



THE ETTREMIST

Newsletter of Shoalhaven Bushwalkers Inc.

Autumn 2009

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President's Report

During the past few years Shoalhaven Bushwalker membership has increased dramatically, with the club now boasting more than 200 members. While it is good to see so many people enjoying the scenic delights of the Shoalhaven, and the social benefits of club membership, the rise in numbers has placed an escalating workload on the club.

Many of our newer members (and some of our older members) mistakenly believe that being a member of the Shoalhaven Bushwalkers is simply a matter of paying an annual subscription and reaping the benefits. They are WRONG. The club is a co-operative, and sooner or later, every club member is expected to contribute to its operation.

If you can't contribute to the club in any other capacity, lead a walk at least once per year. Walk leaders are the most essential people in our club. We could get by without a president, but we could not get by without walk leaders. Contrary to popular belief, becoming a leader is fairly easy. The club has heaps of information to guide you, experienced leaders will always be there to help you out, and the people around you on your walk will be supportive and understanding. Many of them will probably have done the walk before. And you don't have to do it alone - convince a friend to co-lead with you.

If you are already walking every week or so anyhow, how difficult is it to learn one of the walks that you are already participating in? Many club walks are repeated over and over again - if you learn to lead one of these, you could "free up" a more experienced leader who could then lead different (and perhaps new) walks.

In the first draft of this report, I wrote "if you are not contributing to the running of the club (or have not done so in the past), then you are a burden that the club would be better off without." Wiser heads have since counselled me, and convinced me not to write anything like that. However, what I will write is this - be pro-active, get off your butt, contribute to the club by learning a walk, and then lead it. You might actually discover just how rewarding it can be ...

Call these numbers now!

Volunteer walks for the Winter programme by calling:

Andante - Trevor Smith 4422-9765
On-track - Lorraine McCarthy 4423-4085
On-track extra - Lauri Ball 4448-3106
Hybrid - John Souter 4443-7555
Off-track - Kynie Evison 4446-0044
Weekends - Karen Davis 4443-2553

Next meeting: Thursday 2nd April

Guest speaker, Kynie Evison, will talk about adventures in Peru and Bolivia. 7.30 pm at Nowra Band Hall in Kinghorne St.

Annual Outdoors & Beyond Equipment Night

It's on again: the club equipment night at Outdoors & Beyond in South Nowra. Thursday 12th March commencing 6.30pm. 20% off all bushwalking gear (kayaks, boats, fridges, eskies not included). So if you're looking for a rucksack or daypack, tent, sleeping bag, stove, lighting or torch, hydration system, sleeping mat, bush knife, GPS/compass, dry bags, trekking poles, maps, freeze-dried food, rainwear, fleeces, thermals, footwear or any type of outdoor clothing or accessory come and purchase on this one night when our club discount is doubled. For further details contact Paul Ellis on 4443-0129.

For Sale: two Hobie 'Pursuit' kayaks!

Trish & Geoff Mills 4423-2803. One blue, one white, both in really good condition, with paddles and comfy adjustable seats. \$950 each or special deal for SB members: \$850 each or both for \$1650. Email for photos: eaglereach184@bigpond.com

Walk Report: Gerringong Falls by Lee Corder

On Sunday 18 January our club joined forces with South Coast Bushwalkers to explore the delightful Gerringong Falls. The party of ten included Brett and Karen Davis, Julie Fog and Keith Naylor with myself as leader. We headed off along the Budderoo Track on a mild, sunny day with temperatures in the mid-20s. We had morning tea close to the SBW obligatory time of 10.30 am and enjoyed our first swim just above the falls. The views down Gerringong Creek in to Kangaroo Valley beyond were impressive and some walkers shared doubts about climbing to the base of the Falls.

We walked south through a swampy area then briefly along Hersey Firetrail before heading west past a 'conspicuous blackened fork tree' in an area that included hundreds of similarly 'conspicuous' trees. We negotiated the 'secret passage' through a hole in the cliff-line with the aid of a safety tape while we lowered packs on a rope. Some further interesting scrambles ensued, then through charming rainforest and along the base of cliffs.

Our first view of Gerringong Falls from below brought many appreciative "oohs and ahs" as we observed the natural beauty of the thin stream of water tumbling and splashing its way down in a series of small waterfalls and cascades. We explored the cavernous, undercut area below the Falls and enjoyed a relaxing lunch. At the base of the Falls there is a large naturally formed and almost perfectly square pool that looked ideal for a cooling dip. All members of the party took up the challenge although when coming in contact with the deep, icy waters where the sun never penetrates, there were some loud gasps; no one seemed keen to stay in for long.

After lunch we retraced our steps and were back at our cars by 4pm. We all felt invigorated after a splendid summer bushwalk.

Walk Report: Rixons Coalmine by Lee Corder

On Saturday 31 January another combined club group visited Rixons Coalmine in the spectacularly rugged Clyde Gorge in the northern Budawang. The party included Brett Davis and Julie Fog and was led by myself. After driving through the five gates of the Sassafras entrance we mounted bikes for a leisurely 7km treadle along the Budawang Range firetrail. We had morning tea at the pinnacles in Newhaven Gap before hiding bikes and walking west to the gorge rim.

The day was warming considerably as we enjoyed views that included prominent Budawangs features. The map indicates an initial cliff height of 84 m to be negotiated before then descending steeply for a further 100 m to the Clyde River. We followed the rim north a short distance then west across several shallow ravines before coming to the 'secret pass' that would enable access down to the gorge. The pass, discovered by SB members, comprises a long crack in the cliff-line. It is oriented almost perfectly north-south, about 1.5m wide and presents a readily negotiable ramp to the cliff base. This extraordinary natural feature brought many appreciative remarks from the party as we experienced the cool passage with sheer rock walls on both sides. A short scramble brought us to the river.

