



# Newcastle Ramblers Bushwalking Club Inc

PO Box 719 Charlestown NSW 2290 <http://www.bushwalking.org.au/newcastleramblers>

**ACTIVITIES:** One & two day walks, extended walks, camping, liloing, canoeing, mountain biking, abseiling and canyoning.

**MEETINGS:** First & third Monday of the month at 7:30pm, at Charlestown Uniting Church, Milson Street, Charlestown.

Legend: D/W: Day walk; T/W: Twilight walk; W/E Weekend

## February to June Programme

<b>5 February</b>	<b>Meeting: Night Time Navigation Exercise + Training Talk: First Aid Kits</b> Abseiling Accreditation Training - Knots
<b>6 Feb (Tue)</b>	<b>Social Bike Ride: Awaba House to Toronto</b>
<b>1 Feb</b>	<b>D/W: Rocky Crossing, Williams River - G3/15km/300m descent</b> Delightful track walk from Lagoon Pinch to Barrington House, initially steep to Williams River and then follows river through magnificent rainforest. Map: Barrington Tops
<b>11 Feb</b>	<b>Canoe Training Day at Penrith Lakes</b> 4.5 hours basic flat-water instruction with qualified instructor, \$20 each, bring your own canoe or hire. Please advise Peter ASAP to have name ticked off the waiting list
<b>14 Feb (Wed)</b>	<b>T/W: Dudley Beach - G1/2km/0m</b> Beach walk and nibbles - fishing if your are inclined
<b>17/18 Feb</b>	<b>Stage 2 Abseil Training Days</b> Separate groups on each day. Maximum 10 students per day, and must have completed Club Stage 1 Training. Location to be advised
<b>17 Feb (Sat)</b>	<b>Bike Ride - Budgewoi Area</b> Pleasant ride around the Lake foreshore, about 18 km
<b>18 Feb</b>	<b>Outrigger Canoes</b> At Corlette (next to Peppers Anchorage). Followed by picnic lunch. Swim ability required. Numbers limited. \$5/p/p
<b>18 Feb</b>	<b>Canoe Training Day at Penrith Lakes</b> 4.5 hours basic flat-water instruction with qualified instructor, \$20 each, bring your own canoe or hire. Please advise ASAP
<b>19 February</b>	<b>Meeting: Beginners Training Night - How the Club Works - Selection of Equipment for Backpacking - Backpacking for Women - Reducing Weight</b> Optional Dinner prior to meeting at Central Charlestown League Club 6.00pm. Abseiling Accreditation Training - Knots
<b>20 Feb</b>	<b>Social Bike Ride: Newcastle Foreshore</b>
<b>21 Feb (Wed)</b>	<b>T/W: Stockrington and Pambalong Nature Reserve</b> Wetlands, old rail line, short walk
<b>24/25 Feb</b>	<b>Car Camp: Wallangat River NP</b> Canoeing/Walking, details to be advised
<b>28 Feb (Wed)</b>	<b>T/W: Awabakal Moonlight Walk - G2/10km/30m</b> Stroll along the coast under the (almost) full moon. Sandy and possibly a little scrubby. Bring a torch. Map: Swansea
<b>3-4 Mar</b>	<b>W/E: Colo River Summer Roping - G4/10km/350m</b> Fri night walk to camp site, morning roping on Alidade Hill before dropping to the Colo at Canoe Creek - leisurely swimming and easy walks. Map: Colo Heights
<b>3 Mar (Sat)</b>	<b>D/W: Saggons Creek Return Trip - G5/14km/320m</b> 4WD tracks and off track walking through rainforest, creek cascades, waterfalls, rock pools and return to ridge and Ken's Trail. Map: Markwell
<b>4 Mar</b>	<b>Clean Up Australia - Winding Creek</b>
<b>5 March</b>	<b>Meeting: Annual General Meeting and Election of Officers + Training Talk: The EPIRB</b> Money for Easter W/E at Yengo NP due. Abseiling Accreditation Training - Knots
<b>6 Mar (Tue)</b>	<b>Social Bike Ride - Stockton (low traffic roads)</b>
<b>7 Mar</b>	<b>T/W: Stockton Sand Dunes from Fern Bay G2/5km/50m</b> Walk the largest remaining dune system through Blackbutt and Angophora forests, WW2 military installations and ocean views Map: Port Stephens
<b>10 Mar (Sat)</b>	<b>D/W: Fraser Park to Birdie Beach - G3/10km/100m</b> Walk across the headland to Birdie Beach though heath lands and open forest. Great views Map: Catherine Hill Bay
<b>10-11 Mar</b>	<b>Backpack Barrington Tops - G1/8km/20m</b> Easy, relaxing backpack where there will be water. Walk along a fire trail to camp beside a river. Suit beginners. Maps: Moonan Brook, Barrington Tops
<b>11 Mar</b>	<b>D/W: Taffys Rock - G4/14km/350m</b> Great spot in the Ku-ring-gai Chase NP, some off track walking with an early start and a late finish Map: Cowan
<b>11 Mar</b>	<b>Canoe Trip: Cockle Creek - G2/5km/0m</b> Flat water paddle from Winding Creek to Boolaroo Map: Wallsend

