This booklet is provided to give you some understanding of the Catholic Bushwalking Club and of Bushwalking.

The Club
The Catholic Bushwalking Club came into being in 1943. This over 74 year heritage demonstrates that the Club appeals to a variety of people. The Club provides opportunities, for those wishing to spend the occasional day away from the city in good company, as well as those seeking more adventurous pursuits such as abseiling, camping, canyoning, caving, cross-country skiing, li-loing, canoeing, mountain bike riding and rockclimbing.

The satisfaction, confidence and pleasure offered by the scope and variety of Bushwalking, may come as a surprise to those who have not "walked" before. Experienced "walkers" will find we offer an opportunity to broaden their knowledge of the bush as well as introducing them to new walking friends. The Club is always eager and willing to learn from other's experience.

The Walking Program [CBC News]
Every weekend of the year, the Club offers a minimum of one programmed walk (and generally offers more). Club walks vary greatly in both location and difficulty. Day walks are mainly in the National Parks near Sydney: Blue Mountains and Wollemi to the West; Nattai, Heathcote and Royal to the South; Dharug, Brisbane Waters and Ku-ring-gai to the North. Weekend trips may be further afield (up to approx. 300km). These longer trips can access National Parks such as Kanangra Boyd, Morton, Myall Lakes, and Barrington tops. Trips to Canberra and the Snowy Mountains are also commonplace. Interstate trips are occasionally offered.
Each walk is graded for difficulty. This takes into account distance, climbing and prevailing terrain. Our easiest grading, G3 would generally involve a short and/or flat walk, a G2 a walk of moderate distance and exertion, and a G1 a longer walk often over difficult terrain (e.g. hilly or scrubby).

The CBC News is published bimonthly with our magazine "The Waysider". A calendar of social functions is also provided at the end of the CBC News.

Eligibility
Like any organisation we have rules to ensure the aims of the group are adhered to. The main points regarding eligibility for membership are as follows:

• There is a probationary period of 4 to 12 Months during which time prospective members Must participate in 4 Walks of a minimum G2 standard.
• Membership is open to those 16 years of age and over.
• The Prospective Membership Form and membership fee (see Below) should be forwarded to the Membership Secretary prior to your second walk with the Club.
• Prospective members are also required to receive Map Reading Instruction and to show that they have adequate walking equipment.
• Take your Application for Membership Form on walks once you have received it and ask members to help you fill out the form. Return the completed form when you have completed 4 walks.
• Decision as to acceptance or rejection of a membership application rests with the Committee whose decision is final and binding.

Membership Fees
Annual Membership is currently $45.00 Posted & $35.00 Emailed.
Full time students under the age of 22 pay $ 25, and married couples pay only one membership fee. Prospective Members are asked to pay the full fee on prospective application.

WALKING INFORMATION
Before a Club Walk
Make sure that you have read and understood the information listed at the beginning of the CBC News. This explains the codes used in the walks program and provides information for members, visitors and prospectives, as well as contact details for overdue parties. If you are unsure of any of these details feel free to contact the Leader of the walk concerned.

The CBC News provides the following information about each walk, so that you may choose a walk to suit your ability, fitness, interest or sense of adventure:
• Grading, indicating difficulty, distance proposed and prevailing terrain,
• Distance and climb, indicating the length of the walk and how "hilly" it may be,
• Route proposed,
• Leader’s name and phone number,
• General locality of the walk,
• Maps relevant to the walk,
• Meeting and transport details,
• List of walk codes giving additional information for the walk. See the key of the bottom of program pages.
• Walk number for record purposes. (Walk No. 1 was programmed in 1943).

