



THE FALLING LEAVES DRIFT BY MY WINDOW...

Officially it is now autumn! However in Sydney, we never truly see the change of seasons, summer seems to drag on and with daylight saving not ending until Easter, the days are still quite long.

It took a trip to the Blue Mountains last week to see the first signs of autumn. It is cool enough to finally see the leaves start to turn those lovely shades of bronze and gold.

Days have become cooler and the walking temperatures are almost perfect—not too hot and not too cold. The rain has settled the dust and there is a lot more fungi to be seen too—a true sign that autumn is here.

We have also been witness to a rare phenomenon over the last 4-6 weeks. Pink Flannel Flowers!.



Sadly by the time this newsletter is published, they will be gone. Mount Victoria and Gooch's Crater, Gardens of Stone.

So as we get into autumn and we are likely to see rain (if the Bureau of Meteorology gets it right!), it's time to check your gear. Grab that rain-coat and check it still fits, check the zippers etc and above all, check it is still waterproof! Make sure you have a pack cover or use dry bags to keep the contents of your pack dry.

It's always good to check your boots too and you might like to dust off your gaiters—not only do they help keep your boots clean and dry, it's another layer for the nasties to get through!

The autumn program has mostly been published but new walks get added all the time. Please make sure you are on the mailing list to get the weekly "What's Up". And don't forget, the club welcomes new walk leaders, so if you have a favourite local walk you could lead, contact one of the walk mentors who can help you with logistics and help you on the day.

Yours in Keeping Track,
Dee McCallum,
Editor



President's Soapbox

Dear members

Welcome to 2021 – albeit we are half way through March. Time is moving quickly and we are now into our Autumn Walk Program with the weather cooling down making our weekend walk adventures more pleasurable.

In this edition I would like to send a message to any aspiring members who would like to become a Walk Leader. The foundation of our Club has been built around the commitment and dedication of our Walk Leaders which is a very fulfilling and important role to play and one where we are encouraging you to get involved.

As a Walk Leader 'in training' we offer mentors to help plan and guide you through every aspect of what's involved and your mentor will be there to 'hold your hand' to see you through your training. If you are interested please reach out to myself for further information.

Look forward to seeing you all out and about enjoying the Autumn Activity Program.

Regards

Leah Taylor
President

Welcome to New Members

Nick & Maria Nicholas
Katherine Boniadian
Geraldine Norris
Geoff Curphey
Saluda Talukder
Vikki Oppegaard
Stephen Elias
Alex Sullivan

**Welcome all and see you in the
bush soon...**

ANB QUARTERLY COMMITTEE MEETING

The committee is due to meet on Tuesday 13th April. If anyone has any issues they would like to raise you can do so by contacting our President, Leah. Members of the committee are:

President: Leah (president@anbwalkers.org.au)
Treasurer: Liam (treasurer@anbwalkers.org.au)
Secretary: Sarah (secretary@anbwalkers.org.au)
Memberships: Michele (membership@anbwalkers.org.au)
Program Coordinator: Richard (program@anbwalkers.org.au)
Newsletter Editor: Dee (editor@anbwalkers.org.au)
Webmaster: Paul (webmaster@anbwalkers.org.au)

Also a quick note that the AGM will be held in June. All committee positions become available so if you are interested in a place on the committee, now is the time!

BUSHWALKING NSW

Bushwalking NSW held their quarterly meeting on the 16th February. The guest speaker was Dr Melissa Harper, from the University of Queensland, who presented the most recent edition of her book: [*The Ways of the Bushwalker : On foot in Australia*](#). This witty book reveals how the ordinary act of walking can become extraordinary. Worth a read and will be reviewed in the next newsletter.

Next General meeting is on 18th May 2021.

WALK REPORT

WATERFALL TO FOREST PATH

14 FEBRUARY 2021

Dee McCallum

It was to be expected. With all the rain about and damp tracks with plenty of leaf litter, those sticky little leeches were bound to be out and about. Having arrived early and using the bush facilities, I stupidly headed into a lovely leafy patch only to leave with a small passenger aboard! Holy moly! Hadn't even started the walk and the first leech made itself known. Of course after putting on my boots, I applied a liberal layer of insect repellent as well as putting on gaiters. The rest of the group arrived, via train and car and we headed off on a pleasant morning, slightly overcast and not too hot. The first part of the track is along the flat even Uloola fire trail. After approximately 1km the Couranga track heads off to the right. This is a fabulous track, heads down through bush and heathland with several wonderful stands of angophora.



