

Up and Downers Bushwalking Club Inc.

ACTIVITIES GUIDE

Period	Feb to July 2025
Version	2
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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.

Date	Walk	Distance	Meeting Place	Leaders
1/02/2025	Milson Point Station to the Zoo, then ferry to Quay, and return across the Harbour Bridge. Option to shorten. 14-17km depending on option taken. Medium, but lots of steps in a couple of places	14-17km depending on options.	Milson Point Station, eastern side in Broughton St	David and Val
8/02/2025	First Aid training - no walk planned			
15/02/2025	Kiama Coastal walk Love's Bay north to Minnamurra Rivulet. A lovely coastal ramble including some beach walking	15km Easy medium	Depending on direction of the wind, either carpark near the junction of Werri St and Pacific Ave Werri Beach/Gerringong or James Oates Reserve, Minnamurra. To be advised prior to the walk.	Justin and Wendy
22/02/2025	Royal NP Garrawarra Farm to Wattamolla Beach: Ridges, beaches, views, beautiful pool and waterfall for lunch break. 15km Medium, 2 x ascents and descents of ~120m	15km Medium	Wattamolla car park, Royal National Park. Car shuffle to start.	David and Val
1/03/2025	Woodford All Waterfalls Wander. Visit Mabel, Edith, Hazel, Oakland, Horseshoe and Burgess waterfalls. Forest and creeks and Woodford water storage. Some firetrail walking and a 130m+ uphill road section. Total ascents and descents 500m	11km Medium	Park on Hall Parade near intersection of Brook St, Hazelbrook. Car shuffle to start of walk at end of Woodbury St, Woodford.	Garry and Julie
8/03/2025	Fernleigh Track, Newcastle Adamstown to Belmont. Travel from the wetlands of Belmont past an ancient sand dune system, through forests into urban Newcastle. Also walk through an historic railway tunnel.	15km Easy Medium	Railway Parade, Belmont. Car shuffle to start.	Justin and Wendy
15/03/2025	Brisbane Water NP: Patonga to Mt Ettalong via Elephant Rock, great views and forest walking some on fairly basic track. 13-15km medium, initial ascent from Patonga steep, several more ascents and descents but more gradual	13-15km Medium	Mount Ettalong Reservoir, left off Patonga Rd just after climb up from Umina Beach. If you come to Pearl Beach Rd, you have gone past the turn. Car shuffle to start	David and Val
22/03/2025	Great North Walk (alternate route) Brooklyn to Woy Way via Little Wobby. Forests and views abound plus a trip on a ferry!	15km Medium	Ferry from Brooklyn departs at 7.30am. Don't forget your Opal card	Peter and Jenny
29/03/2025	Cowan to Taffys Rock. Following Great North Walk along the Jerusalem Bay Track then along an undulating ridge to Taffys Rock. Return same way. Panoramic views over the Hawkesbury River and Cowan Creek. Distance 17.5km, ascent 745m, descent 752m.	17.5km Hard	Cowan Station commuter carpark	Christine Yates
	Cronulla to Jibbon Head via ferry From the ferry we walk along Jibbon Beach, to visit the indigenous rock carving site and out onto Jibbon Head. Then round to Shelley Beach, and back into Bundeena via the Jibbon Track. Lunch at the RSL if desired. 7km easy including 800m on Jibbon Beach. Cost is \$8.30 each way for adults, or \$4.15 for pensioner/senior/ concession.	7km Easy	Meet 9.15 at Cronulla Ferry Wharf to catch 9.30 ferry. Take the train, or if you drive there is parking in Tonkin and Waratah Streets on the south side of the station. NO Opal – cash or card.	Chris and Effie
5/04/2025	Lions Head - Kedumba Valley - Goat's Track, Blue Mountains National Park. A challenging and very scenic wander down into the Kedumba Valley to visit the Kedumba Huts and then up to Lions Head. Very steep ascent. Total ascents and descents 980m	18km Hard	Opposite old Queen Victoria Hospital, King's Tableland Road ~3 ½ km from GWH (turning left at the 'POT' shop)	Garry and Julie
	San Remo to Budgewoi Walk around the Lake shore of Budgewoi Lake. Waterbirds and nice views. Lunch at Budgewoi choice of fish and chips, bakery, pizza or bring your own. .	10km Very Easy	Meet Diamond Head Road Carpark near the Hibiscus Motel at Budgewoi 9am. Car shuffle to start at San Remo.	Chris and Effie
12/04/2025	Wondabye Station to Pindar Cave and return. Enjoy this 12.4-km out-and-back trail near Wondabyne, on the central coast. The trail offers a variety of terrain, from steep to flat, rainforest to fire trail, rocky platforms and lookouts to narrow and, at times, overgrown track. Highlights include Pindar Falls, Caves, Pool, Mount Pindar Lookout, and Mooney Mooney Creek Lookout	12.4km Medium	Brooklyn, Hawkesbury River Train Station carpark. Bring Opal card for short trip to Wondabyne Station	Greg
19/04/2025	Easter weekend - no walk planned			
26/04/2025	Anzac Day weekend - no walk planned			
3/05/2025	Gourmet Walk! Malabar to La Perouse. Bring along a plate to share after an easy walk from Malabar to La Perouse.	Easy 9km	Anzac Parade, La Perouse overlooking Congwong Beach.	Justin
10/05/2025	Mount Kuring-gai to Cowan via Lyrebird Gully (Harder option) Very scenic walk including river views, a salt marsh, many grass trees and big rock formations. Creek crossings required and elevation gain of over 720m.	Hard 17km	Cowan Station commuter carpark	Garry and Julie
	Mount Kuring-gai to Berowra (Easier option) Easy, 10km 250m ascent and descent	Easy 10km	Berowra Station Carpark	Chris H
17/05/2025	Otford circuit via Garrawarra Farm & Burning Palms beach. Forest, wide open views, some beach walking, palm forest. A perennial favorite. Overall elevation gain 546m.	Medium 15.8km	Otford headland carpark, Lady Wakehurst Drive	Julie and Garry
24/05/2025	Blue Mountains NP. Erskine Creek via Pisgah Rock & Jack Evans Track. Great forest variety and stunning Creek views. A 200m very rocky and steep descent plus off track walking along Erskine Creek.	12km Hard	Carpark next to visitor centre at Glenbrook	Justin and Wendy
	Strickland State Forest Somersby. One of the two walks in this area - to be advised	7-10km Easy	Carpark in Strickland State Forest - detail to be advised	Chris and Effie

