



all nations
BUSHWALKERS INC



Summer Newsletter
December 2015

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



Stop Press: Christmas Party/BBQ - Saturday 5 December,

PADDY PALLIN ROGAINE

14 June 2015

Grade 3-5

Co-ordinator: Charles Bowden

This year's "PP" was held in Conjola National Park at Bendalong Point, quite a different type of location from the usual inland venues. We had splendid weather, with a colourful sunset and sunrise, pelicans & seals & dolphins visible from shore, plus a great course with plenty of beach & sand territory punctuated by the occasional rocky headland. The forested areas were very flat and the undergrowth quite sparse. Not surprisingly our team performed rather well, garnering 990 points but alas no prizes. Still, we did each get a complimentary pair of bushwalking socks courtesy of sponsors Paddy Pallin and seriously good socks at that: definitely worth the price of admission.

In the provisional results we came 55th (out of 176) overall and 10th (out of 37) in the Mixed Veteran category so a fine effort for our 990 points. Interestingly, we were recorded as covering 16.5km in the 6 hours, cf the top Mens team that covered 33.6km (but was 21 minutes late) while the winning overall team (and another Mixed Vets team) covered 31.6km for their 1600! More importantly, nobody ahead of us scored more points with less kms covered while plenty of teams below us covered much more ground so we were pretty frugal in our kms/points ratio. I'd like to say this was all due to excellent pre-race planning but as we changed our minds twice during the day on the route to take, put it down to fine judgement on the trot!



Bendalong Point campsite



Last control for the day - photo Liam Heery



At the finish line - photos Liam Heery

Thank you to Fiona and Liam for coming along and sharing in one of the more enjoyable rogaie outings for quite some time.



Sunset over Washerwomans Creek

How much water should we drink? With Summer on the way and higher temperatures we need to think more about our hydration when we are out walking.

But how much water exactly should we drink?

There's just one simple rule: drink to satisfy your thirst - no more, no less.

Urine colour, which should be pale lemon, is a good indicator as to adequate fluid intake. Any liquids - including tea and coffee - are suitable for hydration, but not alcoholic beverages. And that last especially applies to the (mostly male) viewpoint on the restorative effects of beer!

Important exceptions: Excessive urine output (polyuria), which leads to excessive thirst, may be an indication of diabetes. Seek medical advice if this is the case.

Older people may not get strong thirsty signals from the brain, putting them at risk of dehydration, and so should be reminded to drink. However, the urine output should remain about 1.5 litres a day.

At some point, most of us have experienced mild dehydration – it makes you feel thirsty, gives you a dry mouth and possibly a headache. But severe dehydration is very serious and can kill you.

(Speaking from my own experience dehydration can sneak up on you and sometimes the effects emerge hours later with extreme thirst, dizziness or fainting and diarrhoea. I now carry Gastrolyte rehydration tablets in my backpack on hot days just in case...Editor)

Can you drink too much water?

Yes, drinking too much water can be fatal. But it's very rare.

When you consume too much water, the level of an important mineral, sodium, can drop too low. This can lead to a rare condition known as hyponatremia, where the body retains too much water. Hyponatremia can cause your cells to swell, which is particularly harmful to the brain and can lead to seizures and even death.

A group particularly at risk of hyponatremia are elite athletes who can be at risk of heat stroke and feel they need to rehydrate, but if they overdo it they become water intoxicated. Even in this group however, hyponatremia is still unusual.

Symptoms of hyponatremia include confusion, disorientation, nausea and vomiting.

Further information is freely available on the net

<http://www.continence.org.au/news.php/256/how-much-water-should-we-drink>

<http://www.abc.net.au/health/talkinghealth/factbuster/stories/2012/12/13/3653639.htm>

<https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/Fluids-in-sport.pdf>

<http://www.aww.com.au/latest-news/health/drinking-too-much-water-can-kill-you-21201>

President's Soapbox

A couple of issues have been drawn to my attention concerning booking on and attending walks so I thought now would be a good time to cover these aspects in terms of what are reasonable expectations.

Booking for a walk is generally a simple affair, easily done by telephone or email, depending on the walk leader's preference. However, trying to contact the leader the night before a walk begins is likely to end in disappointment for the intending bushwalker: the leader might be out that evening and therefore unable to respond or arrangements for the walk (such as car pooling) have already been sorted leaving no room for late applicants. Unless there is a numbers limit (in which case book as soon as possible), the ideal time to book would be shortly after receiving the club's What's Up email that is issued weekly or, at the latest, before the weekend of the bushwalk. This allows the leader time to plan ahead and make any necessary arrangements.

