



METROGAINE 2013

10 February 2013

Grade 2-4

Co-ordinator: Charles Bowden

This year's Metrogaine was held by the sea-side on the central coast rather than in the usual Sydney metropolitan area. The start and finish were located in the spacious grounds of Balgoed House on the outskirts of Swansea, south of Newcastle. 130 teams with over 300 people took part.

The course covered a long thin piece of territory stretching from Blacksmith's Beach to Catherine Hill Bay. It straddled the Pacific Highway (which itself was out of bounds) and included the green pocket of Wallarah National Park. Although much of the inland area was covered with thick scrub, it was criss-crossed with a network of tracks and paths, making it easier (and wiser) to stay clear of the bush.

The Club had entered 3 teams: Team 80 included myself and first-timers Kye and Sam; Team 81 consisted of Fiona and Sarah; Team 82 comprised David and Julian.

It was a swelteringly hot day with the sun already beating down on competitors when we set off at 9:30am. Team 80 chose to remain in the northern part of the course, eschewing the attraction of the bushland for the flatter terrain of the coast with occasional patches of suburbia. They managed to tally a respectable 840 points. Team 81 chose the most adventurous of the suggested "novice" routes and ended up with a healthy 760 points. Team 82 devised their own cunning route and succeeded in gaining the upper hand in the intra-club battle with 900 points. It was great to see only a handful of points (ie 1-2 controls) separating the teams.

The overall event winners were a team of 3 young women who gained 2450 out of just over 3000 points, a fantastic effort. The best men's team was 160 points adrift. Team 80 came 98th overall and 80th in the Open Mixed category. Team 81 came 108th overall and 7th in the Women's Veteran category. Team 82 came 96th overall and 21st in the Men's Veteran category.

It was a great effort from everyone in view of the humid conditions. Thank you to Kye Thompson, Hossam Ahmed, Julian Radom, Sarah Burke, Fiona Bachmann and David Perkins (also for sharing the driving) for your enthusiasm and perseverance.



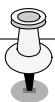
Team 82: David & Julian



Team 81: Fiona & Sarah



Team 80: Sam & Kye & Charles



PRESIDENT'S REPORT

We recently experienced our first emergency callout for quite some time (nearly ten years, I think) when one of our members became ill on a walk in the Blue Mountains. Being too ill to continue and in a potentially serious condition, the decision was correctly made by the leader to call 000 and an air ambulance (ie helicopter) was despatched to the rescue.

Two of the group stayed with the ill member to wait for the helicopter while the leader led the remaining walkers out of the area and back to their cars before night fell as not all had torches. The leader then returned to meet up with the two walkers who had stayed behind, by which time the helicopter had winched the ill member aboard and left for the hospital.

A number of key points have emerged from this incident. The group were able to contact emergency services via mobile phone and relay details of their position using a GPS unit. This minimised delays and allowed for accurate routing of the aircraft. In addition, first aid skills allowed them to stabilise the ill walker which proved beneficial as the first aircraft sent out was diverted to an emergency beacon signal (it turned out a rock climber had fallen, sustaining serious injuries) and they had to wait for a second helicopter to arrive. The decision to minimize risk of injury to other members of the group by walking out those without torches was also a responsible one.

Apart from congratulating all those involved on keeping their cool under pressure in what must have been a tense and worrying situation, I would like to use this instance to underline the need for walk leaders to ensure they have appropriate communication devices (a mobile phone, plus a PLB if going into remote territory), a means (map or GPS) of accurately identifying their location and suitable first aid skills, when embarking on a club walk.

The club has a PLB which is available for loan, details of which are on the club's website. The club also currently offers to reimburse members for a successfully completed first aid course up to the value of \$120. Up to two such reimbursements are available each year subject to prior approval by the Committee on application before the first aid course is undertaken. In the event of multiple applications, preference will be given to walk leaders. Of particular interest to bushwalkers is the St John's Apply First Aid course offered by the Bushwalkers Wilderness Rescue Squad (www.bwrs.org.au) which has an emphasis on first aid in the bush. I would encourage all walk leaders to update their first aid qualifications if these have lapsed.

The other major issue to emerge from this incident is the question of ambulance cover. It is evidently up to the individual to make a decision as to whether or not to obtain insurance cover that includes ambulance services. However I would like to use this opportunity to point out that ambulance services can be very expensive and run into thousands of dollars. All members should at least read the FAQ section on the Ambulance Service of NSW website (<http://www.ambulance.nsw.gov.au>) and inform themselves of the pros and cons of suitable cover.

Insurance cover that is at present extended to affiliated clubs under Bushwalking Australia's policy will only pay medical costs (including ambulance costs) to the extent that they are not recoverable from another source and are limited to 80% of the total expense incurred, up to a maximum of \$2000, per claim. In addition, the first \$100 of any claim is payable by the claimant. Details of how to claim via Bushwalking Australia's policy are also set out on our website.

