



all nations
BUSHWALKERS INC



Autumn Newsletter
March 2015

PO Box Q23 Queen Victoria Building,
Sydney NSW 1230
<http://anbwalkers.org.au/>

Keeping Track

NEWSLETTER OF ALL NATIONS BUSHWALKERS INC • FORMERLY ANC BUSHWALKERS INC & ALL NATIONS CLUB WALKABOUT GROUP • FOUNDED 1964 • INCORPORATED 1992

THURSDAY WALKERS

by **Feda Moxom**

As you are aware, some members conduct walks on Thursdays with a view to finding interesting walks for future programs, to surveying walks that have not been programmed for some time, and just for fun. Sometimes we take photographs, though usually we don't. If you visit the following dates on the Photo gallery you will be able to see some of the places we have visited: 15/01/15, 11/12/14, 04/12/14, 16/10/14, 11/09/14, 12/09/14, 04/09/14, 14/08/14.

You will have noticed some new walks in our recent programs and will note new walks for the club in future programs some of which are a direct consequence of our Thursday exploratory walks.

How do we choose where to go on Thursdays? Well, it's not very scientific. We may be on a walk and see an interesting place in the distance and decide to go there either then and then or at a future time. We may wonder if it's possible to get from Point A to Point B without getting lost or coming undone and decide to give it a try. We may have heard about a walk and decide to

check it out for ourselves. One or other of us may have been introduced to an interesting area and decide to take the group there because of its beauty, challenges or remoteness. We may have been told something is impossible and want to see if it really is so. We may have seen a water



Some intrepid expeditioners - photos Nick Collins



Probably a yabby: Either a Sydney Crayfish or a Giant Spiny Crayfish.



Wet road

fall on a map and decide to try to get to it. As long as it looks like fun we're happy to give it a go. On occasions our walks have also included some pretty exciting 4WD experiences.

Sometimes, though rarely, our plans work without a hitch or change. More often we find obstacles, wonders, challenges and distractions that take us off course. Often, the more we deviate from our initial plan the more we are enjoying ourselves.



Bungleboori Lookout

Thursday walks are often off track and always exciting. We have visited Mt Victoria, Newnes, The Gardens of Stone NP (one of our



View from Bungleboori Lookout

favourites because of the beautiful pagoda like structures which give the park its name), Wollemi NP, and many less well known areas in the Blue Mountains NP. We have also ventured further south and near the coast.

Exploratory walks will return to the program in the future so be sure to look out for them as you are all welcome to join us. All you need is a reasonable level of fitness and a great spirit of adventure.

President's Soapbox

Another year has started with a somewhat wetter summer than anticipated. As a consequence, the bushfire season has been much milder than expected around Sydney so let's hope that situation doesn't change. It is much less stressful to walk in the rain: contrary to popular opinion, wet feet and leeches are not nearly as life threatening! It is also the Year of the Goat according to the Chinese calendar, an apt familiar for bushwalkers who enjoy scrambling across steep and rocky terrain.

The club's program of activities continues to show a pleasing range of walks and other recreational diversions but we are always looking for new contributors to the program. A couple of our regular contributors are missing at present due to health reasons so I would encourage anyone in the club who has been thinking of putting on an activity to come forward. There are plenty of experienced leaders in the club who can advise and assist you with any queries or issues you may have. As an initial step, please contact our program co-ordinator, Liam, with your activity proposal.

And once again, I would like to thank all the activity leaders who have been and are contributing to the club's program. It always bears repeating that without your energy and enthusiasm, we would not be able to operate. So your contributions are gratefully acknowledged and please keep them coming.

Lastly, there is a positive development to bring to your attention. Most of you who drive cars will have noticed the remarkable drop in fuel prices lately. At our last meeting, your Committee have consequently realised that the fuel calculation formula currently in use for car pooling needs to be updated. Accordingly, a revised calculation formula will be reintroduced using \$1.20/litre as the critical boundary. This formula will be incorporated into an amended Attendance & Waiver sheet for ease of reference by leaders and participants alike. As long as the cheaper fuel prices continue this should mean lower shared costs for those involved in a car pool to a club activity.

