



all nations
BUSHWALKERS INC



Spring Newsletter
September 2014

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



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

Crawfords Lookout, Colo and Wollemi River junction Wollemi NP

27 April 2014

Grade 5

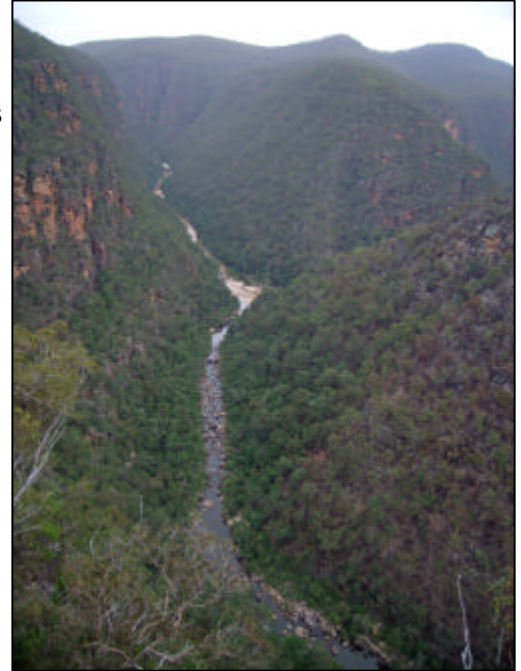
Walk Leader: Liam Heery

It had been a couple of years since I last did this walk and the last attempt was postponed earlier this year when the Lithgow state mine fire raged across from the Blue Mountains and the whole area was closed off. Today's attempt was to be much more successful and even though there was the potential for rain I had only one cancellation from the initial 14 bookings.

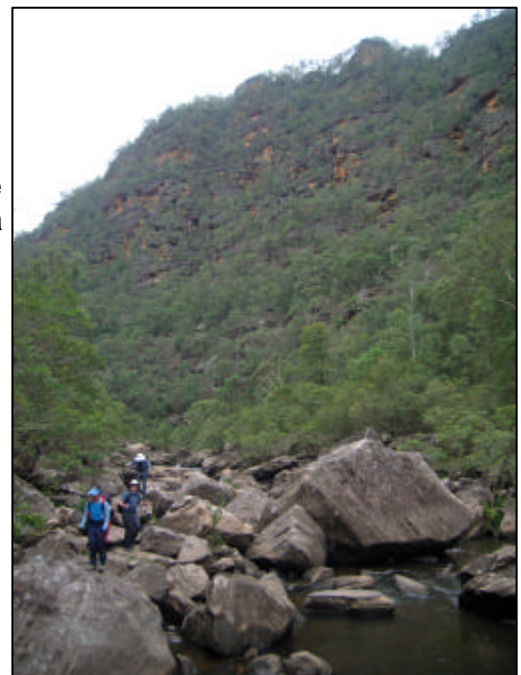
Given the time of year it also necessitated an early start and after our longish drive we were off and walking towards Hanging Rock by 9:00am. A quick stop to clamber on top of Hollow Rock for those who hadn't been there before and then off to join the fire trail leading to Crawfords Lookout.

It is a pleasant stroll along a walking track that undulates mainly downhill to the top of the gorge where we left the track to search for Crawfords Lookout. However, due to the number of false trails it took a couple of attempts to find the "correct" spot. Once there we didn't want to leave.

The view from Crawfords is spectacular with great expanses of gorges formed by both the Colo River and Wollemi Creek. We could see where our route objective was for the rest of the day 400 metres below us.



Junction of Wollemi Creek & Colo River from Crawfords Lookout



Boulder hopping along Wollemi Creek

Unfortunately time was not on our side, so we had to leave this magnificent spot and it wasn't long before we were clambering down through the first few drops and onto the track leading down into Wollemi Creek.

Descending quickly we reached the creek and surveyed the best spot to cross that afforded the shallowest crossing. Bare feet quickly became cold and we all hurried as much as possible.



Hollow Rock



Lunch on Colo River sandbank

Once across the creek, we followed the true right bank, expecting to be met by overgrown bush. To my surprise, the recent fires had got right down to water level and we had the easiest walk and rock scramble ever through this final section of Wollemi Creek.

Because it was so clear it wasn't long before we were at the junction of the Colo, and here we stopped for a long and leisurely lunch.



Wollemi Creek and Crawfords Lookout



Colo River sweeping past Wollemi Creek

Backtracking the way we came, our ascent although slow, was timed to perfection as we arrived at the cars just as last light left us.

Thanks to Jacqui, Bob, Rajiv, Nick, Charles, Catharina, Andrew and four others from the Bush Club for joining me on the walk and to those who enjoyed a great meal and refreshments at the Wilberforce pub afterwards.