Finally, saving the best news till last, the ill member has made a full recovery and will be resuming walking with the club very soon!

Winter is fast approaching and daylight is getting shorter so please plan walks accordingly and stay safe.

Charles Bowden

WALK

Refreshments galore: Port Kembla to Windang Island

17 February 2013

Grade 3

Leader: Charles Bowden

The day dawned grey and drizzly and, by the time we had reached Port Kembla, it was raining steadily. After disembarking from the cars, I suggested to Len that he lead the walkers up the kilometre-long breakwater that buffers Port Kembla Harbour while Mary and I completed the car shuffle. I ignored the sign pointing to a café nearby, assuming it would be closed.

When we returned the rain had stopped and the clouds were dispersing. Not seeing the group we headed to the Maritime Building where I soon discovered that they had eschewed the invigorating if potentially damp stroll along the breakwater for the drier surrounds of the café which was open. That solved the perpetual dilemma of where to have morning tea!

Suitably refreshed, we headed through the memorial park featuring old machinery and WWII-era bunkers and gun emplacements before descending onto North Beach. It had evidently been stormy the day before as we found a freshly-dead stingray tossed up onto the sand among the seaweed and flotsam.

The headland at the end of North Beach was once a popular spot for picnics if the sturdy wooden tables and benches we stumbled upon amongst the thick undergrowth are anything to go by. We also found another WWII bunker there but the tracks are heavily overgrown.

The climb up Hill 60 at the end of Fisherman's Beach was steep but worth it for the 360-degree views from the summit, stretching from Port Kembla past Lake Illawarra to Shellharbour in the distance.

Leaving Hill 60, we descended through Kemblawarra streets to the Port Kembla Olympic Pool where we stopped for lunch. Conveniently the café there was also open and was soon patronised by some.



Hill 60 trig & Port Kembla

Refreshed again, we headed inland into the Coomaditchy Lagoon Reserve. This rather stark and barren area was formerly the dumping ground for rubble from the coal washery that once existed. The main lagoon (which we didn't see) has been rehabilitated and is now a waterbird sanctuary. However it was evident that more work needs to be done on the zone between the industrial estate and the sea.



Jellyfish with blue Maltese Cross

Emerging onto Perkins Beach, it was now hot and sunny. After examining some large jellyfish stranded on the sand, we stopped halfway along the beach for a swim. The surf was quite strong but the water was delightful and several of us enjoyed the refreshing waves.



Sun worshippers and agnostics

We then headed inland through the sand dunes to pick up an old pre-war road, now a track, that leads to a former aircraft landing strip on the outskirts of Windang. We then followed a path that wends its way along a pleasant green strip between the houses and the sea before emerging onto Windang Beach near the Surf Club.

From the Surf Club we walked to Berrawarra Point before heading along the Pur Pur Bay shoreline through Windang Park and then across Windang Bridge to the reserve on the other side of the bay. Here pelicans were roosting on the top of the light poles lining the paths, like lifeguards on the lookout for trouble.

The last section of the walk involved a trudge through the thick sand of Pur Pur Point, the isthmus that joins Windang Island to the mainland. Windang Island itself is low and windswept, mostly covered in grasses and sedges. At its tip is a trig point where we stopped to admire the sweeping views before heading back to the reserve carpark.

Thank you to Pan, Julian, Vivienne, Len, William and visitor Jane for your company and good humour. Special thanks to Mary who, in addition, shared the car shuffle duties.

GREAT AUSTRALIAN BUSHWALK

3 March 2013

Grade 3

Leader: David Trinder, President,
Confederation of Bushwalking Clubs NSW
Writer: Charles Bowden

The weather was terrible. It had been raining all week but the forecast was for cloudy with isolated showers so I had hoped for some respite... in vain. What we got was rain with isolated intervals. All the tracks turned into creeks and the creeks into torrents. It was futile hoping for dry feet. Even Goretex jackets were sodden by the end of the day.

The walk followed the well-known section of the Great North Walk that runs between Cowan and Brooklyn. We assembled at Cowan railway station for the start, made a little more awkward by the fact that trackwork that weekend meant that there were no trains between Gordon and Newcastle.

It was probably no surprise then that numbers were down although I hadn't anticipated such a poor turnout as we got. Only 11 walkers turned up, 6 being from ANB, the remaining 5 from Sydney Bushwalkers. There are over 20 clubs in the Sydney region affiliated to the Confederation so this was disappointing. I suspect that not just the weather and the trackwork was to blame as publicity of the event seemed to have been scant.