There are also plenty of gymeas, not in flower though but worth knowing to head back in summer when they show their rich red blooms. They would make a magnificent sight.

The track then slowly descends along a rather rocky track as the heathland turns to rainforest.

As the group stopped at the intersection where we had to cross the Port Hacking River, the squeals indicated the first sighting of leeches! There were lots of them, squirming in the leaf litter.

Calling it a river makes you think of a deep wide body of water but here, it is more like a creek. However, after heavy rains, it is impassable.

Luckily the water level was quite low but still could mean wet feet. Some of the group, headed straight



across, rock hopping and managed to keep dry. Nick and Maria wore their sandals and waded across and I stripped off and walked straight through the water!

We stopped here on the sandy bank for morning tea then headed up onto the Forest Path, working our way anti clockwise around the

track, before reaching Lady Carrington Drive.

This is a magical part of the Royal National Park.

Majestic cedars still remain, festooned with birds nest ferns, a great show of symbiosis. The Forest Path track heads off to the left, the first part of the track is a delight of tall trees and lush bush, with the river weaving its way alongside. We saw some amazing fungi on fallen logs.



We completed the circuit of the Forest Path, then stopped for lunch at the same spot on the river. No leeches this time but we knew where they were!

We climbed steadily back up the hill, before reaching the Uloola track and back to Waterfall, just in time for the 3pm train. All up around 13km of very pleasant bush. Joining me were—Ann, Bryan, Nick and Maria, Richard, Molly, Connie and Katherine.

WALK REPORT

LITTLE DIGGER AND TWO CREEKS TRACK RAMBLE

21 FEBRUARY 2021

DEE MCCALLUM

Parts of this track were known to me but not all, so I was pleased that Leah had put this walk on. We met at Roseville Station where several of the group started with a morning coffee, then headed off through the delightful streets of Roseville. The streets have many fine examples of Federation houses, beautifully renovated with equally lovely gardens. We got to our first stretch of bush at the Little Digger Track, which was not so straightforward but we picked our way alongside houses and then past the creek. After a short detour across the wrong bridge we came back onto the main track and were met by our wet weather friends, the leeches!

We eventually came out onto the Middle harbour track. This is a fabulous track, easy walking with view through the trees out to the water. There is plenty of history in the area and lots of informative signs. After passing under the Roseville Bridge, we stopped for morning tea at the picnic tables near Echo Point. It was good to be under the shade as temperatures were rising!



We then backtracked along Middle Harbour before joining the Two Creeks track. Parts of the track were quite exposed, so we were getting hot and just in time we had our lunch break under the shade of the trees. More friendly leeches about, they seemed to be everywhere!

The track continued along Middle Harbour with lovely water views.



Shortly after lunch, we got to the most attractive part of the track, well shaded with beautiful trees and overhangs.



We then had an exciting detour through the tunnel at Gordon Creek. This would be impassable in rain but the water level was fine. Luckily there was a handrail to guide us!

After exiting, a last uphill track before getting back to the road at Lindfield Station where we all dashed off after a hot but enjoyable day.

On the walk, ably lead by Leah, were Dee, Françoise, Linda, Steve, Len, Tricia, Helen, Bryan, Richard, Molly, Connie, Geraldine, Elaine and Daniel.

WALK REPORT

BOX HEAD BOUDDHI NATIONAL PARK

17 JANUARY 2021

LEAH TAYLOR

Thank you to our walk leader Linda Kelen for organising a wonderful day's hike to Box Head through the Bouddi National Park (Central Coast). After a pleasant ferry ride from Palm Beach to Wagstaffe we settled in for a coffee and croissant at the local cafe, then a group photo then up the hill to start our hike.



The scenery and views were stunning (as shown in the photos) as we made our way along the ridgeline to Box Head and the lookout. To our amusement we spotted a 'seal' on the rocks below having a fun time in the water and then sunning itself on the rocks! From Box Head we then made our way back to the turnoff to 'Little' Tallow Beach and then around to 'Big' Tallow Beach.

This was our lunch spot and where a few of our fellow hikers decided to brave the wild surf for a swim!