- 14 Mar (Wed) T/W: Dudley Beach - G1/2km/0m**  
Beach walk and nibbles - fishing if your are inclined
- 16-18 Mar Blue Mountains - Folk, Roots and Blues Music Festival (www.bmff.org.au)**  
Book accommodation NOW
- 16 Mar (Fri) D/W: The Ruined Castle G4/10km/330m**  
Golden Stairs, rainforest, views over Jamison Valley Maps: Jamison and Katoomba
- 17/18 Mar Stage 3 Abseil Training Days**  
Separate groups on each day. Maximum 10 students per day, and must have completed Club Stage 2 Training. Location to be advised
- 17 Mar (Sat) D/W: Southern Watagans Circuit - G3/10km/50m**  
Walk through diverse forest types, some off track and steep Maps: Morisset and Dooralong
- 18 Mar D/W: Maitland Bay - G3/12km/150m**  
Great coastal walk with beautiful vegetation and views over Broken Bay. Car shuffle required Map:
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| <b>19 March</b> | <b>Meeting: Members Slides + Training Talk: Bike Kit for Day Rides</b><br>Optional Dinner prior to meeting at Central Charlestown Leagues Club 6.00pm. Abseiling Accreditation Training - Knots |
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- 20 Mar (Tue) Social Bike Ride - Lake Macquarie Cycleway East**
- 21 Mar (Tue) T/W: Throsby Creek - G1/7km/0m**  
Lovely evening walk along Throsby Creek via Carrington, Mangrove Boardwalk, Maryville and Parkham Map: Newcastle Street Directory
- 24-25 Mar Gourmet Car Camp at Gloucester River Camping Ground**  
Picturesque location with walks, swimming, fishing, and optional horse riding on Sunday afternoon (uninsured activity). Of course only gourmet food Map: Gloucester Tops
- 25 Mar D/W: Woy Woy to Blackwell Mountain G3/6km/100m**  
Leisurely walk around foreshore and up Blackwell Mountain for views of the Central Coast
- 26-30 Mar Hume and Hovell Track: Lankey's Creek to Woomagamma - G3/50km/300m**  
3 days overnight pack walk. Maps: Lankey's Creek, Narra Narra, The Flat and Mountain Creek
- 31 Mar (Sat) D/W: Greta Walk G2/10km/20m**  
Walk along the Hunter River to Wyndham Estate - possible overnight camp at Greta Map: Greta
- 1 Apr D/W: Tomaree and Port Stephens - G3/8km/150m**  
Climb Tomaree Head. Walk from Nelson Bay to Salamander Bay or Corlette. Map: Port Stephens
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| <b>2 April</b> | <b>Meeting: GPS Use for Bushwalkers - Mountain Descent</b><br>Demonstration and hands on basic use of GPS equipment. Abseiling Accreditation Training - Knots |
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- 3 Apr Social Bike Ride - West Lake Macquarie to Lithmines to Wangi**
- 6-9 April Easter Long Weekend: Car Camp 'Big Yang' Mt Yengo**  
Beautiful location amongst the Melaleucas in the shade of Mt Yengo. Day walks in the location planned. Check for access details. Payment due by 5 March Map: Mt Yengo
- 6-9 April Easter Long Weekend: Backpack Crayfish Creek - Barrington Tops**  
Backpack along link Trail to camp, cross to Crayfish, off track and some scrub Map: Gloucester Tops
- 14-15 Apr Abseil 'Field Trip Qualified' Testing Day**  
Separate groups each day 10 plus students per day if some provide their own gear. Must have completed Club Stage 3 Training. Location to be advised
- 14 Apr D/W: Putty Beach to Box Head in Bouddi National Park**  
Spectacular walk along peninsula for views across Broken Bay. Map: Broken Bay
- 15 Apr Bike Ride: Tuggerah Lake Area**  
Explore Tuggerah Lake forest to the south from Budgewoi
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| <b>16 April</b> | <b>Meeting: 'The Good Old Days'</b><br>The Club is 45 years old. An evening of history, stories, and old photographs with former members. Optional Dinner prior to meeting at Central Charlestown Leagues Club 6.00pm |
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- 17 Apr Social Bike Ride - Myuna Bay to Morisset**
- 21-22 Apr St Albans Folk Festival**  
Walk of art, music, poetry and walking. Come for a day or the W/E. Camping on the McDonald River - tickets \$65
- 22 Apr D/W: Shortland Wetland Ride, Canoe, and Walk - G2/12km/50m**  
A well-balanced morning activity to enjoy the Wetlands. Or meet at the Wetlands Centre for a canoe trip and lunch
- 25 Apr (Wed) Bike Ride: Anzac Day Linger and Die (near Stroud Rd) -G3/40/km/200m**  
Washpool Farleys Creek Rd to Monkerai and Upper Karuah valley. Some dirt and hills but not too hard.
- 28 Apr Bike Ride: Raymond Terrace to Seaham - G2/12km/50m**  
Visit Seaham Wetlands along the way
- 29 Apr D/W: Great North Walk: Congewai Valley to Watagan Creek - G4/16km/500m**  
Steep climb to Flat Rock lookout then pleasant walk down to Watagan Creek. Maps GNW Discovery Kit, Quorrobolong, Morisset.
- 5-6 May W/E: Car Camp Blue Mountains - G3/10km/300m**  
Beaut day walk into Erskine Creek via Bedford Creek Map: Jamison
- 5-6 May W/E: Kalang Falls Canyon Trip and Car Camp - Grade 4 Canyon G4/1km/600m**  
A long day with 9-10 abseils, mostly over 30m, no swimming, good weather required, limited numbers, steep climb out. Car Camp and walks for those not canyoning Fri night start. Map: Kanangra
- 6 May Two Watagans Creeks - G4/10km/150m**  
Two lovely half-day circular walks. Ferns, moss, rocks, logs, sandstone outcrops, Boarding House Dam. Map: Quorrobolong (3rd Ed.)