We set off at 9:00am and soon found ourselves wading through minor creeks, swollen beyond recognition, before reaching Jerusalem Bay. The lone palm tree looked sadly out of place in the drizzle as we paused briefly here for a hurried morning tea snack.



Rain-swept Jerusalem Bay

We then crossed Yatala Creek and climbed up to Govett Ridge, occasionally encountering other intrepid walkers and even runners! I saw waterfalls that I never knew could exist. An early lunch was held just before midday at

the only shelter to be found on this trail, the cave-like rock overhang at Vize Spur. We were glad to be able to eat out of the rain, staring at the water cascading curtain-like over the lip of the cave.



Jerusalem Bay – AM tea



Vize Spur overhang shelter

The leeches too were out in battalions: almost noone escaped unscathed. After de-leeching at the end of the walk, I had so much blood in one Croc that it overflowed and I left bloody footprints on the garage floor when I got home! I had to swathe my ankles with bandages to prevent any accidental staining.

Once we reached the firetrail, the pace picked up and we reached Brooklyn before 3:00pm. The ANB contingent and David adjourned to the pub for refreshments before heading back to Cowan and our cars.

Thank you for the indomitable spirit shown by ANB walkers Catharina, Pam, Roger, Maria and visitor Gary (from Bangkok). Our gratitude also goes to our imperturbable leader, David, and to Bill and the 3 cheerful Hong Kong visitors from SBW who willingly lent a helping hand when individuals found themselves in difficulty on slippery and steep sections.

SNORKELLING

Fairlight Beach, Fairlight

9 March 2013

Grade 1

Organiser: Charles Bowden

Such a pity so few snorkelers turned up on a rare warm and sunny day. Not only was the water temperature ideal at 24C but fish were in abundance and of quite a large size, no doubt having prospered from the regular rain and nutrients through the summer.

The tide was ebbing when we arrived at Fairlight and by early afternoon you could just about walk all the way to the rocky spit beyond the enclosed swimming area. Despite this few snorkelers ventured out as far as that so we had the place to ourselves.

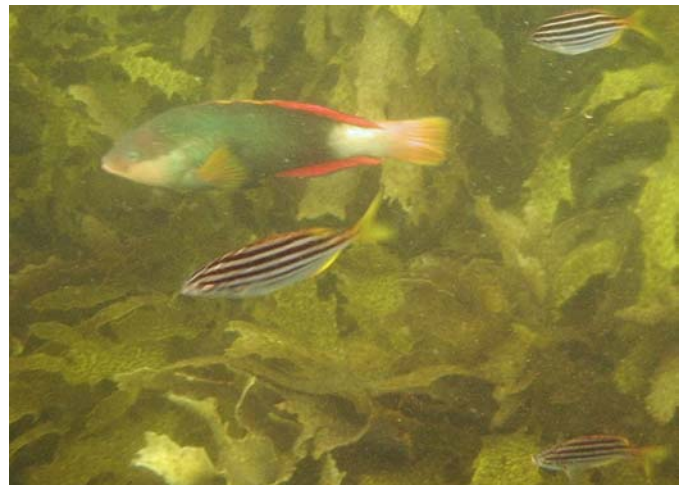


Red rockcod



School of bream

The drop off behind the spit had plenty of large bream and the occasional juvenile eastern blue groper plus swarms of hula fish, to mention but a few. In the weedy areas out from the beach schools of luderick and sea trumpeters fed avidly, large leatherjackets swam in watchful



Male crimson-banded wrasse & 3 mados



Eastern hula fish



Sea trumpeters

pairs while the occasional colourful wrasse wove its way through the fronds.

Stan and Kathy were in fine form, finding 2 octopi on the spit and later Kathy spotted a large red rockcod snoozing contentedly in a hollow. These were the highlights of a very enjoyable day.

Thank you to Stan and Kathy for keeping the faith, and to Peter for minding the gear.

○ Notices Notices Notices Notices

All Nations Bushwalkers Inc Annual General Meeting

All Members are invited to attend
Sunday 21 July 2013

Your invitation/nomination/proxy form
was mailed with your
Winter Programme.

Come at 9:30am for morning tea
before the AGM

Brindabella Ski Club is offering the use of their two lodges at Guthega and Thredbo, in the NSW Snowy Mountains within the Kosciuszko National Park outside the ski season at very reasonable rates.

They offer modern, comfortable accommodation with mostly double/twin rooms with en-suites. A third lodge, Kyilla in Guthega, recently refurbished, offers comfortable but basic accommodation at a lower price.

Our club has been offered limited access to the lodges during the period extending from the October long-weekend through until the June long-weekend.

Further information about the club and its lodges is available at the ski club's website,
www.brindabellaskiclub.org.au

If you require further information about this offer contact: admin.mgr@brindabellaskiclub.org.au or by phoning (02) 6100 4272.

