



UP & DOWNERS BUSHWALKING CLUB

UP & DOWNERS BUSHWALKING CLUB INC ACTIVITIES GUIDE

February to July 2020

Issued January 14

This is a guide only. YOU MUST ADVISE THE CONTACT PERSON(S) DIRECTLY BY PHONE OR E-MAIL if you are attending or for more details. Walks finish approx 3/3.30pm. Weekly updates can be accessed at www.updownbwq.com.au Meeting time is 8.30am unless otherwise advised.

Date	Walk	Km	Meeting Place	Contact
1 Feb	Stage 2 of the Bondi to Manly Walk from Watson's Bay to Double Bay. Stunning views of the harbour, surprisingly lovely patches of bushland, posh houses. No major ups or downs. Medium	11.5	Cr Military Road and Clovelly St, Watson's Bay 8.30am	Scott
8 Feb	Royal National Park: Bundeena Road to Little Marley and Wattamolla. Beautiful coastal heaths and forests and possible swim. No major ups or downs. Medium	11	Wattamolla Beach car park. Car shuffle required.	Dave and Val
15 Feb	Kuring-gai Chase National Park. Warrimoo to Bobbin Head to Gibbergong Track. Lovely forest and occasional views. 150m up and down. Medium	12	End of Grosvenor Road, Wahroonga then car shuffle to the start of the walk at the end of Warrimoo Rd, St Ives	Justin and Wendy
22 Feb	Blue Mountains National Park. Glenbrook to Redhand Cave to Jellybean Pool and return. 200m ascent. Forests, creeks, heritage and maybe a crayfish or two?	12	Car park next to Glenbrook Visitors Centre off GWH.	Mike
29 Feb	Rumbalara Reserve to Katandra Reserve, Central Coast Ironbark Loop to Rainforest Track to Red Gum Track to Mouat Walk to Guringai to Toomey Track to Katandra Reserve. Rainforest, explorer history and coastal views. Several 150m ascents and descents	14	Parking area for Katandra Reserve, end of Katandra Road, Holgate. Then car shuffle to start of walk at the top of Rumbalara Reserve	Garry and Julie
7 Mar	Kuring-gai Chase National Park. Cowan to Taffy's Rock and return. Nice forests and views over Cowan waters. 2 ascents over 300m. Harder side of Medium	19	Cowan Station Carpark, Old Pacific Highway	Jenny
	Alternative: Walk to Jerusalem Bay Track as far as participants are comfortable and turn back to Cowan – slower pace than those going to Taffy's Rock	12-13	Same as above	Eva
14 Mar	Royal National Park. Audley to Maianbar Road. Lovely walk to Winifred Falls and Anice Falls and Costens Point. Nice forest and heaths. No major ups and downs. Medium	11	At the end of walk on Maianbar Rd in vicinity of a locked gate at the fire trail on the left, 2-2.5km in from Bundeena Road. Car shuffle then required to start of walk at Audley Weir car park, adjacent to kiosk	David & Val
21 Mar	Stage 3 of the Bondi to Manly Walk from Double Bay to Milsons Point. Beautiful harbour views. Swimming opportunities, coastal heritage. Easy	11.5	Double Bay wharf	Scott
28 Mar	Kiama Coastal Track. Minnamurra to Loves Bay (or reverse depending on prevailing winds) Kiama Blowhole, Bombo Headland and Boneyard, Boyds Beach. Medium	15	Meeting point will be dependent on direction of walk so will be advised on web site in week prior. Car shuffle required.	Dave and Val
4 April	Garigal National Park: Cambourne Ave, St Ives - Belrose Microwave Tower Return. Bare Creek Track, Heath Track & Frenchs Creek and the Cascades. Two 130m ascents and two descents (110m, 150m). Medium	10	Trackhead near 2 Cambourne Ave, St Ives. Return 600m via Cambourne Ave to the start	Peter

