



FEATURE

Walking The Pilgrim Route

THE CAMINO DE SANTIAGO DE COMPOSTELA by Elizabeth Saadeh

"El Camino de Santiago" (Saint James' Way) is the name given to the road the pilgrims followed in the Middle Ages to get to Santiago, in northern Spain. This spiritual journey was rewarded by absolution of a certain number of sins for those that completed the Camino. Many institutions (hospitals, hotels, monasteries) were founded to help the pilgrims on their way to the holy city. Today, some still walk for spiritual reasons; others for the experience, or for the camaraderie. A network of shelters ("refugios" or "albergues") along the way offer cheap lodging and stamp the pilgrims' Camino "passports," which provide evidence of completion.

As I only had 3 weeks of leave, including getting to London to meet my travelling companion Carolyn, and thence to Spain and back, we only walked 275 km of the 800km distance. No matter: many "pilgrims" or peregrinos (in espanol) do the Camino in stages.

We started in Pamplona, and after the first few days got into a bit of a routine: if logistics permitted, we did 5-7km before breakfast, where we feasted on café con leche and bocadillos (hard bread sandwiches) of serrano ham, cheese, or omelette, at the local taverns. The Spanish men frequenting the tavern were usually partaking of red wine at that hour of the morning. By late lunchtime (meaning 3-3:30pm in Spain), we aimed to reach our daily destination, check into the refugio to claim a bunk, and head out for the Menu del Dia, the main midday meal of 3 courses plus a litre of wine and bread, as is the Spanish custom. Everything else is closed in Spain from about 1:00 to 5:00pm.



Carolyn surveys the vineyards of Rioja

The scenery, particularly between Pamplona and Burgos, is attractive -rolling hills, some serious hills, medium sized towns seemingly devoid of inhabitants, and once past Logrono, many vineyards producing the Rioja reds that Spain is famous for. We met so many interesting people: Michael, a 70-year old Irish chap who tended to my cuts after a fall; Zandru, the English Buddhist nun, walking for a while with a young man carrying a saxophone. You meet the same pilgrims for a while, then they move faster or you do, and maybe you will meet up further down the track. The locals are very friendly too, calling out "Buen Camino" to the pilgrims. The refugios are quite varied--we stayed in one quite new and modern, and our worst was the last 2 available beds--mattresses on the stairwell. We did indulge ourselves in a pension for 2 nights in the big cities of Burgos and Leon.

The walk itself is not difficult, though the first couple of days are killers, uphill and getting used to walking 18-20km per day with a 9k pack. While many pilgrims aim for 30km per day, arising before sunrise to set out, we prided ourselves on the fact that we were one of the few who had no feet problems (blisters, tendons, etc.). We credited 2 pair of socks and boots ½ to 1 size larger than your normal shoes for our fortunate condition (as well as our slow pace and reasonable daily distance, averaging about 18km).



Elizabeth relaxes along the route

For those interested, our diary is at: http://blogs.bootsnall.com/pilgrimc_e and my photos at <http://members.optusnet.com.au/john.buchan/Index.htm>

**IMPORTANT & EXCITING NEWS ... IMPORTANT & EXCITINGNEWS ...
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NEWS ... IMPORTANT & EXCITING NEWS ...**

*Your club has introduced individual **membership cards** for all members ... and yours is enclosed with this newsletter.*

This is an important proof of current membership and is to be carried with you on all club activities and produced when requested by the activity leader.

Please sign where indicated on the front of your personal membership card (parent/guardian to sign for minors), and keep it wherever you feel is the most suitable spot for it to accompany you on club activities .. maybe in your wallet? maybe in your backpack?

The membership card has a number of advantages ...

- Members can easily see when their membership is coming up for renewal.
- Many stockists of outdoor equipment, clothing, etc. offer discounts to members of bushwalking clubs. Your membership card is an easy proof of membership in these instances.
- Walk/activity leaders can verify that participants in their activity are current paid-up members of the club. At their discretion walk leaders have the right to deny participation in the activity if a valid membership card is not produced.

This last point is particularly important as the club has experienced situations where non-members who claim to be members, or former members whose membership has expired, participate in club activities without joining, rejoining or paying a visitor fee. The club's insurance policies cover all current members and visitors who've paid the required fees, but in the event of an accident or injury, a non-financial participant would find themselves in the unenviable position of not being covered by club insurance.

Cowan to Gonyah Hill

5 March 2006

Ku-ring-gai NP

Leader Liam Heery

An early start from Hornsby station preceded this long day to an area past Taffy's Rock which had been unexplored to date.

The track from Cowan via Jerusalem Bay to Taffy's rock was familiar territory but was still a fair distance and required a good pace to ensure that we had plenty of time for the exploration beyond.

We left Taffy's not long after 11am with an expectation of getting to Gonyah Hill in reasonable time and enough time to get back in daylight! The going was pretty tough without any tracks and the bush very overgrown.

Half way to Gonyah we came across a previously unknown trig point with a visitors book. In the past twenty years there were only about ten entries!! We were obviously in a very remote

section of the NP, with the majority of other visitors coming by kayak from the Hawkesbury River. Not long after this we reached our goal, Gonyah Hill, but as there were not very good views we retreated to a nicer lookout overlooking the Hawkesbury.

