



all nations
BUSHWALKERS INC

Autumn Newsletter

March 2020

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



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

ALL THE LEAVES ARE BROWN....

Autumn is on it's way! The new season will be so welcome after a rather ordinary summer as the wild fires made bushwalking a real challenge. If it wasn't National Park closures, then the heat of summer was deterrent enough with record temperatures in the high 40 degrees out west.

To top things off, there have been massive rainfalls in January and February; whilst they caused damage to infrastructure including railways, all the wonderful rain has flowed into the Warragamba Dam. The dam level has risen from around 45% to an incredible 85% in the space of a week. Let's hope when we finally get back out in the bush that the track damage is not too severe, however, I am sure there will be trees to climb over and around and landslides on some tracks.



SLIP: The extent of the damage caused by a landslide on the track between Leura and Katoomba.
Photo: PAUL TOOLE MP

After unprecedented fires, and torrential rains, we are now experiencing a virus like no other. Coronavirus (COVID-19) is wreaking havoc. Self-isolation and social distancing is now the norm and hopefully the panic shoppers have filled the cupboards with enough toilet paper to last 6 months so they won't get in the way of those of us who still haven't hit the shops!

So what does this mean for the club? Helen wrote the President's Soapbox some time ago so it falls to me to mention COVID-19. You should all have received an email from the Club outlining our stance. In many ways being in the outdoors is a safe and practical activity; you're staying fit and healthy and avoiding large crowds.

Leaders have been sent guidelines to keep everyone safe. We ask for your co-operation that if you are showing any signs of illness, please do not book on a walk as you might be turned away.

Please check us out on Facebook and for those who don't use this medium, our website always has a collection of photos and walk reports for your interest and entertainment.

Wishing you all the best for 2020 and hope that we can all get out and enjoy our beautiful bush again soon. The Autumn program has been published and is bound to have plenty to choose from.

President's Soapbox

What a variable three months it's been since the last Soapbox. Sun, heat, fires, smog and now thankfully rain - though of course that could affect outdoor activities as well! Although a lot of club walks have had to be cancelled due to these extreme weather conditions, many have still taken place or been rerouted thanks to the dedication of our walk leaders. One thing to bear in mind when deciding whether to put on or participate in an outdoor activity is air quality. A useful resource for checking this is from the [NSW Government](#)

Not just data but also explanations, forecasts and alerts. I particularly like the page that showed what activities can be undertaken by what type of people when there are differing Air Quality Indices (AQI).

Looking at the walks program for the next couple of months there seems to be a good selection of Grade 1 and 2 walks but a lack of Grade 3 and above. If you have been thinking of leading a walk of this nature but not sure of what would be a good route/which parks are open/how to plan it, please don't hesitate to contact any of the Committee members or Activity Mentors. You will need to login to the members section of the website to find them.

Helen Hindin
President

Welcome to New Members

Myfany Turpin
Michael Bui
Hoa Bui
Steven Scally
Wendy Hitchcock
Robert Montgomery
Tim McNally

See you in the bush.....

BUSHWALKING NSW GENERAL MEETING

18 FEBRUARY 2020

With the expectation that the committee was going to introduce and discuss the new Constitution, we sent along 2 members—Paul and John.

Unfortunately, it seemed that the President had other plans and was not there. There was a brief discussion about the constitution but the main part of the meeting was taken up with a talk from a member from Blue Steel Dash Club talking about a trip to the Annapura Circuit in Nepal for a group of teenagers and young adults.

Volunteers are always needed to attend the meeting so if you have an interest, please let Helen, the Club President know. Thanks to Paul and John for attending.

If you are interested in what Bushwalking NSW get up to, they have an excellent e-newsletter that goes out about every fortnight.

The website also contains lots of useful information, like how to clean your gear, safety and first aid, ways you can volunteer, feature walks etc.

Check out their website [here](#)

WALK REPORT

Secrets of the Eastern Suburbs

January 2020

Dee McCallum

Mid January was always going to be hot and I was not surprised that a few who signed up dropped out due to the conditions, with high 30's predicted. So a reduced group of 5 (Dee, Len, Susan, Francoise and Linda) braved the heat and were pleasantly surprised that there was enough of a breeze and shady spots to cool us down once in a while.