<b>7 May</b>	<b>Meeting: Walks Planning + Training Talk: Club Documentation and Waiver Forms</b>
<b>8 May (Tue)</b>	<b>Social Bike Ride - Morisset, Bonnells Bay, Yarrowonga Park</b>
<b>9 May (Wed)</b>	<b>Mid Week Day Walk: Mt Cabrabald G4/12km/200m</b> Climb Mt Cabrabald for views and the magnificent grass trees. Map: Cabrabald
<b>12-13 May</b>	<b>W/E: Great North Walk: Watagan Creek to Yarramalong</b> Car camp at Basin Campsite, Saturday <b>G4/700m/15km</b> , Optional side trip to Mt Warrawolong, Sunday <b>G3/200m/19km</b> . Maps GNW Discovery Kit, Morisset
<b>19-20 May</b>	<b>W/E Backpack: Mt Cockrow - G5/20km/600m</b> Hard walk over two days, great country with alpine vegetation and views, mostly off track, some steep terrain. - Friday night at Lake St Clair Maps: Carrabolla, Barrington Tops
<b>21 May</b>	<b>Meeting: Wild Africa + Training Talk: Working out a Contingency Plan</b> Optional Dinner prior to meeting at Central Charlestown Leagues Club 6.00pm
<b>22 May</b>	<b>Social Bike Ride: Wyee Pt to Mannering Park</b>
<b>26-27 May</b>	<b>W/E: Exploratory walk in the Colo - G6/20km?/400m?</b> Details to be provided
<b>27 May</b>	<b>D/W: Bike Ride The Entrance to Berkley Vale</b>
<b>3 June</b>	<b>D/W: Click Creek, Watagans</b> Details to be provided
<b>4 June</b>	<b>Meeting: Trips in New Zealand + Training Talk: The Unscheduled Overnight Stop</b>
<b>5 June</b>	<b>Social Bike Ride: Wallsend</b>
<b>9 Jun</b>	<b>D/W: The Entrance to Cracknet Point - G3/5km/50m</b> Pleasant half-day walk along the foreshore, with some rock hopping and swimming at Cracknet Point.
<b>11 June</b>	<b>Queens Birthday Long Weekend: Bundanoon YHA</b> Daywalks, bikeriding, sightseeing Map
<b>11 June</b>	<b>Queens Birthday Long Weekend: Widden Valley Backpack - G4/20km/400m</b> Details to be provided