After a well earned lunch we picked ourselves up and commenced the return journey. On such a hot day we all had left our water rations short and even Len had run out of water by the time we reached fresh water back at Jerusalem Bay.

Thanks to David, Len, Jacqui and Donna for sharing a unique walk to a very remote section of Ku-ring-gai.



CYCLING

Guildford to Prospect Dam

28 May 2006 Leaders : Carol Cox & Sharyn Mattern

A superb, late autumn day greeted seven intrepid bike riders on a trip from Guildford Railway Station to Prospect Reservoir.

Undeterred by two recalcitrant bicycle chains and a stubbornly deflating front tyre, the group enjoyed the easy cycle, most of which was in the former canal which brought water from the reservoir to the townsfolk (until it was decided the open canal was not hygienic and it was replaced with huge pipes). Some farsighted town councils along the route flattened the bottom of the disused canal, and in parts actually filled it in, to make an interesting cycleway. In its day the canal was an achievement in that it was purely gravity fed with the drop from the reservoir to the end of the canal being only 42 centimetres.

The track took us through the suburbs of Guildford, Woodpark, Smithfield, through unexpected bushland, parkways, under and over bridges and a viaduct to our destination at Prospect Reservoir where some had a pre-luncheon Mr. Whippy before we picnicked under a tree overlooking the water. After lunch, while some remained relaxing on the grass, the more active types rode further into the park and were rewarded in finding a historical cottage to explore.

The return route to Guildford station was equally interesting running through parklands, past playing fields and beside a creek. A brief stop at a suburban rugby game allowed Chris to address that front tyre which was determined to go flat. The day ended with a coffee at Guildford.

Sharyn and Carol thank Peter, Chris, Nick, Fenella and Gwynedd for their company.

Brekkie & Bicycle Potter around Bicentennial & Olympics Parks

9 July 2006 Leaders : Carol Cox & Sharyn Mattern

Seven seems to be the magic number for Sharyn and Carol's bicycling groups ... on a beautiful sunny winter morning we enjoyed a leisurely barbecue breakfast in Bicentennial Park before "mounting up" and heading out, stopping first at the bird hide then at the platform overlooking the boat wrecks in the Parramatta River.

A ride up one of the spiral mounds revealed that the bench seats which were formerly located on the spiral track had been removed - thank goodness - allowing a safer ascent and descent of this interesting feature. We cycled along the banks of the Parramatta River via the Olympic Park ferry wharf, then on to lunch which was enjoyed in the rotunda of Silverwater Park at a bend in the river being entertained by red-rumped parrots on the grass.

The return trip through Newington Armoury and the Newington estate brought us into Olympic Park. At Len's suggestion we walked through the recently opened brick pit display. The very interesting sights and sounds, including the call of the green and golden bell frog, and explanatory information displays enhanced the experience of the raised walkway over the unspoiled brick pit environment. As matter of interest this brick pit pedestrian walkway, and the paths and viewing platforms from which we viewed the wrecks among the mangroves on the Parramatta River earlier in the day, are two Australian architectural projects being taken to the Architectural Biennale in Venice later this year as examples of modern use of former industrial areas.

A welcome coffee in an Olympic Park coffee shop preceded our return to Bicentennial park. All in all a very enjoyable day, an easy cycle in pleasant company and great weather.



Bicycle 'potter' around - 9 July
Carol, Leigh, William, Sharyn, Len, Wayne, Peter Bonner (empty saddle)

Sharyn and Carol thank Leigh, Len, Peter, Wayne and William for joining them on this outing.

DEADLINE FOR NEXT ISSUE

1 November 2006

Walk reports and photos

**Feature stories on holidays,
people, flora and fauna,
camping tales**

Letters to the Editor

jcsteven@unwired.com.au

Notice board

fyi

By Peter Bonner

NSW tides July 2006–June 2007
available free from
NSW Maritime Authority Offices

Easy to use Pocket Traveller—Australian Birds \$7.95 approx. at the Botanical Gardens Gift Shop.
Wollemi Pines available from \$65 each

Worth seeing - '10 Canoes' film
Aborigines in N.T. make bark canoes to collect magpie geese and their eggs in mosquito infested swamps and a young man gets wisdom from his elders.

ABC TV - Earthy Treasures 6pm Tues
'Time Team' 3 days to carry out an archaeological dig somewhere in the UK.

Wed - The New Inventors 8pm Fri
Collectors 8pm

FIRST AID—Single use mouth to mouth resuscitation shields available from most pharmacies at 30c each. These reduce the risk of saliva and fluids transfer. Put one in your first aid kit.

