Newcastle Ramblers Bushwalking Club

PO Box 719 Charlestown NSW 2290

www.newcastleramblers.org.au

Spring Programme 2024 (Updated 2 September 2024)

Activity Grading details are set out at the end of the program

TO SUBMIT AN ACTIVITY: Email details to WALKS OFFICER at ramblerswalksofficer@gmail.com

TO JOIN AN ACTIVITY:

It is **essential** to contact (text, phone or email) the Leader at least 48 hours before the activity is scheduled to begin.

TO ATTEND A CLUB MEETING:

Club Meetings are held at 7:30pm on the 1st and 3rd Mondays of each month at our Uniting Church Hall, 24 Milson St, Charlestown.

DW: Day Walk, TW: Twilight Walk, BF: Breakfast Walk, BP: Backpack BR: Bike Ride CC: Car Camp PA: Paddle

Yellow Highlighting indicates NSW School Holidays

Winter-Spring	Programme
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		AUGUST		
3 August	Sat	D/W The Glen at Craven (G3/10km/250m)		Arthur R 0408 943 282
4 August	Sun	Day Walk TBA		
5 August	Mon	Regular Meeting Walks Planning Meeting for Spring-Summer Programme Supper Bob C		
7 August	Wed	Day Walk Leader Required		
8 August	Thur	Lower Stroud ride (23.3kms but one big gradual hill and some undulations.) We will be looking at the view, taking photos but getting along in between. Morning tea on a Creek. Should finish late morning so either lunch at the cars or people can get some after. Limit of 8/10. Ebikes must stay with the group.	Meet 8.30am at loos opposite Stroud showground for travel to Mill Creek area to start.	Sue 0427537339
9 August		 Quorrobolong (Grade 3/ 13 km/morning) Figure 8 walk with morning tea in the middle at our place after the 1st walk. 1st Section: 7km on fire trails through Werakata conservation area. Rural views. 2nd Section: Loop to the West-Pelton Road area. Some open bush walking - 6km. Lunch after on our verandah. Bring chairs 	TBA – contact Sue	Sue 0427537339
10 August	Sat	Day Walk TBA		

11 August	Sun	Day Walk Lilly Pilly- Redgum-Wetlands Loop Trail. Wyrrabalong National Park (G3/8 km/120m) This beautiful loop walk passes through a great variety of forest scenery, including some lovely rainforest, dominated by cabbage palms and other trees. There are some beautiful views across Tuggerah Lake Bring morning tea and lunch Map Toukley 1:25000	Meet at Belmont Maccas at 8 am	LynneK 0435889233
14 August 16 August	Wed Fri	B/R TBA Day walk The Hunter Wetlands Centre (G2-3/7km) Great bird photo opportunities. Need numbers to book morning tea at café. Entry \$9.50 or \$6.00 concession/ pensioners. This is a not for profit organisation.	1 wetlands place Shortland. Meet In the carpark 9 am.	Nell W phone or text 0413899710.
17 August	Sat	Day Walk TBA	uni.	
18 August	Sun	D/W Munibung Hill (G3/4 8km 150m) A walk to enjoy spectacular views, includes an initial steep section & some narrow tracks.	Meet at Speers Point Park, near the swimming pool, at 8.30 am.	Dale G 0428399083.
19 August	Mon	Regular Meeting Presentation: Lisa's Camino story. Supper Bob C		
20-21 August	Tues- Wed	 Car Camp and Day Walks Mill Creek (G3/4) Tuesday: D/W The Group 6 Aboriginal engraving site and nearby (G3/4, 10km, 150m), C/C Tuesday night in this spectacular location. Next day on Wednesday: The Great North Convict Road returning via Finches Track (G3/4, 10km, 150m). Return to Newcastle via St Albans for A/T and look around. It is possible to drive down just for the day on Tuesday and do this very interesting walk Please let me know ASAP and I will book campsites and make other arrangements. 	Depart Newcastle 7.30am Tuesday 20 August	Bob C 0417624091
21 August	Wed	DW Warners Bay - Cardiff South – Hillsborough Road Verge – Warners Bay circuit CWL (Coffee Walk Lunch) G3/6 kms /100 m/2.5 hours. Up to Cardiff South to have coffee & cake at a local Cart after this late start. Then wander through the bushland verge along Hillsborough Road with optional lunch at WATB Pub to finish. Pace - leisurely!	Meet: Warners At The Bay Pub Carpark (Hillsboroug h Road, Warners Bay) at 1030 hours	Craig W Text only 0405 615547
24 August	Sat	Day Walk TBA		
25 August	Sun	Day Walk TBA		
28 August 30 Aug – 1 Sept	Wed Fri- Sun	 B/R TBA Car Camp at Ganguddy (Dunns Swamp) and Optional Day walks. (i.e. drive straight to and from Ganguddy on Friday and Sunday and just laze around camp on Saturday) Fern Tree Gully Walk(s) on Friday on the way to Ganguddy (Loop walk G3/2.2 km – and another short walk is also possible here) 	ТВА	LynneK 0435889233