I hope that all members are looking forward to the autumn months, traditionally the best season for bushwalking. Let's all get out there and make the most of it.

Charles Bowden



Pencil in this date for the AGM

Sunday 28th June 2015,
Location : The Carpenter Room
Burwood Library

More details in the next issue

REMINDER

CLUB KAYAKS available to ANB members !

1 double and 2 x 1 singles may be borrowed free of charge by club members. Complete with paddles, life jackets and small car roof racks.

These are not "white water" craft but ideal for lakes and slow moving rivers, calm sea inlets and coves.

For more information phone Peter Bonner on 02 9489 5027.



PHOTOGRAPHIC COMPETITION to be held at the next AGM

Photos: Any size, in colour or black & white, and taken by you since the last AGM.

To be entered on the back of photo:
Category, your name when and where taken.

Categories are:

Nature (taken on a club activity)

People (taken on a club activity)

Open (any subject, taken anywhere in the World)

4 entries per category for a viable competition. If insufficient entries in a category then the entries will be included in the "Open" section (Sorry, only one entry per person per category).

How to Enter

Open to all club members who must attend the AGM personally.

On arrival at the AGM, hand your entry to **the co-ordinator Len Sharp.**

The co-ordinator's decision is final as to eligibility in accordance with the rules.

Prizes:

A first and second prize in each category;
First prize \$25 with a certificate
Second prize \$15 with a certificate

Change of Details

Don't forget to notify our Treasurer Helen Hindin of any of the following:

- **change in address**
- **email address**
- **phone numbers**

email us at: club@anwalkers.org.au

To change your details on the website you need to make the alterations yourself.

ADVENTURE

Out-of-this-world views at the top of one of Indonesia's (and the world's) most active volcanoes.

Nick Collins said he couldn't resist ascending Mt Merapi during his travels in Central Java late last year. Merapi is about 2900m high, and you do an overnight ascent, starting from a village at 1500m, and reaching the summit in time for sunrise. You then see the line of other volcanoes sticking up through the clouds, spread out along Java's spine. Merapi erupts dramatically every few years (usually with a big death toll), but right now it's climbable.

Congratulations Nick !



Free Cycling Courses

Haven't ridden for a while? A bit rusty on two wheels? Keen to get out on your bike more? Leichhardt Council is offering free cycling courses for all skill levels.

Rusty Rider Course

This course is tailored for those who haven't ridden in a while and just need the confidence to start riding more regularly - whether for fun, fitness or just to get around the local neighbourhood.

City Cycling Confidence Course

This course is designed to develop the skills and confidence required to be an effective bike rider on the road. You will learn how to develop your riding skills to boost your confidence in a quiet off-road location before proceeding out on-road as a group on a course that showcases fantastic route options throughout the Leichhardt local government area that only regular riders know about.

Bike Care and Maintenance Course

Free course to help you know the best way to care and maintain your bike.

Dates up to June 2015 are listed on the on the website
www.leichhardt.nsw.gov.au/freecycling

SUMMER SNORKELLING

December 2014 & January 2015
Grades 1 & 2
Co-ordinator: Charles Bowden

The weather has been kind to snorkellers this summer with three pleasant sunny outings to Fairlight Beach, Gordon's Bay and Parsley Bay. The water has been pleasantly warm (around 22-23°C) and visibility not too bad.

Fish and other interesting marine creatures still abound at all these locations but the most unexpected find was a seahorse, clinging to some sea-grass in about ½ metre of water at Parsley Bay. I have never seen a seahorse in this area before so it was a great discovery as well as being the second seahorse we have seen this summer.

Parsley Bay also produced the largest turnout with 10 members donning masks to discover the underwater world for themselves.

Thank you to everyone who has come so far, especially regulars Bob and Paul who haven't missed an outing this season. The water quality tends to improve as we move towards autumn so I hope to see more members join us over the next couple of months.



Starfish



Goby and shell



Seahorse



Juvenile cuttlefish

DEADLINE FOR NEXT ISSUE

3 May 2015

SEND YOUR CONTRIBUTIONS TO
jan.steven@bigpond.com

Lord Howe Island - just paradise by Jan Steven

Visiting this amazing island had been on my bucket list for a long time and in October last year I finally got there for a week's break. I was not disappointed.