These boots were made for walkin'
FOR SALE

HARDLY WORN
Hi - Tec Multiterra - Womens Size
USA 6.5 UK 4.5 EUR 37.5 Price \$70
o.n.o. Phone Jan Steven 9560 1299

The effects of global warming are becoming increasingly apparent, so what can heat stressed walkers do about it? The European Space Agency has the answer: wear a space suit. Before stepping into their NASA space-suits, astronauts don a 2.9 kg one-piece mesh garment lined with water-cooling tubes. ESA Engineers wove water-cooling tubes into a fabric composed of materials tailored to keep the skin feeling dry while siphoning off moisture through suction channels. A water-binding polymer coats the fabric, absorbing excess moisture or releasing it during "flash events," when the cooling system is overwhelmed, to mimic the human body's sweating process. Formula-1 McLaren mechanics donned whole suits in a trial, but there is no indication of how long the air conditioning lasts. However, perhaps summer bushwalking might become more popular if it involved donning a stylish cool suit?

FOOTNOTE:

The last time we successfully did the walk to Ettrema Gorge was in June, 1995 with Jenny McCallan and Bernice Colvin. Bernice must have been in her late sixties at the time and is still going strong. After completing the 964 kilometre Bibbulmun Track in W.A.. last year, (doing it in stages over a few years) Bernice intends to do the whole track in one go starting in September this year. Go Bernice!

Len Sharp

Kayak/Canoe Hire Reminder



The club has one "2 person" Kayak B-Line Estuary kayak and one single kayak for hire. Both are quite stable, fitted with rudders and suitable for estuary and flat water, river and lake use only. The hire includes paddles, spray skirts and floatation jackets which must be worn at all times on the water, during the hire period or when on a club canoe/kayak activity.

The hire charge is a nominal \$5.00 per day/person.

For Club Members Only

For Kayak hire contact
Peter Bonner H-9489 5027
Mob-0408 221 488



Peter sign writing Club kayak 'GNU' after repainting in 'Safety Yellow' with Ocean Blue' trim. January 2006

Mt Banks Sunday 21 May 2006 Leader Judy Dervin

Some of the best views of the Grose Valley may be enjoyed from the track to Mt. Banks trig and we had perfect weather to enjoy them.

We stopped for a break at a viewpoint where some fascinatingly shaped ironstone rocks kept the photographers in the group occupied. The steep track to the trig has been improved in recent years, but we were glad to reach the trig for a breather.

An interesting "bush bash" through ferns and lush growth followed, searching for the overgrown track to the old picnic area. Nothing much to identify it now - a picnic table and water tank hidden among the trees and ferns.

Hard to realise that cars could drive to this once popular picnic spot not so long ago.

The leader then tried to find the track to a cliff top outlook for lunch, once well defined and signposted. Warning to leaders to survey proposed walks near to walk date !!! We were going in the right direction, even found the signpost and traces of the track, but wasted too much time bashing through vines and bushes and had to give up and retrace our steps.

After a late lunch in a sunny spot on the fire trail, we made a quick dash to the outlook above Banks Wall - very worthwhile extra kilometres for the fantastic view of the Grose Valley.

A slowish walk on the fire trail back to the cars ended a pleasant if at times frustrating day.

Thanks to Michael, Mike, Peter, Farida, Zak, Lloyd and new members Alex and Fanny for your company, and for being such good sports.

AGM in Brief - from the Editor

This year the AGM was held at the Woodstock Community Centre Burwood Sunday June 25th

The meeting was attended by 19 members which was something of a record.

For the early arrivals there was morning tea/coffee and cakes. Special thanks go to those who generously brought along some delicious offerings.

We are sorry that Carol Cox is no longer continuing as Treasurer and the new committee would like to acknowledge the huge contribution Carol has made over the past 5 years in this position.

“A big thank you from all of us Carol”

Thanks also to Sharyn who monitored the membership enquiry line.

Congratulations to Liam our new President and the other new members who have joined the committee.

Our new committee is as follows -

President	Liam Heery
Secretary	Len Sharp
Treasurer	Bronwen Amis
Programme Co-ordinator	Suseela Durvasula
Web Administration	Charles Bowden
Newsletter Editor	Jan Steven

Trish Gorrington and Jacqueline Joseph will be assisting with programme design and membership enquiries.

Results from the photo competition pages 6/7



A Message from your President

I would like to take this opportunity to thank the members of the club for putting faith in me to be your president. It is an honour and privilege that I will endeavour to carry out to the best of my ability.

The All Nations Bushwalking Club is a great club with a fabulous range of people from all over the world. While in this role I would like to broaden the activities that the club undertakes so that we can become a much more social club and cater for the broad range of activities that I know you would all like to participate in.

If there is an activity that you like but haven't been able to do (maybe because you are looking for someone else to do it with) let us know and I'm sure that we will be able to organize an event to help you out.

To this end while we have our program published three months in advance, we will add in extra activities during the program...look for updates on your club email. These club activities though need to be coordinated through our program coordinator Suseela Durvasula, (Suseela.Durvasula@mrt-rrt.gov.au), so just drop her a line as to what you would like to do and then we will see if we can organize it.

Remember the committee works for you and welcomes any suggestions. Please call/email any of us with your ideas as your input is what will keep the club going.

Liam Heery - President.

Burwood to Canada Bay

At the conclusion of the AGM, a group of us led by Charles set off down Shaftsbury Road for Canada Bay and enjoyed a leisurely and interesting walk around the shoreline to Cabarita.

