



Summer Program
December 2009 to February 2010

THANK YOU TO ALL OUR LEADERS



Not-so-friendly Diamond Python, Kanangra Gorge November 2009

General Information

The South Coast Bushwalking Club Inc

www.bushwalking.org.au/~southcoast

PO Box 102 Wollongong East 2520

2009 Committee Members

President	Graham Wright
Secretary	Jocelyn Booth
Assistant Secretary	Val Tootell
Treasurer	Janis Jansons
Walks Co-ordinator	Lee Cordner
Committee Members	Paul Blattman Roland Smith
Training Officers	Ted Booth Lee Cordner

Introduction

The South Coast Bushwalking Club Inc. will provide the opportunity for participation in medium to hard bushwalks and other related activities and is open to those of 18 years and over. Initially, prospective membership of the club must be obtained and full active membership will be considered on the successful completion of two test walks. For membership enquiries and further information contact Jocelyn Booth on 4229 3284 or email scbw.secretary@gmail.com

Expectations of Members

What you can expect from the Club:

- a program of walks of Grade 4 and over and other related activities
- membership of the Confederation of Bushwalkers
- cover by the Confederation's Sports Insurance Policy
- opportunities to acquire First Aid Certificates and navigation skills
- be part of a group committed to protecting the environment

What the Club expects of you:

- regular participation in the Club's activities taking up the opportunities to Acquire First Aid Certificates and navigation skills
- willingness to suggest new walks and/or to lead walks
- support the Club in protecting the Environment

Essential Equipment

The following items are essential on all activities:

- enough food and water for the entire trip plus extra for emergencies
- first aid kit
- rain wear, warm jumper, suitable footwear and hat
- torch, whistle and matches in waterproof container
- space blanket and/or survival bag

Grading of Walks

Grading information should assist you in deciding if the walk is suitable for your level of fitness and experience. However, grading is subjective and must only be taken as a guide. Always ask the leader for advice.

Medium

****Grade 4** Distances of up to 25 km on tracks, or shorter distances involving some off track walking eg. along creeks, on trackless open bushland and with possible short ascents/descents. Grade 4 walks are suitable for persons with a reasonable level of fitness and agility.

Grade 5 These activities include grade 4 conditions but include rougher terrain. Grade 5 activities may involve rock scrambling/hopping and longer ascents/descents and are suitable for fit persons with some bushwalking experience.

Hard

Grade 6 Distances of up to 30 km determined by difficulty of terrain. The activity may encounter thick scrub, long steep gradients, rock scrambling/hopping and river crossings and may involve exploratory sections. Grade 6 activities are appropriate for fit walkers with reasonable bushwalking experience.

Grade 7 This grade activity includes strenuous walking involving longer distances over rugged terrain and is likely to include exploratory sections, extensive bush bashing, negotiation of unknown creeks and long steep gradients. Abseiling/climbing skills may be required. These activities are for very fit and experienced bushwalkers only.

Overnight Walks Require more fitness and experience than a day walk and members should attempt day walks of a higher grade before attempting an overnight walk.

**Suitable for Introductory Walks

Walks marked with a double asterisk ** are suitable for Prospective Members who are undertaking Introductory Walks. They are Grade 4 walks and will present a satisfying experience for most people aspiring to start out at challenging bushwalking. Participation in higher grade walks is at the discretion of the Leader and Prospective Members will not normally be accepted.

Booking for Activities

To ensure walks go ahead, please be thoughtful to our leaders, who give their valuable time to enable us to explore this great land of ours, by booking on their walks well in advance, as most walks require planning for transport and equipment.

Suggested guidelines:

- Day walks – 5 days minimum notice of attending, this means Monday for a Saturday walk, Tuesday for a Sunday walk
- Overnight walks – 2 weeks to 5 days minimum notice of attending.
- Advance notice walks – on a walk with a limited number, you may want to book months in advance to secure your spot.

Please remember you can ring later in the week, but you may be disappointed to find out the walk has already been cancelled. Check your email for additional walks and any programme changes.

Leaders and Activities

For an interesting and varied program to be maintained and expanded it is always necessary to find new leaders with new ideas.

