

**Winter Newsletter
June 2010**

PO Box Q23 Queen Victoria Building,
Sydney NSW 1230
www.bushwalking.org.au/~allnations



NEWSLETTER OF ALL NATIONS BUSHWALKERS INC • FORMERLY ANC BUSHWALKERS INC & ALL NATIONS CLUB WALKABOUT GROUP • FOUNDED 1962 • INCORPORATED 1992

Pirates Caves

Munmorah State Conservation Area

Sunday 24 January 2010

Leader: David Perkins

The day started out with predictions of showers, but the six of us car-pooled at Hornsby Station hoping the weather would hold. After a short stop at a petrol station, our next stop was at the Munmorah SCA entrance which has an entrance fee. No-one was there but there was a shiny 'stump' which gladly took our credit cards! The Munmorah State Conservation Area is south of Catherine Hill Bay (south of Newcastle), between the Pacific Highway and the ocean.

We followed the roads to the Wybung Head car park - our start/end point, where we prepared for the walk. The geology in Munmorah differs from the Sydney region - in that the main rocks are not sandstone. The coast is dominated by two conglomerate rock consisting of pebbles cemented in a matrix by sand and clay particles. Between the two layers of conglomerate is a coal layer. Our descent from the Wybung Head track was down a worn foot track to a rock platform below. Soon we were walking on the sandless Deadman's Beach that consisted only of multi-coloured pebbles.

The intended route was to try to track as closely to the water as possible following beaches and headlands - but the seas were a bit rough and the tide was not at its lowest. On the way to Frazer Beach, a sandy beach, we passed Big Bumpy, a rock platform, Gravelly Beach and Little Bumpy, another rock platform. Everyone was impressed with the rugged coast. After Frazer Beach we kept to the rocks along Snapper Point where there were rock fishermen and a blowhole. Around the corner was a huge cave on the ocean that could almost house a Sydney harbour ferry. At some point there was a short shower and we covered up with light rainproof gear. The showers did not last long. We had to track inland and along the road to Snapper Point looking for a foot track to the right so we could get back close to the sea. We followed a rough track and had morning tea on a secluded beach - Timber Beach. Yuko continued to perform her experimental photography at this beach. On a previous trip to this beach at low tide one can get access to a cave that is open to the sea. Outside the cave in the surf it is possible to body surf into the cave. Unfortunately, today the seas were too rough to attempt this. Next time I run this trip I will plan it for a very low tide.

After morning tea the idea was to get back to the track and along the headland, but due to numerous minor tracks we were caught following a gully that had hidden



Start of walk at Wybung Headland

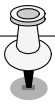


All Nations Bushwalkers Inc Annual General Meeting

All Members are invited to attend Sunday 18 July 2010

**Your invitation/nomination/proxy form
is inside this Newsletter**

**Come at 10:30am for morning tea and hear the presentation
by Chris Lee from St John Ambulance**



PRESIDENT'S REPORT

Welcome to the winter edition of 'Keeping Track'. It's hard to believe we are already half way through 2010.

The Club's annual general meeting will be held on Sunday 18 July at 10.30am and I encourage you to come along. It's a good opportunity to see how the Club works and to have your say. The AGM is also an enjoyable social event with a delicious morning tea, photo competition and walk afterwards. This year we will have a guest speaker from St John Ambulance to talk to us about first aid in the bush.

We encourage nominations for committee positions at the AGM. There are a variety of positions available to suit most interests. Being on the committee is a good way of 'giving back' to the Club, having your say and gaining experience in working for a not-for-profit organisation. New blood is always welcome! If you are interested in nominating for a committee position, please contact any of the committee members before the AGM.

You will notice on the new program that there are now regular 'Club nights', usually the last Friday of every month. The Woodstock Community Centre in Burwood is now available for any member to use for Club purposes, such as games nights, photo nights, leader training, presentations or social activities. If you have an idea for a Club night, contact our program co-ordinator, Catharina. The room will be available on a 'first come first served' basis.

The Club always welcomes new walk leaders. We have recently had four new leaders put walks on the program – Helen Hindin, Hugh Redmond, Julie Armstrong and Peter West. Thanks to all of you for volunteering your time and effort. If you are interested in leading walks or other activities, there is plenty of support and mentoring available within the Club. The Club will pay \$100 towards a first aid course for any walk leader.

Finally, I would like to welcome all of our new members. Thank you for choosing our Club to walk with. We hope you enjoy the program and actively participate in the Club.

Suseela Durvasula
President



Lunch on Flat Island

pot holes. Beyond the gully the track stopped - obviously other walkers had made the same mistake. I decided to back-track to where there looked to be another track and it seemed to lead to a steep descent through the cliff line. This was the slowest and most exciting part of the trip - but everyone was able to negotiate the slippery descent in various individual ways. Soon we were all down on a sandy beach called Little Beach. At a lower tide it is possible to keep to the headland and avoid the cliff line to Little Beach but today it would have meant finding the correct track and getting very wet!