We found a sheltered lunch spot looking across Hen & Chicken Bay to Wareemba. We then followed the pathway around past housing, the Bushells Factory and Massey Park Golf course. Passing Bushells the delicious aroma of coffee invaded the nostrils and stayed with us for some time as we continued our walk. Heading back to Burwood we crossed Parramatta Road over the foot bridge, through Burwood Park, pausing to read the war memorial inscriptions for possible relatives and were just in time to see the result of an expensive looking car smash on the corner of the park. Our final stop in Burwood Road was to partake in absolutely wicked desserts and coffee before heading home.

A surprising variety of birds were spotted on the way – Red-rumped Parrots, Herons, a Spoonbill very busy trying unsuccessfully to catch something in the mangroves and even a Pelican cruising along.

Thanks to Charles as leader, and walkers Len, Peter, Judy, Tom and Marcella, William and new member Karen on her first walk with us.

Jan Steven

THE ALL NATIONS BUSHWALKERS PHOTO COMPETITION

Held at AGM June 25 2006

And the winners were...

Charles Bowden (right)

People: Rock & tree people – 30.04.06
Benowie Track, Berowra Valley SRA
(category winner)



Trish Gorrng (below)

Flora: Bottlebrush – 18.06.06
Explorer's Tree circuit, BMNP (category winner)



Camping : insufficient entries

**The winners each received
certificates with vouchers for \$20
from Mountain Equipment
Our thanks to organiser Len Sharp
The winners were decided
by members votes**

Marcela Lobo-Guerrero

Fauna: Dragonfly – 04.12.05
Eastwood to Thornleigh (category winner)

The winning photos in colour are now available
for viewing within the Club's Yahoo Groups site.

You will find them grouped in an album called
"Photo Competition - 2006"
within the 'Photos' folder.



FULL PACK WALK

Danjera Dam to Possibility Point

Morton National Park

Easter 14 -17 April

Leader: Len Sharp



Charles Bowden

Nature's Wonders: One-in-Hole – 05.02.06 O'Hare's Creek, Dharawal SRA (category winner)



Tom Whitehead

Water Scenes: Water spray – 11.12.05 Victor Falls walk, BMNP (category winner)

We drove down the coast via the Hume Highway to miss the Easter holiday traffic. By-passing Nowra we headed for Danjera Dam, the site of the old Yalwal gold fields.

We stopped briefly at the lookout above the valley for views to the west and some of the features of our intended walk such as Mount Sturgiss.

The camping area is now restricted to the hills above the dam with new composting toilets, and cut firewood in bins.

We passed old mine shafts and tailings dumps, with good views of the stored water in the dam and eventually turned off the fire trail at the old anthill marking the start of the walking track.

The track undulates, and towards the upstream end, became quite scrubby and indistinct. This had been caused by regrowth from the bushfires in the 1990's, which is the last time our club had walked it.

Our intended crossing place over Danjera Creek was under water as the dam was full and water extended some distance up the creek. We scrub-bashed a bit accompanied by threats of desertion. Our eventual crossing place showed much flood debris and scouring of the creek bed, a warning as to what these creeks are capable of after rain. Liam spied a snakeskin and I joined him to have a look. Jaccs needed to be reassured it was only a skin when she let out a yell of "snake" and, yes, behind us was a live red-bellied black snake. It was so scared of us as it tried to retreat up a steep 30 centimetre sandy bank that it turned on its back to try and get some traction and then disappeared into the bushes.

Liam's GPS indicated that our intended route up Fletcher's Spur was ahead and so we had to ascend through mild scrub, to make camp in the next valley of Bundundah Creek by nightfall. As it was so slow-going we decided to retreat and made camp beside Danjera Creek. A grassy spot was found with plenty of wood and daylight still available for setting up camp. After the all-important pre-dinner drinks and nibbles for that social bonding, we sat back to enjoy our meal as the fire was quite warm. Jacqui learnt a few things about how to use her Trangia cooker. After dinner Liam and Jacqui played games of Scrabble.

Light rain fell overnight but the next day dawned bright and clear with dry tents, free also of condensation, thanks to the breeze. With the possibility of more scrub-bashing as there was no more track, It was agreed not to continue the walk after the difficulties of Danjera Creek the day before.

We had morning tea in a clearing above the dam on the way back to the car. Yellow ribbons put in by previous walkers through the worst of the scrub helped us to make good time, arriving back at the car late morning for the journey home. We stopped at an isolated little cafe, cum vintage store, past the Hampden Suspension Bridge for lunch.

Thanks to Liam and Jacqui for their company and to Liam for driving. (Abridged)

WALK REPORTS

Cook's River

Sunday 7 May 2006 Leader: Charles Bowden

Eight walkers turned up at the Tempe Station car park on a fine sunny day, having already demonstrated their navigation skills by finding it. Not to mention their ability to cope with adversity: buses had to be caught from Central or Sydenham due to track work. So we set off blithely across the road into Mackey Park on the northern bank and had barely gone 100 metres when we were joined by a ninth! Buoyed by our increasing popularity, we strolled through Mackey, then Warren Park and Steel Park before crossing over the river at Illawarra Road.