		 'Pagoda and 'Weir' Walking track (G3/5.7km) at Ganguddy on Saturday Optional walk in Goulburn River National Park on Sunday on the way home (details TBA – possible where the NavSHield was held in 2023 – visit "The Eye") 		
31 August	Sat	D/W - Norah Head (G2 -3) 4km, 4hrs A low tide exploration of the interesting rock platforms below Norah Head. Bring morning tea & lunch.	Contact Alan for meeting details	Alan S. 0408 657912
		September		
1 Sept	Sun	Day Walk TBA		
2 Sept	Mon	Regular Meeting Presentation: "Antarctic Macquarie Island – the Huts of Shackleton & Scott.' By Don and Michelle Stokes Supper Nel W		
4 Sept	Wed	D/W Tanilba Bay to Lemon Tree Passage (G3/4 10km/50m) Walk the foreshore after a short car shuffle bring MT and lunch	Meet at Sunset Park, Carswell Crescent, Tanilba Bay 9.00am or Fern Bay Coffee Shop at 8.00am	Bob C 0417624091
7 Sept	Sat	Day Walk TBA		
8 Sept	Sun	Day Walk Fingal Bay Details TBC	Fingal Bay SLSC Café at 10.00am	Robert G 0428 385 121
11 Sept	Wed	B/R Carrington Circuit approx. 25 km Circuit from Carrington along Throsby Ck, through Mayfield and Waratah to the University. Return via Brickworks Park, Jesmond, Lambton and Broadmeadow. Cycle Paths and quietish roads; a bit up and down through the university.		Alan Scott 0408657912
14 Sept	Sat	Day Walk D/W Gap Creek Falls (G3/200m/8km) Exploring the tracks in this area of the Wattagans. Possibly climbing above the falls.		Arthur R 0408 943 282
15 Sept	Sun	Day Walk TBA		
16 Sept	Mon	Regular Meeting Talk by Kate about shoe fitting Supper Dale G		
16-22 Sept	Mon to a week Sun	Kanangra Walls, Yerranderie, and Wombeyan Caves - weeklong C/C trip of day walks – G3/4. Details TBA. Limited numbers,		Bob C 0417624091
18 Sept	Wed	Day Walk Wyrrabalong NP		LynneK 0435889233
19-22 Sept	Thur To Sun	Blue Mountains walking and Mid Mountain Garden Festival Come and enjoy a mixed weekend of walking and participating in a garden festival. Contact as soon as possible to book in and get information about how to book		Phone Anna Braithwaite ASAP on 0408612674 to book in and for information