Local History Tour of Lewisham

Two ANB club members recently joined a very interesting and informative 2½ hour walk around the suburb of Lewisham and discovered many unknown facts about the area. Long Cove Creek (now Hawthorne Canal) was discovered in 1788 by Governor Phillip looking for suitable farming land and was used by early settlers to access the area by boat rather than horseback or walking tracks which had to divert upstream to Parramatta Road to cross. The Boulevard planned in 1874 was the very first in Sydney.

Check your local newspaper for walks in your area.



PHOTOGRAPHIC COMPETITION

to be held at the next AGM
Sunday 21 July 2013

Prizes as well as a certificate will be your reward. The winning photos will be published in the Spring issue of Keeping Track and on our website. There's still over 4 weeks left to snap that special photo at one of the ANB Club activities. Photos must have been taken since the previous AGM.

Categories are:

- **PEOPLE** • **WATER SCENES**
- **FLORA** • **FAUNA** • **CAMPING**
- **NATURE'S WONDERS**

We need 4 entries per category to run a viable competition, so encourage your fellow members to enter with you.

(Sorry, only one entry per person per category)

How to Enter

If you don't have a (decent) colour printer, provide the photos (the larger the size the better) to Charles Bowden, who will arrange printing for you at no cost. The person's name, the activity where the photo was taken and the category in which it is entered **MUST BE ON THE BACK OF THE PHOTO**, otherwise it is not eligible.

Entrants must be at the presentation, no substitutes either, for them to be eligible for a prize.

On arrival at the AGM, hand your entry to **the organiser Len Sharp.**

The organiser's decision is final as to eligibility in accordance with the rules.

Over 1 month still to capture that winning picture.

DEADLINE FOR NEXT ISSUE

3 August 2013

SEND YOUR CONTRIBUTIONS TO.....

jan.steven@bigpond.com

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

NPA No Hunting Photo Challenge

NPA invites you to help create a visual story of the community opposition to amateur, recreational hunting occurring in the 77 national parks that the Coalition Government plans to open to shooters.

Our goal is to have at least one photo of people holding a "No hunting in national parks" placard in front of the entrance sign for each of the 77 parks. We intend to present the final collection to the NSW Coalition Government and media.

View an EXAMPLE photo: <http://nohunting.wildwalks.com/sites/default/files/Mount%20Canobolas%20SCA.jpg>

These photos will not be used for profit, but may be published to promote the 'No hunting in national parks' campaign through multi-media vehicles such as facebook, twitter, email, web etc.

For a complete list of the 77 parks go to: <http://nohunting.wildwalks.com/map>

What to do:

Send through your photos by email to justinm@npansw.org.au by midnight, 30 June 2013. We ask that no more than two images be sent through for any one park, and each image should not exceed 4MB.

Please note, it is illegal to attach objects or signs to National Parks and Wildlife Service infrastructure or trees etc. We ask people to please tread lightly in our national parks.

Find other ways to be involved at our website: <http://nohunting.wildwalks.com/help>

- Call the NSW Premier Barry O'Farrell's office
- Ask your Local Council to take a stand against recreational hunting in national parks
- Call for a meeting with your Local MP
- Offer to take your local MP on a tour through one of the national parks where the Coalition Government is going to open up to hunting.

Justin McKee

Campaign Coordinator, National Parks Association of NSW.



How high are we now

HIGH ALTITUDE TRAINING FACILITY

23 May 2013 Co-ordinator: Charles Bowden

A small group of ANB members took up an invitation to visit the new High Altitude Training Facility at The Scots College, Bellevue Hill. There we were met by Mr Tenzing Tsewang, Director of Sport Science, who showed us over the facility.

It is essentially a small indoor gymnasium with cycling, rowing, tension and walking machines. There is no weight equipment (eg barbells). There is an electronic panel on one wall that is activated to control the amount of oxygen that is available for training purposes in the room which is then closed off. A height equivalent in oxygen terms (eg 5000m) can be preset on the panel and the oxygen level in the room will gradually decrease over time until that equivalent level is reached. The room is not pressurised.

Our group was offered the opportunity to use the equipment with the height preset at something over 4000m which, around ¾ hour later, we eventually reached. At that point the oxygen level had reduced to 13% (normal level is 21%) which was noticeable without being uncomfortable. We all worked up a sweat getting there though!



The awesome foursome Photos - Janet King

The Scots College facility is available for use by sporting and activity groups and also fulfils a research function in conjunction with Sydney University. It is not a commercial operation and will not accept individuals. The staff have the ability to set up training programs for sports or activity groups with specific fitness goals in mind. Mr Tsewang indicated that cost of hiring the facility by a group or club would be around \$200/hour (negotiable) which would include monitoring and recording results of approved training programs by staff.

