

Keeping Track

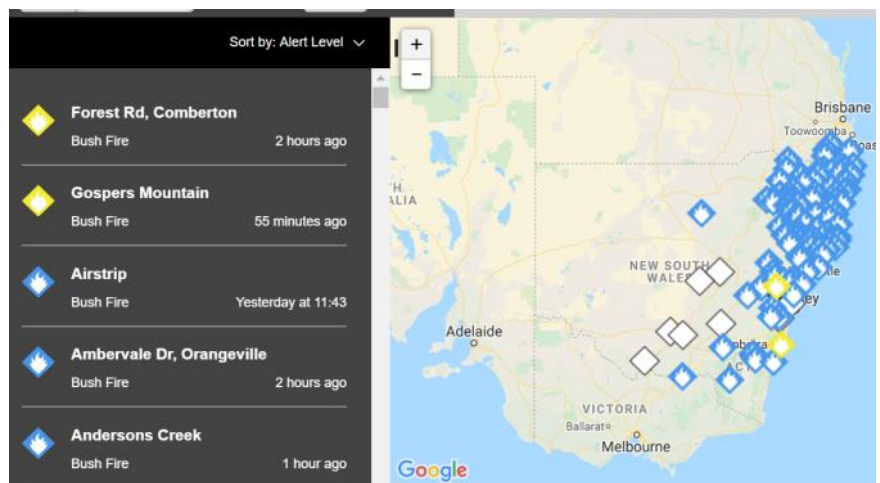
NEWSLETTER OF ALL NATIONS BUSHWALKERS INC • FORMERLY ANC BUSHWALKERS INC & ALL NATIONS CLUB WALKABOUT GROUP • FOUNDED 1964 • INCORPORATED 1992

HERE COMES THE SUN....

And the fires and smoke! It seems fickle to mention the unprecedented fires around Sydney. We are surrounded by fires and there doesn't seem to be an end. We are in desperate need of rain, a downpour. And the way this country works, somewhere, sometime that will happen and it will be a flood.

It goes without saying that the bush we love so much is very very dry. With fires all around, whether you are walking with the club or not, we need to remain vigilant and careful. The club will not run walks where there is any signs of danger, so always wait until your walk leader confirms if the walk you are registered on will go ahead or not. If you are not comfortable and would rather not be out in these conditions, then of course, let the walk leader know.

For your own personal safety, if you are travelling, always check first if you are unsure. One of the best up to date websites to check is the [RFS Fires Near Me](#).



This has a map showing the fires and if you click on any location, you will get more information.

We have a bumper summer edition, lots of walk reviews and 2 more Walk Leader profiles. I must say, it has been enjoyable reading about the leaders, to get to know them a little better. Sometimes, it happens that on walks you don't always get a chance to talk to everyone. Christmas is not far away so I hope you all have time over the festive season to catch up with friends and family and get some time out in nature.

And don't forget, we are on Facebook and for those who don't use this medium, our website always has a collection of photos and walk reports for your interest and entertainment.

[Click here](#)

Wishing you all a Merry Christmas and Wet and Rainy New Year.
Yours in Keeping Track.

President's Soapbox

Hope you are all gearing up to the festive season whether you intend to celebrate quietly at home with family or friends, or whether you are planning a trip further afield. Either way I hope you will get a good break from work (if you do work) and get out into the bush. With smoke from the bushfires not likely to end any-time soon, take care and plan your out-door activities carefully, using the good up to date online information.

ANB had its annual Christmas Party recently, well attended by new and established members. The Black Forest Gateau proved a popular addition to the tasty salads and the weather was perfect. The new initiative of a \$100 six-monthly prize to a walk leader was well received (won by Jacqui Joseph); as was the two edible lucky door prizes. Thanks to all that helped to organise this event and also to those that participated.

The walks programme for the upcoming quarter is looking rather thin at present so if you've thought about leading a walk but don't know where to start, please don't hesitate to contact a committee member, all of whom will be happy to assist you.

Merry Christmas and Happy 2020.

Helen Hindin
President

Welcome to New Members

Sara Loughlin
Eirlys Vaughan
Prue Bolton
Peter Lazaruko
Deborah Dunwoodie
Mr Pushpesh

See you in the bush.....