The water-level in the Clyde was low with a slow flow and we soon came to the top of picturesque Rixons Falls before skirting the waterfall to a large pool below. We enjoyed lunch, swims and showers under the falls. Next, we investigated one of the exploratory coalmines (circa 1900). Apart from marvelling at the tenacity of this early explorer, we were all grateful that Mr Rixon's mines didn't come to anything, thus leaving this enchanting section of the Clyde Gorge largely in a pristine state.

We retraced our steps from the cool darkness of the gorge to find that the day above had been extremely warm exacerbated by radiated heat from the rock shelves around the gorge rim. The cycle back proved hot work although far preferable to hiking the relatively uninspiring firetrail. Our adventure was concluded in good time to pursue evening social activities.

Walking Poles: The Case Against

Marketing people love totally useless inventions. Remember pet rocks? How about non-stick cello tape, inflatable dartboards, pedal-powered wheelchairs or ejector seats for helicopters? Their latest useless invention is walking poles - and the whole world thinks they are the greatest thing since sliced bread (yet another marketing ploy). Much has been written about walking poles. An article in the *Ettremist* listed the following benefits:

- they help with balance, prevent falls and give stability in wet and slippery conditions
- they strengthen upper body & arms and help with good breathing
- they prevent swelling of the hands and fingers
- they improve posture
- they take 20% of your weight off your knees and hips and prevent wear and tear to these joints

If your balance is so poor that you fall over a lot, should you be out walking at all? If a lack of coordination causes your falls, how are you going to control four supports when you can't control two? Should we be trying to strengthen our upper body and arms when walking? Isn't walking hard enough without extra effort? If we want a weights session, why not carry hand weights? And what about the claim poles 'help with good breathing'? Isn't breathing always good? How do poles help?

Ever had a problem with swollen fingers while bushwalking? If so, how do walking poles prevent it? And if walking poles give you 'better posture', then normal walking must give you

bad posture, right? The only way a pole could give you better posture is if someone jabs the pointy end right up your clacker! When poles are used correctly (which is rarely the case) one pole is lifted and placed for each step taken. The normal stride length is about two feet (pun intended) or 60cm, but let's assume it is 66.67cm, just to make calculations easier. For every km we walk, we lift each of our fandangle poles 750 times. How much weight is this? Leki, a leading manufacturer, state that a single pole of their lightest model weighs a tad under 200 grams. If we lift two of these 750 times per km, it means we lift 2 x 750 x 200 grams, which is 300kg every kilometre! On a typical 12km Wednesday, people with poles lift 3.6 tonnes!

However, this calculation only assumes that we are lifting the poles up and putting them down - it does not assume that we are actually applying any weight bearing downward force. With the median Shoalhaven Bushwalker being a female aged about 60, and with Weight Loss International telling us the average weight for a woman aged 60 is 70kg, then 20% of the weight of an average walker is 14kg. Therefore, each pole plant allegedly takes 14kg off our legs, 1500 times per km, which equates to a 21 tonne weight reduction every km. On an average Wednesday, our average pole-using bushwalkers are lifting over 250 tonnes with their arms! Why do this? Our legs are supposed to support weight. All of us tried supporting our weight on our knees and hands for the first year of our lives - and found it wanting.

A 2001 study at Massachusetts University found that hikers using poles expend more energy than normal hikers. Using more energy makes us more tired. Tired walkers are less coordinated, more prone to errors of judgement and navigation, and more prone to accidents resulting in injury or death. The large muscles of the leg are much more efficient than those of the arms and shoulders. The Cooper Institute in Dallas found that walking with poles increases energy expenditure and oxygen consumption by 20% compared to regular walking at the same pace.

Walking poles are essentially just sticks, so why buy something you can pick up in the bush for nothing? And why buy something you don't need in the first place? Any price you pay is too much.

The hard tips of walking poles dig holes in tracks, increasing wear and tear, and erosion. On some walks such as the Inca Trail, soft rubber tips must be fitted to poles. In the bush we should leave only footprints, not a trail of holes and crumbling surfaces. Poles have carbide tips. Carbide, used on the cutting edges of saw blades and drills, has a hardness of 8 to 9 on the MOHS hardness scale; only diamonds are harder. By contrast, the human eyeball registers 0.2 on the scale, similar to marsh-mallow and Aeroplane jelly. Accidental impact involving the tip of a pole and the human eyeball is catastrophic - a real eye-opener! Impaled ear-drums, throats and stomachs are also likely, to say nothing of the damage that could be done to our nether regions. Luckily, most club members are post-procreative.

Like all mechanical things, poles will eventually fail, probably when you need them most. They will slip when you are crossing that crevasse on that log; they will collapse when they are supporting your weight on that cliff edge, and they will break (and probably impale you) when they get jammed between those slippery rocks. Inevitably, you will put them down when you take a break, and forget to pick them up. This will happen often, repeatedly, until finally, if extremely lucky, you will lose them.

In summary, poles are expensive, dangerous, exhausting, destructive and potentially lethal to both yourself and those around you. The best thing to do with walking poles is to give them away to a non-clubmember that you hate ...

by (who else but) Brett Davis

Ed: Obviously, the opinions in this article are not etc etc...

Autumn Walks Program

Wednesday walks meet at 8.50am at the helicopter (by the Shoalhaven Visitor Centre, Pleasant Way, Nowra) **unless** otherwise indicated. Warn leader if you plan to be at the **2MP** (2nd Meeting Place). * indicates short and easy **Andante** walks (at a leisurely pace). See back page for an explanation of other walk gradings and travel costs.

Saturday 28th Feb or Sun 1st March

Comerong Island Circuit – 14km / E

Tony Simmonds 4422-9425. Flat walking on roads, bush tracks and along the beach. Bring insect repellent (sand flies abound) and your swimmers. Map: Nowra. Travel: 40km/\$4.