We had high hopes of this crossing as one of our number had extolled the virtues of a nearby chocolate shop which had me revising my estimation of when (and where) we would be having morning tea. Alas, it was not to be: the shop was closed and so we disconsolately (or should that be dischocolately) proceeded along Stafford Walk on the south bank.

We soon cheered up as the river was sparkling and the temperature was ideal. The occasional cyclist ensured we kept our wits about us as we chatted and took the occasional photo. One of the features of the walk are the many footbridges which allow you to cross over from one side to another while admiring the river scenes from in-between. Another feature is the gusty wind that hits you halfway across and dislodges anything loose, like Barry's hat, last seen floating downstream to add to the flotsam in Botany Bay!

After morning tea at Tasker Park, we farewelled one of the group who had to leave early and walk to Campsie Station while we continued on past Canterbury Park Racecourse and Picken Oval. By this time the mighty Cooks River, 20 metres wide at Tempe, had dwindled to a metre wide rivulet, dwarfed by the giant concrete channel through which it struggled like a worm in a gutter.

Not long after reaching the junction with Cox's Creek, we had lunch on the grassy sward of a small reserve in South Strathfield. This pleasant interlude was disrupted on a couple of occasions by a profane youth on a motorised buggy, no doubt irked by the sight of people enjoying each other's company.

From this point on the river became a trickle and then at times disappeared entirely as the route meandered through Strathfield, even on to Centenary Drive at a couple of points where property boundaries went right to the freeway's barrier wall. We arrived at Flemington and the conclusion of the walk in time for afternoon tea; our choco-holic restored our faith by taking us to a delightful café in nearby Homebush to recover from our exertions.

The Cooks River Group



Many thanks to Amy Shen, Christiane Doeur, Denise Graham, Beth Rohrlach, Esther Sun, Barry Robinson, Margaret Weiss and Ken Beath for taking part.

Photograph courtesy of Margaret and Barry's cap courtesy of Esther!

Harbour Circle Walk Part 2

Southside Hunters Hill to Milson's Point.

28 May 2006

Leader: Len Sharp

The old saying of the postal service has been for many years, "come rain, hail or snow the mail must get through" or something like that. This could equally be true of our members expectations for activity leaders to turn up to lead their walk.

The leader turned up by bicycle, slightly late due to a flat car battery and after that ride a somewhat flat internal battery. However such is the life of activity leaders!

This walk was more urban than part 1 with its bushland reserves on the northern side of the harbour. Three participants from part 1, Bronwen, Stan and Margaret, were game to try part 2. This walk could also be called the six bridges walk as the following were crossed: Tarban Creek, Gladesville, Iron Cove, Anzac, Pymont and the Sydney Harbour Bridge.

We had a sunny day for the walk with a noticeable breeze on the Tarban Creek bridge where holding on to your hat was wise.

A variety of architectural styles were evident in Drummoyne and Stan was consulted for what we thought was his more informed opinion, as a former architect. Let's hope that any proud homeowner was not offended if our opinions did not agree with their aspirations!

Morning tea was held in Salton Reserve with Drummoyne Sailing club to the left and Birkenhead Point to the right. Unfortunately, the radio-controlled model yachts were not evident today as they were on the walk survey.

Bronwen pointed out to us the tower on Spectacle Island where she had worked during her naval career.

We crossed the Iron Cove Bridge and entered the grounds of Sydney College of the Arts (formerly Rozelle Hospital and before that Callan Park Mental Hospital).

Continued next page

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A group photo-stop opportunity was taken here, using the wrought-iron gates and the "signature" stone clock tower as a background.



The clock tower at Rozelle

Up and over the ridge-top brought us down to our lunch spot at Easton Park where a local soccer match was in progress. Bronwen retrieved a wayward soccer ball, which immediately labelled her as a reserve player for the Socceroos. We took up our position in the back stalls behind the family groups supporting the players. A figtree provided shade where needed at this sunny spot.

After lunch we made our way to busy Victoria Road and crossed it on the footbridge on the way to White Bay and the Anzac Bridge which we could see in the distance. The pathway leading to the bridge is a shared path for cyclists and care was needed to keep left.

Suseela and Catharina were streaking ahead now, engaged in deep conversation and we all regrouped at the other end of the bridge before descending the spiral path to Pyrmont.

A lane led to the pedestrian bridge over the light rail cutting and below the impressive cliff lines, passing the cafes and pubs on the way to the Pyrmont Bridge. The number of people had now increased considerably and we needed to keep together on the bridge.

Margaret left us at the city end of the bridge by prior arrangement, and Stan and Catharina took it as a cue to desert us here. (No doubt they were concerned about their cars parked at Hunters Hill.)

We then continued north along the waterfront until diverting to catch a lift in a building for a meteoric rise to Kent Street. The leader probably earned some credit here by avoiding an uphill walk.

Steps further north were then used to access Observatory Park from where we had uninterrupted views westward of the areas traversed. Had we really walked all that way?