BUSHWALKING NSW GENERAL MEETING

19 NOVEMBER 2019

Dee and Michele attended the quarterly Bushwalking NSW General meeting at the Redfern Town Hall. A good crowd of approx. 40 attended. Several appointments were ratified for positions that were vacant at the AGM but have since been filled. Other committee business was discussed including the adoption of a new constitution. ANB has provided feedback on the draft constitution. Highlight of the evening was a super presentation by Ian Napier who spoke about the creation of The Great West Walk. He gave an overview of the route which links Parramatta and Penrith via various green corridors. Unfortunately, there are a few patches of streets and highway but certainly there has been considerable effort on the part of some councils to improve local parks and walkways such as planting trees for shade along stretches of concrete path. The link below has the slides of the presentation which is well worth a look if you are interested in this walk.

[Click here](#)

At the meeting, several clubs announced milestones:

- ◇ The Bush Club celebrated 80 years by putting on "80 walks by 80 leaders"
- ◇ The Central West Bushwalking Club celebrated their 40 years anniversary by doing a fundraising walk to sponsor a school student to Outward Bound

Volunteers are always needed to attend the meeting so if you have an interest, please let Helen, the Club President know.

WALK REPORT

Wollombi Village Historic Walk

17 November 2019

Leah Taylor

A very pleasant day out to Wollombi Historic Village! The area was first settled by farmers moving north from the Hawkesbury River district around 1844.

We visited numerous places of historic interest around the village some of which included St John's Anglican Church, Wollombi Tavern, The Endeavour Museum, The Forge, Overland Telegraph Office, Wollombi Cottage, Kenny's Folly, The Old Barn and the Wollombi Cemetery. We also enjoyed a very lazy lunch at the Myrtle Cafe - fantastic food and great service from the staff.

Must also make a mention of our stop at the Strawberry Farm at Peats Ridge - fresh farm picked strawberries can't beat them!



Thank you to all my walkers who joined me today including George, Len, Trang, Ann, Pan and Julie.

WALK REPORT

**CITY WALK
19 AUGUST 2019
DENISE KRUSE**

For a fleeting moment I had a large number booked onto the walk but by the time the day rolled around, I had 6 join me.

Although it was a smaller number, we had a great day exploring the city and enjoying the scenic sights with great weather to match.

We met at Town Hall Station and walked around to the Anzac Memorial and on past St Marys Cathedral to Mrs Macquarie's Chair for morning tea. We then walked through the Botanic Gardens, past the Opera House and Rocks to Barangaroo for lunch. We were happy to get away from the crowds and enjoy the sun.

We then walked through Darling Harbour past UTS finishing up at Central at a respectable time of 2.30pm.

So all together the walk took 4 hours and thanks to Ed, Bryan, Stephen, Richard, Maureen and Virginia for joining me.



WALK REPORT

**COOGEE BEACH TO WATSONS BAY
19 AUGUST 2019
DENISE KRUSE**

How to celebrate the long weekend? By doing a relaxing walk of course.

10 agreed with me and we met at Central Train Station to catch the bus to Coogee. It was great to catch up with old All Nation Bushwalkers and meet some newcomers.

After arriving at about 10am, we followed the coastal track from Coogee Beach to Bondi Beach and then onto Watsons Bay arriving at the Gap at about 3.15pm.

Along the way we passed Bronte Beach, Diamond Bay Reserve and Christison Park and had lunch at Rodney Reserve sheltering from the afternoon wind.

And to cap off the relaxing day? No the ferry ride back to Circular Quay was not the highlight. The highlight was whale watching (a mother and calf just off the coast).



Thanks to those who came along: Ed, Michele, Francoise, Bryan, Tricia, Molly, Maureen, Connie, Evelyn and Sara.

WALK REPORT

**MANLY NORTH HEAD CIRCUIT
8 DECEMBER 2019**

LIAM HEERY

This walk is the culmination of many years trying various options to come up with a different walk around North Head. Basically the plan was to follow the water line from Manly, incorporate North Head look outs and then follow the water line back to Manly from Quarantine Beach. To do this we would have to do a lot of boulder hopping, navigate a precarious cliff line, have a head for heights, do some off track walking and possibly wade through some areas on an incoming tide! The day was specifically selected to get the "right" tide times. Also consideration of weather and wave conditions would have to be made on the day.

