - Tail  
Race Creek  
Endowed with plenty of beautiful waterfalls and cascades,  
Water Race Creek is a walker's delight. A superb campsite  
by a big swimming hole is a bonus! Come along and see  
for yourself. Maps: Touga and Nerriga. Limit 12

22-28 Nov Mon-Sun **Western Snowy Mtns** Illawarra  
Base camp Talbingo c'van park, day walks, canoeing optl  
Graham Burgess 4261 5799  
Walks include Buddong Hut and Falls, Big Talbingo Mtn,  
Jounama Creek, Cliffords Creek fire trail/Bogong Mtns. Flat  
water paddles. Note this trip is coordinated with Pam  
Robinson's trip to Mt Buffalo finishing 21 Nov

23 Nov Tue **Lane Cove River Part 1** Sydney  
Easy/med day walk 12km  
Jean Blackman  
Meet leader QVB York St for 8.45am bus No 288 to Lane  
Cove Town Hall Phoenix St. ETA 9am for circular walk along  
river, reserves

24 Nov Weds **Bungles, L Mungo, Tas** Sthn Sydney  
Audio-visual presentation by local photographer John  
Bazzano. At 8 pm, Multi Purpose Centre, 123 Flora St,  
Sutherland (near Belmont St). Admission free, all welcome

25 Nov Thur **Blue Mountains NP** Sydney  
Easy 250m asc 11km tracks  
Norma Whitmore 9872 4679 no need to contact  
Glenbrook Station - Red Hands Cave via Campfire Creek -  
Glenbrook Station  
Train departs Central 9.02am (check). Meet Glenbrook  
Station 10.03am. Optional coffee shop at end

27 Nov Sat **Royal NP** Sthn Sydney  
Day walk 22km on tracks  
Eric Stone 9546 7128 Tue-Fri week of walk 8.30-9.30pm  
Waterfall - Couranga Track - forest path - Lady Carrington

Walk - Honeymoon Track - Loftus/ Sutherland depending  
on time. Rainforest, wild flowers, enjoy the sounds of nature  
along Lady Carrington Drive. Great spot to view the lyrebird  
and reptiles. Map: RNP CMA. Limit 10

27 Nov Sat **Great North Walk Part 6** Sydney  
Easy/medium day walk 10km rocky tracks up and down  
Jean Blackman  
8.27am train Central (suburban platform) to Hornsby ETA  
9.15, meet leader walk to Thornleigh along Benowie track

28 Nov Sun **Royal NP** Sthn Sydney  
Day walk 14km tracks with some off track  
Eric Stone 9546 7128 Tue-Fri week of walk 8.30-9.30pm  
Train to Cronulla - ferry to Bundeena - Jibbon Head -  
Marley Head - Bundeena  
Aboriginal engravings, magnificent coastal views, wild  
flowers. Map: RNP CMA. Limit 10

28 Nov Sun **Illawarra SRA/Mt Kembla** Sthn Sydney  
Birding day and walk approx. 10km  
Brian Everingham 9520 9341

28 Nov Sun **Blue Mountains NP** H'bury/C'land  
Canyon 400m asc 5km steep rainforest, wet canyon, track  
Rick Jamieson 4572 1321 any time  
Gaping Gill Canyon  
Two abseils including one of 25m inside a waterfall, then a  
walk and wade up the majestic lower Thunder Canyon.  
Map: Mt Wilson. Limit 12

26-28 Nov Fri-Sun **Kanangra Boyd NP** Sydney  
Full pack walk 49km on tracks, undulating and steep desc/  
asc approx 600m  
Henry Roda 9948 2715  
Kanangra - Cabbage Spire - Bulga Denis Canyon - Roots  
Ridge - Kanangra  
Maps: CMA Kanangra, Yerranderie. Limit 12

29 Nov Mon **White Cliffs & Xmas Cake** Sydney  
Final Members & Friends evening for 1999. Christmas  
goodies as well as stimulating talk and slides. From 6.30pm  
in Mitchell Room, Level 4, Imperial Arcade. Enter from Pitt  
St Mall. See Branch Newsletter for further details

29 Nov - 3 Dec **Myall Lakes** Sydney  
Canoeing 50km  
Peter Witt 6355 5144 (9am-9pm)  
Violet Hill, Tickerabbit, Boolambyte Lake, Bombah,

ARTWORK NO 5

[DRAWING ONLY]

**Rustic cabin, nestled in forest**

**Lots of birds and wildlife**

**Walk through forest, to beach**

Reasonable tariff

Bring own linen

Couples only

**Ring 02 6655 4341**

**Join Sydney Branch for**

Luxury coach trip to the  
**Hunter Region  
Botanic Gardens**

Time to enjoy a variety of easy walks  
through beautiful bushland

Sunday 24 October

and

**Christmas ferry trip**

Palm Beach to Bobbin Head

Sunday 5 December

See Sydney Branch Newsletter for details

ARTWORK NO 6

LEAVES & FLOWER  
SAME SIZE  
REMOVE THIS BOX -  
POSITIONAL ONLY