Lord Howe Island is situated around 700kms NE of Sydney in the South Pacific Ocean. The island is dominated by the twin peaks of Mount Gower and Mount Lidgbird at the southern end of a spectacular lagoon around which most of the settlement is nestled amongst great stands of palm trees, ancient giant figs and Norfolk Island pines (imported) and many other plant species.



Mount Eliza above North Bay looking towards Mt Lidgbird (left) & Mt Gower (right)

Lord Howe was discovered in 1788 by Lt Henry Lidgbird Ball, Commander of HM Brig *Supply*, on its way from Sydney to Norfolk Island. The island remained uninhabited by humans until 1834 when the first settlers arrived, existing there by trading provisions with the passing ships.



Nesting White Terns

Visitors to World Heritage listed Lord Howe are limited to 400 at any one time with about 300 permanent residents currently living there.

There are many well signposted walks ranging from grades 3-10. The most difficult climb is Mount Gower which takes all day and walkers must have an authorised guide to take them up. I did some easier walks, Malabar being the most difficult, Grade 4 and very steep climbing.

Apart from the numerous walking tracks there are boat trips providing snorkelling, scuba diving, fishing or just sightseeing. Nature and bird watching walks abound and 14 species of birds breed on Lord Howe throughout the year. In total, 130 permanent and migratory birds are to be found on the island.



Native Woodhen

One of the world's rarest birds, *Tricholimnas sylvestris*, the woodhen is on Lord Howe. In 1986 with 17 only left in the wild, it has been saved from near extinction by a captive breeding program, and is now thriving after being re-

released. It is quite easy to spot foraging along the roadside. This is a flightless bird with a resemblance to the NZ Weka. It is thought that the island may have once been joined to NZ by a land bridge.

At Ned's Beach you can swim in the beautiful turquoise water with great schools of fish, coming to the shore to be fed, brushing against your legs as you wade in to snorkel on the stunning coral reefs a little further out.



Fish at Ned's Beach

At Settlement Beach huge turtles can be seen coming into shore after spending the day having their shells cleaned by sitting on the bottom of the North Channel where water flows in and out of the lagoon.

The *Island Trader* delivers all the island's supplies, from cars and building supplies to food, every 2 weeks from Port Macquarie.

Most people get around the island on bicycles or walking as we did. The lodges provide complimentary transport to and from the restaurants in the evening as well as providing transport for arrivals and departures from the small airport.

Mountain Lagoon, Tootie Creek to the Colo and return Wollemi NP

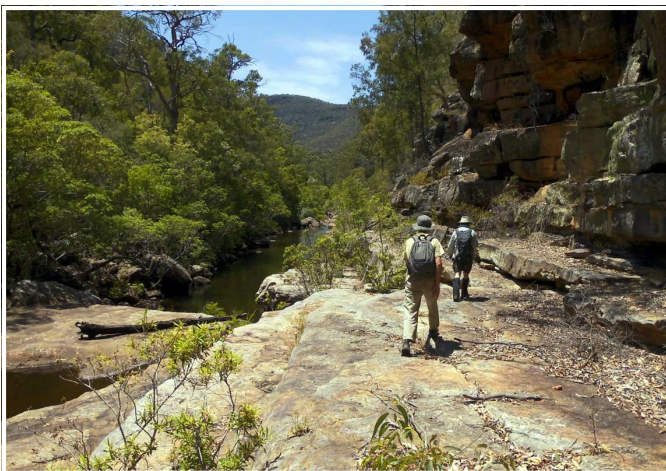
23 November 2014 Grade 4

Leader: Liam Heery

On a warm November day after a couple of cancellations, four of us prepared for a walk to the Colo and return up Tootie Creek. The route I was going to take was different than previously, but using a more common route.

When we reached the starting point at Mountain Lagoon, the outside temperature at 9:30am was already showing 25 degrees!