Lunch was at Flat Island, which from afar looked like a part of a golf course in Scotland. After lunch we saved a fish that had been caught in a rock pool and Alex freed it to the wild seas.



Weevil in bush on return inland track.

From here we travelled along Moonie Beach and followed a track over a headland that was behind Desoto Inlet - another cave entrance. From here it was a short walk to the rock platform at Catherine Hill Bay with a view of the long wharf and the built up area. It had taken 5 hours to get here and a faster return route needed to be found - my topographic map showed some tracks behind Moonie Beach and the cliffs. With some to-ing and fro-ing we collectively decided we had found the right track. It took us to Bongan trig point where we followed an easement down to Frazer Beach where we had a short break at the public car park.

Soon we were on our way back across beaches and rock platforms tracing our original steps. There was a bit of rivalry at Deadman's Beach for the best pebble. Soon we were scrambling up Wybung Headland to the old track leading to the cars. The return trip was about two hours. Alex navigated us to the pub at Catherine Hill Bay for recovery.

Walkers were myself, Alex, Helen, Yuko, Peter and Catharina.



Looking back across rocks to Flat Island
Photos: Yuko Imai →

WALK

Mount Murray Anderson

Ku-ring-gai National Park

Sunday 14 February 2010 Leader: Liam Heery

What a wet week we had leading into this walk: floods and torrential rain. It wasn't until Sunday morning that I decided that we would go ahead and attempt this difficult exploratory walk. Luckily I didn't have to rely on plan B!

Today's walk was an attempt to complete an earlier circuit that we failed to complete. So, this time I tackled it from the reverse direction in the hope that we could join up with the previous attempt.

As I got a lift with Alison, my normal routine was thrown into chaos and I only realised once we had started walking that I had forgotten to take my watch, my rain-coat and my hat! But the Chinese New Year good fortune must have been smiling on me as I was able to borrow a hat from Shane, could use other people's watches and unbelievably the sun was beginning to shine and we didn't need our wet weather gear at all!

The first 4.5 kms was along a fire trail that led to a fabulous look out at "Peach Trees" overlooking Cowan Creek. Here we stopped to have morning tea and enjoy the views out to Patonga.

Well rested before the next section we headed back along the fire trail to the ridge line I wanted to follow to take us down into Sting Ray Bay. The going was tough, as predicted, but much dryer than anticipated which was welcomed by all. The bush is so thick that it is very easy to lose your bearings and unfortunately Fernando was unable to find his walking pole, which he had only put down a minute or two earlier while gearing up. It was also only through listening to where our voices were that he was able to locate the rest of us.

An hour or so later we had covered about a kilometre, and came to a clearing where we could see Sting Ray Bay and our intended route, which was up and over another two peaks before dropping down to the bay. Reconsidering our route I decided to follow what looked to be a very defined creek line, which would bypass the peaks and hopefully cut some time.

This turned out to be a good choice, notwithstanding a challenging one. We followed the creek, rock hopping and sliding down the cascading water, until we found our progress blocked by a huge waterfall and associated cliff line. Looking at the map it appeared our only choice was to work our way around the top of the cliff and we should eventually find a way down. This also was a good opportunity to take a break, have lunch and get some energy back into us.

Not long after lunch we found our way down through the cliffs and reached another creek that should take us into Sting Ray Bay. What a blessing the recent rain was to us as it had cleared the creek out of almost all of its undergrowth and made for very easy (if not a little demanding) rock scrambling. It wasn't long until we were at the head waters of Sting Ray Bay. Mission almost accomplished.

After taking in the surroundings of Sting Ray Bay, we headed off up the ridge that would hopefully link us up with the track we found last time out to Mt Murray Anderson. The going was

much tougher on this steep climb and I had to get some assistance from Bob to lead in front of me and take some of the strain pushing through the bush. On top of the ridge we found a large rock platform and previously unseen (by me) aboriginal carvings of shields. After this the good old GPS led us to the track we were looking for and from here it was an easy stroll back to the cars.

On a day that looked as if it could have been horrible (from a weather point of view) it turned out really well. While we were drenched through and dirty as anything, from sweat, crawling in creeks and the dewy bush we had a great day, and I got to complete my Mt Murray Anderson circuit (join me for the full circuit sometime in the future). Thanks to Alison, Bob, Fernando and Shane for braving the conditions and joining me.

English Karaoke Night

Tuesday 4 May 2010

Organiser: Yuko Imai

Many people were curious and talked about 'it' (yes, I had many inquiries beforehand). Eventually, six of us turned up for Karaoke to sing our favourite songs quietly or out loud. We hired a Karaoke room just for ourselves (not on the stage), for two hours - just the right length of time to explore good songs from forgotten oldies, 70's, 80's to recent music scenes.