Thankfully all survived no rescue needed! From Tallow Beach we then headed up the fire trail which took us back to suburbia and the Hardy's Bay RSL where we stopped for a well deserved 'recovery drink' whilst listening to the local band playing funky music! From here we then made our way back to our starting point at Wagstaffe along the very picturesque shoreline reserve.



Fellow hikers included:

Leah, Len, Michele, Francoise, Linda Park, Richard, Bryan, Geraldine, Sarah, Eithne, Chris and Ben.

WALK REPORT

BRONTE TO WATSONS BAY

24 JANUARY 2021
DENISE KRUSE

It is always difficult to pick suitable walks for the summer. Although this year has been a little cooler than last year, the day of the walk was extremely hot with temperatures of 39 degrees. We were fortunate that our walk was on the Federation cliff walk in the Eastern Suburbs and so the temperature was 10 degrees cooler than the western suburbs.

After assuring everyone we were still going ahead and having 2 drop out, 6 met Ed and I at Bondi Junction for the bus trip to Bronte where we caught up with 2 others. After a quick toilet stop, we followed the jogging track which hugs the coast to Bondi Beach.

After avoiding the crowds and a last minute top up of drinks we followed the road to the start of the Federation cliff walk at Dover Heights. After a morning tea stop at Raleigh Reserve we followed the cliff and the well marked track past Diamond Bay and onwards for our lunch stop at Robertson Park.



After lunch we continued onto Watsons Bay reaching the ferry at 2.30pm. Only Geoff was interested in a swim so he left us but the rest of us boarded the ferry back to Circular Quay.



Thanks to all who braved the hot weather and welcome to our new members/visitors: Geoff, Nick, Catherine and to our not so new members: Ed, Françoise, Linda, Richard, Molly and Bryan.



END OF WALK RITUALS

DEE MCCALLUM

So you have finally come home after a great day out in the bush, opened the door and slumped into the chair and groaned. If you're lucky, your partner might bring you a cup of tea or a glass of wine! But if you are sensible, you won't sit down – there are things to do first. Yes, there is the end of walk ritual or chores to be done. What I have learned over the years, it is always best just to do it straight away. Don't sit down! Have a routine and know what needs to be done.



Unpack the pack.

Empty the contents of your pack, making sure there are no stray bits of food, nothing worse than finding mushy banana peels or half eaten nut bars weeks later. Check your first aid kit is intact, if you have used anything, keep the kit out to remind yourself to replenish stocks. Remove your raincoat or other spare clothing to give it an air, shake it out to make sure there are no stray critters! Check all pockets, remove used tissues, paper etc. Wipe off any obvious muddy patches, check zips and straps to ensure everything is in order.

Wash your water bladder.

I always wash out my bladder with hot soapy water, making sure the mouthpiece and lid is clean. Then I rinse thoroughly in cold water, leaving a little water behind as I store it in the freezer. Yep, you read that right! Storing your bladder in the freezer is the best way to keep it clean and you will never have issues with mould. The small amount of ice is great in summer to help keep water cold but don't overdo it, or you will never be able to unscrew the lid or fill it up again! Also never be tempted to fill your bladder with anything other than water, save the sports drinks and coconut water for separate bottles.

Clean your Boots and Poles.

Always always, clean your boots! A quick scrub under running water to wash off dirt and sand. Practice 'come clean, go clean' and ensure you are not carrying disease or bugs to your next walk in the bush. Dry them slowly and check they are still OK with no signs of loose soles, worn laces etc. Nothing worse than boots falling apart mid walk.

Don't forget your poles either! They can get full of sand and grit and then you wonder why you can't open and extend them! Like your boots, you also don't want to be carrying germs on other walks. Make sure your poles are dry too so they don't get a chance to go rusty.

Put everything away!

Yes we all have a place we store our gear. Put it back where it came from! Hopefully this will avoid those endless searches for 'where is my (insert lost item)' as you are dashing out the door. I like to leave my poles in the car—then I never forget them!!



Now you can relax! And if you really want to treat yourself, a soak in the bath with Epson Salts will relieve those aching muscles. And you can have that cup of tea or glass of wine now.

WALK REPORT

PALM JUNGLE

25 APRIL 2021

DENISE KRUSE

Where is Palm Jungle I hear you ask? It is the Burning Palms walk in the Royal National Park which is a classic coastal walk.