If, having booked on a walk, you are subsequently unable to attend, please do not leave it until the morning of the walk to notify the leader of your cancellation or, worse still, not notify at all. As there may be a waiting list, a late or non-cancellation may result in someone else missing out or else cause inconvenience to the rest of the group as the leader tries to locate the missing participant.

It is also incumbent on participants to arrive at the agreed meeting place on time. A delayed start, even by as little as 15 minutes, can have a flow-on effect for the rest of the walk. There are usually good reasons why a walk needs to start at a certain time and any delay could result in significant inconvenience to the rest of the group. While some walk leaders may choose to wait up to 10 minutes after the appointed time, this should not be relied on as a rule. If you are delayed, even if through no fault of your own, please keep in mind that unfortunately you might well miss out.

As we approach the end of the year, I would like to thank our walk leaders for the time, energy and knowledge they have contributed in putting on walks and activities over the past 12 months for our enjoyment. We have been fortunate in having a full and varied program.

Elsewhere in this issue will be details of our annual end-of-year party: please make a note of the date and time in your diaries. I hope that you will be able to attend and I look forward to seeing you there. On behalf of the Committee, I extend to all members our best wishes for the Festive Season and a safe and happy New Year.

Charles Bowden

Stop Press: It's a BOY!

On Saturday November 21 Ryan Hodgen Cunningham was welcomed into the world, after a rather long night for everyone involved. He and mum are both well and resting in the hospital. Stats: 3.81kg, 54cm length, 35cm head. Older sister Caitlin is full of beans as always and hasn't yet cottoned on to the fact she has competition...



*Congratulations Jane
and David!*

**Next ANB committee meeting
Thursday 21 January 2016
at 6:30pm
Burwood Public Library**



NOTICES NOTICES NOTICES



Welcome to 8 New Members

Theresa Da
 Ruoran Zhou
 Florian Martin
 John Saywell
 Jon Humpherys
 Suraya Coorey
 Garazi Leanizbarrutia
 Kelvin O'Keefe



See you in the bush



ATTENTION ALL MEMBERS AND FAMILIES Annual Christmas Party & BBQ

Come and join us
Saturday 5 December 2015
 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 tipples. **Salads, bread rolls and soft drinks will be provided.**

DEADLINE FOR NEXT ISSUE -

3 February 2016

SEND YOUR CONTRIBUTIONS TO
jan.steven@bigpond.com

Pictures submitted: 300DPI resolution preferred to achieve good reproduction quality and photos should be separate files from the story text.

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@anbwalkers.org.au

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

All Nations Bushwalkers is looking to form reciprocal arrangements with other likeminded outdoor clubs, both overseas and interstate, for the mutual benefit of members.

Please email club@anbwalkers.org.au if you would like to suggest a club we might like to contact for the purpose of setting up such an arrangement. Please include details of the club name and address, main activities, website address and email address and name of a contact, where possible.

WALK

A Sublime Walk

30 August 2015 Grade 4
Leader: Charles Bowden

Following a flurry of late cancellations just 5 walkers turned up on a gloriously sunny day at the Sutherland meeting place. At least there was little delay and we quickly headed off to the starting point next to Stanwell Park railway station.

The walk combines a series of tracks leading all the way to Sublime Point before descending to Austinmer. The first track is the Wodi Wodi track which is a narrow and uneven trail that meanders in and out of rainforest gullies before emerging onto a broad shoulder below the start of the Illawarra escarpment. The track is quite badly eroded in parts but we saw evidence (planks, bags, tape etc) of work being undertaken to stabilise and improve the track so it looks promising for next time we visit.

At the apex of the wooded shoulder another track, the Forest Path, climbs up to the top the escarpment from which there are wonderful views of Stanwell Park and the ancient railway viaduct still in use.