		your camp spot. Attend all or part of the weekend. Numbers limited. The new Grand Cliff Top Walk - Wentworth Falls to Katoomba Day 1 Wentworth Falls to Leura commencing 1030 am Thursday 19 September Wentworth Falls Train station to Gordon Falls Leura 11 km ; well-formed new track some up and down. Day 2 Gordon Falls Leura to Scenic World Katoomba 9 km Friday 20 September: well-formed track some ups and downs		about securing your camp spot.
		Mid Mountain Garden Festival Saturday and Sunday 21 and 22 September Early morning walks to be negotiated 3-4 hours then attendance at the Mid Mountain Garden Festival a fund raiser for the last 40 years for Hazelbrook Public School. \$35 for 9 gardens see www.midmountaingardenfestival.com Camping at Katoomba Falls Blue Mountains Tourist Park (note our usual camp spot at Europa Glenbrook is closed		
		due to prolonged roadworks)		
21 Sept	Sat	Day Walk Ayrfield #3 from the south (G4/14km/80m) A loop around Tiraki Nature Reserve. Views, inland vegetation, coal mining relics, dam, 5 threatened ecological communities. Believed all on tracks but have not been on all of the route. Bring lunch and afternoon tea for after the walk. (Greta map)		David M 49546164
22 Sept	Sun	Barraba Spur DW (G4/10k/100m/ 4 hrs) One of the best sections of the GNW. Climb to Barraba Spur towards Barraba Trig for views over the Hunter Valley to the North then return via Spur overlooking Congewai Valley . Map: Quorrobolong 9132-2S.	Meet 7:15 Edgeworth Maccas or 8:30am Cnr Sanctuary Rd and Congewai Rd, Paxton.	Alan T 0419491612
25 Sept	Wed	B/ R Bulahdelah Markwell Circuit (G3/35km/200m) From the town up a valley and around the other side. Some gravel and some Tar roads.		Arthur R 0408 943 282
28 Sept	Sat	Day Walk TBA		
29 Sept	Sun	DW Munmorah SCA. (G3/ 10km/ 4 -5hrs) Leave Cars at Blue Wren Drive Park. Follow Melaleuca Walking track then Geebung Walking Track to Birdie Beach area then to Wybung Trig lookout. Back via Wybung Rd. and Campbell Dr. to pick up Birdie Creek Trail back to cars. All either on Track or Road. Panoramic views, craggy coastline and a wide variety of coastal habitat.	Belmont Maccas 8:00am	Alan T. 0419491612
		October		
2 Oct	Wed	Day Walk TBA		
4-6 Oct Long Weekend	Fri - Sun	Car Camp and Day Walks Mount Royal (G4-5/10km) Camp for Friday and/or Saturday nights or just come up for Saturday's Mt Royal walk. Orange blossom orchids. Also, an option to walk Pieries Peak on the Sunday.	Day walkers- meet at the carpark, cnr of Mt Royal Rd and Cassells Rd. 8-30am.	Barry W 0431 237 976

		Car Comp Conorton National Dark (Conorton comparison d)		Damola C
4-8 Oct		Car Camp Capertee National Park (Capertee campground)		Pamela G
Long		Apparently Capertee Valley is the world's second largest		0429 600 121
Weekend		canyon.		
		Potential activities include bike riding the fire trails within		
		the Capertree National Park, visit the lookout within		
		Capertree National Park, visit the historic		
		tramway, Genowlan Summit, Valley of the Dinosaurs and		
		the Ultimate slot within Mugii Murum-Ban state		
		conservation area - note this area is 1 hr drive from		
		<u>Capertee campground</u> .		
		Please note you will have to do your own booking but		
		may need to share with another as there are only 5 sites		
E Oat	Cal	but each site can have up to 10 people and two cars.		
5 Oct	Sat	Day Walk TBA		
6 Oct	Sun	Day Walk TBA		
7 Oct	Mon	No Meeting – Public Holiday		
9 Oct	Wed	B/R Broadmeadow to Booragul 42 km return.	9 am at	Philippa H
		Ride to Wallsend, over the Tramway to Glendale, over Five	McDonald	0402844147
		Island Bridge to Lake Macquarie Art Gallery for coffee.	Jones stadium	
		Mostly on cycleway, suitable for all bikes	(canal end of	
			car park)	
10 Oct	Thur	TW Bathers Way G2/5km/100m	Meet at	Kay E
		Make our way around Nobbys Beach, Newcastle Beach,	Nobbys	0412 561 801
		South Newcastle Beach, through King Edward Park past	Beach Surf	
		Obelisk then back to Pasha Way. Picnic dinner at Camp	Club at	
		Shortland or Railway Sheds	5.30pm	
			0.000	
12 Oct	Sat	Day Walk Mountaineer		Malcolm M
13 Oct	Sun	Day Walk TBA		
14 Oct	Mon	Photo Comp Entries Close		
15-16 Oct	Tues-	Overnight B/P on Goulburn River		Bob C
	Wed	Drive via Denman to 'The Drip.		0417624091
		and walk downstream on the Goulburn River to camp.		
		Afternoon and morning walks down stream to the		
		Goulburn River Gorge. Limited numbers		
16 Oct	Wed	Day Walk Belmont Lagoon Loop (G2-3/ km /10 m/approx.	Meet in the	Lynne K
		3 hours)	car park on	0435889233
		Walk around Belmont Lagoon, making use of the new	Belmont	_
		section of the Fernleigh Track from Belmont Station for	Bay Cold	
		part of the loop.	, Tea Creek	
		Bring Morning Tea to enjoy along the walk	at 9 am	
		Possible coffee stop afterwards.		
18 – 20 Oct	Fri -	BP. Mt. Yengo NP. G5/3days /8 to 10 km each day.		Alan T.
	Sun	Mostly off track, but should be pretty easy going.		0419491612
		Day 1. Howes Arm to Mountain Arm Campground.		
			1	1
		Day 2. Riley's Paddock via Tumbledown Ck.		
		Day 2. Riley's Paddock via Tumbledown Ck. Day 3 Ridge- walk back to the car at Nowlands Trail and		
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		Day 3 Ridge- walk back to the car at Nowlands Trail and out.		
		Day 3 Ridge- walk back to the car at Nowlands Trail and out. Requires 2 cars. (<i>This is the BP I had to defer from August</i>		
19 Oct	Sat	Day 3 Ridge- walk back to the car at Nowlands Trail and out. Requires 2 cars. (<i>This is the BP I had to defer from August</i> <i>due to injury.</i>)		