After a short walk through the streets of Woollahra from Edgecliff Station, we headed into the park through the Paddington Gates and straight into the Paperbark Grove. This magnificent corridor of trees was planted in 1899 and is the only place in Australia where paperbarks are planted as an avenue. After continuing along the perimeter we headed to the ponds at the southern end of the park near Randwick where the new tram could be seen in the distance. We were very lucky to see a large flock of black cockatoos which Len said were eating the cones of the pine trees. They were certainly very noisy! We wandered up through a wonderful pine plantation and much debate was had over the species.



We carried on and took a very quick detour through to Lachlan Swamp, where there is a large colony of grey-headed flying foxes (fruit bats) roosting, the smell was very pungent and there was bat poo everywhere - not a place to linger! I am not sure of the number but the park has measured up to 45,000 in this location!

Our next treat was a stop in the Ian Potter Children's Wild Play Garden. This area was opened a few years ago and has been designed with kids in mind with a great artesian water park to play in, however with current water restrictions this was closed. There was still lots to see, walking through the banksia tunnels, getting lost in the bamboo forest, and watching the kids playing in the tree-house. It is a truly wonderful place in the park with beautiful landscaping and plenty of shade for picnics.

After a bit of pavement bashing we headed into Cooper Park. This is another old gem. It was used as a recreational area as long back as the 1880's but it came into its own around 1913 when Sir William Cooper gave the park of around 15 hectares to the local council. In the 1930's the park was further developed with pathways meandering along the contours of the land. The lower pathway is a gorgeous walk alongside the creek, with a key feature being the delightful sandstone Moon Bridge. There are also several shade-giving faux stone grottoes that are painted inside. After lunch, it was a short but steep climb up stairs to get to our finish point at Bondi Junction.



WALK REPORT

Great West Walk

**Part 1 - Parramatta To Seven Hills
19 January 2020**

LEAH TAYLOR

Well, finally after now fully recovered from my open heart surgery last September, I was able to join my ANB 'family' on this fabulous bush walk organised by Nick. This was Part 1 of the Great West Walk from Parramatta to Seven Hills and how blessed are we as locals that we don't have to venture too far to experience a fantastic day out in the bush. As always great company and a very enjoyable day had by all. The weather was very kind to us for most of the day (very humid though) with the rain coming in towards the end of the walk.



A big thank you to Nick for organising and fellow walkers included myself, Susan, Len, Sarah, Tricia, Di, Molly and Jane. Hope you enjoy the photos - especially the 'kids at play'!!

WALK REPORT

Great West Walk

**Part 2 - Seven Hills to Rooty Hill
19 January 2020**

LEAH TAYLOR

Once again a big thank you to Nick for organising this 4 Part Series of the Great West Walk. Today was Part 2 which took us from Seven Hills to Rooty Hill (walking approximately 20k's) so congrats to everyone on the walk today for a stellar effort which included Nick, Len, Leah, Anne, Jane, Molly, Connie, Jane, Trang, Pan, Jan and Steve. It was an interesting walk which covered a variety of terrain from streets to parklands to mangroves with the highlight being the beautiful Nurragingy Reserve where the very impressive Chang Lai Gardens are situated. As per usual great company with a fun day had by all.



WALK REPORT

**Waterfall to Heathcote
2020**

DEE MCCALLUM

It was great to have a few guest walkers join us for this classic in the Royal National Park, perfect grade 2 walk to get started when you haven't walked for a while as was the case with both our newbies. We met at Waterfall Station and quickly hit the track after introductions for the easy fire trail section. The bush was looking better than expected with recent rains creating a lush green vista. New growth appeared on most of the trees. We stopped for a quick morning tea break at the Uloola Falls which had plenty of water making a pleasant sound whilst we sipped our tea and ate our snacks. With the spots of rain getting heavier, we all donned coats only to remove them 10 minutes later—funny how that always seems to happen. The second part of the walk is a lovely section across a sandstone ridge with plenty of views out to the city skyline. After the undulating track, we finally dropped into the wonderful Karloo Pools which were very popular, A crowd of around 30 were there, plenty taking a dip in the beautiful fresh water, with most of our group joining them. Sadly what goes down, must go up with the last few kms taking us back up to the station. A lovely day out and thanks to Ann, Lisa, Diane, Brian, and our guests Lesley, Liz and Maria.