Contact the Leader if you have any queries concerning your ability to do the walk, equipment needed, arranging meeting points, transport, or the likelihood of cancellation.
Walks are presented in the program like this:

Sunday  UPPER MOUNTAINS          KATOOMBA  8016
1 March  Wentworth Falls, Hippocrene Falls, Vera Falls, Valley of Waters, National Pass. 
         G2  Jim Cook  ☎️ 9498 5670
         7 km, 600m  MT: 08.30 Strathfield 09:15 Glenbrook.
         Some of the best views in the mountains.  MPV

Giving detailed information of the walk:

Day & Date:  - of the walk.  (Sun 1 March)
Grade:  This indicates the walk difficulty.  (G2)
Distance & Climb:  Indicates the length of the walk and how much uphill walking.  (7 km & 600 m climbing)
General Area:  Indicates the general area of the walk.  (Upper Mountains)
Map:  Generally the CMA (Central Mapping Authority) 1:25000 series map.  (Katoomba)
Walk Codes:  A brief overview of what to expect, see next page for a full explanation.  (M-P-V)
Walk Number:  For our records.  (8016)
Route:  Where the walk is going.  (Wentworth Falls, Hippocrene Falls, Vera Falls, Valley of Waters, National Pass)
Leader & Phone Number:  Who is leading the walk and how to contact them.  (Jim Cook ☎️ 9498 5670)
MT or TRAIN:  The meeting arrangements for transport.  MT 08.30 Strathfield & 09.15 Glenbrook. (Motor Transport)
Additional comments:  Some of the best views in the mountains

The codes, together with the general area, the grade, length & climbing of the walk, should provide the reader with an understanding of what to expect on the walk. Again, if in doubt, consult the Leader prior to the walk.

Note:  All prospective members wishing to participate in a walk involving abseiling must contact the leader prior to the walk and must usually demonstrate that they have participated in an abseil practice day with the Club.
WHAT TO WEAR

Shorts & Shirt: Comfortable & hard wearing, providing protection from the sun, with room for movement. Experience has shown jeans to be impractical. Wearing tracksuit pants over shorts may be preferable.

Shoes & socks: Comfortable, with the shoes being sturdy with a good tread. Preferably sandshoes, walking boots or joggers.

Hat: Preferably with a brim, to keep the sun & the rain at bay.

WHAT TO CARRY (on a day walk)

Daypack: Durable, Waterproof & Comfortable to wear.

Waterproof Jacket: Fully waterproof, robust & able to be worn comfortably with a pack, keeping your clothes dry. Also keeps you warm if the weather changes quickly.

Warm Layer: Woolen Jumper, Thermal or Fibre-pile.

Water Container: Lightweight, reusable, not prone to leaks or breakage, no less than 1 litre capacity (more in summer), fill it with water before leaving home.

First Aid Kit: For your personal use & emergencies (please include at least toilet paper, sunscreen, matches, band & antiseptic).

Whistle: Lightweight, for use if you become separated from the walking party.

Torch: Reliable & compact, with batteries & globe in working order.

Cup: Lightweight & plastic, with a tea-bag to your liking (someone may carry a stove!).

Plastic Bag: To carry out your own rubbish & small items found.

High Energy Snacks: Items that can be eaten quickly, & maybe shared around. Dry fruit, nuts & chocolate are beneficial.

Lunch: An adequate lunch is essential to avoid fatigue. Ensure that you pack a lunch that will not squash readily, but remain appetising & appealing after a few hours in your pack. Items should be nutritious, high in energy, tasty & appealing to you!

Spare Clothes

A spare change of clothes & shoes can often be left in a car to change into at the end of the walk, handy if your walking clothes become un-wearable or wet.

Cash

Some money may come in handy for train or bus fares; road tolls; petrol money for drivers (remember it’s better to offer than to be asked); taxi fares; the enjoyment of afternoon tea or supper after the walk.

ON THE WALK

For the enjoyment of your fellow walkers and your safety you are asked to stay with the main body of walkers, neither going on far ahead nor falling far behind. If you are having difficulties in keeping up please tell the leader; they are anxious that all on the walk enjoy their day. It is important for walkers to stay together and look out for each other, to minimise the risk of anyone getting separated, as well as fostering camaraderie. It is easier, safer, and friendlier to walk as a group.

The Club endeavors to walk in a manner that has minimal impact on our bush.

Leaders are the recognised authority on all walks, and act on behalf of the Committee.

Overdue Walkers

Occasionally, due to unforeseen circumstances, a walk may finish later than expected. To avoid undue anxiety, leave with someone who may be concerned about your whereabouts, all walk details and the "Overdue Parties Contact List" which appears on the front cover of the CBC News.

In the event of someone being overdue from a walk, those concerned should contact one of these people or a Committee member only. Please do not contact the Police.