Photos - Charles Bowden



President's Soapbox

Following the AGM held on 20 July, a new Committee has been appointed for 2014-15. You will see that there are many familiar faces in the same positions as last year, to wit Treasurer Helen Hindin, Newsletter Editor Jan Steven, Membership Enquiries Officer Yuko Imai, Webmaster David Cunningham and President yours truly. There are a couple of changes, however.

Nick Collins has relinquished the roles of Secretary & Public Officer after 4 years of admirable record-keeping for which we are very grateful.

Catharina Muller has taken on the roles of Secretary & Public Officer after 6 years as Programme Co-ordinator during which time she had oversight of the Activities Programme's move online. The programme's format also underwent some structural change under Catharina's guidance as well as witnessing the introduction of several new features such as short notice walks. We owe Catharina a huge vote of thanks for her service to the Club in this role and I wish her all the best in her new position as Secretary.

Lastly I would like to welcome back to the Committee Liam Heery who has taken on the role of Programme Co-ordinator with gusto. You will already have seen his emails seeking contributions for the Spring Programme as well as sending out the newly introduced weekly bulletin.

I would like to take this opportunity to thank the outgoing Committee of 2013-2014 for all their hard work in ensuring the Club's administration ran smoothly and efficiently. It really makes a difference when so much voluntary commitment and energy is offered for the club's benefit.

At the time of writing we have had several weeks of fine sunny winter weather. I hope that you have all been taking advantage of the marvellous walking conditions this has created. The Spring Programme is now available and I trust you are eagerly anticipating the many new activities on offer. In the meantime I would like to thank everyone who contributed activities to the Programme during the past year. Your organisational efforts and willingness to engage with our wider community is greatly appreciated.

See you all out there in the fresh air!

Charles Bowden



THE ALL NATIONS PHOTO COMPETITION 2014

***Congratulations
to all our winners!***

These were voted as the best pictures by our members at the AGM.

Thank you to all who entered.



NATURE - 1st Helen Hindin
Beetle, Royal NP



PEOPLE - 1st Jacqui Joseph
Len relaxing after a hard day out at Cowells Hut



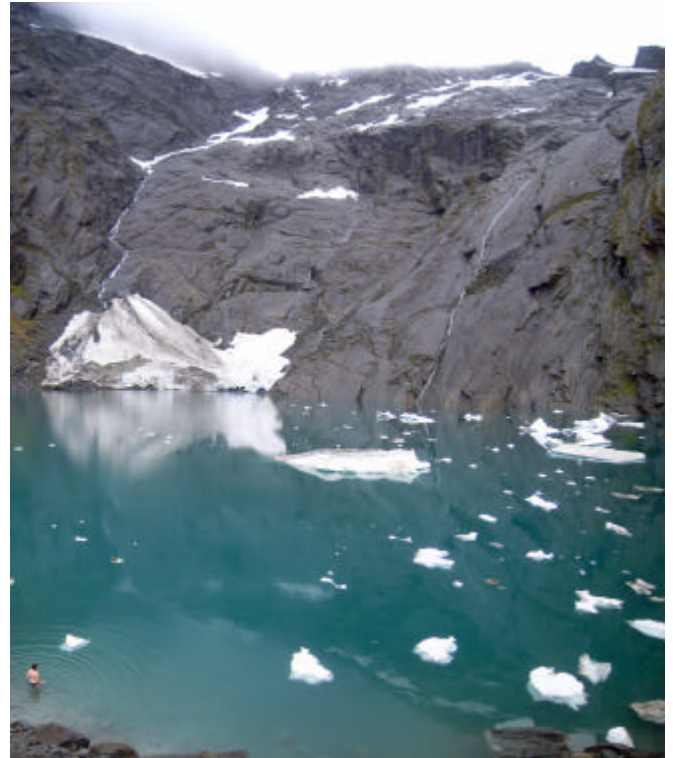
NATURE - 2nd Charles Bowden
Bearded Dragon, Kedumba, BMNP



PEOPLE - 2nd Charles Bowden
Life imitating art, Blackburn Gardens Double Bay

Start snapping that special photo at a club activity to enter the 2015 photo competition...

Open Category



Open - 1st Charles Bowden
Ice Ice baby, Lake Crucible,
Mt Aspiring NP, NZ



Open - 2nd Fiona Bachmann
Lake Burley Griffin



○ Notices Notices Notices Notices

Our New Committee for 2014/15

| | |
|------------------------------|------------------|
| President | Charles Bowden |
| Secretary | Catharina Muller |
| Treasurer | Helen Hindin |
| Programme Co-ordinator | Liam Heery |
| Membership Enquiries Officer | Yuko Imai |
| Newsletter Editor | Jan Steven |
| Webmaster | David Cunningham |

Congratulations Jane and David !