WALK REPORT

**Turramurra to Mount Ku-ring-gai
1 March 2020**

LEAH TAYLOR

The first day of Autumn and what a splendid day for a hike in the beautiful Ku-ring-gai Chase National Park. The walk started at the famous Sphinx Memorial which is a sandstone monument created in memory of lives lost in the First World War by a returned soldier in the 1920's. We then proceeded onto the Sphinx Memorial Bobbin Head loop track.



The long walk leads along Bobbin Head trail past open forests of smooth barked apple gum and red bloodwoods which then brings you down to the Bobbin Head Marina (where we all wished for one of the very swanky expensive posh boats!).

We then picked up the Warrimoo Track – a very pleasant fire trail by the water to then reach the start of the Birrawanna Track – a very very very steep ascent up to the top! We all managed to drag ourselves up with a few stops along the way (gosh it was hot!) to then start our descent down to the beautiful little inlet called Apple Tree Bay. A truly magical spot by the water and a very pleasant stop for lunch! After lunch we then started another ascent up on the Berowra Track to our finishing point at Ku-ring-gai- Station. Very enjoyable day and a big thank you to Len our group leader.

OVERSEAS WALK REPORT

PORTUGUESE CAMINO

ANDREA MCDONNELL

In September, Andrea and Luci set off on their longest walk yet – the Portuguese Central Camino (240 kilometres from Porto to Santiago de Compostela in Spain, which is reputedly where St James is buried). It is the second most popular Camino route. The most challenging aspect of the walk was several rainy days – one which was so bad that it permeated through every item of clothing and shoes.

Much of the walk through Portugal was on cobblestones which was tough on the feet. The route followed Via Romana XIX (Roman Road 19) for a long way, which took us over many bridges (some Roman) and hills, through villages and city walls and under grapevines. Every village had at least one church. When walking past a primary school in Portugal, a teacher called through the window to ask where we were from and then produced kangaroo and kookaburra cuddly toys. He said his class knew 'Kookaburra sits in the old gum tree'. We met many other people along the way, locals and 'pilgrims' from many countries including Brazil, USA, UK, Netherlands and Sweden. Some of the communication was using very basic Spanish and hand signals.

The coffee was great and Pastels de Nata (Portuguese Tarts) were delicious especially sprinkled with cinnamon. It was sad to cross the border into Spain where they weren't available. Food was basic but plentiful. The pilgrim menus were good value and included wine (red, white & sometimes green). In Spain, the paella was tasty and interestingly, in many Spanish bars, ordering a beer meant free tapas.

Overall it was a great experience and the distance and terrain were not overly challenging – we definitely recommend to anyone with moderate fitness.



The pictures show some of the route, the food and arrival at Santiago.

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MEET YOUR WALK LEADER ANDREA MCDONNELL

NAME? Andrea McDonnell

HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB? About 5 years.

WHEN DID YOU START BUSHWALKING? 1989, when I arrived in Australia.

WHAT SORT OF WALKS DO YOU LEAD FOR ANB? Usually level 2 or 3 walks on the northern beaches.

WHATS YOUR FAVOURITE WALK IN SYDNEY? A hard question as there are so many. When I have overseas visitors I always take them to North Head (variety of walking options for all abilities) and the Grand Canyon at Blackheath which highlights the Blue Mountains on a relatively short walk.

YOUR FAVOURITE PLACE TO WALK ANYWHERE IN THE WORLD? Australia because it has such a variety of fabulous walks including outback, rainforest, mountains and coastal walks. New Zealand is a close second.

WHAT IS YOUR NEXT BIG ADVENTURE? A cruise which will visit Norway, Iceland and America.

WHAT DO YOU ALWAYS HAVE IN YOUR PACK? Lots of water, snacks, wet and hot weather protection, first aid kit, mat to sit on and my phone for taking photos and map apps.

FAVOURITE FOOD TO EAT ON THE TRACK? Nuts of any description but everything tastes better in the outdoors

FUNNIEST THING YOU HAVE SEEN OUT BUSHWALKING? Probably an echidna that waddled along the path slowly and on realising I was there it put its head into some grass and stayed still (if it couldn't see me I couldn't see it?)