20-27 Oct	Sun-	Yarrangobilly Caves House. (G2-G4)		Jenni M
	Sun	A week of DWs in Yarrangobilly Area and Snowy area.		0439387426
		Accommodation at Yarrangobilly Caves House. Limited		
		Numbers. Cost \$425pp. Deposit of \$200 to hold your		
		reservation. Balance to be paid in April.		
21 Oct	Mon	Regular Meeting		
		Tracy and Peter Hoogland's presentation on Gliding		
		Supper Jill Clifford		
22 Oct	Tues	T/W Kilaben Bay Nature walk (G2-3/3km)	Leave from	Angela L
		Loop down to Kilaben Bay & return	Toronto	0438016162
		Option of coffee or meal in Toronto afterward	Fire Station	
			at 5:30pm.	
23 Oct	Wed	D/W - G2 - Australian Maritime Museum	Train times	Кау Е
		A day at the AMM to visit the General Museum, Wildlife	(upstairs,	0412561801
		Photography Exhibition and Ships.	second last	
		Admission prices: General Museum – free Wildlife	carriage)	
		Photography Exhibition - \$12, General Museum + Wildlife	Hamilton	
		Photography + Ships - \$16 group concession (with our	7.28am	
		guide Peter Crawley)	Broadmeado w 7.31am	
		Lunch at Museum Cafe or similar or bring your own	W 7.31am Cardiff	
		We will returning to Central Station in time to catch the	7.38am	
		3.15pm train home	Fassifern	
			7.49am	
			Morisset	
			8.05am	
			Central	
			9.59am	
23 Oct	Wed	B/R West Gosford to Ocean Beach Umina return, ~ 34 km,	Meet at	Philippa H
		Mostly flat and on bike path, suitable for all types of bikes,	Garnet	0402844147
			Adcock Memorial	
			Park, West	
			Gosford, at 9	
			am	
	6	Car Camp Booderee National park near Jervis Bay.		
27-30 Oct	Sun –	Green Patch camping area.		Lynne M
	Wed	Booking essential 0244430977 or online.		0401 618092
	Wed	Hot showers and water.		
		Hot showers and water. Walking, swimming, fishing.		
	Sat	Hot showers and water. Walking, swimming, fishing. Day Walk TBA		
27 Oct	Sat Sun	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA		0401 618092
26 Oct 27 Oct 30 Oct	Sat	Hot showers and water. Walking, swimming, fishing. Day Walk TBA		
27 Oct	Sat Sun	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA Day Walk TBA		0401 618092
27 Oct 30 Oct	Sat Sun Wed	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA Day Walk TBA November		0401 618092 Tracy H
27 Oct 30 Oct	Sat Sun	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA Day Walk TBA November Remote First Aid Training- 9am till 3pm -		0401 618092 Tracy H Bob C
27 Oct	Sat Sun Wed	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA Day Walk TBA November Remote First Aid Training- 9am till 3pm - Charlestown Uniting Church Hall - Contribution of \$ 25 -		0401 618092 Tracy H
27 Oct 30 Oct	Sat Sun Wed	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA Day Walk TBA November Remote First Aid Training- 9am till 3pm - Charlestown Uniting Church Hall - Contribution of \$ 25 - Presenter Kylie Ledger. No certificate at completion of		0401 618092 Tracy H Bob C
27 Oct 30 Oct	Sat Sun Wed	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA Day Walk TBA November Remote First Aid Training- 9am till 3pm - Charlestown Uniting Church Hall - Contribution of \$ 25 - Presenter Kylie Ledger. No certificate at completion of workshop. BYO morning tea & lunch		0401 618092 Tracy H Bob C
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27 Oct 30 Oct 2 Nov	Sat Sun Wed Sat	Hot showers and water. Walking, swimming, fishing. Day Walk TBA Day Walk TBA Day Walk TBA November Remote First Aid Training- 9am till 3pm - Charlestown Uniting Church Hall - Contribution of \$ 25 - Presenter Kylie Ledger. No certificate at completion of workshop. BYO morning tea & lunch Everyone enjoyed this interesting workshop when last run 2 years ago Day Walk TBA Regular Meeting	Meet at	0401 618092 Tracy H Bob C

