

## **WANDARRAH TRAINING DAY WALKS**

Day walks are to be conducted and controlled as required by the Association “Bushwalking Policy” (amended 2008) – Refer [www.nsw.scouts.com.au] under “documents/policies/oi handbook”.

The definition of a bush walk is – 1 hour or more away from populated areas (F Barr ~ March 2008)

(This excludes Toongabbie Creek, Crestwood Reserve, Dundas Valley – Two Creeks <Ponds, Vineyard & Subiaco Creeks>, Cumberland State Forest, .....

According to the Policy there **must** be a scout member in attendance who holds a current Preliminary [PBL] or Bushwalking Leader [BL] certificate that is issued according to a suitable application, supported by a “walk log” to Mr Frank Barr – GWSR Bushwalking Co-ordinator.

The Policy encourages walks – See “Section 7. Conduct of Activities” (F Barr ~ Nov 2008).  
The limits/restrictions are

- ▷ PBL; 2 days & 30km; max. party size 5 & 6; min. party size 4
- ▷ BL; 4 days & 60km; max. party size 7 & 8; min. party size 4

Note:- Region Co-ordinator is to provide permission/authority to proceed if party size is less than 4 or greater than 8 – by a separate written request.

### **1. Purpose**

- An opportunity for “theme days” based on outdoor/environment e.g. flora, fauna, weather, birds, fungi, reptile, aboriginal history, orienteering, fishing, minerals/oil shale/coal mines, local history, etc
- Other purpose may include li-lowing, kite flying, balsa gliders, cycling, bus rides, train rides, billy carting, a cook out, fires & ovens, water filters ....etc.
- Exercise and other related activities
- Investiture & Going-up Ceremonies, program test work
- Opportunity for parent involvement at end of activity

### **2. Selection**

- According to the season: Summer, Winter Autum/Spring.
- Distance requirements to suit the purpose & program – having regard to the terrain and numbers in the group.
- Locations – local, city & surrounds, costal (north & south), lower mountains, upper mountains & beyond the mountains.

### **3. Requirements**

- A walk activity requires (F Barr ~ May 2008) a suitable & graded walk with an appropriate map @ scale. Street Directory, National Parks – Visitor Guides & maps, LPI topographic & waterways maps, books with maps NP Association & The Sydney Morning Herald, NRMA, Department of Lands, Roads & Traffic Authority, Local Council, State Forests, etc.
- Appoint and ensure the PBL or BL is available for the activity date.
- Pre-walk the route with another leader to confirm the following details:
  - Timing, access in & out at start & finish of walk and suitable transport to & from the pick up/drop off points.
  - Train & bus fares and timetables.
  - Landmarks, points of interest, milestones, history, geology, aboriginal engravings/middens, etc.

#### 4. *Planning*

- Decide on a date for the walk and prepare a “Program” and timeline for the activity.
- Submit the Activity A1 Local or A1Forms with attachments as necessary at least 3 weeks prior to the activity to reach the ZAL 2 weeks prior to the activity. Refer LSG 29-04/09.
- Notification and permission to use the site – Council, Forestry, National Parks, Police, Scout Camp, State Recreation Area, etc.
- Arrange to start early and finish early.
- Equipment - List and assemble all one week prior to the activity e.g. map & compass, etc.
- Menu - Prepare at least one week prior to the activity.
- Food - Prepare a list from the menu and purchase in the days prior to the activity.
- Training – Pre-walk training for education on the activity and to perfect the required skills, e.g. ~ Walk to shops or local park at least three days prior to the activity  
~ Practice the tie of fishing line knots & bait up; plaster cast; paper rubbings, photography, etc
- Include a highlight or adventure e.g. cross a river, climb a tower, find aboriginal engravings/spear grooves, etc.
- Consider other times; e.g. ~ sleep over at a scout camp & leave at sunrise or one hour before ~ start after supper, walk in ‘dark’ (with safety & torches) or full moon & sleep over at a scout camp.
- Create awards / mementos; made as a craft ( e.g. fridge magnet); include photos of the activity.
- Try a parent photographer for the walk activity & make a display chart for ‘Scout Parent night’ or AGM.

#### 5. *After the walk*

- Thank the helpers.
- Determine your average walk rate for future activities. eg total distance from map or track signs divided by total time (start to finish) less 1 hour for stops.
- Prepare a page for the Mob outing log folder with photos.
- Prepare and mount photos for display in hall.
- Upgrade your walk history as support for your PBL or BL certificate application / renewal.