Opening the car door and feeling the warm air immediately made me reconsider the route we were going to take. The original plan to walk down the T3 track and bush bash back was now reversed as I decided to take the bush route first, knowing what was in store on the return leg.



Tootie Creek



Derek, Saf, Liam - photos Nick

The drop off point for our walk into Tootie Creek is not that far from the car parking area, so it wasn't long before we donned bush bashing gear and headed down a steep spur with Tootie Creek far off in the distance below.

While the bush was relatively clear and the going reasonably straightforward the heat was increasing at an exponential rate. Our English participant was feeling the Aussie summer like never before.

After numerous breaks we emerged from the steep descent and hit Tootie Creek in exactly the right spot... where there are numerous pools. Before partaking of an early lunch we bathed in the cooling waters and relaxed in the shade.

Following Tootie Creek we continued downstream to its junction with the Colo River. However, being in a narrow gorge, the temperature was unrelenting and was taking its fair share of everyone. Even though we were only a hundred metres or so from the Colo we had to stop to rest up, rehydrate and took the opportunity then and there of having the rest of our lunch.

It wasn't long after that we reached the Colo itself, and immediately there was a race to be immersed in its cooling waters. We must have stayed in the water for more than half an hour as some of us started to experience mild cramping.

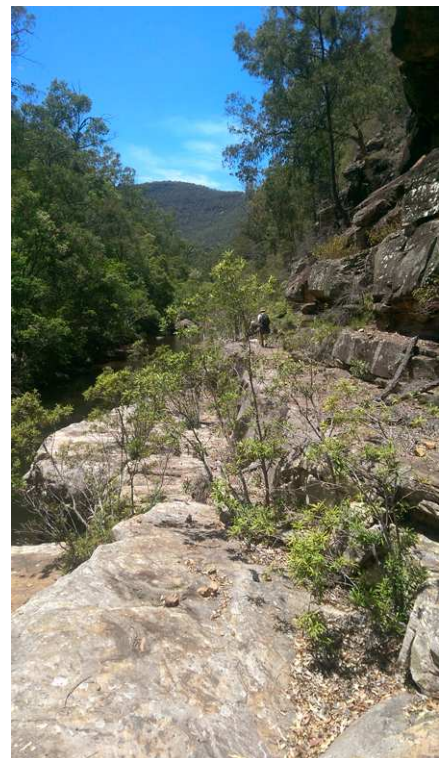
As always good things must come to an end and we decided to leave plenty of time to make our way back up the T3 track. Ominous clouds started to build and it wasn't long before the first of many showers were upon us, with a resultant drop in air temperature.

The cooler air and wet rain made the final climb back to the cars much easier and we were driving away just on 6pm.

As always a stop in the Kurrajong pub for a drink and meal made for a fitting end to another wonderful day out on the Colo.

Thanks to Nick, Saf and Derek for joining me on a hot but memorable day.

More pictures page 8



Walking down Tootie Creek - photo Saf

The ANB Christmas BBQ/picnic - Brays Bay Reserve, 6 December 2014

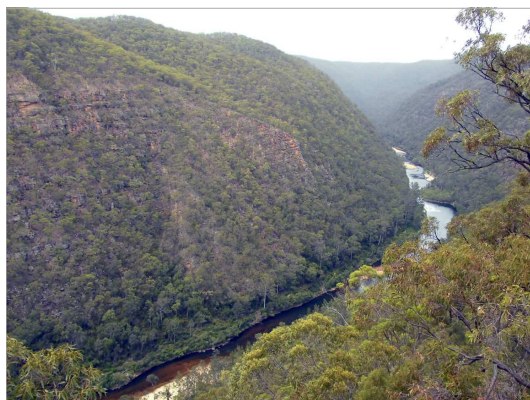
Wow! What a great turn-up we had for the Christmas get together! Despite torrential rain, lightning and thunder, more than 40 members and friends turned up for our annual celebration. The later start time seems to suit people better.

Helen Hindin added to the fun with her Picnic Quiz and congratulations to Steve Bamford the winner.