What could not be forecast until the morning of the walk, was that following the threat of bushfires in previous days, all walking tracks in Sydney Harbour National Park had been closed! Luckily we were following a mostly high tide route and were outside of the National Park, but I did have to change the middle section of the walk and we were unable to visit the North Head look outs or Quarantine Head.

From Manly's Shelly beach we negotiated the ocean boulders which required a full body work out and good balancing techniques. It was very impressive walking below the towering cliffs and having a fresh sea breeze blow away the bushfire smoke haze that had been around for days.

Along the way we spotted a couple of hardy spear fishermen and a few rock fishermen, one of whom was in the process of landing a big rock cod.

When we got to the most challenging and precarious section of the walk, negotiating a deep sea gully in which the tide surged, we encountered another rock fisherman who was installing a hand line to assist people along the narrow cliff ledge! Given he picked this rope up off the shore line, I'm not sure that I would want to entrust my life with it.



After everyone got through using the hand spikes (some a bit high for the shorter people), we stopped for a brief rest at Blue Fish Point, where we watched some of the Sydney to Hobart contenders racing off shore.

It was then a steep climb up a cliff track to a magnificent look out encapsulating the whole coastline North to South as far as the eye could see.

Here we found a couple of shaded overhangs to have lunch while we were again entertained by the maxi yachts rounding a race buoy right in front of our grand stand seats! Following lunch, our altered plan saw us following the old North Fort wall into the barracks area and then via road down to Quarantine Beach where we resumed our intended route.

A short break for ice-creams followed before we again commenced rock hopping around the shore line. Luckily we were about an hour ahead of schedule (due to missing out the North Head lookouts) and so we were just able to make it around here without having to wade through the incoming tide!



We crossed Store Beach (which is only accessible from the water) and made it to Collins Beach where we had time to have a very welcome and cooling swim. Lots of time to relax and get some vitamin D, before heading off to Little Manly Beach and then back to where we started at Manly wharf for a cooling ale.

All in all it was an excellent day and I now have another walk to add to my repertoire of what will become one of my favourite walks!

Thanks to Len, Jacqui, Nick and Sandra for joining me.

MEET YOUR WALK LEADER LIAM HEERY

NAME? Liam Heery

HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB? About 15 years.

WHEN DID YOU START BUSHWALKING? When I first arrived in Australia 40 years ago, but then had a break for 25 years!

WHAT SORT OF WALKS DO YOU LEAD FOR ANB? I like to get into "out of the way" places, so this normally involves some off track walking and navigation challenges!

WHATS YOUR FAVOURITE WALK IN SYDNEY? I don't really have a favourite, but a walk right out my back door and via a pub is very appealing!

YOUR FAVOURITE PLACE TO WALK ANYWHERE IN THE WORLD? Again no favourite, however the Haute Route I completed from Argentiere, France to Zermat in Switzerland across the glaciers will be hard to beat.

WHAT IS YOUR NEXT BIG ADVENTURE? Patagonia in February followed by tall ship sailing from Melbourne to Sydney in March.

WHAT DO YOU ALWAYS HAVE IN YOUR PACK? First Aid Kit.

FAVOURITE FOOD TO EAT ON THE TRACK? I'm not really that fussed about food, however on a full pack walk, a bottle (in a flexible container) of Port is a must!

FUNNIEST THING YOU HAVE SEEN OUT BUSHWALKING? Not sure that it's funny, but seeing a red belly black snake cannibalising another red belly was awesome!

ANY TIPS FOR NEW BUSHWALKERS? Get to know what grade of walk you're comfortable with before jumping in the deep end and trying a grade 5.



MEET YOUR WALK LEADER DENISE KRUSE

NAME? Denise Kruse

HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB? First time about 20 years. Current time about 4 years

WHEN DID YOU START BUSHWALKING? When I moved to Sydney at aged 18 years. All Nations was the first club I joined. So I've been bushwalking about 35 years all up in just 2 clubs. And now you can work out my age!