Did you know that some of our bushwalking mates are also 'professional singers' who sing in choirs with their sweet voices? Anyway, the most important thing for the night was that we just liked singing together!

We had an excellent selection of music, ranging from Latin American oldies (e.g. Besame Muuuucho), 70's (e.g. That's the Way, a ha a ha, I like it a ha..., Chiquitita, tell me what's wrong...), 80's (e.g. 'Cos this is thriller, thriller night..., Night fever, night fever...) to Aussie bands (e.g. Air Supply).



Many thanks to Suseela Durvasula, Chris Bailey, Peter Bonner, Alex Cuestas and Gina Hoffman.

DEADLINE FOR NEXT ISSUE

3 August 2010

SEND YOUR CONTRIBUTIONS TO.....

jcsteven@unwired.com.au

Pictures submitted - 300DPI resolution
preferred to achieve good reproduction quality

SNORKELLING

Forty Baskets Beach

30 January 2010 Organiser: Charles Bowden

The overnight rain and vacillating weather forecast seemed to have deterred many regulars from turning up. This was their loss as the day was warm and the clouds soon gave way to sunshine.

The water was a balmy 24C and most of us decided to walk the 400m to Reef Beach and snorkel in leisurely fashion back to 40 Baskets except for John who decided to snorkel out from 40 Baskets and meet us halfway.

While run-off slightly affected the visibility, the marine life was enjoying the fresh nutrients in the water. We saw plenty of luderick, bream, red morwong, rock cale as well as smaller hula fish and stripeys. A blue groper made a brief appearance and a large but skittish flathead, as pale as the sand it had been hiding on, headed out to deeper water at our approach. A pigmy leatherjacket and its much larger cousin, a yellow finned leatherjacket, were also spotted.

A pagurid hermit crab in its borrowed shell provided some entertainment when we placed it on a rock shelf and patiently waited for it to emerge, scuttle about, withdraw and re-emerge

from its home. Nearby, a couple of tiny weedfish flicked about the tiny patch of algal rock that they called home, startled by our intrusion.

We found a pair of hand-sized Mourning cuttlefish, so called because of their all-round veil, patrolling the shallows in solemn fashion. Further on a pair of greenish coloured Senator wrasse played hide-and-seek in the rocks.



Cuttlefish pair

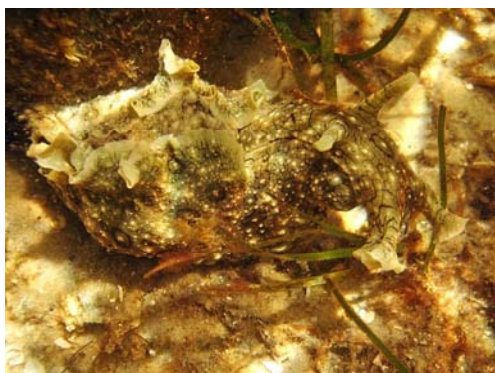
Many of the group were fascinated by the abundance of ascidians (sea squirts), some a delicate violet or pink colour, others resembling a human heart complete with aortic valves. And of course spiny sea urchins, both black and red varieties, abounded in every crevice.

Thank you to Bob, Annette, John, Stan and Alison for your company and shared enthusiasm.

Parsley Bay

13 March 2010 Organiser: Charles Bowden

Cooler weather conditions on a partially sunny day kept some snorkellers away but those that turned up enjoyed a comfortable 22°C in calm, clear water. The tide was out so far that you could walk almost to the shark net.



Sea hare

On this day, myriads of large seahares could be found in patches of sea grass in less than a metre of water. Sarah actually saw the first one on a rock ledge as she was about to enter the water. It appeared to have been

stranded by the receding tide. Seahares are a type of slug whose head in profile bears a superficial resemblance to a rabbit's; they are as big as your fist!

Other sightings were of a large school of fry (fingerlings) sheltering under the western rock ledge that borders the bay, a pair of squid and a pair of toadfish (both quite inquisitive and able to be closely approached), a family of small wrasse, a large leatherjacket while John spotted something large and dark at the deep end near the shark net!

Quite large silvery bream and luderick scooted around us and

even larger whiting were regularly found scrounging in the sand. There was also an unusual red "golf ball" sea urchin rolling along the sandy floor.

Unfortunately the kiosk was not open so those of us expecting to buy food & drink were disappointed. Fortunately Sharyn came to the rescue and generously shared her coffee and jam tart biscuits, all of us keeping a sharp eye out for marauding feathered scroungers (crows, gulls and mynahs) trying to grab the latter.