Thank you to all who came along, and special thanks to the many helping hands - supply of the salads, organising the drinks, table decorations, setting/cleaning up,

You all helped to make this a great social occasion.

photos by Richard Milnes

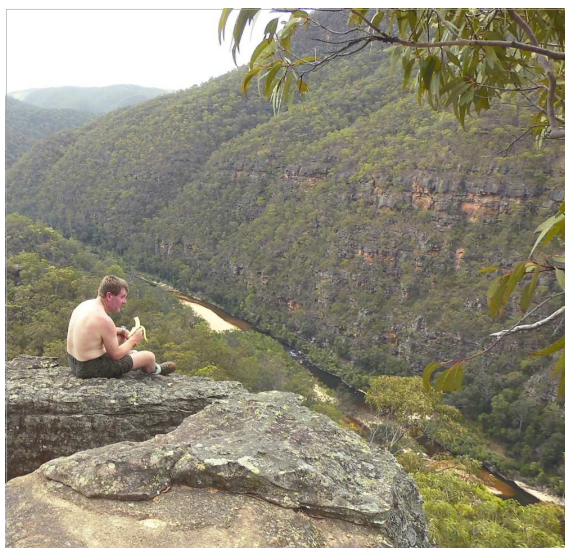


Colo River downstream towards Colo Meroo - photo Nick



Derek, Liam, Nick, Tootie Creek waterhole

photo Saf



Liam overlooking the Colo River - photo Nick

Crayfish Pool & Red Hands Cave

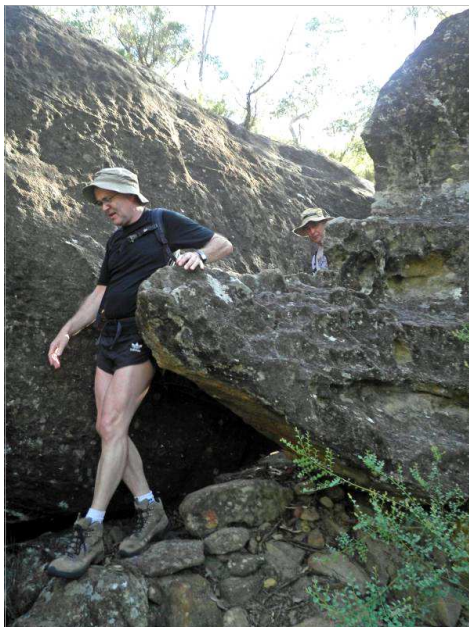
30 November 2014 Grade 4
Leader: Charles Bowden

This walk was originally surveyed and proposed by Bob Seibrighr before he had to withdraw for health reasons. I then took it on and, thanks to Bob's excellent directions, we found all the right tracks and had a very enjoyable day out.

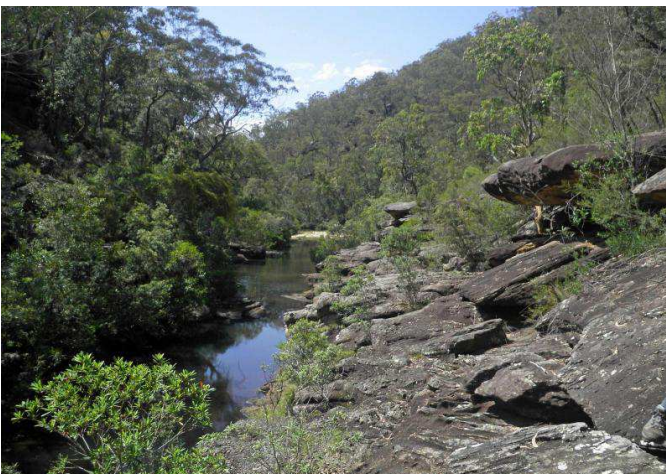
We met at Glenbrook Station on a hot sultry day and then headed down to Glenbrook Creek which we crossed before heading upstream to Kanuka Brook. Water levels were reasonably high and the junction of Kanuka Brook and Glenbrook Creek created a very large pool.

Turning up Kanuka Brook, we stayed on the left bank for about 1.5km before reaching a side creek.

After some preliminary scouting, we headed up the side creek to discover a short steep track marked with blue paint heading up the cliffline. The initial climb caused us to huff and puff a bit, but after that it was a smooth flat track through the bush to the Red Hands Cave Road.