		Flat, mostly on bike path, suitable for all types of bikes,– chance to check out the extension of the cycleway through Fern Bay, hopefully finished by then!	ry wharf at 8.50 am or Newcastle ferry wharf for the 8.45 am ferry	
9 Nov	Sat	Day Walk Cascades at Saggers Creek (G3/200m/10km) Road walk from Mill Creek near Stroud to visit cascades and swimming holes. Follow the creek up to the famous Carburettor cossing!		Arthur R 0408 943 282
10 Nov	Sun	Day Walk TBA		
10-17 Nov	Sun to Sun	BP – Snowy Mountains – Easier backpack and day walks – (Easy G4-5) My planned walk this year is for more Snowy Hut discoveries in the Tantangara Dam Area Drive down via Cooma to Namadgi NP and walk 4km to Waterhole Hut on the Settlers Track to camp, next drive to Tantangara area and walk 6km to Scofield Hut to camp for two nights and a daywalk in the location, then walk 10km south to Gavels Hut to camp and next day walkout 5km to vehicles, and drive and walk 4km to Hainsworth Hut on Long Plain for the night, before 10km walk over to Old Currango Hut to camp. Return 5km to vehicles and head down to Tumut/Adelong for the night. Limited numbers to 8 – full detailed maps and itinerary available. Maps: 1:25000 Tantangara, Denison, Rules Point	Drive down arrangeme nts TBA	Bob C 0417624091
13 Nov	Wed	Day Walk		Tracy H
14 Nov	Thur	Twilight Walk Hamilton Heritage Walk		Margaret C
16 Nov	Sat	Day Walk TBA		margaree
17 Nov	Sun	Day Walk TBA		
18 Nov	Mon	Regular Meeting Photo Comp Supper - Angela Longworth		
18-22 Nov	Mon - Thur	Car Camp Booti Booti National Park south of Foster Ruins camping area. Booking essential 0265910300 or online > Canoeing, fishing, walking and swimming. > Hot showers and water.		Lynne M 0401 618092
20 Nov				
	Wed	B/R Redhead to Caves Beach return, ~ 40 km, Exploring new section of Fernleigh Track south of Belmont, mostly flat, suitable for all bike types,	9 am start from Liles Oval car park, Cowlishaw Street, Redhead	Philippa H 0402844147
23 Nov – 1 Dec	Wed Sat – week Sun	Exploring new section of Fernleigh Track south of Belmont, mostly flat, suitable for all bike types, BP Victorian High Country *G5/61km/3230m/9 days (5 days walking and 4 days travelling and Car Camping) Mainly on footpad, including sections of the AAWT. N.B. Travel time/car shuffles not included in the 5 days. Additional days required at either end of the walk, which will involve car camping/caravan parks TBA. Route includes: Mt Lovick, Mt Magdala, Mt Howitt and Mac Springs, Crosscut Saw, Mt Cobbler and Lake Cobbler. Opportunities to explore the local region. Maps and hiking notes to be supplied online later. Limited	from Liles Oval car park, Cowlishaw Street,	••
	Sat – week	Exploring new section of Fernleigh Track south of Belmont, mostly flat, suitable for all bike types, BP Victorian High Country *G5/61km/3230m/9 days (5 days walking and 4 days travelling and Car Camping) Mainly on footpad, including sections of the AAWT. N.B. Travel time/car shuffles not included in the 5 days. Additional days required at either end of the walk, which will involve car camping/caravan parks TBA. Route includes: Mt Lovick, Mt Magdala, Mt Howitt and Mac Springs, Crosscut Saw, Mt Cobbler and Lake Cobbler. Opportunities to explore the local region.	from Liles Oval car park, Cowlishaw Street, Redhead	0402844147 Meg W