WHAT SORT OF WALKS DO YOU LEAD FOR ANB? Nowadays grade 2 or easy grade 3 day walks. My favourites are the coastal walks near Bondi and Watsons Bay

WHATS YOUR FAVOURITE WALK IN SYDNEY? Anything in the Blue Mountains but my favourite is Redledge Pass, Katoomba. I love it because of the scenery and the challenges.

YOUR FAVOURITE PLACE TO WALK ANYWHERE IN THE WORLD? 2 places. First the UK, I did the coast to coast with my husband and friends and we had a ball. I also like the walks and scenery in NZ.

WHAT IS YOUR NEXT BIG ADVENTURE? 2 weeks touring around India. I've always wanted to go to India and now I am

WHAT DO YOU ALWAYS HAVE IN YOUR PACK? My rain coat. One of my first walks was supposed to be sunny but it rained and rained and I ended up wearing a garbage bag all day!! Within the week I had bought a rain coat – and then it didn't rain for another 6 months on a walk.

FAVOURITE FOOD TO EAT ON THE TRACK? I always plan to bring an exotic salad but end up making sandwiches. But one day.....!

FUNNIEST THING YOU HAVE SEEN OUT BUSHWALKING? Clothes and tents lying along the path when climbing up Perrys Lookdown, Blackheath. Obviously thrown by struggling walkers up ahead and I was tempted to grab some of them!

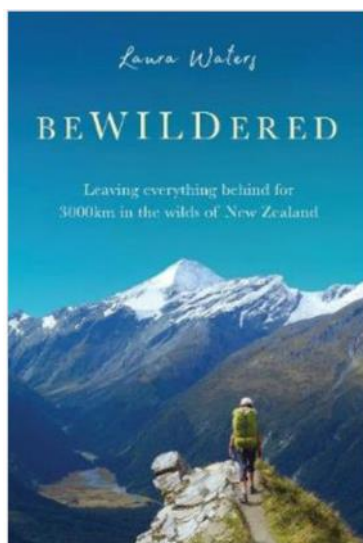
ANY TIPS FOR NEW BUSHWALKERS? Be on time and be ready to meet new people. It is scary going to meet people for the first time but it is worth it. You get to see new places and meet new people. Have comfortable walking shoes, comfortable pack and don't overpack it. Start with an easier walk to check your fitness. And enjoy the views.

ARMCHAIR ADVENTURER

BeWILDERED BY LAURA WATERS

I am sure most of you have heard about the Te Araroa track in New Zealand. A backbreaking 3,000km walk from the top to the bottom of the Land of the Long White Cloud.

The walk officially opened in 2011 and over a thousand intrepid travellers embark on the full walk each year. The terrain can be treacherous and the weather unpredictable. Laura Waters undertook this mammoth task, aiming to complete it with a friend who dropped out... on the second day! She decided to continue alone, however a core group of fellow through-walkers teamed up with her at stages along the way. Laura battles her demons—self-doubt and anxiety and comes through it in the end. It's a remarkable feat taking 5 months of long hard days.



This is my kind of adventure story, raw and honest. Laura opens up about her feelings and describes so well the challenges of the walk. Of course there are magnificent days when the sun shines and the rain stays away. Full of admiration with her guts and determination to complete this epic walk.

And the book that started it all! I was very surprised to see when this was published. It is still on my bookshelf and I am about to read it again.

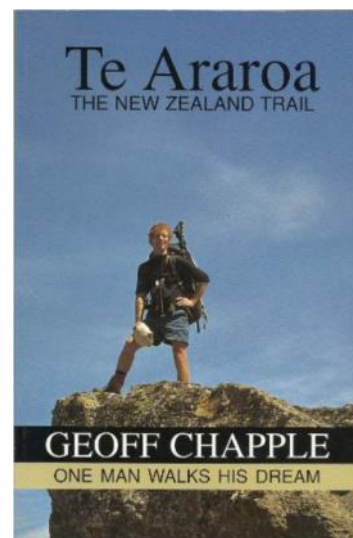
TE ARAROA, THE NEW ZEALAND TRAIL BY GEOFF CHAPPLE

Published in 2002, this book was written by Geoff Chapple, a journalist that somehow found himself cobbling together the idea of a walking trail that would run the length of New Zealand. Chapple set up the Te Araroa Trust back in 1994 and over the next 5-6 years, he trialed the route that walkers know today.