Emerging from a fissure



Glenbrook Creek



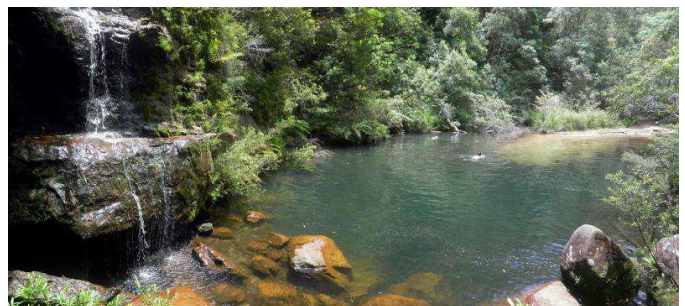
Native Iris –*Patisonia sericea*

The track to Crayfish Pool was found, about 1km further along, and we soon reached Crayfish Pool and its delightful waterfall. Here we stopped for lunch and a refreshing swim. Nick averred that it was the first time he had seen all members of a group go into the water, there usually being at least one who preferred to stay dry.

After we had finished eating and dried off, we headed back the way we had come and then on to Red Hands Cave and its colourful palm prints. We then took the main track back to Glenbrook Creek and Jelly Bean Pool. Just before reaching the pool, a thunderstorm burst out overhead and we took refuge under an overhang where we donned more suitable clothing amid the thunder claps and lightning bursts.

Once the rain had eased we set off for the pool and then the trudge up the steps to the NPWS ranger's station at the park entrance, then back to the railway station. Many of us then adjourned to a nearby café for a restorative beverage before heading for home.

Thank you to Andrea, Paul, Helen, Saf, Catharina and Nick for your company and thank you to Bob for the original idea.



Crayfish Pool



Red Hands Cave

Cox River Trek 21 December 2014 Grade 5 Leader: Charles Bowden

A handful of days before Xmas and I wasn't sure this potentially challenging walk of more than 20km would get any takers. However six members joined me for an ultimately rewarding outing.

After leaving a car at our exit point on the Megalong Valley road, we gathered at Dunphy's carpark before setting off for Ironmonger Ridge which we followed as far as Tin Pot Mountain. The weather was hot and sunny and the views from the ridge stretched out across the Blue Mountains.

We had originally intended to go to Goolara Peak and then down to the Cox River but instead branched off onto a steep spur on the flank of Tin Pot Mountain. The map showed that this would cut off a couple of kilometres which I had hoped would save us some time. However the steep pitch of the slope had us all slithering and scrambling on the dry, crumbly surface and it took a fair amount of effort to keep from tumbling.

We eventually reached the Cox River and what a welcome sight it was! Here we paused for a leisurely lunch



Looking across to Cox River camping area



Rest stop

and a relaxing dip. The river level was quite low, not deep enough to swim in, so we searched out small pools to soak in.

After lunch, we walked upstream along the Cox, keeping to the right bank. Progress was easy as there is a well-defined track but the hot weather meant that we paused frequently to refresh ourselves. Much of the track passes through private property where camping is forbidden. If that isn't a deterrent, the semi-feral cattle that we encountered from time to time would certainly give some concern.



Spa treatment



Waterhole below Bowtell swing bridge

At one point we encountered a huge goanna clinging to a tree. It was big enough to swallow a dog!

We eventually reached the Cox River campgrounds and the intersection with the Six Foot Track. A little further on, we stopped next to the swing bridge across the Cox for a final cooling off in the river waters before tackling the last section of the track.

This last section is part of the Six Foot Track which turns away from the Cox and heads uphill along Megalong Creek. It then crosses through undulating farmland, passing by the occasional horse, before reaching a farm road. By the time we reached the Megalong Valley road, we were all quite tired and footsore due to the heat and the distance. So the recovery held at the pub in Blackheath was very welcome indeed.

Thank you to Freda, Saf, Catharina, Liam, Len and Jacqui for an enjoyable if strenuous outing, and additionally to Freda and Liam for helping out with the car shuffle.