Cascade on Stanwell Creek

The Forest Path then follows the top of the escarpment with periodic natural rock platforms affording views over Coalcliff, Clifton and Scarborough. Until recently the Forest Path ended at the Trevorrow Trig but an extension has been built and the Forest Path now traverses



Cave overhang



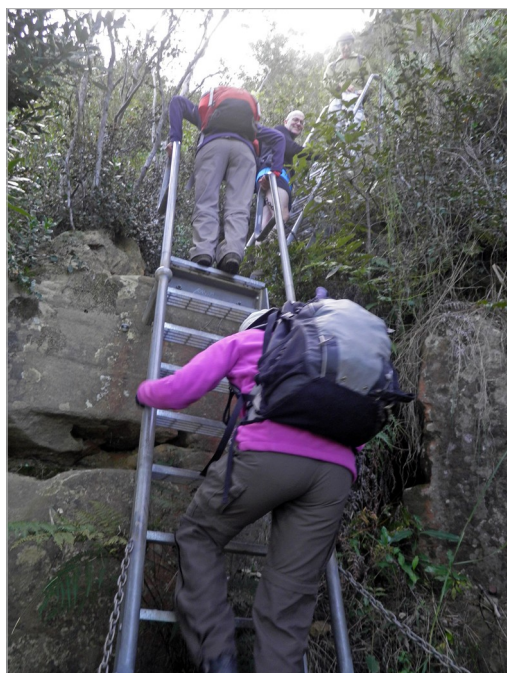
Lunch at Coledale Lookout



Flannel Flower - Actinotus minor

Maddens Plains before linking up with the Sublime Point track. There are more splendid views from rock platforms overlooking Coledale, Wombarra, Austinmer and further south to Wollongong.

There is also a healthy and diverse range of forest and bush types featuring many different plant types. In Spring, you can see all manner of unusual and colourful flowers from the towering Gynea lilies to Flannel flowers the size of shirt buttons.



Ladder descent from Sublime Point

After pausing at the Sublime Point cafe for refreshments, we tackled the precipitous (some might say frightening) descent down the metal ladders. At the bottom, I was able to point out that, while money doesn't grow on trees, apparently wheely bins do!



Wollemi Pine seedling

We then detoured onto the Gibson track which leads through a dense grove of cabbage tree palms to the junction with the (currently closed) Bulli track before

skirting around the back of Austinmer. The final highlight of the walk was to reveal to the group a young Wollemi Pine sapling that has been planted in a secluded spot in memoriam of the donor's mother. The tree looked healthy and will hopefully thrive.



Illawarra coast south - Austinmer to Wollongong

Thank you to Paul, Alice, Nick and Suseela for resisting the blandishments that enticed away other potential participants and providing great company on a fine Spring day.

**More photos from this walk the club website*

Wendy Whiteley's 'secret garden' leased to local council for 30 years

The future of a much loved garden sanctuary on the shores of Sydney Harbour has been secured after the New South Wales Government agreed to hand over the land on a 30-year renewable lease.

Wendy Whiteley has spent the past two decades tending the patch of land, which is known as "Wendy's secret garden", at the back of the Lavender Bay house she shared with her late ex-husband, artist Brett Whiteley, and their daughter Arkie.



Photo - Helen Shen

WALK

Castlecrag Underbelly 20 September 2015 Grade 3 Leader: John Renzenbrink

This walk explored the foreshores of the lower north shore from Castle Cove to Cammeray, using the bush tracks that run under the ridge-top houses in the suburbs of Castle Cove, Middle Cove, Castlecrag and Northbridge. As a lot of the tracks are built on sewerage lines, it is like being on the "underbelly".

We met at Artarmon Station, and as there were some last minute withdrawals, only one car was needed to shuffle the 5 walkers to the start of the walk at the end of the Castle Cove peninsula, at the Explosives Reserve. This land was set aside as a buffer when the storage of explosives was moved in 1907 from the inner harbour to Bantry Bay (familiar to those who have walked from Roseville Bridge to Seaforth). Very quickly we came to H C Press Park, which was a popular picnic ground, then called Palmer Pleasure Grounds, built by Mr Press in 1910. The dance hall and 100 yard running track were very popular with the inner city residents who came here by ferry to enjoy the bush, the water, and no doubt hoped to find pleasure!! Some remains of the running track, paths, benches and wharf are still visible. For those with an interest in history, Walter Burley Griffin (the American who designed Canberra) purchased a lot of land in this region in 1920 for residential development, but focused his energies on Castlecrag – the third of the four headlands covered on our walk.

We followed the North Arm Reserve track along the south side of the peninsula, across Scotts Creek, skirting the mangroves growing along the north side of Middle Cove, with wonderful views of the houses now visible on our left in Castle Cove. After a short stint on a dead end road we entered Harold Reid Reserve, enjoying the close proximity to the water and the extensive views across Sugarloaf Bay to Seaforth and Castlecrag. My selected morning tea spot was occupied by others, so we stopped a little further, just off the track, adjacent to Camp Creek.