ARMCHAIR ADVENTURER

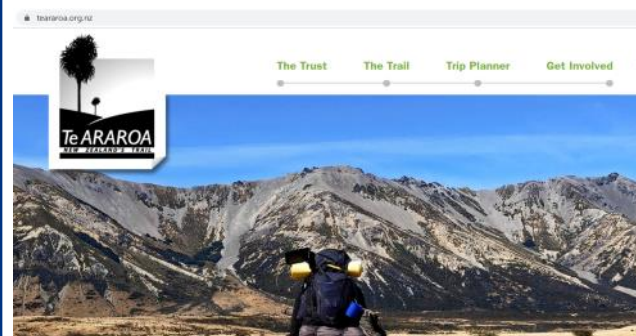
His book highlights his vision and tenacity to make this enormous undertaking happen. At the time the book was published, many of the paths he took were on private property and owners were not so keen on the idea of opening their land to the public. Diversions around those properties saw his initial 2,600kms increase to the current 3,000kms.

He bangs out 30km days, alone and sometimes with the company of fellow trampers on the more popular stretches of the track. The book describes his trials, wading through fast flowing rivers, pesky sandflies and sleeping in toilet blocks in often horrendous weather. It is New Zealand after all.



For anyone mad enough to consider part or all of the walk, there is an excellent website that has full details of the history of the track, maps and information about the Trust, along with lists of those who have completed or are currently walking the track. In this day of social media, it is not surprising that most walkers listed have links to their blogs and Instagram. I am sure there will be plenty of tall stories and tales in amongst them.

[Click Here](#)



FUNNY PHOTOS

Whilst our bush is burning and the country is in a severe state of drought, farmers still find the time to celebrate Christmas. Here's a sample seen on my recent trip out to the bush spreading a bit of cheer.



Taken around the towns of Moree, Griffith and Wee Waa in NSW and Thallon and Nindigully in QLD



NOTICES

Summer Walk Program is up!

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

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

Social events such as theatre, or historic walks are good alternatives in the current fire affected conditions.

NEXT ANB COMMITTEE MEETING

28 JANUARY 2020

SURRY HILLS

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

*To book in or ask questions please contact webmaster
Paul Monaghan*

DEADLINE FOR NEXT ISSUE OF

KEEPING TRACK

15 February 2020

SEND YOUR CONTRIBUTIONS TO
editor@anwalkers.org.au

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

NOTICES AND BITS AND BOBS

A small snapshot of a previous edition of the newsletter. Great to see that after 15 years (and most likely more), we are still sharing tales of walks and leader profiles!



Cathedral Cove, Newnes State Forest

Paul Ma is at it again! If you need to be inspired and to find remote and stunning locations, Paul's blog is a great resource.

These exquisite picture below are from the Crack of Doom area in Newnes State Forest, NSW. Sadly, we know that a significant part of this region has been affected by fires.



TWO ICONIC WALKS NOW OPEN

Great West Walk

This new 65km walk from Parramatta to Penrith is now officially open! This project was the brainchild of the Walking Volunteers who worked with numerous councils to piece together this multi-day walk. The path is easy to follow and accessible by public transport.

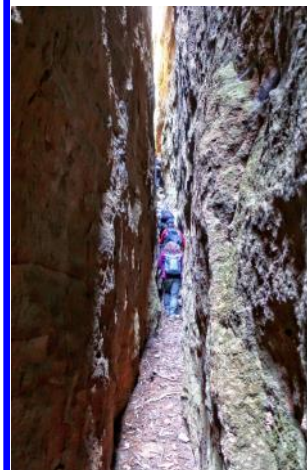


[Click here](#)

Bondi to Manly Coastal Walk

Say no more! Although it has been possible to follow this route for years, the B2M has now finally been established as an official walk. The website has excellent maps and other resources.

[Click here](#)



[Click here](#), for more from this day walk and other adventures.