Toadfish



Cuttlefish pair

Once out of the water, most of us were shivering in the cool air, darting into patches of sunlight to warm up. As a result nobody ventured in for a second dip, preferring warmer clothes and an early finish.

METROGAINE 2010

Sunday 14 February 2010

Co-ordinator: Charles Bowden

Valentine's Day dawned to reveal grey skies, low clouds and rain, an inauspicious beginning for the Metrogaîne. We had already lost Michael whose roof had been severely damaged by a storm earlier on Friday and which couldn't be left unattended while waiting for repairs: so he was obliged to cancel. Then Diahnne phoned an hour before the start to say her garage was flooded and the electric motor had shorted, preventing the door from opening: she too reluctantly had to bail out (pun intended).

This left one team, the Tortoises, with only Richard and Charles but that was still enough to go ahead. The other team, the Hares led by the indefatigable Len, included Sarah and Alex, both new to the art (or is that science?) of rogaining.



Hares studying

The course encompassed the suburban promontories of Castle Cove, Middle Cove, Castlecrag and Northbridge and inland to Willoughby. Both teams started on a similar heading, taking on

the bush tracks through the reserves on the Middle Harbour fingers. The Hares got as far as Castlecrag while the Tortoises turned inland at Sugarloaf Creek.

It was damp and muddy going, with constant drizzling rain but no heavy downpours fortunately. The temperature was reasonably warm, however, so there was little discomfort and both teams initially made



Covering ground

good time on their chosen routes. On reaching the suburban streets inland, however, the harder surfaces began to take their toll and the Tortoises especially had to slow their pace.

Nonetheless both teams exceeded their expectations and gathered a commendable number of points, the Hares edging out the Tortoises, 1770 to 1630. Actually the gap is more sizeable in distance terms: 140 points probably represented around 2 km on this course! The Hares came 74th overall and the Tortoises 82nd, out of 146 teams. With just over 4000 points on offer, the achievement by 7 teams to get over 3000 points given the conditions was impressive.

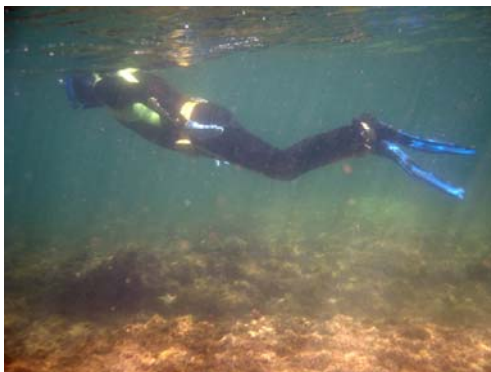
Thank you to Len, Sarah, Alex and Richard for cheerfully taking part and commiserations to Michael and Diahnne for falling foul of the weather.

Bare Island

20 March 2010

Organiser: Charles Bowden

A fine warm day and calm conditions made it ideal for snorkelling at La Perouse. The tide was in so entry was easy as we first patrolled the mainland shoreline. Visibility wasn't so good and there was some conjecture as to the cause: works on the new desalination plant, tidal flows, seasonal organic growth flush – who knows!



Bonner prowling

After pausing over a leisurely lunch, we swam across to the island shoreline. The water clarity wasn't much better



Larvae

and there were no sightings of remarkable marine life although there were several schools of fish to be seen and large examples of a red-dish-purple *Pyra* ascidians attracted attention. The larval battles contained in a

rock pool near where we were sitting afforded as much interest!

However the warm 23°C water and sunny weather meant that we lingered in and near the water, enjoying the idyllic atmosphere, eventually adjourning for a coffee at the Boatshed Café before heading home.

Thank you to John Rich, Peter Bonner, Richard Milnes, Karin Erdmann and new member Mary for sharing and indulging in a relaxing day at the seaside.

○ Notices Notices Notices Notices

halfmarathon2010

ANB members

Nicole Douglas and Alison Lyon
were amongst 8731 finishers only a few
minutes apart in this year's 21.1km race.
Congratulations to Nicole and Alison
who both ran excellent times.



Photographic Competition

to be held at the next AGM
Sunday July 18th 2010

Prizes as well as a certificate will be your reward.
The winning photos will be published in the Spring
issue of Keeping Track.
There's still over 4 weeks left to snap that special photo
at one of the Club activities.
Photos must have been taken since the previous AGM.
Categories are:

PEOPLE

WATER SCENES

FLORA

FAUNA

NATURE'S WONDERS

CAMPING

We need 4 entries per category to run a viable competi-
tion, so encourage your fellow members to enter with
you.

(Sorry, only one entry per category)

How to Enter

Each photograph should be displayed on a sheet of A4
size paper.

*If you don't have a (decent) colour printer, email the
photos to Charles Bowden, who will arrange printing
for you at no cost.*

On the reverse side write your name, category, the date
and place where your picture was taken.