From ANB's standpoint, this facility might come in useful if a group of members wanted to trek to a high altitude destination, eg Mt Everest Base Camp, for instance. A commitment both in terms of time and cost would need to be made by the participants in order to derive the full benefit of this form of training program.

Our sincere thanks go to Tenzing Tsewang for making the facility available to us, explaining its purpose and allowing us to experience the training environment for ourselves.

WALK

What a wonderful.... waterhole!

10 March 2013

Grade 4

Leader: Charles Bowden



O'Hares Creek upstream from Dahlia Creek

Ah, autumn: such a great season. We were a group of ten who set off at 9:30am on the club's first walk into the newly gazetted Dharawal National Park. Previously a State Conservation Area and before that a Military Reserve, the Park is criss-crossed with fire trails and tracks over much of its flat-land areas. However there are hidden treasures in Dharawal NP including much of O'Hare Creek, the main waterway which ultimately spills into the Georges River, and its tributaries which gouge interesting and circuitous routes through the Park.

It was a glorious day with the temperature steady in the high 20s and some scattered cloud to alleviate the sun's rays. We set off from the Park entrance near Wedderburn along a fire trail which drops to a spillway on Stokes Creek. Here we encountered our first obstacle as the water was gushing over the spillway gap. Some of us opted for a precarious balancing & straddling act across the spillway wall to avoid wet feet while others nonchalantly stepped through the relatively shallow water below. A long 2 km section of firetrail then ensued before we headed down a steep management trail to O'Hare Creek. We had morning tea at 10:45am next to a backdrop of cliffs by the creek, alongside some water level gauges.

before dropping down to O'Hare's Creek again, this time flowing in the other direction! The creek twists and turns quite sharply in this area and I was taking a straight line across the various bends.



Matilda and visitors



Straddling the spillway

On this trip, I wanted to introduce my fellow walkers to Matilda and her friends, Horace and Wilbur (the latter newly named on this walk). But first we had to find the old logging track, not long past Cobbong Creek, which is now so overgrown that it is unrecognisable. After a couple of checks I plunged confidently into the scrub with the rest of the group following nervously behind. The bush was very dense and the old track was totally obscured, making it very difficult to follow the contour. Still, we found Matilda and her faithful consort Wilbur but, alas, Horace and his pals proved to be more elusive. By then, the logging track had ceased and we couldn't see more than 5 metres in any direction so I elected not to go searching for him but to continue along the spur which I knew would lead us to a descent to O'Hare's Creek

This we found and successfully negotiated although the creek crossing resulted in more wet feet, to be expected due to the higher water levels. It was then a short climb to a saddle

At this second crossing, by which time all feet were wet, we stopped for lunch at 1:00pm, marvelling at the quiet scenery and clarity of the water. After lunch, we sidled along a spur to reach another saddle before heading down to O'Hare's Creek once again. Here the creek is very broad, at least 15-20 metres from shore to shore. But at the end of this stretch it spills over a ledge to cascade down into a pool which is what we were aiming for. Although under water, we were able to walk across the lip of the ledge without any dramas. A wonderful hour was then spent swimming in one of the best waterholes there is. You could even enjoy the "spa effect" by swimming under the cascades and receiving a pleasurable pummeling from the descending torrents.

All the rain we have been experiencing this summer has not only flushed out the creek systems with fresh water but has also filled all the pools and waterholes to brimming. It was a treat to see how rejuvenated this area was, notwithstanding the strenuous bush-bashing needed to get there.

After the swim, we headed back up to the saddle, taking a slightly different route owing to the discovery of a strategically placed rope which allowed us to scramble up to a higher ledge. At the saddle, an old but not so overgrown 4WD track led us up to the firetrail we had left to start our offtrack section in the morning.

The rest of the walk was a steady trek along firetrails, pausing for a late afternoon tea at Cobbong Creek, before reaching the cars at 5:45pm. Congratulations to all who took on the challenge (and to those who overcame their initial qualms): Katharine, Bob, Meiha, Nick, David C, David H, Samuel, William and Suseela. Thanks also to Nick for sharing the car pool duties.