Barrenjoey Lighthouse 1 February 2015 Grade 2 Leader: Julie Armstrong

I had planned to re-visit this iconic walk in late 2013 but due to the bushfire on the headland on 29 September 2013 I postponed leading the walk until 1 February. The intense fire burned 99% of the bushland. The last bushfire there was in the late 1980s. Volunteers at the North Palm Beach Surf Life Saving Club spotted the fire and helped

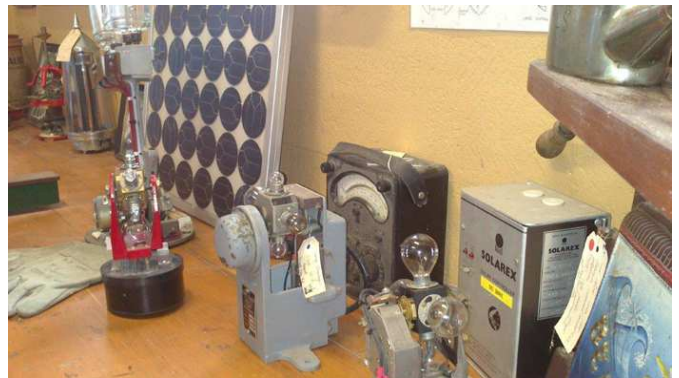


evacuate up to 25 people to safety from the headland track. Three timber cottages at the foot of the headland and two sandstone cottages being the former lighthouse keeper residences and the sandstone lighthouse were thankfully all saved. Four helicopters were used to fire-bomb the fire and the team efforts of the Rural Fire Service achieved the very favourable outcome.



Due to the logistics of the headland being at the far northern end of Sydney we had two meeting places. Finally after a short "smoko" all 13 walkers set off from the car park near "The Boat House" and, if you are a Home and Away fan like me, also known as "The Diner and Alf's Bait Shop". I kept looking everywhere but alas "stone the flamin' crows" could not find Brax or Alf!

We were very fortunate with the weather and had a great 26 degree day with no rain (which had been forecast all week). The views are now even more spectacular and fully 360 degree without the need to ascend the Lighthouse.



The casuarinas will not re-generate unfortunately, but the banksias are coming back with some of the bush nicely re-generating. Three weeks ago when I surveyed the walk it was good to see a mature blue tongue lizard join us for lunch under the only banksia still standing. Good to see some of the fauna also survived the fire.

Ten walkers joined the Lighthouse tour which is given by volunteers and is well worth the \$5.

The walk was well attended by six Meetup visitors, Jayne, Paul, Cyril, Aryo, Mariano and Kerry with seven ANB members Katherine, Helen, Charbele, Karen, Virginia, Sharyn and myself as leader. Unfortunately due to illness and other circumstances five were unable to attend on the day with another two contacting me at Palm Beach to join but we were unable to meet up with them.

In respect of Meetup a total of 13 contacts were made through Meetup with only six attending. New ANB member Katherine joined after enjoying my Jacaranda walk and a possible two others may join after this walk with a couple of others showing interest in attending future walks and or joining up.

I will email my report and photos kindly taken by Charbéle to the Meetup walkers including the ones who could not attend as they will not see this "Keeping Track" issue.

Mt Jellore

11 January 2015

Grade 4

Leader: Charles Bowden

Welcome to 7 New Members

- Michele Mawer
- Laura Mooney
- Georgia Mooney
- Roland Mooney
- Paul Schiebaan
- Jayne Thompson
- Aryo Satrio



See you in the bush

It was a miserable day. The weather had been inclement all week and cancellations came thick and fast. So it was with some surprise that I still had a group of 4 (the club's minimum quorum) willing to venture out into the rain.

I decided that it was unsafe to do the originally planned walk to Fish Pool as Hidden Creek would be a torrent. Besides which, the idea was to stop for a swim in Fish Pool and nobody would contemplate that in the rain.

