

The South Coast Bush Walking Club Inc.

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Sample Program

Grade 4 Day Walks

**Suitable for Prospective Members Introductory Walks

****Royal Traverse**

Royal National Park

Lady Carrington Drive – Audely – Mt Ball - return via Uloola and Coranga tracks. On track, swimming.
Map Royal NP Tourist

****Heathcote Traverse**

Heathcote National Park

Walk on track from Heathcote to Waterfall. Enjoy the Autumn flora.
Map Royal NP Tourist

****Dharawal State Rec Area**

Appin

Maddens Falls to Appin Road. On and off track. Car shuffle required.
CMA Appin Campbelltown

****Killalea State Park**

Shellharbour

The walk is a coastal headlands one from Killalea Beach around to Bushranger's Bay which is a great lunch and snorkel spot. Continue around the rocks to Bass Point and return on roads to Maloney's Bay and then along the headlands track.

CMA Albion Park

****Bonum Pic**

Nattai National Park

Walk to Bonum Pic to enjoy views towards Jooriland. Mainly on track and scrambling.
CMA Map Hilltop

****Forest Track & extensions**

Illawarra State Rec

This walk has both on and off track sections and passes through a variety of forest habitats. Great views of northern Illawarra coastline. End of Forest Track continue on top of escarpment over Stanwell Falls to Garden of Peace and Kelly's Falls (hopefully). Return via western section of Wodi-Wodi Track, Bullock and Forest Tracks.

CMA Map Bulli & Appin

****Sheehys Mountain**

Nattai Wilderness

Sheehys Creek Road – Sheehys Mountain - cliffwalk – Tumbledown Mt – Toppleover Peak – Lake Burragorang- Sheehys Creek Road. Off and on track, ascents and descents, possibly some creek walking, somewhat exploratory.

CMA Burragorang Nattai

****Macquarie Falls**

Macquarie Pass NP

The walk involves some track, off track and creek walking with a bit of scrambling and a walk through lovely forest. Lunch and a swim will be at a waterfall. The return walk is along Macquarie Rivulet.

Map CMA Robertson

****O'Hares Creek****Dharawal State Rec. Area**

Darkes Forest – O'Hares Crossing –downstream. Return via Dahlia Swamp. Mostly off track.
CMA Map Appin

Grade 4 Weekend Walks****Monga State Forest****Braidwood**

Pink wood Forest walks. Car camping. Possible greater glider night viewing.
CMA Map Monga

****Yalwal Circuit****Morton National Park**

Walk from Yalwal's Danjera Dam, Clarke Saddle, Reynolds Saddle, Captains Spur, Bundundah Creek and camp at Corroborree Flat. Return via Yalwal Creek. Good swimming.
CMA Map Yalwal

Grade 5 Day Walks**Cabbage Tree Creek****Grose River Blue Mt NP**

Mostly off track, some rock hopping and possible scrambling. Some thick vegetation.
CMA Map Kurrajong

Bridge to Bridge**Picton**

Walk the Nepean River from Old Maldon Bridge to Douglas Park Bridge. All off track, lots of rock hopping, plenty of swimming holes, guaranteed wet feet. Car shuffle required.
CMA Map Picton

Grade 5 Weekend Activities**Monolith Valley****Budawang Wilderness**

Long Gully to the Castle. Climb the Castle and explore Monolith Valley, Green Room, Seven Gods. Coyoyo Creek – Neiblung Pass. Return to Long Gully.
CMA Map Corang

Deua Wilderness

Diamond Creek – Burra Creek – great waterfalls and a fantastic gorge. Off track and creek walking.
CMA Map Bendethra

Shoalhaven River**Morton NP**

Matadora Ridge – Shoalhaven River – Great Horseshoe Bend – Little Horseshoe Bend – Nerrimunga Creek – Stringers Spur. Some river crossings. Good campsite on the beautiful Shoalhaven.
CMA Touga

Morton National Park

Down Sandy Creek (major tributary of Bundanoon Creek)- Exiting western side of Meryla Pass. Exploratory. Steep ascent, some scrambling, off track.
CMA Map Bundanoon.