MARATHON

Marathoners make it to Manly

17 March 2013

Grade 5+

Leader: Nick Collins



Above photo - Fiona Bachmann

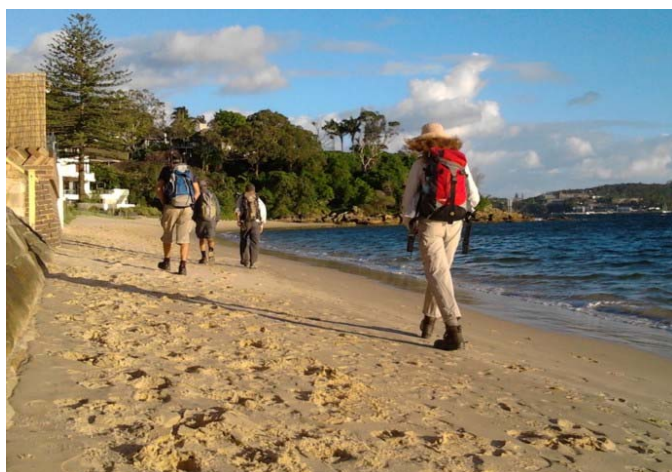
A few weeks ago I led the Club's fourth annual marathon walk. It's becoming quite a fixture on the annual calendar, and a select group of three of us have started (and finished) all four of the 42.2 km events. We're very specific about the 42.2 kilometres. If my GPS machine says we've still a few hundred metres to go, then we find ourselves a few hundred more metres at the end of the road and we do them!

This time eight of us went to Manly. Not the usual 9km stroll from The Spit, nor the 11km ferry ride from Circular Quay, but the long way round. We started in North Turramurra, walking the Darri Track to St Ives, then across into the Garigal National Park, and down alongside Middle Harbour Creek.

After lunch at Davidson Park we went under Roseville Bridge, paused briefly on Flat Rock Beach, made our laborious way around Bantry Bay, sat on the thin rock sliver that is Natural Bridge, went up and down a few hills, and stopped again for a water refill break at Seaforth Oval.



Photos - Shawn Tan



Photos - Nick Collins

By now the short breaks were becoming more frequent, the blister-prone among us were developing their usual blisters, and those with mutinous tendencies were starting their mutinous mutterings.

Nobody had to be flogged or shot in the end though, and we proudly marched past the Spit, along the beach at Clontarf, and into the streets of Manly - all pretty well before the dark set in. Our precautionary head torches had not been needed for once. We'd done the course in under 13 hours. Our junk food splurges before leaping aboard the Manly ferry were well deserved.

We'll do it all again next year. Thanks Fiona****, Bob****, Rajiv**, Navodit*, David*, Shawn*, and Alex** for your company.

**** *Four-times marathoners!*

** *Two times marathoners!*

* *Marathon newbies!*

FEATURE

Walking in Cappadocia

By Jan Steven

On a recent return visit to Cappadocia in Central Turkey I was fortunate to be able to do 2 walks through the extraordinary volcanic landscape for which this area is renowned.

The Ihlara Valley is a 14km long gorge of volcanic rock with the fast flowing Melendiz River running through it. We walked through about 8km to meet up with our non-walkers for lunch at Belistrima. Throughout the valley are rock-hewn houses, underground dwellings, churches and monasteries dating back to Byzantine times. This valley was the first settlement in 2nd Century AD of Christians in the area where they could shelter in times of foreign invasion and persecution.



Setting out in the Ihlara Valley

After paying a small fee at the starting point we set out with our guide at a brisk pace down a steep slope and over rocks to where the path levelled out to an undulating pathway through the gorge with lovely shady stands of upright willows and bright spring greenery contrasting



2 sides of the gorge

against towering rock cliffs. Not far along the track we encountered a large tortoise in our way who didn't mind being moved aside as we continued on to visit the amazing Kokar Church cut high up into the rocks. We climbed steep steps to view the 12C frescoes depicting scenes from the bible which were still in quite vivid colour.

Lunch was taken beside the river or on floating rafts

furnished Turkish style. I chose delicious fresh trout from the selection of raw food they bring for you to choose from displayed on a large platter. It was rather crowded and noisy with locals and tourists alike being a Sunday but we all enjoyed the buzzing atmosphere of the waiters rushing around.

Next day an early start at 4am to go hot air ballooning over the Cappadocia region, an experience not to be missed, was followed by a visit to the Gerome open air monastery, 2 -12 Century. We then set out on our second walk through the Meskendir Valley. Starting high up we traversed through vineyards and orchards just beginning to show their spring growth down to the valley floor. This walk was even more beautiful than the previous day's with natural tunnels to walk through, rock hewn cave dwellings, ancient churches and wild flowering quince trees in abundance along the way. There were even a couple of little stalls selling a few locally made dolls, water and oranges for the walkers passing their way.

This valley was also settled in the 2nd Century but after the Ihlara Valley. Here we had great views of the pigeon



Pigeon galleries



The Rose Valley

galleries, another feature of the area, carved out high up in the rocks to collect pigeon droppings for use as fertiliser. We encountered people working on their plots of land as they have done for hundreds of years using simple farm implements and we saw a woman working a horse and plough when we neared the end of our walk. They were always pleased to greet us as we passed by.

The Meskendir Valley opens up to a plain adjoining the Rose Valley and ends in the quaint little town of Cavusin with enticing local pottery stalls. Unfortunately there was no time on this 7km walk to explore some of the rock dwellings and churches.