Saturday 28th February to Friday 6th March

Tasmanian Adventure: Mount Anne Circuit – L / R

Lee Cordner 0427 333034 or leecordner@optusnet.com.au This classic Tassie 5-day hike takes in a spectacularly beautiful area of mountains and lakes. Good fitness (1100m ascent day 1) and 4 season equipment required. One place still available.

Sunday 1st to Saturday 7th March

Central Coast Kayak Kapers

Chris Bellamy 4421-3467. Must have strong arms.

Wednesday 4th March

*** Hyams Beach to Jervis Bay Rd & Return**

Dot Gallagher 4446-0316. 2MP Hyams Beach carpark at 9.40am. Travel: 60km/\$6

Werri Beach and Campbell's Hole – 6km / E

Pat Green 4234-1770. Beach and rock-platform walking. Wear shoes that can get wet. Bring your swimmers for a spa at Campbell's Hole. 2MP under trees opposite Werri Beach Van Park cabins 9.40am. Travel: 50km/\$5

Booderee: Beach to Basin – M / E

John Goodwin 4443-9317. From the Cave Beach camping area, John will lead us through the maze of sandy forest tracks to St Georges Basin for lunch, returning a different way. Bring swimmers! 2MP Booderee Visitor Centre at 9.30am. Map: Sussex Inlet. Travel: 70km/\$7

Narrawallee Inlet to Ulladulla – M / E / Wet

Kynie Evison 4446-0044. After a car shuffle we will begin our walk from Narrawallee Inlet, following beaches and headlands, rock hopping and swimming whenever we choose. **Early 8am start** for tides. 2MP Bewong at 8.20am. Travel: 130km/\$13

Wednesday 11th March

*** Little Blow Hole - Kiama**

Peter & Janice Walsh 4448-6126. 2MP Apex Park, Berry at 9.20am. Travel: 80km/\$8

Gerroa / Black Head Circuit – 11km / E

Sandy Sharrock 4234-3185 & Nicki Beardmore 4448-5881. Through bush to Gerroa, round rocks to Black Head; see the fossils; back via the beach, and swimming. 2MP Berry Beach picnic area 9.30am. Travel: 24km/\$2

Coomies-Lobster Bay-Gosang's Tunnel – 12km / I

Lauri Ball 4448-3106. Off-track, a bit scratchy. Bring swimmers. Bring compass. 2MP Currarong Bowling Club carpark 9.30am. Map: Currarong. Travel: 70km/\$7

Bendalong Beaches Snorkelling – S / E / Wet

Jim Graham 4456-1305 or 0418740877. Walking and snorkelling in the Bendalong area. BBQ lunch at Jim and Marilyn's so BYO meat and something to share (this can be left in Jim's fridge). Wear swimmers and bring mask & snorkel. Ring Kynie on 4446-0044 to borrow snorkelling gear. Shower available. NB Leader will meet you at his home: 14 Boronia St Bendalong. Map: Sussex Inlet. Travel: 90km/\$9

Pretty Beach - Durras Mt - Pebbly Beach – M / I

Jock Finlayson 4443-8055 & Peter Farrell 4422-8177. Return of a coastal classic in Murrumbidgee NP! The start will get our lungs working as we climb Durras Mt in a leisurely fashion. Then it's downhill to Pebbly Beach for lunch with the wildlife before an easy return via coast at low tide. **Early start 8.30am.** 2MP: Bewong at 9.00am. Map: Kioloa. Travel: \$ negotiable

Note: If staying south for the evening geology talk in Ulladulla, talk to Bendalong Jim about a group dinner.

Thursday 12th March

Equipment Night at Outdoors & Beyond

From 6.30pm. See front page for more detail.

Saturday 14th or Sunday 15th March

Kangaroo River Fire Trail

Karen Davis 4443-2553. Walk the fire trail from Tallowa Dam Rd to Kangaroo River (10km return) with optional swim across to Beehive Point. 250m ↑↓. Maps: Burrier and Bundanoon

Monday 16th to Friday 20th March

Upper Blue Mountains day walks

Julie Davison 4448-7123 (accommodation) & John Souter 4443-7555 (walks only). Staying in cabins at Lake View Caravan Park, Blackheath. Full-day walks on Tue to Thur and half-day walks on Mon and Fri. A choice of walks on offer.

Wednesday 18th March

*** Seven Mile Beach, plus Lunch**

Trevor Smith 4422 9765. Lunch at Gerringong Fisherman Boat Club. 2MP cnr Gerroa & Beach Rd 9.30am. Travel: 40km/\$4

Cave Beach & Bherwerre Beach Circuit – 14km / E

Denise Dent 4441-0752. A mostly flat walk through the dunes, beaches and headlands of Booderee NP. 2MP Booderee Visitor Centre 9.30am. Map: Sussex Inlet. Travel: 70km/\$7

Shoalhaven River Canoeing – beginners welcome

Chris Bellamy 4421-3467. We will use a launch spot behind the house of Alan & Jan Roper (who will be with us on the day) upstream of the water ski club. We will paddle upstream towards Bangalee Reserve with the tide and hopefully find a nice beach for lunch. Bring swimmers. Suitable for canoes, sit-on craft and kayaks. Maps: Berry, Burrier & Nowra. Travel: 6 km/\$1

Shoalhaven Combination – 10km / E / Wet (optional)

Brett & Karen Davis 4443-2553. From the helicopter we'll walk across the bridge then follow the Shoalhaven River past Nowra Golf Course and the Grotto to the ski park. A 200m swim will take us across the river: pikers can return the way they came. On the return we'll visit Thompson's Point and Ben's Walk. Waterproof packs! Maps: Berry and Nowra

