

**CLARENCE VALLEY BUSHWALKING GROUP ACTIVITIES PROGRAM A 2009**

<b>AUGUST</b>	28 Fri	Meeting 5:30pm Sunshine House, Grafton.		Meeting		
<b>SEPTEMBER</b>						
	06 Sun	Bike ride - Tucabia	Cycling		Bill N	66422507
	19 Sat 20 Sun	Cathedral Rocks near Ebor	Car Camp 1 night	M4C-D	Lorraine K	6645 5031 0422 867 900
	25 Fri	Meeting 5:30pm Sunshine House, Grafton. Speaker: Paul McIntyre	Meeting			
	27 Sun	Day walk Anne's property at Kangaroo Creek	Day Walk	S-4-B	Anne Falkner	6642 2417 0432 476 869
<b>OCTOBER</b>						
	03 Sat 04 Sun 05 Mon	Kwiambal National Park	Car Camp 2 nights	S-M3C-D	Steve	0428126119 66452244(Work)
	18 Sun	The Bull Paddock, Orara River	Day Walk	S 2 B	Paul McIntyre Ross Wood	0421817710
	30 Fri	Meeting 5:30pm Sunshine House, Grafton. Speaker -	Meeting			
<b>NOVEMBER</b>						
<b>THIS ACTIVITY IS NOW CLOSED – FLIGHT FULLY BOOKED</b>	28 Nov to 5 Dec	Lord Howe Island Overseas Rainforest Trip with Naturalist Ian Hutton approx \$ 2089 ex Port Macquarie - 7 days incl all transport costs, cabin accomm, walks & talks & evening meals. Confirmation required ASAP. Need 10+ for group. Flyer avail upon request.	7 days Plane travel Day walks Sailing CLOSED – FLIGHT NOW FULL	S-L 12347 CDE	Lorina D	6642 3717 0419 230 068
	27 Fri	Last Meeting for 2009 - 5:30pm Sunshine House, Grafton. Speaker -	Meeting			
<b>DECEMBER</b>						
	06 Sun	Xmas at Station Creek - north of Red Rock	Day Party		Michael C	6643 5628
	-	No monthly meeting				

**Please Note: We need some ideas for walks in November, as well as early next year. Suggestions for Guest speakers would also be appreciated**

Notes:

- # This program is subject to change with deletions possible and additions likely.
- ^ Most activities are subject to weather.
- \* Please contact the designated Activity Co-Coordinator to confirm participation & to get more details of the activity and its grading.
- ! Please do not attempt what you feel you may not be able or fit enough to do as it puts pressure on other walkers!
- = **IMPORTANT: If you want to participate in an activity you MUST notify the contact 3 days before a day walk and 1 week before an overnigher.**

Max Km per Day	Terrain	Fitness Level
[S] – Short – less than 10 km [M] – Medium – 10 – 15 km [L] – Long – 15 – 20 km [XL] – Extra Long – over 20 km	[1] – Graded track, some incline [2] – Graded track, hills, creek crossings [3] – Rough track, steep sections, creek crossings [4] – Off track, moderate terrain [5] – Off track, thick terrain [6] – Rock climbing and exposure	[A] – Low fitness [B] – Moderate fitness [C] – Good fitness [D] – Good fitness with agility [E] – High fitness level [F] – Strenuous, experienced walkers only!