The Harbour Bridge, our next objective, looked very close now. We entered the grounds of the Observatory, but had to retreat when the gate at the northern end was found to be locked. The pedestrian tunnel was used to access the eastern side of the bridge, after we passed a wedding party at the base of the grassy park slopes. Our last person was working hard on the bridge to keep everyone in sight in the crowds. As always, the views from the bridge were magnificent

and Marcela happily snapped away with her digital camera.

Suseela was waiting for us at the entrance to Milsons Point Station where we regrouped for our recovery at the Freckle Face café nearby.

Here we enjoyed al-fresco drinking and eating and the "chocolate freckles" included with the drinks.

Tom and Marcela discovered some friends here and we left them to go our separate ways home after the recovery.

Thanks to Bronwen Amis as last person and using her local knowledge to select the recovery café for us.

Thanks also to Suseela Durvasula, Stan Jedovnický, Margaret Weiss, Catharina Mueller, Tom and Marcela Whitehead and visitor Christiana Doeure for their company.

P.S. The leader went home by ferry and bus, called the NRMA for a new car battery, and drove to Hunters Hill to retrieve the faithful bicycle still locked to the railing at Hunters Hill.

Greengrove to Sentry Grove Dharug NP.

Walk 28 May 2006

Leader Liam Heery

An early start was required for this walk due to a longer than usual car shuffle. However a nice sunny day and the anticipation of a good work out had everyone in a good mood.

We headed up the highway and then through very nice country side and along the Hawkesbury River to Sentry Grove where we dropped off the first car. As we headed back to Greengrove a misty fog was lifting from the river and settling in the valleys.

At Greengrove we took the fire trail along the Eastern Commission track and headed for the aboriginal carvings at Mill Creek. As we had made good time we were able to spend a very leisurely hour for lunch inspecting the carvings and lazing about in the sunshine.

After lunch just after we got back to the fire trail we were met by a convoy of 11 4wd's doing a tag along tour with a National Park ranger. A sight I have never encountered before.

Towards the end of the walk we were greeted by fabulous views up the Hawkesbury river towards Gunderman.

Thanks to Michael, Faye, Jacqui and new member Marea Foley.



The Greengrove to Sentry Grove group

WALK REPORT

Blue Gum Swamp Blue Mountains NP

Sunday 4 June 2006 Leader: Charles Bowden

After collecting some walkers at Springwood Station on the way, and overcoming the challenges of leading an early morning convoy, 14 walkers found the start at the end of Whitecross Road in Winmalee. The day was fine and sunny, crisp and clear, and the group proceeded at a steady pace along a wide groomed fire trail which runs along Shaws Ridge.

We took a sidetrail which descends quite steeply to Shaws Creek where there used to be a camping area. This turned out to be thickly overgrown with ferns which contrasted with the dry creek bed. A number of golden orb spiders were disturbed when their large webs were inadvertently brushed aside as we made our way to some rocks on the far side of the creek for morning tea.

The 50 metre climb back up the track to the main ridge trail proved to some that they should come walking with us more often! But this was the only steep section as we continued along the main trail which descends to Blue Gum Swamp Creek.

We had lunch among the blue gums at a wayside barbecue spot which came complete with metal tray and toasting fork. I was taken to task for not bringing the marshmallows! After concluding a leisurely lunch (with the group chivvying a bemused walk leader to get a move on!) we headed back towards Winmalee along the track that borders the creek. Magnificent stands of tall straight blue gums with significant girth line the way.

The recovery was held at a café in Glenbrook and involved mostly hot chocolate, steamed puddings and lashings of cream. On emerging from the cafe, a kookaburra on an overhead telegraph wire obliged Colombia's answer to David Attenborough by posing for photos from every conceivable angle: profile, full frontal, worm's eye...

Thanks to Len Sharp, Amy Shen, Bronwen Amis, Karyn Krawford, Suseela Durvasula, Tom Whitehead, Marcela Lobo-Guerrero, Robert Marotta, Trish Gorrington, Karin Erdmann, Oliver Ledoux, Manali Pawar, Carmela Stanco and Poonam Zodgekar for taking part... Photo courtesy of Marcela.



The Blue Gum walk group

WINTER CAMP

'The Bogey Holes' Mount Wilson

1 - 2 July

Leader Peter Bonner

This was to have been the weekend of 17/18 June as this was the closest to June the 21st the winter Solstice, the shortest daylight hours of the year. However the Clubs AGM took precedence, so in the end our hardy souls Peter, Alison, Richard, Trish made it to the car park area on the Mount Wilson Road. Here after much mobile phoning we gathered with Michael who had driven all the way into Mount Wilson. After signing the club waiver forms we swung our packs on our backs with Richard nobly carrying my lightweight "gorilla" for campfire cooking (it has been specially modified so that thin sausages do not fall through it on to the fire !!) and started off down the track to the campsite we found on Judy Dervin's earlier walk - a beautiful grassy area with tall trees on three sides facing a small rocky cliff line. A quick survey confirmed this was the best site for our tents so up they went and soon we had the 'billy boiling for that essential 'cuppa tea' plus nourishing nibbles.