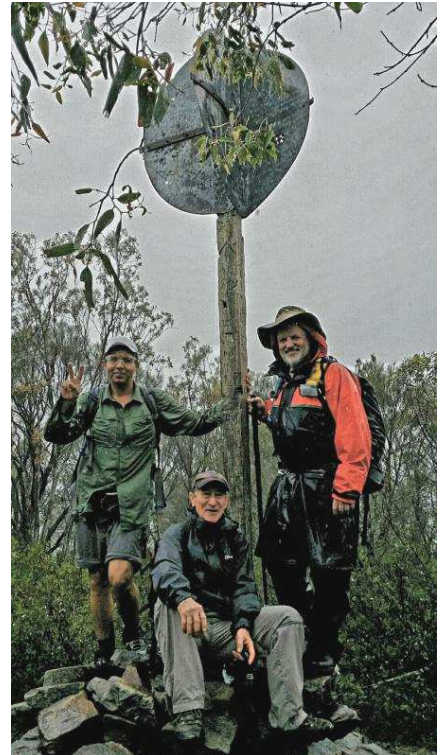
Instead, I proposed to take the group to Mt Jellore as none had been there before and it would be on mostly good tracks and firetrail. The hardest part was finding the correct firetrail in Jellore State Forest from which to begin. The original trail had been fenced off by private property but I knew another existed which bypassed the property. Eventually after several false starts and some challenging 4WD action, we found the correct trail.

There is initially a steep descent to a narrow gully before climbing to the ridge on the far side which leads to Mt Jellore. The track was quite muddy and intermittent light rain kept the slopes slippery.

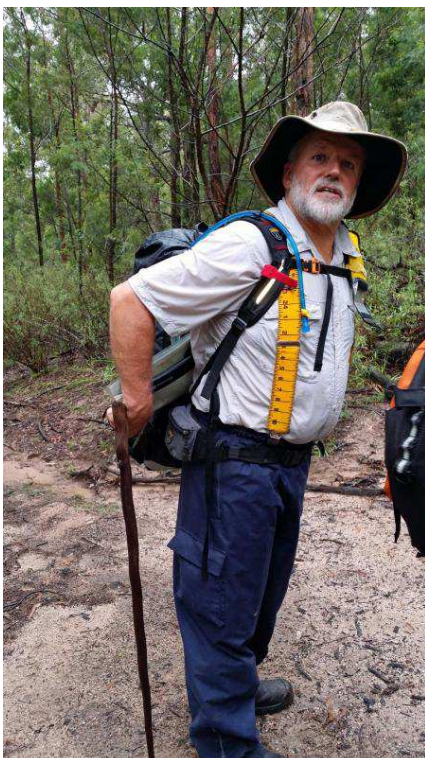
We stopped at the foot of the peak for a hurried lunch before setting off on the short climb to the summit. After the usual photos with the trig marker, we gazed out over the viewing platform at the vast expanse of cloud that obscured any semblance of a view.

Undeterred we headed back down to the ridge and explored a little way along a beribboned sidetrack which looked interesting enough for a return trip. We then returned the way we had come back to the car and a well-earned hot beverage in Mittagong before heading back to Sydney.

Thank you to Len, Sue and Saf for your cheery company and good humour.



Mt Jellore trig



Leader Charles



Mt Jellore trail - photos by Sue Yap and Saf Barbour

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

PHOTO ALBUM



Ancient Fig tree



Unloading the Island Trader



***Welcome Swallow –
on the airport fence***



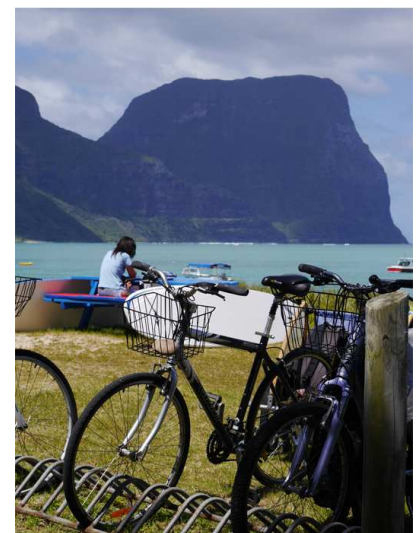
Neds Beach



Sacred Kingfisher



Middle Beach



***The preferred mode of transport
Mt Gower in distance***