On arrival at the AGM, hand your entry to **the organ-
iser Len Sharp.**

*The organiser's decision is final as to eligibility in
accordance with the rules.*

Congratulations !

Fei & Pan
from
All Nations
Bushwalkers



*"Hi, I am Everest, son of Fei & Pan.
I came to this world with a lot of love.
Thanks aunts and uncles, who came to my
baby shower. I am a strong boy and will
catch up with my mom's step in the bush,
if I love bushwalking as well."*



Notice to ANB members who wish to place commercial advertising for goods & services in 'Keeping Track'

You may contact the editor for very reasonably
priced advertising rates.

Advertising content is at the Editor's discretion.

Please note: Artwork must be supplied.



Map Preservation

To protect expensive Bushwalking Topographic
1:25000 maps, spray them both sides with a workable
matt acid free FIXATIVE, i.e. cross spray one side
with a light wet application NOT translucent wet.
This should be done outdoors as the aerosol is highly
flammable. Allow to dry & repeat for the other side.
When dry, carefully refold the map to its original
folded shape, A good quality aerosol 518ml can of
FIXATIVE will cost \$12-13 but will protect a great
number of maps and documents.

Peter Bonner

FULL PACK WALK

Mountain Lagoon to Meroo Camp, Colo River

Wollemi National Park

6-7 March 2010

Leader: Liam Heery

I was looking for a full pack walk in preparation for an upcoming trip to New Zealand, and this walk seemed to have all of the prerequisites i.e. not too hard, some steep ascents and descents and the opportunity to test out my full pack.

The weather leading up to the week end was not good and the forecast was for rain, so we were all prepared to get wet and again use the experience to test our gear. However to the more timid members of ANB who cancelled because of the forecast, they missed the best weekend!

Leaving Mountain Lagoon, we headed out along a fire trail that then whittled down to a walking track that was reasonably overgrown and hard to follow in places. We reached our first lookout over the Colo and had great views, while having lunch, into the Colo gorge a long way below. After lunch and further along this escarpment we came across three other walkers who were complaining about the condition of the track and lack of markers. As they didn't have a map it wasn't surprising they didn't know where they were going, as we even had difficulty finding the route and we had not only a topo map

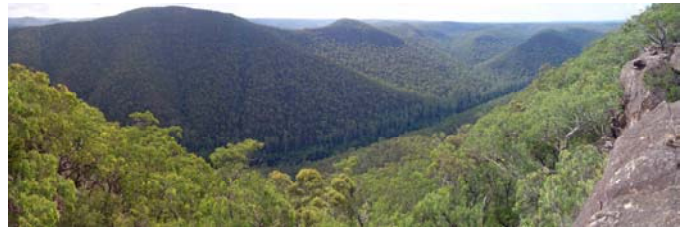
but a walk sketch guide too. (A lesson here, that you should never go bush without a map irrespective of the fact that there may be a track!)

We quickly passed these walkers who seemed to be finding the going hard in the heat that had built up without the forecasted relieving rain. It wasn't long until we reached the steep decent to the camp ground and with shaky knees we had our first glimpse of the Meroo camping ground.

This has to be one of the best camping areas in Australia: cleared

ground for numerous tents, good pit toilets, fireplaces including a huge covered area with benches and an internal fire-place, not to mention the magnificent Colo River nearby.

Once we had set up our tents we headed for the Colo and found that after the recent rain the river was running strongly and had plenty of depth to it. The lure of swimming and



Mt Townsend panorama



Colo River vista

cooling off was so much that we must have spent the next hour swimming and floating around.

At dinner we engaged in conversation with Brian Corlis from the Bush Club who was there with a couple he had brought in for the day after the rest of his walkers had cancelled. It seems that the Bush Club have some fair weather walkers too!

Next morning we took our time getting up and having breakfast and, after having the last obligatory swim, we headed off for the steep uphill slog to get us onto the escarpment. The climb while slow and so hot that Charles may have well have been swimming, his clothes were so drenched in sweat, was completed in short order and a welcome break was called for.

At this point we took the opportunity to down packs and explore the Meroo Trig. The trig was found not far from the track and then past that we also found a secondary trig on its own isolated rock that required a bit of rock climbing to scale, but with magnificent 360 degree views.

Back on track we continued the way we came in, but were unable to find a lookout where we had intended to stop at for lunch, and so ended up having lunch on the track.

Not far past this point we intersected with another track coming up from Upper Colo and the location of a future walk.

Arriving back at Mountain Lagoon we decided to take the dirt road via Upper Colo home. It turned out that this road had become very rutted from lack of maintenance and is now a 4WD road only. Luckily for us (although Frank had his nerves tested) Charles was driving and able to display his helter skelter driving skills while his 4WD handled the road with ease.

Thanks to Charles, Frank and Bob for joining me on this great dry weekend and also finding at least another future three walks in this area.