We then dipped down to sea level, crossed the weed infested Camp Creek and Sugarloaf Creek estuary, before climbing about 70 metres on a set of old steps up the north-facing Castlecrag escarpment. We followed as best we could the remains of an old track, guided by edging stones, along the contour line below the houses, catching glimpses of the water far below us.

In the 1960s when cars were all the rage and the RTA (Roads and Traffic Authority) was planning nice new freeways, plans were made to extend the War-



ringah Freeway from Crows Nest, over Middle Harbour, to Seaforth and the Northern Beaches, across where we were walking. It was never built and the parcels of reserved land were sold off 5 years ago. The traffic problems have only gotten worse and the solutions to the Spit Bridge/Neutral Bay traffic problem continue to fill newspaper pages and hours of radio time, with no resolution in sight.

Soon we reached another set of steps that led us to a small playground off Edinburgh Road, where we enjoyed a short break. From here it was a 10 minute stroll along this ridge top road, admiring the lovely houses, before descending down the eastern edge, looking directly across the water to Seaforth and the Spit bridge traffic descending from Mosman in the distance. We soon reached the end of the road on the south east corner and another set of steps took us down the bush on the southern escarpment. We stopped to admire the nest of a brush turkey which was almost blocking the track. Michele said that the male turkey stood guard at the nest, and by using its brightly coloured cowl at its neck to judge its temperature, would either scrape vegetation on or off the top of heap to ensure the eggs buried deep inside were kept at just the right temperature.

It was not a glorious day weather-wise, with periods of drizzle verging on light rain, so it was raincoats on, raincoats off. As the leader, it was me brushing

the water off the vegetation, getting my trousers very wet. Luckily Theresa had a long raincoat and she relished the opportunity to be leader and performed the task (removing water) admirably. As we were now on the southern side, it was wetter, slipperier, cooler and darker, with numerous small waterfalls running into Sailors Bay. Following the route of the sewerage pipe buried below us, we passed a couple of small beaches, the Haven Amphitheatre (timber structure built in a fern filled valley, used for poetry readings etc.), the Castlecrag Scout boatshed, a convenient public toilet, and a boat repair place, before reaching the pipeline track. This was the trickiest section of the walk, being almost overgrown, soggy, and very slippery in parts. The sewerage pipe here was mostly above ground, hence the name of this section. The adjoining bay was full of moored boats with good views of the houses of Northbridge, including Bob Hawke's (ex-Prime Minister), and the Northbridge Baths (sea bathing enclosure).



After climbing up the valley alongside a creek tumbling over large rocks, we reached Warners Park, which used to be a dairy, where we had lunch under a picnic shelter. Then it was another street walking section eastwards, skirting around the top of Northbridge Golf Club, and soon back into the bush, heading westward along Long Bay, with views of Cammeray and Mosman. Two old wrecks were sighted in Salt Pan Creek Bay (No... it wasn't Nick and me!!). We left the bush at a boat launching ramp at Tunks Park, and had a breather while we admired the view, when we witnessed an amazing incident!

There was a mother and father duck, with seven little ducklings close by. One of the ducklings was dawdling just a little. Suddenly a seagull flew in, picked that duckling up in its beak, and flew off over the water. About 20 metres away, it dropped the duckling, which fell seven metres into the water. Splat! We gasped, as the duckling flapped around, probably wondering what the hell was going on. It started to paddle, with several bystanders by now shouting encouragement. The seagull though swooped down and plucked it from the water, rising high again, probably thinking what a tasty meal this was going to be, and how takeaway was so convenient. But the duckling



dropped again into the water. Splat! The bystanders again started calling it, willing it to paddle to them at the shoreline before the seagull had a third go at it. It did start to swim to

shore, and luckily the seagull had realised it had bitten off more than it could chew, so it flew away. The duckling swam back to the rocky shore, and one bystander managed to pick it up. All the bystanders (including us) cheered, as it was carefully carried back to its family. As the lady bent down to deliver baby duck to what should have been a very grateful mother duck, it lunged at the lady who dropped the duckling and quickly retreated. We all learned something about animal (and human) behaviour.