More photos next page

ROGAINE

Autumn Rogaine 2013

27 April 2013

Grade 3-5

Co-ordinator: Charles Bowden

We travelled to a farming property, 'Inverary', near Bungonia for the Autumn rogaine. The farm is situated right on the edge of Morton National Park and offered an extensive flat camping area for those staying overnight.

Most of the rogaine's course was in the National Park itself, much of it through reclaimed farmland. This allowed relatively easy going as the bush cover was sparse and there were plenty of tracks. There had also been recent burn-offs so much of the landscape had a distinctively charred look to it! Old homestead and hut ruins were features at some controls and plenty of wildlife could be seen. Apart from the usual hopping marsupials and colourful parrots, Andrew and I encountered late in the day a very large echidna, bigger than a basketball.



Team 54 - Liam, Julian & Alison

The club entered three teams. Team 54 (Liam, Alison & Julian) and Team 57 (Len & Catharina) were in the Veteran - Mixed category and Team 58 (Andrew & Charles) in the Veteran - Men category. All teams performed well with Team 58 (590 points) just pipping Team 54 (570 points) and Team 57 on a respectable 340 points. Both Teams 58 and 57 lost points for arriving a few minutes late so the



Team 57 - Catharina & Len



Team 58 - Charles & Andrew

scores could have been higher. For Team 58 there was some additional icing on the cake when it was announced that they had come 3rd in their category. Overall placings were Team 58 at 19th, Team 54 at 21st and Team 57 came 44th out of 59 teams.

Congratulations and many thanks to everyone for taking part. We had ideal sunny autumn weather and the overnight camp was very enjoyable with plenty of food and drink amid pleasant surroundings.



Lunch in the Ihlara Valley



Sunrise over Cappadocia

WALK

Circuit Walk

Marramarra National Park

17 March 2013

Leader: Liam Heery

Grade 5



Coba Creek flats - Photos Charles Bowden

From here it was then easy going to the head of Kulpers Ridge track where we stopped for a leisurely lunch overlooking the creek below and cliff lines all around us.

Following lunch we continued upstream crossing from bank to bank as we negotiated obstructing boulders and other debris. Initially the going was fairly tough but then opened out.

As we got closer to my anticipated exit point I again noticed that we seemed to be off the mark a bit and indeed found that we had taken a tributary and were heading in the wrong direction. A correction of a few hundred metres and we were back on Coba Creek where we found that we taken the wrong turn as the main creek had been hidden under a large blockage of debris.

We took another rest on the creek before heading straight uphill to find my secret slot through the cliff line back up to our exit ridge. The slot is not easy to find but my markers were all correct and we all made very good time getting through this veritable highway.

From the top of the slot to the top of the ridge was another matter though! The vegetation was very thick and it was very tiring slogging up the remainder of the nose.

The Marramarra NP is one of my favorites and there are still a few places within the park that I have to visit. Today's walk was to join up sections done previously to create a circuit of 16kms over a combination of fire trails, off track and creek walking.

Starting out from the gate to Coba Point we took the fire trail to a spot where I hoped we'd have views during morning tea over Berowra Creek and the Hawkesbury River. However with recent regrowth we were only to find glimpses rather than views!

Retracing our steps we headed back on the fire trail a few hundred metres to where I thought the ridge to Coba Creek commenced. However it wasn't long until I realized we were on the wrong ridge and had to turn back and proceed further up the track before heading into the bush again.

The going here along the top of the ridge line was reasonably open (for bush bashing) and it made for easy and fast going. However it was still a fairly warm day so we stopped for a number of shade and water breaks.



Approaching Coba Creek

Leaving this ridge we then took a Z-like track to join up to another ridge in the distance that would then connect us to Coba Creek. Here we found a really nice vantage point and stopped for a longer break while enjoying the views.

From here it was a steep descent to Coba Creek negotiating a number of cliff lines and eventually a fast scramble to the valley floor.

On reaching the Creek we were lucky to find that the tide was out, so crossing the creek to the other side didn't present too many difficulties. Negotiating the other bank and proceeding upstream, however, was another matter when we came to a bend with a cliff on one side and deep water stopping us from crossing over to the other. This entailed a climb of a hundred metres or so to get around the obstacle and rejoin the creek further up.



Group on spur above Coba Creek

Following the ridge top we then had the good fortune to find the old but very overgrown and thus indistinct and sometimes non-existent Waddy fire trail. This led us to a point where we could see our exit ridge in the distance.

However at this point we took a short break before making for the final push to the fire trail. Finally we reached the real fire trail and from here it was only another kilometre to the cars and exit back to Pennant Hills.

Thanks to Charles, Catharina, Adele, Jenny and new member Victoria for joining me on yet another Marramarra adventure.