Search and Rescue

Leaders must lodge an electronic copy of the "Activity Notification Form" attached by email to scbw.secretary@gmail.com and also leave a copy with a responsible contact person. The contact person is to be advised of the group's safe return.

What to Do if a Club Member Does Not Return from a Club Activity

DO NOT RING the Police

Do ring one of the following Club Executives:

These people are familiar with walk locations and search and rescue procedures. They will contact search and rescue personnel if needed.

They will also act as local co-ordinators should a search and rescue operation be necessary. The Club will keep you informed of all developments.

Remember – Statistics show most bushwalkers caught out overnight walk out safely the following morning.

Maps

The following CMA Maps may be borrowed by Club Members:

Appin	Campbelltown	Khancoban	Robertson
Badja	Colo Heights	Kurrajong	Rock Hill
Bargo	Coolongolook	Milton	Royal National Park
Barralier	Corang	Mittagong	Sassafras
Ben Bullen	Cullen Bullen	Mt Kosiusko	Six Brothers
Berry	Endrick	Mt Morgan	Springwood
Bimlow	Forster	Mt Wilson	Taralga
Bindook	Hampton	Nattai	Tarlo
Braidwood	Hilltop	Nerriga	Thredbo
Brooman	Huskisson	Nowra	Tianjara
Bulli	Jamieson	Otford	Touga
Bundanoon	Jenolan	Penrith	Wollongong
Burrier	Kanangra	Picton	Yalwal
Burraborang	Kangaroo Valley	Port Hacking	Yerranderie
Caoura	Katoomba	Puen Buen	

Additional maps are available. If you need a map the Club is happy to purchase it. Contact: Lee Cordner on 0427 333 034.

Club Equipment

1 PLB	Faders
2 helmets	Rap Rak 6 bar
2 karabiners	1 roll of anchor tape
2 descenders	Urn
2 60mtr ropes	Wineglasses

Bushwalking Guides for Blue Mountains and Sydney (Harbour and Coastal Walks plus Best Bush, Park and City Walks).

The PLB, maps and abseiling gear are stored with Lee Corder (Walks Co-ordinator).

Club Badges

The club has obtained some cloth badges featuring the club logo. Cloth badges can be purchased for \$6 each. Contact: Jocelyn Booth (Secretary) on 4229 3284.

Club Discounts

Show your South Coast Bushwalking Club membership card and receive a 10% discount at the following stores:

- **Bushcraft Equipment** at 29 Stewart Street, Wollongong (bushwalking equipment only).
- **Take a Hike** at 126 Crown St, Wollongong.
- **Outdoors First** at 141 King St, Warrawong (bushwalking equipment only).
- **Getaway Camping** at 37 Princes Highway, Unanderra (see Jackson for a great deal)

Julie and Kay Trek for Timor



December 2009

Wollemi National Park – Canyoning

Friday-Sunday 4-6 December

Canyoning 3 x day trips – Four Man, Sandy Cave Ck, and Banks canyons. Excellent summer activity. Drive to Deep Pass on Thursday night & walk into base camp (4 ½ km walk in - on trail). Grade: 6 Limit: 6 Experienced canyoning only.

Maps : Wollangambe & Rock Hill

****Kiama Coastal Walk**

Sun 6 December

Walk from Gerringong to Kiama along the recently opened Coastal Walking route. Lunch and swim along the way. Will need to catch a train from Kiama to Gerringong to start the walk (or do a car shuffle). Distance: 14kms

Grade: 4 Map: Kiama

*****End of Year Social Gathering**

Sunday 13 December from 5pm onwards

All Club members are invited to a social event on Ted and Joce's apartment balcony to celebrate another great year of outdoor activities. The Club will supply BBQ meat.

BYOG. Please bring some nibbles, a salad or a desert to share and nominate what you are bringing at time of RSVP.

January 2010

****Royal National Park**

Saturday 9 January

Heathcote – Bottle Forest – Karloo – Uloola – Waterfall

Grade: 4 Map: Royal National Park

***suitable for Prospective Member introductory*

NSW Metrogaine Sydney North Shore (6 hrs)

Sun 14 February

This is a good way to improve your navigation skills. Teams of 2 or 3 are required. Rogaines are excellent training for leading walks. This is not a club activity but highly recommended. Go to www.nswrogaining.org.au follow the links and register online.