Caitlin Hodgen Cunningham was born on the 8th May after a relatively short labour. She was 2.8kg, and has been growing very well since then. Jane did very well during the birth and afterwards. Caitlin's daddy is very pleased that she's now able to make eye contact and give little smiles.



Look out for Baby Caitlin on a club walk in November.



FOR THE DIARY

Annual Club Xmas picnic & BBQ

Come and join us
Saturday 7 December 2014
4:00pm to 9:00pm
Where: BBQ Area at
Rhodes Memorial Park, Rhodes
(Next to the Kokoda Café)

Covered BBQ facilities and amenities available.

Bring: Your own meat for BBQ and preferred celebratory tippie. **Salads, bread rolls and soft drinks will be provided.**

Membership Cards Reminder

This is proof of your current membership and should be carried with you on all club activities.

Present your ANB card at -
Paddy Pallin City & Miranda stores
CampHikeClimb Hornsby
Alpsport West Ryde
which entitles you to receive free store membership and/or discount.

DEADLINE FOR NEXT ISSUE

3 November 2014

SEND YOUR CONTRIBUTIONS TO.....

Jan.steven@bigpond.com

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

WALK

Lake Parramatta Double Loop Walk

Lake Parramatta Reserve

6 May 2014

Grade 2

Leader: Yuko Imai

Photos: Peter Dlutowski

On this walk, we circled around Lake Parramatta twice - firstly along an outer loop, and then an inner loop. We left the car park near Lake Parramatta Café for the outer loop (counter clockwise). The track diverted from the inner loop in two locations to keep some distance from the lake, then merged back into the inner loop for the second half. Returning to the car park, we walked around the lake on the inner loop (clockwise) which extended around the lake edges.

Starting the walk

Under a grey thin layer of cloud, which was sometimes broken by patches of blue sky, four ladies and one gentleman left the car park around 10:30am for the outer loop. This was an excellent turn out, for the walk was announced only 1.5 days ago as a 'short notice walk'.



A thin layer of cloud over Lake Parramatta



Starting the walk

The early section of the outer loop was a reasonably wide fire trail which extended alongside the noisy Cumberland Highway. After a few hundred metres, the fire trail hit the fence, where it had obviously continued on in the past, but was now blocked. Ahead of the fence seemed to be neighbouring King's School property. As we turned left, the track became narrower and the bushland became slightly thicker.

Leaving the traffic noise behind, we arrived at the first major fork and went uphill to the right. Slightly puffing when reaching the highest point, we glimpsed more school facilities through the bush.



Red rusty car

While proceeding on the track, narrowed by scattered but overgrown shrubs, we spotted a red rusty car between the trees, flattened and upside down. This was not the first time to see abandoned cars in the bushland, but I always wonder how they ended up there when there was no road around.

Walking along the boundary

From the second major fork, the outer loop track continued along the fence indicating the boundary with the school's property. When both the fence and the track crossed a dry creek, a large chunk of the fence was cut out so that people could enter the adjacent bushland behind the fence. The track going into that mysterious space was inviting, but we kept to the original walkplan.

Mountain bikers' obsession

For a while, the vegetation was mostly trees and grass, not many shrubs. On a sandy part of the track, we noticed traces of mountain bike riders. Why do they come here all the way to ride on this rocky track with frequent steps? It was a bit puzzling for those who did not ride such bikes.

Crossing the end of the lake

The track descended toward one of the narrowest ends of the lake where only two stepping stones were enough to cross. The water level was low and still. Approximately 50m ahead, the sound of a brook was heard for the first time. At this point, we finished half of the loop, which now merged with the inner loop.

Continued page 7

Middle part of the lake covered with water lilies

A massive number of water lilies were taking up half the middle section of the lake. Interestingly, all the water lily leaves gathered only on one side of the lake. It might have been because the other side became shady in the afternoon due to the trees growing along the lake. The lake view would be picturesque if the water lilies were flowering.

Masonry dam

Since the second half of the loop was next to the lake edge, we admired more "water rich" views than the first half. The car park we left more than one hour ago emerged above the widest part of the lake. There was another kilometre to go to the historical masonry dam.

From a few hundred metres before the dam wall, one of the walkers said "The lake is quite shallow, isn't it?". This question was quite understandable because the water level was so low at the narrow end of the lake. I replied "Well, you will find the answer when we get to the dam wall". The dam wall was quite an impressive, elegantly curved stone structure. It was 15 metres



Masonry dam wall

high, which clearly answered her question.