WALK

Whale Rock and Devlins Creek, Lane Cove NP

25 May 2013

Grade: 3

Walk leader: Yuko Imai

Nine walkers - six ladies and three gentlemen - varying from experienced walkers to guest walkers, met up at Epping railway station at 9:30am.

The day was surprisingly sunny and pleasant after constant rain for the last few days. As a walk leader, I was a little anxious about the water level of Devlins Creek because this loop walk included a few locations toward the end where you needed to walk across the creek. If the water level was too high, you would have to walk all the way back to the start of the loop. So, the walk plan was amended to do the loop in the opposite direction so that we could do a return walk more easily if we needed to.



Walk starts from underground M2 tunnel

After walking along the railway for a kilometre or so, we went into the oval tunnel under the M2 to enter Lane Cove NP. The tunnel floor was covered with lots of fist-sized rocks secured to the ground by coarse wire netting. It is highly recommended not to go there with your high heels.

After walking along Devlins Creek, we soon arrived at a huge whale-like rock formation, locally well-known as Whale Rock. It does really look like a life-size whale even with a cute round eye (let me know if you spot the other eye). Some of us climbed the whale to admire the view. The whale kindly remained still so none of us were shaken off the whale's back.

Now, we had to face the first challenge. The track finally met the creek at a right angle and we needed to cross it. The water was running fast, but the water level was ankle-high. So, it was manageable. We were all creative when it came to 'creek crossing' techniques - hop step and jump, walking with bare feet, hopping with one foot which was placed into a supermarket plastic bag, skilfully wading the water by transforming into a three-legged animal (using one walking pole), etc.



Checking out Whale rock



**Unexpected Devlins Creek crossing
Photos - Peter Dlutowski**

Ten minutes later, the walk leader having reassured everyone that this creek crossing would be the hardest challenge of the day, we were offered another creek crossing opportunity with the same water conditions. Luckily, there was no booing from the walkers.

The track then met Lane Cove River and became fairly steep uphill before turning to a wide and flat fire trail leading to Pennant Hills Park. We did an extra short trip to a mysteriously cleared circular area, which was named 'UFO landing site' by one of the walkers.

We entered Pennant Hills Park only to find it was very congested with lots of cars which had brought kids to the sports fields. We quickly left the area with car exhaust fumes to go back to the bushland, via the concrete-paved Mambara track.

After lunch on the rocks on the hillside, it was only a few kilometres to get back to the start of the loop track. The entire walk finished around 2:30pm, followed by tea and coffee at the local cafe.

Many thanks to Jane, Julie, Gina, Giuseppe, Karin, Lily, Len and Peter for making the day enjoyable and interesting!

WALK

Maitland Bay Bouddi National Park

Easter Sunday 1 April 2013

Leader: Linda Kelen

Grade 2

Welcome to 5 New Members

Chris Kernick
Victoria Batulan
Robert Bettis
Claudia Marx
June Moverley



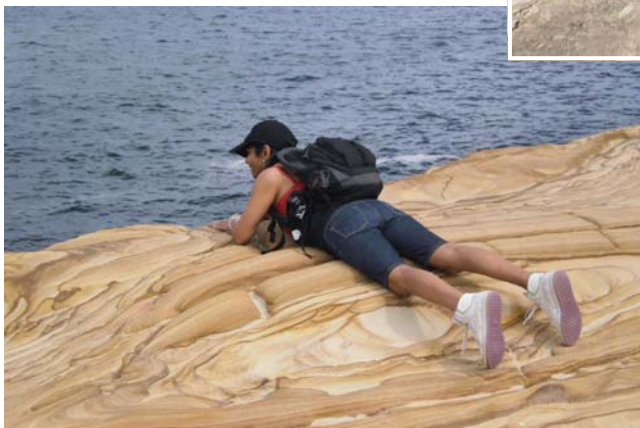
See you in the bush

This was a short notice walk which had been cancelled previously due to rain.



After refreshments at Hardy's Bay seven adventurers commenced their walk from the Maitland Bay Information Centre through a fairyland forest of banksias and angophoras. We were eventually deposited on Putty Beach from where we boarded the boardwalk which took us on a cliff-top excursion to Maitland Bay.

Here we relaxed for approximately one and a half hours having lunch, sleeping or the more brave going for a swim. We all knew energy was needed for the climbing of the Bouddi spur but we were rewarded for our efforts with magnificent views of the area and a cleansing ale at the pub afterwards.



Change of Details

Don't forget to notify Treasurer Navodit Narain

of any of the following -

- **change in address**
- **email address**
- **phone numbers**

Phone: 0409 883 164 or email us at club@anbwalkers.org.au

**Next ANB committee meeting
Tuesday 9th July 2013 at 6:30pm
Woodstock Community Centre Burwood**

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

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