#### COMING EVENTS

May/Jun	Dragon Boating
June	Birdsville and Uluru/Alice. The Great Central road to Warburton then up to Port Hedland. Down the coast to Albany thence back across the Nullabor
16-17 June	Car Camp: Timor Caves
6-7 Jul	Confederation Nav Shield
15-21 Jul	Extended walk in the Wollemi National Par
29 Sept	Extended walk in the Budawangs
Dec	Victorian High Plains 5 day backpack
Feb 2008	New Zealand volcanoes

#### BOOKINGS

Bookings are required for all activities unless otherwise specified. Meeting place and times are decided at the meeting before each trip. People leading trips for the club may decline any request to attend. We welcome visitors on walks with the permission of the leader. Obtain the leader's permission before bringing any other person on an activity or interrupting an activity prematurely. People under the age of 18 must be accompanied by a responsible adult and are that person's responsibility for the duration of the trip. All participants are required to sign an Assumption of Risk (waiver) form.

Membership information is available on the club web site or from the Secretary. Visitors who attend more than 3 activities are expected to become members.

#### WALKS GRADING

The grade of the walk is represented by numbers: the terrain, the distance, and the altitude gain. It appears, for example, as G3/12km/200m.

**The type of terrain is represented by a Grade Number.**

- Grade 1 (G1)** - On tracks or roads, mostly flat
- Grade 2 (G2)** - Mostly on tracks, low gradient, relatively flat terrain
- Grade 3 (G3)** - Mostly on tracks, some hilly sections/rougher terrain
- Grade 4 (G4)** - Steeper, rougher terrain - may be off track
- Grade 5 (G5)** - Mostly off track - difficult terrain
- Grade 6 (G6)** - Continuous off track walks

**THE DISTANCE** is the number of kilometres to be covered

**THE ALTITUDE GAIN** is the total of all the separate climbs in the walk

**Grading is subjective and cannot take into account all possible factors, so if you are uncertain about the grade, the experience and fitness required or the terrain, ask the leader for advice**