Towards Andrews Point – approx 8km / R

Peter Dalton 4441-8256. Start point GR666308. Approx 150m ↑↓. A short but interesting walk beneath the cliff line to the north of Dean Creek for as long as time/weather allows, then up to the plateau before the heat of the day. We'll pass some large pinnacles and a minor gorge. Return will be along the top of the cliff edge. Scratchy scrub - cover up. **Early start: phone leader.** Map: Yalwal. Travel: 44km/\$4

Saturday 21st & Sunday 22nd March

Tallowa Dam Canoe Trip

Chris Bellamy 4421-3467 & Ian Parker 4448-6359 will lead an overnight paddle from Tallowa Dam, upstream either on the Shoalhaven to near Fossickers Flat or Kangaroo River to mid-way between Tallowa and Bendeela. Bush camping no facilities, just wombats and lyrebirds. Exact location will depend on water level and wind speed/direction. Not a long paddle in either direction so a good overnight trip for beginners. Suit kayaks, canoes or sit-on craft. Use of club camping gear an option. Use of lifejackets is mandatory. Maps: Burrier & Bundanoon.

Wednesday 25th March

*** Clifton Gardens**

Dot Gallagher 4446-0316. 6.50am train from Bomaderry to Milsons Point.

Coomies Walk with variations – 10km / E

Les Lawrenson 4448-3266. Bush track and cliff-top walk with swimming. 2MP Currarong Bowling Club carpark 9.30am. Map: Currarong. Travel: 70km/\$7

Wandandian Creek – 9-12km / R / X

Sandra Kelley 4421-4021 Starting at the junction of Messmate & Twelve Mile Rds we will head down a spur and a steep ridge to the creek, then explore downstream. We will ascend a spur or from the ford on Messmate Road if we make it that far to the cars. 180mts ↑↓. Map: Tianjara. Travel: 45km/\$5

Paul's & Purnoo Lookouts – 10km / I / Wet (optional)

Brett and Karen Davis 4443-2553. After a 200m Lake Yarrunga swim (or optional paddle - BYO kayak) we scramble up ropes and ladders to Paul's Lookout then follow firetrails past Cumburmurra Trig (possible visit) to Purnoo Lookout above the junction of Bundanoon and Yarrunga Creeks. Great views guaranteed. We then retrace our steps. 250m ↑↓. Map: Burrier. Travel: 90km/\$9

Saturday 28th & Sunday 29th March

Upper Ettrema Explorer – L / R / X

Lee Cordner 0427 333-034 or leecordner@optusnet.com.au. Tullyangela Clearing, Howards Pass, Ettrema Creek, Dynamity Creek, Puckett Pass, Pinchgut Hill, Cinch Creek return via Howards Pass. May vary route depending upon fitness and experience level of the party. Maps: Touga and Yalwal.

Sunday 29th March

Murrays Beach, Snorkelling

Sue Josephsen 4441-7391. Only a morning activity but bring lunch in case we go for a walk as well. Wetsuits a good idea.

Wednesday 1st April

*** Nowra Animal Park**

Trevor Smith 4422-9765. Short walk, with car shuttle to meet with ontrackers. Special park entry \$10 p/p. 2MP cnr Gunyah Crescent & Yurunga Drive at 9.20am.

The Grotto to Nowra Wildlife Park – 12km / E

Denzel Jones 0422 624625. Starting from helicopter, we'll walk through The Grotto, along Waratah Walk to the Wildlife Park. Lunch and two walks within Park; rainforest and cave; some rock scrambling and ladder climbing. Bring torches and cameras. Special park entry \$10 p/p.

Three Waters Walk – 12km / I

John Souter 4443-7555 & Trevor McCarthy 4423-4085. We'll walk on track from Moffat Saddle (near Coolendel) down to beautiful Yalwal Creek where it joins the Shoalhaven, then follow the sandy Yalwal upstream to Ettrema Creek for lunch and dip (bring swimmers). Combination of track and easy creek walking. Wet feet possible. Map: Burrier. Travel: 70km/\$7

Jerrawangala Circuit – approx 11km / R

Peter Dalton 4441-8256. Start Point - cnr of MR92 and Ebony Rd. An enjoyable walk in the Western Jerrawangala area, mostly on old logging trails and trail bike tracks. 250m ↑↓. **Early start:** 8.00am. 2MP cnr Turpentine & Braidwood Rds at 8.30am. Map: Sassafras. Travel: 64km/\$6

'Coolana' on the Kangaroo River – S / I

John Kubale 4446-0504. This 100-acre property has been owned by Sydney Bushwalkers for the past 40 years. 5km off-track walking and scrambling on the sandstone cliffs near the Kangaroo River. Proceed down to the River via remnant rainforest gullies. Optional swimming. 2MP 9.30 by gate sign 'Coolana - SB' on north side of Tallawa Dam Rd, 200m west of T-junction with Mt Scanzi Rd. On map shown as 'Lazy Acres' Map: Bundanoon/ Burrier. Travel: 60km/\$6

Thursday 2nd April

General Meeting

Guest speaker Kynie Evison will talk about adventures in Peru and Bolivia. 7.30 pm at Nowra Town Band Hall, Kinghorne St.

Saturday 4th & Sunday 5th April

Car Camp at Blackfellows Point

Kynie Evison 4446-0044. Staying at Beachcomber Holiday Park at Blackfellows Point, turnoff at Bodalla. \$13 pppn for camping, cabins also available. Beach frontage surrounded by National Park. Arriving either Friday arvo or Saturday morning. There will be coastal and lake walks. Canoe launching nearby on southern side of Tuross Lake if some wish to kayak instead.

Saturday 4th & Sunday 5th April

Canberra International Walking Weekend

Walkers can choose a 5, 10, 20 or 30 kilometre course each day for one or both days of the weekend. A marathon course (42.2 kilometres) is also offered on the Saturday. Book your own accommodation either with your relties, hotel, YHA or wherever. Check with Lauri Ball re the Saturday night outing to the Shalimar Gardens Rest. All welcome. To register, go to www.aussiewalk.com.au

Wednesday 8th April

*** Werri Beach to Boat Harbour and Return**

Bruce Wright 4423-4522. 2MP cnr Gerroa & Beach Rd. at 9.30am.