#### 6. *Other Useful Contacts*

- Confederation of Bushwalking Clubs NSW ... [www.bushwalking.org.au](http://www.bushwalking.org.au)
- Department of Land & Water
- NSW Land & Property Information [LPI]
- NSW National Parks & Wildlife Service ...
- NSW Sport & Recreation
- National Heart Foundation
- NSW Department of Health
- Local Councils
- Forestry

## Day Walk Reference Books & Publications

	TITLE	Note	Author	Publisher	Issue	Price	
1	a Day in the Bush	Bushwalks in and around Sydney	Les Higgins & Tony Rodd	New Holland Publishers (Aust) Pty Ltd	Revised & reprinted 2005	\$19.95	
2	TAKE A WALK	in Blue Mountains National Park	John & Lyn Daly	Take A Walk Publications	July, 2000	\$16.95	
3	TAKE A WALK	in a National Park Sydney to Port Macquarie	John & Lyn Daly	Take A Walk Publications	August, 2000	\$21.95	
4	Bushwalks in the Sydney Region Volume 1	~	Editors Stephen Lord & George Daniel	National Parks Association of NSW	First published May, 1989	\$12.95	
5	Bushwalks in the Sydney Region Volume 2	~	Editors Stephen Lord & George Daniel	National Parks Association of NSW	First published May, 1993	?	
6	100 Walks in New South Wales	~	Tryone T. Thomas	Hill of Content Publishing Co. Pty Ltd	Fourth Edition 1994	\$17.95	
7	The Great North Walk	A NSW Bicentennial Project	Garry McDougall & Leigh Shearer-Heriot	Kangaroo Press Pty Ltd	First Published 1988	\$12.95	
8	West Sydney Wild	Exploring Nature in Sydney's Western Suburbs	Alan Fairley and David Waterhouse	?	First Published 2005	\$19.95	
9	Sydney's Best Bush, Park & City Walks	~	Veechi Stuart	Woodslane Press (SMH & The Age)	First Published 2008	\$29.95	
10	Sydney's Best Harbour & Costal Walks	~	Katrina O'Brien	Woodslane Press (SMH & The Age)	First Published 2006	\$29.95	
11	Blue Mountains Best Bushwalks	~	Veechi Stuart	Woodslane Press (SMH & The Age)	First Published 2006	\$34.00	
12	Discovering... Southern Highlands ...on Foot	~	Alan Fairley	Envirobook	1997	\$12.95	
13	Discovering... Illawarra's Bushland ...on Foot	~	Alan Fairley	Envirobook	1999	\$14.25	
14	Bushwalking IN AUSTRALIA	~	Jon Chapman & Monica Chapman	John Chapman	Fourth Edition 2003	\$39.95	
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## ***Maps, Handouts and Publications***

- Sydney Map Shop for Land and Property Information – LPI ~ NSW: ... [www.lands.nsw.gov.au](http://www.lands.nsw.gov.au)
- The “Map Centre – Parramatta”: 440 Church Street (Cnr Grose St), North Parramatta, NSW, 2151.  
Tel/Fax: (02) 9890 2080 ..... [mapcentre.com.au](http://mapcentre.com.au)
- Leisure & Tourism: [www.ltl.com.au](http://www.ltl.com.au)
  
- NPWS ~ Visitor Guide [Map & Park Information]
  - ◊ Berowra Valley - Regional Park
  - ◊ Parramatta Regional Park
  - ◊ Marramarra National Park
  - ◊ Glenrock - State Recreation Area
  - ◊ Wamberal Lagoon - Nature Reserve
  - ◊ Red Hands Cave
  - ◊ Western Sydney - Regional Park
  - ◊ Rouse Hill - Regional Park
  - ◊ Lake Macquarie - State Recreation Area
  - ◊ Bulgandry - Aboriginal engraving site
  - ◊ Wyrabalong National Park
  - ◊ Mount Royal National Park
  - ◊ Bouddi National Park
  - ◊ Brisbane Water National Park
  - ◊ Wollemi National Park
  - ◊ Gardens of Stone National Park
  - ◊ Blue Mountains National Park
  - ◊ Cattai National Park
  - ◊ Royal National Park
  
- ~ Maps
  - ◊ Royal National Park
  
- Department of Lands - Crown Lands Office
  - ◊ Six Foot Track - Katoomba to Jenolan Caves
  - ◊ Great North Walk
  - ◊ Hume & Hovell Walking Track
  - ◊ Blue Mountains Historic Crossings Walking Tracks
  - ◊ Eraring Walking Track
  - ◊ Lapstone Zig Zag Walking Track
  
- Forestry Commission of NSW
  - ◊ State Forests of the DUNGOG AREA
  - ◊ Cumberland State Forest
  - ◊ Allyn Forest Drive – Chichester State Forest
  - ◊ Telegherry Forest Drive – Chichester State Forest
  - ◊ Barrington Tops Forest Drive
  - ◊ Watagan State Forest

<b><u>WHAT TO WEAR</u></b>	<b><u>WHAT TO TAKE</u></b>
Hat	Money
T Shirt	Sunscreen
Over shirt (flannelette)	Water bottle 750 – 1250 ml
Shorts	Ground sheet / parker
Sox (2 pr for boots)	Salt (leeches)
Boots / Joggers / S' Shoes	Aerogard (flies & mosquitos)
	1 <sup>st</sup> Aid / emergency kit
<b><u>FOOD</u></b>	Note book & pen
Lols, chocolate, nuts	Map & compass
D' fruit, museli bar	Rope & / or chord
Sandwich, salad, meat	Towel & swimmers
Fruit, custard & drink, etc.	Plastic bags (rubbish & wet)
	The Day Pack (15 – 30 litres)
<b><u>EXTRAS</u></b>	
Camera	
	<b><u>OPTIONAL</u></b>
	Cup, plate, spoon, knife