31/05/2025	Garigal Deep Creek Circuit. Deep forests, waterfalls, creeks and maybe some wildlife.	13km Medium	Slippery Dip Trail, 24 Morgan Road, Belrose	Peter and Jenny
7/06/2025	King's Birthday weekend - no walk planned			
14/06/2025	Hardys Bay-Killcare-Bouddi Lookout-Tallow Beach-Box Head-Lobster Beach-Pretty Beach-Hardys Bay circuit. Great views of Broken Bay and the Central Coast	Medium 12km	Intersection of Killcare Rd and Araluen Drive, Killcare	Peter and Jenny
21/06/2025	Stanwell Park to Austinmere, Illawarra Escarpment SCA After a long closure this amazing track has re-opened. The track traverses the top of the escarpment providing panoramic view of the coastline including lookouts at Stanwell Tops and Sublime Point. Ascent up the escarpment is relatively easy but there are many steps going down at the end of the day. Well worth it - blue fungi a possibility. Total ascents and descents 700m	Medium 16km	On left in Moore St Austinmer, just past Slade St (Moore St runs off Lawrence Hargraves Dr). Car shuffles to start	Garry and Julie
28/06/2025	Blue Mountains NP: Mount Banks One Trail Loop. The track provides great views around the cliffs and summit of Mount Banks. Beautiful forests with the possibility of stinging nettles (so long sleeves and pants). Total elevation gain 500m+	13km Medium	Lower Carpark Mount Banks Road	Peter and Jenny
5/07/2025	Great west walk (alternate walk) Glenbrook to Woodford via St Helen's track and Oaks fire trail.	18.2km Hard	Carpark next to visitor centre at Glenbrook	Justin and Wendy
	Easier option being developed			
12/07/2025	AGM - Justin and Wendy's house and pre-AGM walk along Terry's Creek	Easy	Justin and Wendy's house. More details closer to the date	