ANY TIPS FOR NEW BUSHWALKERS? Make sure you always have the basic essentials with you. If you're not experienced, then walk with ANB as that makes it easy and you'll have good company!

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OVERSEAS WALK REPORT

TAIWAN

NICK COLLINS

Liam Heery and I were part of a group of Australian bushwalkers who explored several of the higher mountains of Taiwan for two weeks in November. Taiwan turns out to be nearly all mountains in fact. They still manage to fit 23 million people into the narrow coastal strip down the west though.

The old name, 'Ilha Formosa' meant 'Beautiful Island' in Portuguese, and it was well deserved. As well as being that, it's also comfortable, well-organised, and full of helpful and friendly people. Easy to get around too, and free wifi for everyone! There's also lots of fine food and thermal springs to luxuriate in. An excellent place to spend a couple of weeks.



Night market delicacy



Checking out tomorrow's destination

Among the peaks conquered was the 3886m Xue Shan (Snow Mountain), the second highest on the island. We had the summit of this one to ourselves for a while, but on one lower mountain nearer to Taipei, the crowds were extraordinary, and we were hard pushed to find a spot to perch ourselves. This one was the 1120m Qixingshan (Seven Star Mountain), but I just called it 'Crowded Mountain'. The Taiwanese love their bushwalking!



Morning mountain vista



Snow Mountain (3886m)

ROGAINING THE SPORT OF THOUGHT

ANB has been participating in rogaining for many years with trusted organiser Charles Bowden. But sadly Charles left our shores for the beautiful church city of Adelaide, so we are pleased to announce that Leah Taylor has offered to take over the reins and continue with organising future rogaines. So watch out for upcoming Walks Programs for future events. If you would like to know more then feel free to reach out to Leah via the club website.

So what is rogaining? It is the sport of long distance cross-country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period, anything from 3,6, 12 and up to 24 hours.

Teams are categorised by age and/or sex, with mixed teams as well. No special skills are required but you will need to be comfortable reading a map and using a compass.

At the event you are given the course map and a set time to plan your route. Then the aim is to visit as



many control points as you can in any order. So the skill lies in understanding distances and topography and trying to work out the most efficient route, given your teams capabilities.

Give it a go! It will help improve your navigation and you will certainly have some fun along the way.

For further information, check out the [NSW Rogaining website](#) here.

NOTICES

Autumn Walk Program is up!

Don't forget to check the website for the Autumn walks program.

Short notice walks and other activities are always welcome. For example - cycling, snorkelling, kayaking etc

Social events such as theatre, or historic walks are good alternatives.

NEXT ANB COMMITTEE MEETING

6TH APRIL 2020

SURRY HILLS

*All members are welcome ...
Come along and have your say*

*To book in or ask questions please contact webmaster
Paul Monaghan
Or email club@anbwalkers.org.au*

DEADLINE FOR NEXT ISSUE OF KEEPING TRACK

15 May 2020

SEND YOUR CONTRIBUTIONS TO
editor@anbwalkers.org.au

Please provide clearly labelled photos separately to the story text in high resolution to achieve good production .

NOTICES AND BITS AND BOBS

Mystery Photo



Which Club member was spotted recently driving a ship on Sydney Harbour?

What's the name of the ship he was driving?

Was it in any danger?

Answers in the next edition.

News Articles

Thanks to our contributors this edition.

Walk reports are always welcome, especially accompanied by photos. You don't need a camera, phones take perfectly good quality pictures now so please send in a few snaps with your stories.

We also welcome articles about any recent trips you have done. We are lucky to have a diverse group of adventurers who have travelled to some amazing locations locally and abroad.



Photo Competition

The annual photographic competition will be held at the next AGM in June.

Photos must have been taken in the last 12 months and should depict scenes of nature or in the bush.

Categories are:

PEOPLE

SCENES

FLORA FAUNA

NATURE'S WONDERS

We need 4 entries per category to run a viable competition, so make sure you have your photographers eye out over the next few months.



Walk Leaders we need you!

The success of the club relies on us maintaining a full and interesting Walk Program.

We are coming into a great time of the year when the temperature is dropping, perfect for bushwalking. If you have been thinking of leading a walk, remember we run a mentors program. Current and past leaders are happy to help you plan and lead a walk.

For details, login to the members area of the website.