4 members met Ed and I and Bryan at Sutherland for a carpool to Garrawarra Farm carpark where we met up with 4 others. After a meet and greet, we then walked along Garrawarra track to a view spot for morning tea and then followed the track turning onto the track leading down to Palm Jungle and Burning Palms.

Although we thought the Palm Jungle track might be muddy given the area is shady, it was nice and dry. Some work had been done to the track and obviously more is planned.

Lunch was at the beach with stunning views of the ocean and mountains. After lunch, and a repair to Margaret's boot sole, we followed the track along the ridge back to the cars. We finished just after 2pm.

As we climbed the ridge we bumped into large numbers of tourists/visitors heading down the ridge to Figure of 8 Pool. Thankfully they were going in the opposite direction to us.

We had great weather and great company and thanks to those who attended – Alice, Leah, Francoise, Bryan, Candace, Ria, Len, Linda, Ed and Margaret.

See you on the next walk.



ANNUAL GENERAL MEETING

DEE MCCALLUM

We are pleased to advise that the club will be holding the GM on Saturday 26th June 2021. The meeting is held at the [Woodstock Community Centre, Church Street, Burwood](#)

Like all committees, the positions are held by volunteer members of the club. Many members of the committee are long standing members and it is good to see the continuity which has helped shape the club to what it is today, a small dynamic friendly bunch of keen bushwalkers.

The current committee members and a brief description of the roles is noted below:

President: Leah Taylor – Chairs meetings and is the front person of the club

Treasurer: Liam – prepares financials and manages bank account

Secretary: Sarah – records details of meetings

Membership Secretary: Michelle – handles all new enquiries and renews current memberships

Program Co-Ordinator: Richard – prepares quarterly program and posts activities on the website

Newsletter Editor: Dee – produces the quarterly newsletter

Webmaster: Paul – monitors software updates and enhancements as required

All positions become vacant each year.

So it is now time to express your interest to contribute to the club. If you are interested, please reach out to Leah our president, in the first instance and she can provide a brief outline of what the position entails. There is a quarterly meeting to attend and in addition, depending on the role, there will be a few hours a month for you to perform the tasks allocated to you.

Most committee members have already expressed their interest to continue in their role, however Paul (Webmaster) has indicated that he will not be putting himself forward this year, so the webmaster position will become vacant. This is an important role of the club so we are hopeful that another club member will put themselves forward. Don't forget, you can put yourself forward for any position. If there is more than one candidate applying for a position, then we go to a vote at the AGM.

As well as the all-important committee, legal requirements and general business that will be discussed at the AGM, it is also a great opportunity to catch up with members outside of the bush! We ask members to bring a plate and prizes will be given to the best sweet and best savoury plate.

We have in the past run the photo competition at the AGM but as the online process was so successful last Christmas, we will do the same again in December.

There's a good few weeks to have a think about it so please feel free to contact any of the current committee members for further insight. You will receive a more formal invitation and voting forms in the mail in a few weeks.

We really do hope to see a few new faces at the AGM and to see all of the positions filled.

NOTICES AND BITS AND BOBS

Fun Photos

If you find any funny or interesting pictures in your travels, send them in!

**BREAKING NEWS:
Insurance companies are
warning campers...
if your tent is stolen
during the night you
won't be covered....**



Club Matters

- ☺ Next club meeting is 13th April 2021. Any issues you would like raised or discussed, please contact the club President Leah.
- ☺ Any newsletter contributions are always welcome. When sending photos, please try and send as high a resolution as possible. If you are not sure what that means, when you go to send your photos by email —once you click to send, you are usually prompted to send a certain size—Small, Medium Large or Actual size. The bigger the better!
- ☺ Interested in leading a walk? Or have an idea of a walk you would like to do but not confident to lead? Check out our website where we have a number of walk leaders happy to mentor. You will have to login and look under “Activity mentors” to find them.
- ☺ Remember, many walks are posted at short notice. Make sure you are on the mailing list and getting regular emails with upcoming activities.
- ☺ Several members are actively saving photos of their walks on the website. Some of those reports are replicated here. Always check, there are [some goodies!](#).

Thank you!

As always, a thank you to all our contributors.

We are lucky to have a number of members that happily write a few words about club walks they have done. Personally I always enjoy seeing the photos and stories of our club outings.

Always happy to have more! So please, if you have been on a wonderful walk and want to share your tales, we would love to hear from you!