Christmas Bush Fire Trail – 10km / E

Don Body 4421-2968. Almost completely on track within the Colymea State Forest. Includes a ramp down to Honeysuckle Fire Trail, which includes some bush bashing. Woodland and heath of the sandstone plateau with fine forest below the escarpment. Park cars beneath the power lines at GR 683316. 2MP Yalwal/Burrier Rd junction. Travel: 40km/\$4

North Nowra Reserve – 14km / I

Tony Simmonds 4422-9425. Walk is mainly on track and flat with some off-track and road walking. Excellent lunch spot. Start and finish at helicopter.

Ngaityung Falls (the easy way) via Gadara Pt – M / I

Peter Farrell 4422-8177 & Jock Finlayson 4443-8055. A scenic return walk on Little Forest Plateau from the Mt Bushwalker car park via the best lookout in the Shoalhaven to the falls. A side trip down Jailhouse Pass will be thrown in for no extra charge. 2MP Bewong Roadhouse at 9.30am. Maps: Milton and Tianjara. Travel: 130km/\$13

Waterfalls of Macquarie Rivulet – S / R / X

Rhonda Guy 4237-7048. Meet leader at the start of walk: Clover Hill Rd, Macquarie Pass. We will be exploring Rainbow Falls and venturing beyond to explore multiple waterfalls. Rock scrambling skills required. Map: Robertson. Travel: 130km/\$13

Friday 10th to Sunday 12th April

Cascades Base Camp

Karen & Brett Davis 4443-2553. Walk in from the Wog Wog entrance to the Budawang NP to a 2-night camp at Cascades swimming hole. Explore upstream to cascade gates on Friday afternoon. On Saturday attempt to climb Barney's Hill. On Sunday explore Corang River downstream along old water race before walk back to cars. Great swimming hole. Walk in/out approx 8kms on good track. Suited to novice hikers, as once at camp can relax by pool if not interested in Barney's Hill. Maps: Corang, Endrick & Budawang's Sketch.

Wednesday 15th April

*** Orient Point Circuit**

Robert Mottram 4423-2790. 2MP park, cnr Prince Edward Rd. & The Strand at 9.30am. Travel: 52km/\$5

Inner Tubes – 10km / M

Lauri Ball 4448-3106. This walk can only be done during school holidays. Two separate undulating track walks with spectacular ocean and cliff views on the Beecroft Peninsula. Bring your compass. 2MP Beecroft Ranger Station at 9.30am. Map: Currarong. Travel: 70km/\$7

Yarrawa Estate Winery – M / R / X

Karen & Brett Davis 4443-2553. An exploratory walk from this winery located off Scotts Road in Upper Kangaroo Valley. The owner advises there are a few tracks from here and he will also give us a tour of the property which also has fruit and nut trees. Possibility of wine tasting and a coffee at the end of the walk. On and off track and probably some steep climbs. 8.30 at the Helicopter, 2MP Ring leader. Map: Kangaroo Valley. Travel: 70km/\$7

Yarrunga Ck Playground – approx 12km / I

Peter Dalton 4441-8256. Start point Jack's Corner GR627536. 200m↑↓ – mostly on the fire trail. An easyish walk to the unexpected and relatively unknown pinnacles and overhangs in this area. Some light scrub – cover up. A good introductory 'hybrid' walk. Map: Bundanoon. Travel: 70km/\$7

Saturday 18th April

Saturday Walking

Paul Ellis 4443-0129. A day walk somewhere in the Shoalhaven District. Maybe a bit off-track or scrambling but suitable for the regular on-track group. Contact leader during the week beforehand for details and meeting places.

Saturday 18th & Sunday 19th April *

Tallowa Dam Canoe Trip

Chris Bellamy 4421-3467 & Ian Parker 4448-6359 will lead an overnight paddle from Tallowa Dam, upstream either on the Shoalhaven to near Fossickers Flat or Kangaroo River to mid-way between Tallowa and Bendeela. Bush camping: exact location will depend on water level and wind speed/direction. A good overnight trip for beginners. Suit kayaks, canoes or sit-on craft. Use of club camping gear an option. Use of lifejackets is mandatory. Maps: Burrier & Bundanoon. * Note: If the March trip goes ahead then this trip may be cancelled.

Sunday 19th April

Battleship Rock – M / R / X

Lee Cordner 0427 333-034 or leecordner@optusnet.com.au. Cycle 7 km Sassafras to Newhaven Gap. Leave bikes then via Galbraith's Route, climb Battleship Rock and other features and return. Maps: Tianjara, Endrick & Budawang's sketch map.

Wednesday 22nd April

*** Huskisson Circuit**

Nick Lloyd 4441-7382. 2MP (and parking) Husky Pub car park at 9.30am. Travel: 48km/\$5

Dunmore to Kiama – 11km / I

Alison Smith 4237-8563. 9.09am train from Bomaderry arriving 9.52am at Dunmore (Shellharbour) Station, a short platform. It is probably best to get in the second to last carriage, but check with the guard. Walk includes Casuarina Avenue, Minnamurra Riverside and headland, some rock hopping, beaches, steps, continual coastal views and rock platform to Kiama for 3.04pm train, arriving Bomaderry 3.40pm. Possible swim, weather permitting. Leader will be at Dunmore Station.

