

Up and Downers Bushwalking Club Inc.



ACTIVITIES GUIDE

Period	Feb to July 2024
Version	2 - changes in highlight
Release date	Sunday, 21 January 2024

This is a guide only. Check website in the week prior to the walk for final details and to register your attendance. Please contact the leader via text or phone should you withdraw or register after 9pm on the Thursday prior to the walk. Walks finish about 3pm, later for longer walks. Meeting time is 8.30am unless otherwise advertised.

23/03/2024	Harder option: Victoria Falls to Perry's Lookdown via Blue Gum Forest. The walk starts with a steep descent to the base of Victoria Falls, then follows down stream to Burra Korain Flats, then the Grose River to Blue Gum Forest. After Blue Gum Forest there is a steep ascent to Perry's Lookdown. Easier option: Stony Range Botanic Garden, Dee Why	18km - Hard 5km- Very Easy	Harder option: Perry's Lookdown carpark followed by car shuffle Easier option: Dee Why beach carpark	Justin and Wendy - hard walk Pauline - easy walk
30/03/2024	Easter weekend - no walks planned			
6/04/2024	Gabrugal Yana walk in Western Sydney Parklands. Cumberland Plain woodland along a ridge line with views of Sydney CBD and Blue Mountains.	11-12km - Easy	Car park for the Wyde MTB and BMS complex via Range Road Cecil Park	David and Val
13/04/2024	Cowan Station to Berowra Station via Berowra waters. The trail explores the ridges, valleys, and creeks around Berowra Waters section of the Great North Walk. Total ascent 630m.	14km. Harder end of medium	Berowra Station Car Park. Car shuffle to Cowan station for start of walk.	Christine Yates
20/04/2024	Barren Grounds Nature Reserve: Griffiths Fire Trail with Cooks Nose extension. Coastal panoramas, heath vegetation and great bird life. Naily flat, all tracks or fires trail.	13-15km	Car park at Barren Grounds Nature Reserve. Best route is via M1/Princes Hwy and at Albion Park take Jamberoo Rd and then Jamberoo Mountain Rd. Allow 2hrs	David and Val
27/04/2024	Mount Victoria: Ikara Head and Valhalla Head loop. Optional extras: Thor Head return and/or Asgard Head loop	11.5km +optional 3.5km	Turn right 600m past the big electronic RMS sign into Victoria Falls Road (1.0km before Station St, Mt Victoria). At 3.8km meet @ the track head on left for the Ikara Head Trail.	Peter and Jenny
4/05/2024	Meadowbank to Newington loop - Gourmet Walk Come stroll along the Parramatta River via Meadowbank Park, John Whitton Bridge, Rhodes, Bennelong walking Bridge, Newington Nature Reserve. Gourmet lunch next to Armory Wharf Café.	9km - easy	Carpark behind Armory Wharf Café Newington then car shuffle to start.	Garry and Julie
11/05/2024	Munmorah SRA; Geebung Heath track, Wybung Head, Grasree track, Frazers Beach, Snapper Point Blowhole, flat Rocks Pt, Ghosties Beach, Timber Beach, the Palms Track. Coastal rainforest and views.	12km - medium	Start of Coast Trck, Campbell Drive 600m from intersection with Blue Wren Drive. (Low tide at 12.23pm)	Justin and Wendy
18/05/2024	Marouba to La Perouse. Great coastal scenery, heathlands and heritage. Medium	13km - Medium	Anzac Pde La Perouse overlooking Congwong Beach. Car Shuffle to start	Greg
25/05/2024	Newnes Plateau - NEW WALK Gorges, views, track and off-track sections.	12-15km Medium	Meet on road at entrance to Zig Zag railway, Old Bells Line of Road, Clarence	Peter and Jenny
1/06/2024	Castlecrag- Middle Cove Foreshore Walk. Come enjoy a stroll by Sydney Harbour.	9-19km Easy	Edingburg Road, Castlecrag (near Sunnyside Cres)	Pauline
8/06/2024	King's birthday weekend - no walks planned			
15/06/2024	Blackheath area: as Pulpit Rock section of track is closed we will start from Cripps Lookout and walk via Horseshoe Falls, Govetts Leap, Evans Lookout, Grand Canyon to Neates Glen. Option to shorten from Evans Lookout. Great views and forest scenery.	11km Medium +	Neates Glen car park on Evans Lookout Rd. Car shuffle to start off Hat Hill Rd	David and Val
22/06/2024	Glenbrook to Springwood - Linden section of the Great West Walk. Further details to be provided later	18km -Harder side of medium	Glenbrook Railway Station car park	Justin and Wendy
29/06/2024	Barrenjoey Lighthouse loop and then beach walking to Avalon. Beach walking and bracing sea air! Options to shorten.	12km - medium	tbc	Garry and Julie
6/07/2024	Lockley's Pylon and return. A Blue Mountains favourite. Spectacular views including waterfalls, gorges and cliffs plus upland swamps and forests. An additional walk to Dark's Cave also available subject to interest	7km Easy	Leura Public School near roundabout on Mt Hay Road. Car pool to start of walk, 10km along Mt Hay Road.	Garry and Julie

13/07/2024 AGM - Lane Cove NP picnic area

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