Photos: Charles Bowden



Mailles Ridge view



Meroo Campsite



Meroo Pinnacle

WALK

Marathon men.....and women Berowra to Eastwood

Sunday 14 March 2010 Leader: Nick Collins

It's official. There are more marathon women than marathon men in All Nations Bushwalkers.

That's the lesson anyway from the turnout on 14 March for our first ever 'marathon walk'. I conceived the idea a few months earlier while still a bit carried away by my half marathon running endeavours of last year. Realising I was never actually going to run a full marathon, I thought, why not walk them instead? Why not create them as a special event for the Club, with 42.2 km courses through the bush, and with a few good ups and downs along the way?



As you can see, a few intrepid souls joined me, three women and one man, and now all insist they had a terrific time! We started early at Berowra Station, walked the Great North Walk southward, with diversions to Pogsons Trig and Cherrybrook to add a few kilometres, and finished just before dark at Eastwood, Vietnamese noodle soup capital of the northern suburbs. My GPS then informed us we were still 2 km short of the required distance, and after much discussion about the possibility it had lost them along the way under heavy tree cover, I insisted we walk the streets for a few more minutes to make sure!



The danger sign in the photo referred to bullets from the rifle range across the valley. We dodged these. The main dangers were actually blisters, a few leeches, and the odd low level mutiny among the ranks. We survived all these too. My hardy fellow marathoners have been issued with their certificates of extraordinary merit, and I'm thinking of making this an annual event.



Thanks Fiona, Jacqui, Alison, and Bob for accompanying me on this nice little walk.



CampHikeClimb

Newly opened store on the North Shore specialising in real camping gear - tents, stoves, ropes etc etc etc.

More importantly they carry a full range of topographic 1:25000 maps.

The store is situated - **suite 1, Ground Floor 20 George Street Hornsby** and is close to Westfield Hornsby & Hornsby Station.

Phone (02) 9476 5767

www.camphikeclimb.com.au

Well worth a visit Peter Bonner

WALK

Glenbrook - Red Hands Cave Circuit Blue Mountains National Park

Saturday 13 March 2010

Leaders: Peter Bonner & Beth Rohrlach

We met at Glenbrook Station car park at 10.30am, the early birds having coffeed up at Glenbrook Village. We drove down to the NPWS Ranger's gate, parked, and started our walk down to the causeway across Glenbrook Creek, a pretty spot and worth a photo shoot. Then we followed the Campfire Creek & Red Hands Gully tracks. Passing an overhang cave, we observed a swarm of native bees with a honeycomb hanging from the rocks overhead. After a long easy walk we had a stiff climb up some rocks to the Red Hands Cave itself.



Axe & grinding grooves at Campfire Creek

Since my last visit, more than a few years ago, the chicken wire that used to protect the hand paintings (stencils) from vandalism had been up graded with a concrete, steel platform, railings, and a plastic safety glass edifice, something like a military strong point. We viewed the paintings as best as we could through the plastic which had a coating of dust inside and out. Despite this setback, our photographers crouched low, stood tall and pushed their cameras between the steel-work to capture the stencils of ancient hands. Having exhausted the photographic opportunities we pressed on to the campsite with loo, water tank and a long log which was our lunch spot. A stone bench with a sign to Red Hands



Group photo

Cave was the site of a group photo. Lunch over, we walked the link track to join up with the Southern section of the Camp Fire Track. This section winds slowly through some beautiful forest down to the creek and then the causeway. As we had plenty of time Beth suggested we turn off to the Blue Pool for a swim. The track was overgrown and progress was slow in both directions. Some walkers had a swim but I was without swimmers so I didn't go in. Refreshed, we made the slow climb up the steep road to the rangers station, our cars and coffee in Glenbrook.



At the Blue Pool

This was a good day's walk, about 14km with a 250 metre ascent, warm weather, cloudy at times, but no rain. On the way we saw water dragons, skinks and many spear and axe grinding grooves on the creek rocks. My thanks to Beth who suggested this walk and helped to survey and lead it and finally, to the ten walkers who made it all worthwhile by coming along.

References: Penrith Map 9030-3-N 1:25000. Vol 1 Bushwalks In The Sydney Region.

Red Hands Cave and its unique stencil gallery were discovered in 1913 by a local party looking for a lost child.

The site protects a gallery of Aboriginal hand prints and stencils that date back 500 to 1600 years. The local Daruk people created the prints and stencils using naturally occurring red ochres from Campfire Creek beside the cave.