27 Nov	Wed	Day Walk	Tracy H	
30 Nov	Sat	Day Walk TBA		
	1	Future Events		
2 Dec		Regular Meeting		
		Supper - Marg and Brett Bennie		
7-15 Dec.	Sat- Sun	BP. G5/7days . The walk is in 2 parts in Namadgi NP.	Alan T. 0419491612	2
		The first is a 2 day circuit BP from Mt. Clear campground in the southern section of the park, mainly on track. We will visit several of the historic huts in the area. The second is a 5 day circuit, starting from Orroral		
		campground, heading west on the AWT, then SE to Mt. Namadgi area. It is mainly off track and some exploratory. We will spend a day climbing Mt. Namadgi, Mt Burbidge		
		and maybe Mt. Kelly, then continue east along Middle creek and then north to Rendezvous creek area, finishing		
		back at Orroral Campground. Maps Yaouk 86262N, Rendezvous Creek 8626-1S. Limited numbers.		
27-31 Dec		C/C Coolah Tops Annual Camp Bike riding walking and lazing about	Arthur R 0408 943 28	32
13-17 Jan 2025		Lady Nelson Adventure: Triabunna to Hobart over 5 days	Col McClusk coliflower@	
		Please see - https://www.ladynelson.org.au/get-on-board/adventure- voyages	<u>net.com.au</u> or 04184730	
		The price for 5 days all-inclusive \$1250.		
		The Biennial Australian Wooden Boat Festival is also on again in Hobart from 7-10 Feb 2025, so there will be lots of wonderful activity around Hobart that could be supplemented by walks nearby.		
		https://australianwoodenboatfestival.com.au/		
12 10		Limited Numbers.		
13 - 16 March 2025		2025 Blue Mountains Music Festival – It's not too early to start planning for this event by putting accommodation		
		reservations in place – please advise me of your interest – Bob Clifton 0417624091		

Activity Grading

The grade of the activity is represented by four numbers: the terrain, the distance, the altitude gain and the duration. It appears for example as G3/12km/200m/4hrs. The type of terrain is represented by a grade number: **Grade 1 (G1)** – On roads or tracks, mostly flat. **Grade 2 (G2)** – Mostly on tracks, low gradient, relatively flat terrain. **Grade 3 (G3)** – Mostly on tracks, some hilly sections, rougher terrain. **Grade 4 (G4)** – Steeper, rougher terrain, may be off track.

Grade 5 (G5) – Mostly off track, difficult terrain. **Grade 6 (G6)** – Strenuous off-track walks. The distance is the number of kilometres to be covered. The altitude gain is the total of all the separate climbs in the activity. The duration is the actual time taken for the activity, not including travelling time.

Grading is subjective and cannot consider all possible factors, so if you are uncertain about the grade, the terrain, or the experience and fitness required, ask the leader for advice.

Bookings: are required for all activities unless otherwise specified. People leading an activity for the club may decline any request to attend. Visitors are welcome on walks with the permission of the leader and are covered by the Club's insurance. Obtain the leader's permission before bringing any other person on an activity or if considering leaving an activity prematurely. People under the age of 18 must be accompanied by a responsible adult and are that person's responsibility for the duration of the activity. All participants are required to sign an Assumption of Risk (waiver) form.