****Gerringong Falls Top to Bottom**

Sunday 10 January

Cooling dip at top of Gerringong Falls then descend to base of Falls further swimming/natural shower. Some scrambling skills required. Grade: 4 Map: Kangaroo Valley

Macquarie Pass NP

Saturday 16 January

Rainforest Cascades - Clover Hill Road - Macquarie Falls - Macquarie Rivulet

Grade: 4 Map: Robertson.

Waterfall to Heathcote Bullawarring Track

Sunday 31 January

A pleasant walk along Heathcote Creek with some off track exploration to delightful swimming pools. Small car shuffle required or use the train.

Grade: 4 Map: Royal National Park

February 2010

Annual General Meeting

Wednesday 3 February, 2010

7.30pm at TAS Department, Wollongong High School

This is a great opportunity for members to socialise and hear of some fascinating walks undertaken by fellow members. Supper is provided.

****Heathcote National Park**

Saturday 6 February

Waterfall to Heathcote via Boobera Pool

Grade: 4 Map: Royal National Park

BWRS: Remote Area First Aid Course

13-14 and 27-28 February

For more information and registration go to www.bwrs.org.au "Remote Area First Aid 4 Day"

NZ South Island Bike Ride**15 February to 5 March**

Ride the spectacular mountain passes and the West Coast, staying in accommodation with two meals per day supplied. There is a rest day at Fox Glacier on the first stage of 11 days. After two rest days in Queenstown the riders will tackle the Otago Rail Trail for 4 days. This is a fully supported ride using a local NZ company. Cost is \$1,999. Deposit of \$400 ASAP
Limit of 15 riders.

****Yarrunga Creek, Morton NP****Saturday-Sunday 20-21 February**

McPhail's Firetrail - Yarrunga Creek - Lake Yarrunga - Griffin's Firetrail
Grade: 4, Map: Bundanoon.

****Rixon's Coalmine, Morton NP****Saturday 27 February**

Cycle 8 km Sassafras to Newhaven Gap. Leave bikes then descend into the Clyde Gorge via an amazing pass discovered by the Shoalhaven Bushwalkers to explore Rixon's Falls and the coalmines. Lunch and swim then a scramble back out the same way, or if we are feeling adventurous, find an alternative route up the cliff line to the bikes.

Grade: 4 Maps: Tianjara and Budawang's sketch map

***Suitable for Prospective Member introductory walk*

Advanced Notices**New Zealand Fiordland - Dusky Track****6-18 March 2010**

Challenging and beautiful hike in the southern extremity of NZ South Island. Dusky Track (10 days). Good fitness and 4-seasons equipment essential. Will include time for Queenstown adventure.

Grade: 5

Minigaine in Sydney Metro (3 hrs)**Sat 6 March**

This is a good way to improve your navigation skills. Teams of 2 or 3 are required. Rogaines are excellent training for leading walks. This is not a club activity but highly recommended. Go to www.nswrogaining.org.au follow the links and register online.

BWRS: Remote Area First Aid Course**17-18 April and 1-2 May****9-10 and 23-24 October**

For more information and registration go to www.bwrs.org.au "Remote Area First Aid 4 Day"

Autumn Rogaine near Mittagong**Sat 24 April**

This is a good way to improve your navigation skills. Teams of 2 or 3 are required. Rogaines are excellent training for leading walks. This is not a club activity but highly recommended. Go to www.nswrogaining.org.au follow the links and register online.

Mitchell Plateau, Kimberley Region, WA.**May/June 2010**

Seeking expressions of interest for a 29 day guided trip with Willis's Walkabouts. Mitchell Falls, Donkins Falls, Hunter River, Lower Mitchell River and Western Gorge. We'll need to book early to gain the maximum discount.

European Adventure**June and July 2010**

Six weeks Europe, walking sections of the Alpina Way – Trieste, Italy to Maribor, Slovenia. Mainly walking in the Julian Alps. Cycling Prague to Vienna, on the Greenways. Opportunity for short stopovers; Venice, Ljubljana, Prague and Vienna. Expressions of interest appreciated.