A search over the hill and faraway revealed no water in the brooks! Despite the rains earlier in the week and the damp soil conditions it had all drained away! But by following an animal track, probably wombat as there were holes and droppings in evidence, we connected up with a foot track running approx. East West not shown on my map, so by diligently following it uphill to the East we finally came up to just past the dog leg of the fire track that goes in to Mt Wilson at the Fire Station so we returned to the campsite via this fire trail as it made a good circular walk.. Strangely the only bird calls we could hear were Lyre birds (we frequently saw their scratchings on the sandy tracks along with kangaroo/wallaby hind paw prints), but we didn't see any birds or other animals at all.



Tea time

Dinner was cooked at a leisurely pace over the camp fire while Alison provided an inexhaustible supply of pink and white marshmallows to toast over the fire on pointed sticks. Strangely, just like the birds no one wanted to sing, so, kept warm by a built up camp fire, we chatted about all manner of things and people whilst Trish, Alison and Richard produced weird images on their digital camera screens with a shoot pause, shoot again technique. The tinned Xmas pudding bubbled merrily away in my oversized stainless steel billy, for a while a debate raged for and against opening the pudding first or making the custard first. The aim being to have hot custard with a hot Xmas pudding. In the end it didn't matter much as both were eaten as fast

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as possible! As the cold night air was rapidly closing in. Round about 11pm some folks retired to their tents - I took this opportunity to play my mouth organ for a while then I too went to my tent. My last impression before I went to sleep was of 'night owl' Michael silhouetted against yellow flames putting a few more sticks on the dying campfire.



Trish
Richard, Alison, Michael

Next morning all sorts of birds arrived with the dawn chorus including some bright blue little wrens flitting from tree to tree. Breakfast over, another leisurely affair, some packed up their tents others left them up in case it rained, we set off climbing the cliff straight ahead. We then walked around to the West hoping to find a way back to the campsite for lunch. However 12:30pm saw us looking down a deep gorge which if we descended it would hopefully flatten out and allow us to walk back to the campsite but the view was obscured and it was all conjecture. There could easily be a dry waterfall blocking our path so caution prevailed. We lunched on the rocks looking down into the gorge then made our way back to the campsite the way we had come. Afternoon tea out of the way we packed up and drove into Mount Wilson proper for sight seeing as I was the only person who had been there before. Nothing was open, everything was shut including the Bath House and the old 'Tulip Tea Rooms' much favoured by bushwalkers in the past. We saw two cars! A very small stall selling jars of chutney was unattended "leave your money in the box", no chestnuts for sale, the ones I took to the camp fire had dried out I suspect long before I bought them, and were a great disappointment to me so that was it a desolate Mt Wilson. So, HOME via Strathfield Square to drop off my 3 passengers as Michael drove straight home.

Thanks to those who came along (the sun did come out Sunday pm) and helped to make it an interesting and enjoyable camp, we shall have to go back. There is a lot more to explore. It is an excellent spot for first time full pack campers. Attendance 5. Weather Good. No rain. Sunny, warm in the sun. Cold at night!! NO flies, mosquitoes, leaches or bothersome ants. Car Pool \$14 from Strathfield Square.

STOP PRESS!

Congratulations Len!

Len Sharp has been elected to the position of Secretary of the Confederation of Bushwalking Clubs NSW

Using the Club's Group Mailing Facility A Friendly Reminder

Most of you would be aware that the Club has a group mailing facility. This is a convenient way of communicating with each other about issues that affect all club members. The group email can be used to:

- remind members about upcoming walks/activities already listed on the program;
- advise members of changes to activities already listed on the program;
- advise members of walk cancellations or postponements;
- seek volunteers for survey walks which may be added to the program at a later date; and
- advise members new club activities not listed on the program.

Please remember that the group email should not be used for individual communication between members or to broadcast private activities or messages which have not been endorsed by the Club.

As members, you are all encouraged to contribute activities to the Club's quarterly program. Members may sometimes wish to put on activities at the last minute, after the program has already been published. There's no problem with this. You simply need to contact the Program Co-ordinator before you send out a general email to members.

The Program Co-ordinator will give the go ahead to send out a group email for a new activity as long as the activity:

- is covered by the Club's insurance policy;
- does not clash with activities already in the program;
- is for the benefit of the Club;
- is consistent with the aims of the Club; and
- is not just a private social gathering by the member.

Thanks for your co-operation. Please feel free to contact me if you have any questions.