After spending some time at the dam, we were hopping on tiny stepping stones below the dam wall. We were glad that the dam wall did not collapse while we were crossing the creek.

End of the outer loop

It took about 1.5 hours to complete the outer loop. We found an empty gazebo close to the water to have morning tea. Parramatta Lake Café near the car park was excellent for a coffee fix.

After recovering energy, we reversed the second half of the outer loop, which was also the first half of the inner loop. We often checked out the track across the lake, along which we walked a little while ago.

WALK

Winmalee to Grose Mountain Lookout

6 July 2014

Grade 3

Leader: Charles Bowden



Vale of Avoca & Grose Valley

There were 8 walkers who turned up on a fine sunny winter's day for this pleasant stroll to the Grose Mountain lookout. The route we took began with the track along Shaw Ridge which still showed plenty of evidence of the severe bushfire that devastated the Winmalee community last summer. As we descended into the valley formed by Blue Gum Swamp Creek the greenery returned and it was a relief to see that the splendid eucalypts had not been harmed by the flames.

The steep climb up to the Springwood Ridge fire trail hasn't become any easier so we were all glad to reach the lookout and enjoy a relaxing lunch gazing at the view north across the Grose River valley and east through the gap to Richmond.

After lunch we headed back down the firetrail and rejoined the Blue Gum Swamp Creek track. We then walked alongside its eponymous watercourse which took us back to the outskirts of Winmalee suburbia.

A 'recovery' afternoon tea was held in Springwood before we headed to our respective homes. Thank you to Sandra, Suseela, Tom, Marcela, George and visitor Tina for coming along. Special thanks to Anthony for also helping out with the car shuffle and last person duties.



Blue gums

ROGAINE

Paddy Pallin Rogaine 2014

15 June 2014

Grade 3-5

Co-ordinator: Charles Bowden

A nervous frisson rippled through the rogaing community when the location for this year's event was announced. Belanglo State Forest has an unfortunate reputation as a result of one man's penchant for slaughtering hitchhikers and backpackers. Indeed one of the features of this year's course was the poignant memorial to some of the victims.

Nonetheless Belanglo State Forest also has an extensive array of tracks and trails on either side of the Wingecarribee River. The course on this occasion covered creek systems south of the Wingecarribee with evocative names such as Red Arm Creek, Planting Spade Creek and Longacre Creek. It also included a pine plantation for some easier points.

The club entered two teams of 3, one in the Mixed Veteran category and one in the Men's Veteran category. Both teams did very well with Team 149 coming 48th overall out of 171 teams with 810 points, while Team 147 came 66th overall with 740 points. In their respective categories, Team 147 came 12th out of 19 and Team 149 came 11th out of 32.

Many thanks to Julian, Alison, John, Len & Liam for inaugurating the brazier and stimulating fireside banter plus extra thanks to John for helping out with the car pool.



Around the brazier



Julian & John & Liam



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.



Alison & Len & Charles

WALK

Circular Quay to Rose Bay

29 June 2014

Grade 2

Leader: Charles Bowden



A chilly and blustery wind marred an otherwise fine winter's day which saw 15 people gather opposite Moore's Steps at Circular Quay to take part in this walk. The group included 5 visitors which was a pleasing response to our efforts to promote the club more widely including the online networking site, Meetup.

The walk hugged the coastline as much as possible, starting with Bennelong Point (where the Opera House is located) and continuing around Farm Cove and Woolloomooloo Bay. Skirting the Domain, we paused to look at the view from Mrs Macquarie's Chair and also took in the little known marine sculpture installation next to the Andrew "Boy" Charlton Pool. Before climbing the dreaded McElhone Stairs, the steepest section of the



Garden Island naval dock



Morning tea at Harry's Café

walk, to reach Elizabeth Bay, we fortified ourselves with morning tea at the iconic Harry's Café de Wheels.

After visiting Elizabeth Bay House, then Beare Park and Rushcutters Bay, we headed up to Darling Point and McKell Park. Nearby historic homes, Lindesay and Swifts, afforded us glimpses of stately splendour before we reached Steyne Park for lunch on the grass overlooking Double Bay.



Elizabeth Bay House

Following lunch, we walked through Blackburn Gardens, then ventured a little distance into the affluent streets of Point Piper before emerging onto Rose Bay Park. After following the foreshore all the way round to the ANZAC memorial, the walk finished at Rose Bay Wharf for the ferry trip back to Circular Quay but not before some of us indulged in a welcome 'recovery' afternoon tea at a nearby café.