Long Beach to Target – 14km / I

Tony Simmonds 4422-9425. Perfect location with track, bush and beach walking, and some rough rock hopping. 2MP Beecroft Ranger Station, Currarong at 9.30am. Map: Currarong. Travel: 74km/\$7

Yarramunmun Creek – M / R / X

Kynie Evison 44460044. Park cars at Boolijah trig where we will head off in a northwesterly direction towards Yarramunmun Creek. We will explore downstream before following a different spur back to the cars 2MP cnr Braidwood & Turpentine Rds. Map: Sassafras. Travel: 90km/\$9

Byangee Mountain – 17km / R

Gill Souter 4443-7555. A Budawang's classic featuring surround views from the plateau of the Castle, Pigeon House and the

Clyde gorge. A long day out to reach Pickering Pt for lunch. 500m↑↓ - confident rock scramblers only. Very early start – (optional) car camp at Long Gully. **Limit of 12 – ring leader.** Map: Corang. Travel: 200km/\$20

Saturday 25th or Sunday 26th April

Hylands Lookout – 12km / I

Tony Simmonds 4422-9425. Mainly on track & flat walk to spectacular views of the Boolijong Valley. Small section off track & rock hopping. Map: Sassafras. Travel: 70km/\$7

Wednesday 29th April

*** Iluka Circuit**

Combined with on-trackers

Iluka Circuit (6 Loos Walk) – 9km / E

Ray Dalleywater 4443-9899. This classic walk takes us through coastal scrub and forest, along the beach and past 6 toilets. Beautiful scenery so bring camera. Ray has a wealth of information about the area and its history. 2MP Booderee N P Visitors' Centre Carpark 9.30am. Map: Sussex Inlet. Travel: 80km/\$8

Above Calynea Creek – S / R

Sandra Kelley 4421-4021 Park cars at 697339 before walking north to a point overlooking Calynea Reach. We then follow the cliffline south to the end, before dropping under a small cliffline. We will cross some small creeks to another cliffline and explore underneath before ascending to a spur and back to the powerlines and the cars. Map: Yalwal. Travel: 15km/\$2

Creeks of Conjola NP – M / I

Kynie Evison 4446-0044. Kynie will lead us through some lovely rainforest areas between Berrara and North Bendalong, following creeks, trail-bike tracks plus some off-track walking. 2MP Bewong Roadhouse at 9.30am. Map: Sussex Inlet. Travel: 90km/\$9

Wednesday 29th April to Sunday 3rd May

Laurel Hill Forest Lodge

Laurie Ball 4448-3106. Hume and Hovell is on again. This year we have coincided with the Falling Leaf Festival in Tumut. \$56 per day will cover four nights, all meals, three days of walking in and around the Hume and Hovell track.

Wednesday 6th May

*** Fitzroy Falls – East Rim**

Trevor Smith 4422-9765. 2MP Fudge Shop, Kangaroo Valley, at 9.30am. Travel: 80km/\$8

Callala / Currumbene Creek – 12km / E

Cyril Crutch 4421-4905. Walk through Callala Beach and bush to Myola, then along Currumbene Creek before returning along the beach. 2MP junction of Forest & Coonemia Rds 9.30am. Travel: 44km/\$4

Below Boongan Mountain – 12km / I

Tony Simmonds 4422-9425. Mainly on track save short section. Short, steep ascents and descents. 2MP cnr Braidwood Rd & Turpentine Rd at 9.30am. Map: Sassafras. Travel: 70km/\$7

Folly Point track maintenance walk – 15km / I

Brett Davis 4443-2553. Combined hybrid/off-track activity. A rare chance to day-walk to (arguably) the best viewpoint in the Budawang. We'll be escorted through locked gate to drive

the 8km to the start. Track pruning will be done on the way back from Folly Pt: bring secateurs, gardening gloves etc; phone leader for more details. Map: Endrick. Travel: 120km/\$12

Thursday 7th May

Comittee Meeting - location TBA

Saturday 9th May

Saturday Walking

Paul Ellis 4443-0129. A day walk somewhere in the Shoalhaven District. Maybe a bit off-track or scrambling but suitable for the regular on-track group. Contact leader during the week beforehand for details and meeting places.

Sunday 10th May

Moonshine Walk

Alf & Eva Keller 4441-8889 or 0419 885606. Starting with a late afternoon BBQ (BYO all plus chair) at Moona Moona Creek reserve, we will watch the moon rise (5.28pm) over Jervis Bay then walk by the light of the moon along Collingwood Beach to ?. Bring torches just in case. Walk will only go ahead if evening is fine and clear.

Wednesday 13th May

*** Mount Bushwalker**

Jo Krelle 4422-4431. 2MP Bewong at 9.30am. Travel: 130k/\$13

Lake Wollumboola from Coonemia Road – M / E

Lauri Ball 4448-3106 & Warwick Mottram 4421-4229. Flat walking along bush trails through forest and farm areas. Short sections off-track. Lunch overlooking the lake. Bring your compass. 2MP mid-way along Coonemia Rd at 9.20am which is also starting point for walk. Maps: Nowra & Crookhaven. Travel: 36km/\$4

Hyland's Lookout (Dean's Gap Road) – 12 km / I

Tony Simmonds 4422-9425. Mainly on track and flat with short section off-track, plus some rock hopping. Great views. Contact leader for 2MP. Map: Sassafras. Travel: 70km/\$7

Tour de Bay et Basin – approx 40km / E

Ann Holwell 4441-7661. Riding at a leisurely pace and mostly on bike paths and back streets, Ann promises coffee shops, water views and only two hills. Suitable for hybrid bikes. 2MP Husky pub at 9.30am. Map: Huskisson. Travel: 50km/\$5

Cherry Tree - Boolijah Creek Cliffline – M / R / X

Noel Walton 4448-7349. Starting from carpark at GR 514122, we'll ramble below cliffline from GR 526137 to GR 544135, inspecting pinnacle at GR 533143 on the way. Cross creek to pinnacle GR 548133 and onto firetrail where a car should be parked at the second gate. **Early 8am start.** 2MP cnr Turpentine & Braidwood Rds. Map: Sassafras. Travel: 120km/\$12

Saturday 16th to Monday 18th May

Northern Budawangs Waterfalls – L / R

Lee Cordner 0427 333-034 or leecordner@optusnet.com.au. Sassafras, Folly Point, Munuldi Falls, Sluice Box Falls, Hidden Valley, Quilty's Mountain, Sassafras. The Budawangs at its best. On and off track, cliff scrambles, waterfalls, scrub-bashing, Aboriginal bora grounds – who could ask for more? Maps: Tianjara, Endrick and Budawangs sketch map.