Suseela Durvasula
Program Co-ordinator
on behalf of the Committee

Welcome to New Members

Carmela Stanco

Sue McDermott

Poonam Zodgekar

Manali Pawar

Richard Russell and Alyson Warnock

Richard Milnes

Fernando Santisteban

Doug Murray

See you in the bush

WALK REPORT

Carlton Head to Medlow Gap

Blue Mountains NP

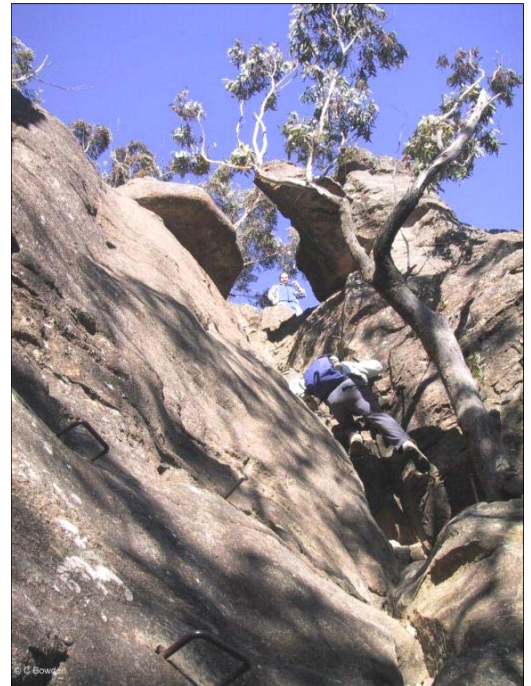
Sunday 9 July

Leader: Charles Bowden

The wind was bitterly cold when we gathered on an otherwise sunny morning at the Blackheath Station car park and I was beginning to wonder what it would be like climbing up the cliff to the top of Narrow Neck later that morning.

After a flurry of calls to round up everyone as some had taken refuge from the wintry blasts in a nearby café, six of us set off on the drive along the Megalong Valley to Carlton Farm. Much of the farm has been taken over by the NPWS and the top paddock, from which many walks begin into the Wild Dog mountains, is now a groomed car park and camping site complete with 'windy loo'.

On arrival at the car park, we were pleasantly surprised to find that the valley was quite sheltered and the brilliant sunny weather could be fully appreciated. We promptly set off up the broad track that leads to the main fire trail below Narrow Neck. We had barely travelled a kilometre when we were confronted

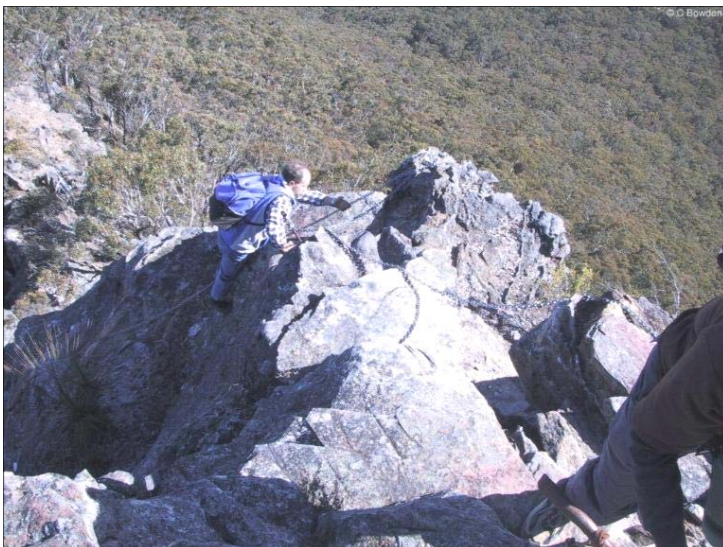


Tarro's Ladder

by a gate with a sign telling us that we were under camera observation! Loudly scoffing and gesturing for the benefit of the purported camera and this manifestation of Big Brother in the bush we continued along the track, crossed over the fire trail and proceeded to climb up the very steep slope leading to the spur jutting off Narrow Neck plateau called Carlton Head.

At the top of the slope we reached the foot of the cliffs leading up to Carlton Head. These can be scaled by using a series of chains and the occasional metal spike that have been drilled into the rock. Donning gloves, we climbed up one at a time taking care on the vertical sections. At one point a small patch of ice had to be negotiated but all walkers successfully made it to the top of the spur. The stunningly clear views right across to Mt Cloudmaker and beyond were just reward for our efforts.

After taking morning tea in a sheltered alcove overlooking Sliprail Creek, we walked up the spur to the fire tower on Bushwalkers Hill where we found the Narrow Neck fire trail. We then headed south along the fire trail taking in more glorious views both east and west of Narrow Neck including Lake Burragarang, even espying tall buildings of Sydney on the horizon the weather was so clear.



Carlton Head chains

At Clear Hill we took the opportunity to pause and admire an eagle soaring in the thermals before heading down Tarro's Ladder, a series of metal spikes straddling a fissure in a cliff and named after Walter Tarr, a keen walker and known as the "Duke of Clear Hill". A small commemorative metal plaque for "Tarro" is affixed to a rock not far from the top of the spikes.

The descent down the spikes went smoothly and we quickly found ourselves at Little Cedar Gap where the high voltage power lines cross over the ridge. In the distance below we could see the fire trail from Medlow Gap which we would shortly be rejoining after crossing Mt Debert.

After pausing at Medlow Gap, the trip back along the fire trail was at a brisk pace but we were able to admire a clump of paperbarks near where Breakfast Creek crosses underneath the road before returning to the car park, loudly announcing our return for the benefit of the supposed hidden camera. Too bad if it didn't have a built in microphone!

Thanks to Robert Marotta, Liam Heery, Jacqui Joseph, Stan Jedovnický and Michael Thompson for taking part.

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