Tarlo River

Glenkinchie - Kerrawary Creek - Tarlo River - the Old Gaol - return via ridges on south of river. Grassy campsite at Old Gaol.
CMA Taralga

Tarlo NP**Grade 5 Extended Walks****Morton National Park**

8 day walk (off track in wilderness area) and a journey down the pristine Ettrema Creek. Enjoy superb campsites, brilliant swimming holes and spectacular side trips to Bullfrog, Myall, Jones, Cinch and Manacle, Cooe and Deception tributaries.
Maps: Nerriga, Touga, Yalwal, Burrier

Morton National Park

Castle Car Park – Kalliana Ridge – Monolith Valley – upper and lower Angel and Holland creeks – Clyde river – Byangee Walls. This is a 4 day walk.
CMA Corang

Ettrema Creek

Day 1 – Ettrema Creek – Bullfrog Creek – Myall Creek . Day 2 - Explore Jones Creek. Day 3 – Myall Creek and Return – day 3. Off track and creek walking.

Morton National Park**Broken Rock Range**

Broken Rock Range – Phone Booth – Green Wattle Creek. Classic Blue Mountains.

Blue Mountains**Alpine Track**

Nine days backpacking along the Alpine Walking Track from Kiandra to Tharwa with a rest day at Blue Waterholes.

Kosciuszko National Park**Other Activities****Mountain Bike Ride**

A ride from Fitzroy Falls to Kangaroo Valley via Meryla Pass, Yarrunga Creek and Jack's Corner Road. Swim in Yarrunga Creek.
CMA Map Kangaroo Valley

Fitzroy Falls**Wollangambe Lilo**

Lilo the spectacular middle section of the Wollangambe River. Steepish ascent and descent.
Map CMA Wollangambe

Blue Mountains**Canoeing**

Canoe down Clyde River to Yabboro Bridge to Clyde Ridge Road. Car shuffle required.
CMA Map Currawan Brooman

Morton National Park**Canyoning**

Whungee Wheengee/Geronimo canyons. Camp overnight at the Cathedral of Ferns camp ground. Must have completed rock/rope course. No beginners.
Map: Wollongambe

Blue Mountains NP

Canyoning

Wollemi National Park

1 week Canyoning trip: Annie Rowan Creek/Newnes area. Mountain bike into base camp at Annie Rowan Creek, from Newnes, following an old firetrail. Likely canyons (as day trips) - Bullring, Reverse, Inverse, Little Dingo, Lyrebird, Ballrace, Twilight and probably concluding with Nightmare (back at Newnes). This is an excellent opportunity to visit this infrequently visited and spectacular area. Limit: 9. Experienced canyoning only.
Maps: Mt Morgan 1:25,000.

Canyoning

Wollemi National Park

Hole in the Wall canyon on Saturday, Dumbano Creek North (no abseiling) on Sunday. Must be experienced in abseiling and have own canyoning gear.
Maps: Wollangambe, Rock Hill

Interstate and Overseas Activities

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| 1. Larapinta Trail in Central Australia | 12 days |
| 2. Kakadu, NT | 12 days |
| 3. Fraser Island, QLD | 7 days |
| 4. Hinchinbrook Island & Mt Bartle Frere, QLD | 9 days |
| 5. Bibbulmun Track in WA | From 2 to 8 weeks |
| 6. Cape to Cape Track, WA | 7 days |
| 7. The Kimberleys, WA | 4 weeks |
| 8. Great Ocean Walk, VIC | 8 days |
| 9. Mt Anne and Frenchman's Cap, TAS | 2 weeks |
| 8. South Island, NZ (3 treks) | 2 weeks |
| 9. Heysen Trail SA | 2 week sections |
| 10. Via Alpina in Slovenia in 2010 | 3 week section |