Wednesday 20th May

*** Booderee Botanic Gardens**

Nick Lloyd 4441-7382. 2MP Booderee Visitor Centre at 9.45am. Travel: 70km/\$7

Brooke's Plateau (4 lookouts walk) – 12km / E

Les Cornish 4446-0449. Popular walk with a series of splendid views over the Shoalhaven River near Tallowa Dam. 2MP cnr Kangaroo Valley & Tallowa Dam Rds 9.30am. Travel: 80km/\$8

Vineyards State Forest Walk – 14km / I

Lauri Ball 4448-3106. On-track in forest. Bring your own compass, compulsory. 2MP junction of Greenwell Point Rd & Worrigeer Rd at 9.15am. Map: Nowra. Travel: 18km/\$2

Paddling up Nowra Ck and more – S / E

Sue Tolley & Ronnie Kroon 4441-1172. We'll launch near Shoalhaven Bridge for a gentle paddle up beautiful Nowra Creek with a short walk further upstream to see the Aboriginal rock art. Time permitting, we'll also explore Cabbage Tree Creek further upriver. Maps: Berry & Nowra

Boolijong Valley escarpment – 10km / I

John Souter 4443-7555. A cliff-top walk, following Boolijong Creek escarpment south from Hylands Lookout and visiting 'Shoalhaven's longest overhang' en route. Views all the way and some ravines to explore. Return is via Blackwood Rd and power lines. No thick scrub but cover up. Map: Sassafras. Travel: 60km/\$6

Saturday 23rd or Sunday 24th May

Churinga Head plus – S / R / X

Karen & Brett Davis 4443-2553. Off track walk to Churinga Head and Boomerang Pass for spectacular views over Sentry Box Canyon in the Ettrema Gorge plus some further cliffline exploration. Map: Touga

Wednesday 27th May

*** Lower Bugong, with 3 Lookouts**

Cyril Crutch 4421-4905. 2MP rear North Nowra Shopping Centre at 9.20am. Travel: 46km/\$5

Bundanon Area Circuit – 12km / E

Lillian Koglin 4421-2865 (guest leader) and Sylvia Arthur 4446-6969. Undulating on-track walk on fire trails and bush tracks. Great lookouts to Shoalhaven River, varied vegetation communities, and interesting rock formations. Lunch overlooking Illaroo Farm. 2MP Illaroo Rd just before junction with Riversdale Rd 9.30am. Map: Burrier. Travel: 24km/\$2

Wodi Wodi Track - Stanwell Park – S / I

Kynie Evison 4446-0044. Early start. This track is named after one of the Aboriginal tribes that lived along the coast. A circular walk entailing rainforest, creeks, beaches, climbs and views. Travel by train, departing Bomaderry at 7.53am, change at Wollongong, and get on the 9.37am to Stanwell Park. Arriving back in Bomaderry at either 5.28pm or 6.19pm.

Sandiman Head – L / I

Peter Farrell 4422-8177 & Jock Finlayson 4443-8055. A favourite annual club walk largely on shaded track which passes through beautiful forest. Morning tea and lunch are normally at good vantage points where extensive views are enjoyed. 150m↑↓. Start Sassafras GR618178. 2MP cnr Braidwood & Turpentine Rd at 9.30am. Maps: Sassafras & Yalwal. Travel: 80km/\$8

Back Run Creek - M / R approx 12km

Peter Dalton 44418256. Start Point GR634477. 250m ascent/descent. We'll head south along the ruins fire trail for about 3K, then south-west across country to intercept Back Run creek (without going all the way to the river). The route then follows the creek's zig-zag course up to near where we left the cars. There's a steep section right at the end. Scratchy scrub - long sleeves and trousers recommended. **Early start - phone leader.** Map: Burrier. Travel: 76km/\$8

Saturday 30th May

Saturday Walking

Paul Ellis 4443-0129. A day walk somewhere in the Shoalhaven District. Maybe a bit off-track or scrambling but suitable for the regular on-track group. Contact leader during the week beforehand for details and meeting places.

Saturday 30th May to Monday 1st June

Ettrema Gorge – M / R / W

Jim Graham 4456-1305 or 0418740877. Very early start or option of camping at start of walk Friday night. Descend Bull Frog Creek to Ettrema Creek and follow down through Sentry Box Canyon to Jones Creek. Option walk up Jones Creek to old mines. Leave creek and ascend 400m to plateau and Quiera Clearing. The creek is rough with scrambling and a good chance of wet feet. Phone leader if interested. Maps: Nerriga & Touga

Advance Notices

September/October?

A week (or so) in and around Daylesford, Victoria

Margaret Perkins 4423-2029 or msperkins@optusnet.com.au Margaret is thinking of spending 5-7 days based in Daylesford area to walk parts of the Great Dividing trail which links the Victorian gold towns. Accommodation options include camping/caravan park, youth hostel, B&B, pubs. Walks mainly on-track, some hills. May reconsider following fires.

February/March 2010

New Zealand Fiordland

Lee Cordner 0427 333 034 or leecordner@optusnet.com.au Challenging and beautiful hikes over two weeks in the southern part of NZ South Island. At this stage possibly Dusky Track (8 days) plus a shorter walk. Good fitness and 4-seasons equipment essential. Will include time for Queenstown adventure. Please contact Lee if interested.