The weather had improved, and we headed west across the sporting grounds built over what was probably once an estuary with creek and mangroves etc. in a deep valley between Northbridge and Cammeray. The imposing structure of Cammeray Bridge was high above us. It was built in 1892 in Federation Gothic style as a suspension bridge, the cables supported by two elaborate sandstone towers at either end. The aim was to enable access to the new land subdivision at Northbridge. Unfortunately it was soon realised it couldn't safely carry the tram that came on the new line extension from North Sydney through Cammeray, so passengers had to dismount and walk across the bridge to join the new tramline at the other end. This slowed residential development, but in 1930 work started on what was then the world's biggest concrete arch built underneath to support the old structure. It was finally completed in 1939. A recent improvement has been the addition of a high barricade on both sides of the bridge, as it was a popular choice (apparently) for suicides.

Soon the valley narrowed, the creek re-appeared, and the path became a bush track, ascending slowly up Flat Rock Gully, before reaching the walking/bicycle path under Flat Rock Road, where our ears were assaulted by the roar of motor traffic for a few minutes. The path took us past the old incinerator, designed by Walter Burley Griffin (in his spare time?) where domestic rubbish was disposed of by either burning or used as landfill in what was then considered useless bushland around the creek. It was built in 1934 as a make-work project during the Great Depression, and functioned until 1967. It is now restored and houses a trendy café (what else?) and "Art Space".

We were soon walking under the Gore Hill Freeway before veering off into Artarmon Reserve and a last 500 metre section of "bush" track beside the railway line to Artarmon Station, with its cafes and milkbars just across the road. I was looking forward to a nice drink after our 19 km walk. However this is when I realised I should have done my practice walk on a Sunday as the two coffee shops I thought would still be open had just closed, it now being 3:30 pm. We made do with a nearby bench and takeaway coffee, before dispersing home.

Thanks to Nick, Theresa, Bryan and Michele (who kindly drove me back to the start to collect my car) for a lovely walk though diverse sections of beautiful urban/coastal bushland.



Step back! Stand still and take it easy.

It is a S-S-S-N-A-K-E.

It was dark with a triangular head. The whole body was a bit longer than two metres and covered with scales. It slithered out smoothly from the bush on the left side, stretched across the whole path and relaxed there elegantly. The message to me seemed very clear and arrogant: "Trick or treat?! Otherwise I won't move!"

A gentleman with two boys walked up alongside. He saw me standing there very still so he asked what happened. "Snake" I said. "Oh my God it's so big!" One of the boys screamed. The gentleman said it's ok, don't panic. He said snakes were quite blind. We needed to make some kind of vibration so the snake could sense our existence. Four of us



then started to step and stomp rhythmically. After about two minutes of this non-verbal communication and negotiation, the snake agreed to give way to us. It moved back to the bush slowly and reluctantly. The traffic was back to normal.

Thank you Mr (or Ms?) Snake, for coming out to say hello! No

more, please! Once is enough, in my lifetime!

The snake has now been identified as an Eastern brown - 2nd deadliest in the world!!



Take it easy, it's just a s-s-s-n-a-k-e!

31 October 2015

by Theresa Yan Da

Halloween is meant to be a day when all the ghosts, monsters, vampires and other mysterious characters come out to play scary tricks in the streets. In the bushland, the celebration might be the same; I guess.

This Halloween was a perfect day for the club's scheduled event - the delightful Bundeena coast walk.

By midday we had truly appreciated the beautiful ocean view and some amazing rock formations.

Eventually I became a solo wanderer on the track. A few faster walkers disappeared somewhere far ahead, whereas a couple of gentlemen who were keen photographers were somewhere far behind.

It was one of those golden moments when I enjoyed my solitude, completely immersing myself into the peace and the silent beauty of the natural environment. The wind was gently caressing my face, sending me a cheerful and secret whisper. The little flowers were lining up for an intimate "High-Five" while gliding through my finger tips. In the distance in the ocean three or four colourful sails stretched to their full shape to hug the sunshine. The cliff stood there solemnly, teaching me just one word: "eternity". It was such a peaceful and beautiful moment ...

Just when I brought my attention back to the path, I suddenly noticed that Mother Nature had sent me a special greeting quietly, surprisingly and right in front of my left foot!

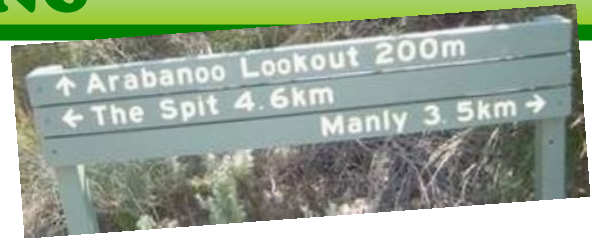
A RETURN TO LEADING

Spit Bridge to Manly

27 September 2015

Grade 2

Leader: Denise Kruse



Well after an absence of 11 years, how best to celebrate rejoining but with leading a walk? Although 9 booked onto the walk, in the end there were 7 of us doing the Spit Bridge to Manly with one meeting us at the end.