Lunch at Steyne Park

Thank you to all who came along. In spite of the wind, we were fortunate with the weather as it remained sunny and clear throughout.

WALK

Hornsby to Berowra, Berowra Regional Park

Sunday 27 July 2014

Grade: 4

Leader: Liam Heery

As a short notice walk I was overwhelmed by the response and was almost thinking of putting a limit on numbers. However as the walk was straightforward I thought 'the more the merrier' and so it turned out to be.

What a great day the weather also turned on for us, a brilliant winter 20 degrees and not a cloud in the sky. We also had the good fortune of meeting up with Linda who was also meeting at Hornsby for her walk up the coast. After some banter about stealing each other's walkers we each headed off in our own direction.

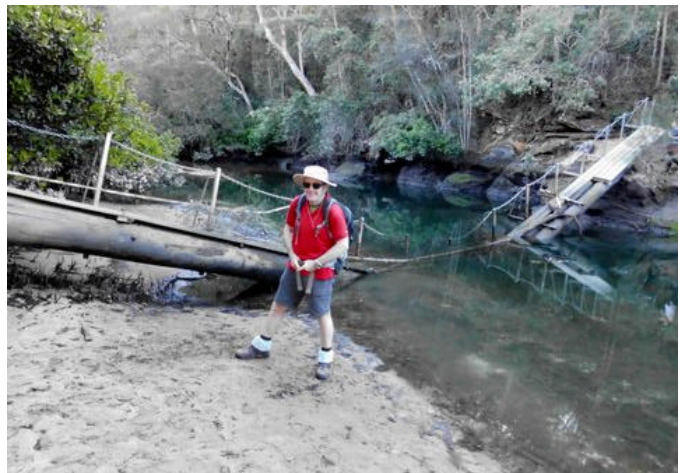
This walk was also a joint walk with the Bush Club and for a change I was pleasantly surprised to see that we at ANB outnumbered them 3 to 1.

Having followed the normal track to Fishponds I then headed up the opposite ridge to Pogson Trig and joined the Quarry trail to Tunks Ridge where we stopped for morning tea. From here there are extensive views over unspoilt bush to Galston.

After our break we then headed down to Galston Gorge and on to Crosslands. This leg of the walk took longer than expected and meant that we had a late lunch. However this



worked in our favour as, when we reached Calna Creek, the tide had retreated to such an extent that we were able to cross the creek in knee high water only.



An examination of the broken bridge indicated that it would be impossible to use except at the very lowest of tides and even then would be precarious. Anyone attempting this crossing should now follow the blazed markers and pole just west of the bridge and a few meters closer to Berowra creek than where the pole is currently positioned (all of this may have changed by the time you read this!).



After our crossing it was a leisurely walk up to the Naa Badu lookout for our last rest break before heading off to catch the train from Berowra.

Thanks to Freda, Marcelle, Paul, Helen, Bob, Sam, Jasmin, Gill, Jacqui, Nick, Richard and Suseela for joining me and also to the 3 others from the Bush Club.

Photos - Bob Seibright

Welcome to 12 New Members

Joanna Hanna

Peter Ellis

Sophie Shornikov

Roger Jones

Paul Monaghan

Sue Brennan

Graham Sherrit

Marcelle Droulers

Marie-Paulette Droulers

George Lee

Natalie Zhou

Tina Bridson

See you
in the bush



ROGAINE 2014

Lake Macquarie Rogaine 2014

2 August 2014

Grade 3-5

Co-ordinator: Charles Bowden

This year's Lake Macquarie rogaïne was again held in the Olney State Forest at the same campsite as last year. However, this year the course was set mostly south & west of the campsite in contrast to last year's northerly boundaries. The course covered an extensive system of creeks and gullies which feed into the upper reaches of the Wyong River.

This region has been heavily logged for its timber and is now subject to extensive revegetation to regenerate the lost forest. However, the logging operations did not reach the steep slopes of the river itself where we found some magnificently large specimens of gums that must have once covered the area.

The course was quite tough, especially when negotiating the gully slopes which were often covered in dense scrub. However all the surrounding ridges and spurs featured logging tracks which gave some respite. The most popular feature however was the Tea & Damper control, now a regular aspect of the Lake Macquarie rogaïne.

The club entered a single team of 4 this year and we performed creditably, finishing 39th overall out of 87 teams and 10th out of 17 in the Mixed Veteran category with a score of 550.

Many thanks to Freda, Catharina and Andrew for taking part and making lots of good calls on which direction to take: a great team effort!



Intensive pre-race planning (with Alison's Gloucester team)



Team 66 ready to go

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