WALK

Carlton Chains Wollemi National Park

Sunday 18 April 2010 Leader: Bob Seibright

An early start from Strathfield Station meant that we arrived at Dunphys Camp around 9:15am, giving us a good start on the day. And so we headed off via fire trails until we reached the short, sharp bush trail to the start of Carlons Chains. The chains are literally that, 6 sets of chains, along with footholds and spikes, that provide a climbable route onto Carlton Head, and thence onto the Narrow Neck escarpment. Bob had provided fair warning that this walk was not for anyone with an aversion of heights, and that certainly was good advice!



Alex on the chains

The climb via the chains is quite safe, without needing any ropes, but does require a head for heights, as you can be perched some metres above narrow rock ledges, with only some footholds and a dangling chain to cling to. Exciting! Each set of chains allows negotiation up what would be a dangerously steep rock section (at least for bushwalkers, not for rock climbers). It was great to see our group extend themselves to this challenge, and all made it safely to the top (though I suspect

there were some thumping of hearts along the way).

We were rewarded with a series of magnificent views over the Megalong Valley, and the Wild Dog Mountains, all the way out to Kanangra Boyd NP.



At the top (Louis, Jacqui, Alex and Liam)

Once we had conquered the escarpment, it was a short walk through some scrub to reach the Narrow Neck fire tower, and the fire trail that leads to the end of Narrow Neck. The fire trail was a stark contrast to the challenge of the chains, and gave us a chance to get our breath back. We arrived at the end of Narrow Neck in time for lunch, and chose a cliff top lookout that provided a wonderful view east over the headwaters of Lake Burragarang. But, as every bushwalker knows, when you go up, you have to come down at some point (and vice versa).



Descending down Tarros Ladder

So after lunch we started down the trail at the end of Narrow Neck, descending through a tight gorge and over rocky bluffs to the head of Tarros Ladder, a set of spikes driven into a 10 metre rocky corner. Again, it was careful manoeuvring and steady feet and hands, until we all descended safely. After that, it was a bush trail descending to a saddle (where a discussion was had about a future possible option to bush-bash down the side of the saddle), and then an easy walk down to meet the fire trail. Then an amble home back to the cars, enjoying the late afternoon sun on the rocky escarpment bluffs, and much retelling of how each of us had tackled the challenges of the climb and descent. A very welcome recovery was enjoyed at the Wentworth Falls Hotel.

The walk was interesting because of the sharp contrasts between easy fire trail walking, and challenging climbing and descents, which is what makes this such a classic Blue Mountains walk.

Thanks to Bob for leading the walk, and walkers Liam, Jacqui, Louis, Alex, Fiona, Andrew and Charles.

*Story & photos:
Andrew McRae*



Returning on the fire trail

WALK

Parramatta History - Tour of Elizabeth Farm and circuit walk around Lake Parramatta

Saturday 18 April 2010

Leader: Julie Armstrong

Well I've done it! Led my first walk! Which I was rather nervous about but everything went smoothly and we all enjoyed the tour and walk. Terry and Jan helped me get started and Terry very kindly helped me survey the walk.

We met in time to gather ourselves and start our tour of Historic Elizabeth Farm homestead which was built in 1793 and is the oldest surviving European building in Australia. It was the residence of farming pioneers Elizabeth and John Macarthur who arrived in 1790. The Macarthurs were highly successful farmers and went on to become the biggest landowners in NSW. John introduced Merino sheep from Spain to Australia and our tour guide alluded to Elizabeth running the farm mostly in John's

absence.



With deep shady verandahs Elizabeth Farm became the prototype for the Australian home-stead. The interiors contain reproductions of furniture, portraits and objects belonging to the Macarthurs allowing for a 'hands-on' authentic experience of early 19th century life. The garden contains plants from the Macarthurs' time which reflects over 200

years of European tradition and includes some of the oldest exotic plants in Australia.

After the tour we drove to Lake Parramatta Reserve for lunch and to walk the Lake Circuit of 4.2 kms. Lake Parramatta Reserve is a 73 hectare bushland and is the largest bushland remnant surviving in the Parramatta LGA. In surveys undertaken in 1990 and 2001 there were 56 species of reptile, 5 frog species and 10 native species of mammal plus several exotic species of birds and mammals.

There remains evidence today dating back 40,000 years of the regular usage and occupation by the aboriginal clan Burramattagal from which the name Parramatta came.

The Lake is located within 2kms of the Parramatta CBD. The original function of the reserve was to protect the water quality of the lake as it was Parramatta's water supply until 1909. The dam construction started in 1851 and was completed in 1856. The single arch design of this dam was only the second in modern times and the twelfth since Roman times 100BC.

After completing the walk we had a recovery drink at the Kiosk.

Photos: Jan Steven



Thank you all for making an enjoyable day: Jan, Judy, Sharyn, Allan, Annabelle, Suzanne, Margaret, Catharina, Savita and visitors Carol, Janine and Kavita.

Bring the Rain

One always feels it
long before,
The storm is on its way.
From my safe dry room
it beckons me,
To come on out and play.