Answers for Summer Ettremist crossword

Across: 1. Bherwerre 6. tea 7. Nelsons 8. trial 9. by 12. Murrays 13. Peru (sorry about that) 14. pot 15. tsar 16. en 17. xmas 18. fa 19. warmer 20. snoring 21. limbs 22. whiting

Down: 2. Honeymoon 3. Washerwomans 4. rest 5. Steamers 10. Hyams 11. Currarong 14. Pebbly 15. Target 18. fan 19. wish 20. SBW



Shoalhaven Bushwalkers Inc.
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info@shoalhavenbushwalkers.org.au

Shoalhaven Bushwalkers Inc. is a non-political community group affiliated with the Confederation of Bushwalking Clubs in NSW.

Club membership costs \$20 per year per person plus an initial joining fee of \$10. The Club holds three or four mid-week walks in the Shoalhaven region almost every week, plus one activity on most weekends. More information on these walks can be found below. Longer walks are occasionally held in areas outside the region. The Club also engages in activities apart from bushwalking, such as kayaking, theatre trips, tours and cruises, and car-camping both local and further afield.

The Ettremist - is the official newsletter of the Shoalhaven Bushwalkers Inc. It is printed and distributed seasonally (four times per year in late February, May, August and November/December). The Club's walks programs are included in the *Ettremist*. The views expressed by individual authors in this newsletter do not necessarily agree with those of the Editor or with those of Shoalhaven Bushwalkers Inc. Contributions to the *Ettremist* are welcome and can be sent to the editor – Gillian Souter – via post, phone or email at the following addresses :-
9 Silver Strand Circle, Hyams Beach 2540
Tel: 4443 7555 Email: info@offtheshelf.com.au

Website – the club has a website which contains all the information in this newsletter and more. The web address is shown at the top of this page and our email address is info@shoalhavenbushwalkers.org.au.

Mid-week walks are held every Wednesday. Destinations vary and there are usually four walks available: one andante (at a leisurely pace), one on-track, one partly off-track and one mostly off-track. Walk leaders may decline any person's request to join a walk. These walks usually require no prior booking – meeting places and times are shown on the walks program. The main meeting place is almost always at the Helicopter, usually at 8.50am. The Helicopter is in the carpark of the Shoalhaven Visitors Centre in Pleasant Way, Nowra. For further information contact Brett Davis on 4443-2553.

Weekend Walks have no designated meeting places so the leader must be contacted prior to the walk and as soon as possible, preferably no later than the Monday before the walk. Walk leaders may decline any person's request to join a walk. Ask the leader's permission before inviting friends along. Also, if you decide not to attend a walk that you have booked, please inform the leader.

Walk Leaders - Each walk leader has the final decision on whether or not a person is capable of doing his/her walk. The Club encourages any club member who wishes to become a walk leader. New walk leaders will be backed up by at least one experienced walk leader, and will be provided with a copy of the Club's current leadership guidelines. The Club will endeavour to provide opportunities for leadership training.

Weather – Walk leaders may change walks without notice or cancel walks altogether if dictated by the weather or other outside factors. If in doubt, phone the leader prior to the walk or check the website.

Walk Gradings - The four Wednesday walks categories are loosely described as Andante, on-track, hybrid and off-track. They are usually day-walks, though occasional overnight full-pack walks are scheduled. Weekend walks may be either day-walks or overnight, full-pack walks. Andante walks are short and easy. All other walks, whether they be mid-week, weekend, day walks or multi-day walks, are graded according to their daily distance and their difficulty as determined by the following criteria:-

Daily Distance Gradings - if possible distances will be shown but in their absence **S** indicates a **Short** walk (less than 12 kilometres per day), **M** indicates a **Medium** walk (12 to 18 kilometres per day), and **L** indicates a **Long** walk (more than 18 kilometres per day).

Difficulty Gradings - **E** indicates an **Easy** walk which is mostly flat - along roads, fire trails, tracks, beaches or open areas. **I** indicates an **Intermediate** walk which may be rough underfoot and include some hills – on bush tracks or partially off-track through some scrub. **R** indicates a **Rough** walk which may include thick scrub, steep climbs, rock scrambling, rock hopping or difficult creeks. In addition, walks may also be designated as **W** for **Wet** if they include deep water crossings, and **X** for **eXploratory** if the leader has not been to the area and does not know what to expect. eg; a grading of S/E indicates a short and easy walk, while a walk graded L/R would be long and rough. Where possible, the actual length in kilometres is included in the walk description.

Car Sharing Cost - 10 cents per kilometre, payable by each passenger to the driver, rounded up/down to the nearest 10km and then the nearest dollar. This can be reduced by mutual agreement between passengers and driver for trips out of the Shoalhaven.

Children - Children over 5 years old are allowed on walks only if they are accompanied by an adult who accepts total responsibility for their safety and their behaviour. Children will be allowed on walks only if the walk leader agrees to have them on the walk. Children 5 years and under are not covered by our insurance and therefore cannot participate in club walks.

Liability – All persons participating in club walks do so as volunteers in every respect and accept full responsibility for personal injury to themselves, however it is incurred. The Club, its office-bearers and its walk leaders do not accept any liability in regard to injury or damage sustained by any person participating in club walks.

General Meetings are held in the Nowra Town Band Hall in Kinghorne Street at 7.30pm on the first Thursday of the month in February, April, June, August and October. The August meeting is also the club's AGM, and the only meeting where we do not have a guest speaker.

Committee Meetings are held at the homes of various committee members (advertised in the *Ettremist*) at 7.30pm on the first Thursday of the month in March, May, July, September and November.

Deadlines for next *Ettremist* (available late May):

7th May - offer walks to relevant coordinators

14th May - walk programs and reports, notices or articles for inclusion to Gill Souter