Date	Walk	Km	Meeting Place	Contact
11 April	EASTER– no walks planned			
18 April	IT'S TIME FOR A GOURMET WALK Station Beach, Palm Beach, optional walk up to Barrenjoey Headland and gourmet lunch at the Bible Garden Easy	11	Park in Pacific Road at the Palm Beach Road end	Justin and Wendy
25 April	ANZAC DAY – no walks planned			
2 May	Brush Creek Rd (10km north Yarramalong) to The Basin Campground (part of Great North Walk). Track winds up into the Olney State Forest through bushland crossing over two moist gullies following tracks and fire trails. Nice bush, tall open timber & dense forest areas, tree ferns, mosses. Follows the scenic Wollombi Brook upstream via the Lyrebird Trail for 2.5km towards the finish. 500m ascents and 400m descents in total. Harder end of Medium.	10	Google Maps: "The Basin Campground, Basin Forest Rd, Laguna NSW 2325". 86km, 1hr 15mins drive from Turramurra. Good Parking. Toilet available. Car shuffle back to start at: Google Maps: "Brush Creek Road and Cedar Brush Walk, Cedar Brush Creek NSW 2259". 11km, 21 mins drive. Limited parking.	Peter
9 May	Kuring-gai Chase National Park. Elvina Track (with in and out to aboriginal engraving) forest around Lovett Bay to Birnie Lookout to Towlers Bay Track. Medium	12	Yulong Ave Terrey Hills near water reservoir. Car pool into NP.	Mike
23 May	Munmorah State Conservation Area. Geebung Heath track, Wybung Head, Grasstree track, Frazers Beach, Snapper Point blowhole, Flat Rocks Pt, Ghosties beach, Timber Beach, the Palms track. Coastal rainforest and views. Medium	12	Park near the entrance to the Palms Track on the road to Frazers Beach. Car shuffle to start	Justin and Wendy
30 May	Helensburgh to Otford via Garawarra Farm and Port Hacking River. Beautiful forest of southern Royal NP. Tracks and service trails, a couple of moderate ups and downs. Medium.	13	Otford Gap car park, Lady Wakehurst Drive, just before you enter the forest of RNP (take Helensburgh exit from Southern Freeway and follow signs to Stanwell Tops and then RNP/Audley) Car shuffle to start of walk.	Garry and Julie
6 Jun	QUEENS BIRTHDAY WEEKEND – No walks planned			
13 Jun	Blue Mountains National Park: Stage 1 – Centennial Glen to Colliery Causeway to Porters Pass, Blackheath – 200 metre descent and ascent. Very scenic and currently not burnt. 5.5km Stage 2 – Minnehaha Falls, Katoomba, 2.7km return. Waterfall and deep water hole, good views, new steps and ladders to access 90m descent and ascent Medium	5.5km plus 2.7km	End of Centennial Glen Road, Blackheath Northern side of Katoomba, follow Barton St and then Minnehaha Rd to end at reserve carpark	Garry and Julie
20 Jun	Brisbane Waters National Park. Somersby to Mooney Mooney Creek to Gurrakool. Rainforest and creek side strolling. Great views walking under Mooney Mooney Bridge and lunch next to an old swing walking bridge. Medium	15	Gurrakool Picnic Area – then car shuffle to start of walk at the end of Reservoir road. Cars left at Gurrakool Picnic Area need a sticker	Mike
27 Jun	Huntleys Point, Gladesville Bridge, Five Dock, Abbotsford and Hen and Chicken Bay, ferry return from Cabarita. Hen and Chicken Bay circuit, Abbotsford. Easy	15 but easy	Huntleys Point Road Bring opal card for ferry	Eva
4 July	Garigal NP: Forestville to Seaforth Oval via Carroll Creek, Roseville Bridge and Bantry Bay. Delightful creek and foreshore walking, an interesting natural rock arch and panoramic views of the harbour and skyline. 200m ascent and descent. Medium	14	Carpark at Seaforth Oval, Wakehurst Parkway, Seaforth. Car shuffle to start of walk at end of Ferguson St Forestville	David & Val
11 July	Annual General Meeting and local walk	tba	Likely held at Dave and Val's place with local walk organised by Garry and Julie	tba

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