The walk is a picturesque 9.5 km which runs north of the harbour. After meeting at Fisher Bay, we walked around to Clontarf Beach for morning tea.

Next we walked over Castle Rock and then onto Reef Beach (which I insist on calling 40 Baskets) for lunch. We then pushed on to Manly for a cleansing ale at the Steyne Hotel. On the way we dived with joggers, other walkers and rain. A lot of rain. Although we bypassed Grotto Point we did look at the aboriginal carvings and Charbèle very kindly collected some items from a jogger who had failed to close his pack, much to his relief.



Thanks to Julie, Virginia, Bryan, Charbèle, Ed and Pan for joining me and making my first leading event a relaxed affair.



WALK

Barren Beauty

11 October 2015 Grade 4
Leader: Charles Bowden

What's 5 extra kilometres between friends, especially the four that ventured out for this walk? Why, it's a just a kilometre each and one to spare!

This walk, from Drawing Room Rocks to Cook's Nose in Barren Grounds Nature Reserve, is at the extremity of the club's day walk range given the 1½ hour drive from Sutherland to get to the start at Woodhill, the turnoff to which is on the outskirts of Berry. Add to that a 29km distance and it makes for a long day so no surprise that only the minimum number came along. The walk begins next to a farm gate with a steep 250m climb up to Drawing Room Rocks. The name becomes obvious when you reach the rockplatform covered with strange pillared sandstone 'seats', some of which afford stunning if precarious views out to the coast as far as Nowra. The weather was good to us and we were able to gaze as far as the Shoalhaven.



South-east to Broughton Head from Cook's Nose



Siege Perilous and view - photo Charles Bowden

The Rocks are on a small knoll at the south-western extremity of Barren Grounds and it took us a while to find the entrance to the narrow and overgrown track that leads to the main plateau. Even while on the track, we lost our way on a couple of occasions before eventually emerging onto the main Kangaroo Ridge firetrail, near another lookout.

This firetrail runs for several kilometres, initially in an easterly direction as it crosses the plateau, following the Illawarra Range as it swings north, before finally encountering the Griffiths Trail.



Charles & Narrow-leaf Drumstick - photo Nick Collins



Fuchsia heath - Epacrus longiflora

Spring is the best time to visit Barren Grounds and we weren't disappointed with an abundance of wildflowers of every description, some unique to this nature reserve. The dense mix of heath, sedge and hanging swamps make it very difficult to traverse in an offtrack sense so the firetrails are crucial for access to various features of the nature reserve.

At the Griffiths Trail junction we turned left (west) and headed for the Stone Bridge, a natural rock footbridge that enables a dry crossing of Lamonds Creek. Here we paused for lunch amid the pools of water before heading up Stone Bridge Trail.



Lamonds Creek cascade and pool

Cook's Nose is a rock feature, indeed a face, on a cliff at the western end of Barren Grounds. There are several rock platforms here which give fine views out over Broger's Creek valley to Broughton Head and beyond.

This was the halfway point of the walk and we then had to turn around and retrace our steps. There were a few grumbles from some, especially when a GPS indicated that our distance covered was going to be 5 kilometres further than the anticipated 24km.

Nevertheless we made good time on the flat trails and easily followed the correct track back to Drawing Room Rocks without getting lost. As a result we got back to the car by 6:30pm, in good time for a recovery meal in Berry before heading back to Sutherland.



Clump of Waratahs beside Stone Bridge Trail



Resting on Kangaroo Ridge trail



Discussing the Waratahs - photo Nick Collins

Apart from wildflowers and even an orchid, we were startled to find a clump of waratahs in full flower right beside the trail. I have never before seen waratahs in Barren Grounds, let alone a whole group in one spot, and I suspect these had been deliberately planted, given the location and clustering of the plants. We stopped to admire them nonetheless before continuing on to the next track junction, turning on to the Cook's Nose Trail.



Walking stick repository

Thank you to Liam, Nick and Ruoran for biting the bullet (but fortunately not the M44 we found!) and joining me for this lengthy outing, especially as we avoided the thunderstorms that beset Sydney while we basked in sunshine.

**More photos from this walk the club website*

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