The thunder echoes
through my soul,
It rushes through my veins.
Something just comes
over me,
Every time it rains.

The wind first picks up,
My heart begins to race.
I feel it pushing
through my bones,
It stings my hands and face.

It surrounds me
and consumes me,
Lifts my body, gives me life.
I flee through those wind fingers,
They try to pierce me
like a knife.

I'm empowered by its power,
I am haunted by its tune.
I'm the wildest
of all creatures now,
Like a wolf under the moon.

The ram beats steady
on my shoulders,
I've long been drenched
right through.
I get down on my hands
and knees,
The earth is sodden too.

It's the essence of our being,
In the water life was born.
So in gratitude for life
I kneel,
My head bowed to the storm.

*by Rosie Schwartz
Printed with permission*

Welcome to 16 New Members

Shane Barrie
Sally Walsh
Geoff Bodle
Carsten Jany
Allan Ching
Anabel Ching
Robyn King
Wayne Turner
Ross Engall
Mary Bagaric
Rebecca Ng
Margaret Chege
Belinda Rothery
Jacek Kossakowski
Kavee Masila
Hilda Taylor



See you in the bush



Change of Details

**Don't forget to notify
Treasurer Helen Hindin
of any of the following**
•change in address,
•email address
•Phone numbers.
Phone: 02 9331 1921
email us at -
anbcomm@hotmail.com

AUTUMN ROGAINE 2010

Saturday 24 April 2010

Co-ordinator: Charles Bowden

Nicknamed the "Joadja Ghost" because of its location near a ghost town, this was the first time the club has entered teams in this Autumn event. It was unusual too because it consisted of two simultaneous rogaines, a 6-hour event which finished in daylight (just) and a 12-hour event which finished at 11:00pm. I don't like walking in the dark at the best of times so needless to say opted for the 6-hour event.

Two teams were entered, one (ANB Hares) in the Veterans Men category, the other (ANB Tortoises) in the Veterans Mixed. The Hares were David Perkins, Liam Heery and Andrew McRae while the Tortoises were Charles Bowden, Sarah Burke and Michael Thompson. Liam and Andrew were taking part in their first Rogaing and relishing the challenge!

Photo courtesy of NSW Rogaining Association

Conditions were initially overcast when we set off, both teams opting to walk in the same zone but in opposite directions. Fortunately only a little light rain fell during the morning and the weather cleared up during the day. The Tortoises struggled early on with the con-



ANB Hares getting ready

ditions and gradually cut back on their more ambitious aspirations as the day wore on. They eventually finished a few minutes after the deadline for a loss of 40 points, ending up with a modest score of 350 points for 59th placing overall and 14th in their category.

To the Tortoises' amused disbelief, the Hares got back 11 minutes overdue costing them, so it was thought, all chance of a decent placing. Not true!! The incredulous Hares scored 550 points and came 20th overall and 2nd in their category, the best placing by an ANB team for many years. It would only be sour grapes for the Tortoises to point out that, had they not lost 110 points, the Hares would have won their category!

Congratulations to the valiant Hares – and make no mistake – it was a tough course, the overall winners of the 6-hour event failing to reach 1000 points when there were over 3000 on offer.

Thank you to all Hares and Tortoises for making the most of it. Special thanks to Michael for doing all the driving between Sydney and Joadja.

Check out this issue on our club's Yahoo Groups site -

<http://groups.yahoo.com/group/anbwalkers>

**to view the colour edition of Keeping Track
plus extra pages of great photos**

Just click on FILES ➔ CLUB NOTICES

A big 'Thank you' to all who contributed to this newsletter - Editor

PHOTO ALBUM

Indoor Rock climbing

Friday 29 January 2009 Photos: *Alison Lyon*



Bob and Meiha trying out their rock climbing skills

Forty Baskets Beach

30 January 2010 Photos: *Charles Bowden*



Cuttlefish pair

Parsley Bay

13 March 2010 Photos: *Charles Bowden*



Cuttlefish

Glenbrook - Red Hands Cave Circuit Blue Mountains National Park

Saturday 13 March 2010 Photo: *Peter Bonner*



At the causeway

Carlton Chains - Wollemi National Park

Sunday 18 April 2010

Photos: Andrew McRae



The group ready to set out.



Charles climbing Chains, Liam giving advice



Andrew climbing the 3rd set of chains.



Lunch at the end of Narrow Neck

Parramatta History
Tour of Elizabeth Farm and circuit
walk around Lake Parramatta
Saturday 18 April 2010



Group photo at Lake Parramatta

Mountain Lagoon to Meroo Camp, Colo River Wollemi National Park

6 - 7 March 2010 Photos: *Charles Bowden*



Lunch



Colo River



Clifftop viewing



Meroo campsite shelter



Colo River waders



Meroo Trig