



The Yowie

January 2010

Southern Cross Outdoors Group Inc.

SCOG promotes health and friendly associations for gays and lesbians, principally through outdoor activity

THURSDAY, 14 JANUARY

Heathcote National Park

Heathcote Creek Area

From Central Station - underground platforms, we join the 8.33am South Coast Line train to Waterfall. Meet at Waterfall Station. We take the track to Heathcote Creek and it's a short stroll to an excellent swimming spot (we will be visiting another). Resuming the walk toward Heathcote we take a track to the less well known Swimming Hole on the Woronora River for lunch.

Continuing on the pipeline track to our target station (Heathcote) about 10 kms.

It can be hot/exposed so take sunscreen and about 3 litres of water. Bring lunch and snacks. Medium/Hard For more info phone Rogo on (02) 9632 6284. (Please phone before 7:00pm)

Medium/Hard

Rogo (02) 9632 6284

SATURDAY, 16 JANUARY

Interesting Inner-Urban Stroll

Sydney

We meet at Circular Quay. After heading east to avoid The Rocks (work that out?), we then discover some history in Millers Point (including some of the oldest remaining cottages), check out the interesting Walsh Bay developments, and have a beer or OJ at one of Sydney's oldest iconic pubs. We see where the western ferries used to terminate (they haven't always used Circular Quay), quickly walk across the old Pyrmont Bridge to avoid Darling Harbour, then discover the fascinating juxtaposition of old and new around Pyrmont Point (the quaint and the crass !!). We descend the escarpment through a hidden fern glade to end up at Sydney's famous Fish Markets for a freshly caught and cooked fish & chip lunch. About 2-3 hours.

Register with David James: email preferred to forestgrey@hotmail.com (Show subject as "SCOG" to avoid spam filter) or phone 0407 914 451

Easy

David 0407 914 451

forestgrey@hotmail.com

TUESDAY, 19 JANUARY

Thirroul

South Coast

We join the 9:06am train at Central (South Coast Line) arriving at Wombarra at 10:27am

Walk and optional swim to Thirroul where we will have lunch at Ryan's Hotel at about midday (Not far from the station). Those not wanting to walk and swim can join us for lunch.

We plan to catch the 3:25pm train back to Central arriving at 4:57pm

Bring water, Hat, sunscreen and swimming gear.

No need to book but if you need to, phone Ray on (02) 9361 6948 up to 7:00pm

Easy

Ray (02) 9361 6948

SATURDAY, 23 JANUARY

Cycling in Centennial Park

Sydney

A Morning of casual cycling for the NON-spandex mob. That's right new riders are welcome and even their woollies Chinese made bikes and hired ones too. Safety though is paramount remember the park is open to car traffic.

We will meet at 8.30am inside the Main Gates at Paddington near the intersection of Moore Park Road and Oxford Street. This is the meeting spot for the FrontRunners Sydney club so there maybe opportunity to wave to fellow travellers.

After the ride we will have lunch locally at a venue for those who would like to socialise. Bikes can be hired from several Cycle shops on Clovelly Road.

Clovelly Road runs off Darley Road, Randwick which is the south east border of Centennial Park. You need to bring water that can be carried on your bike (see Cycle shops re bottle carrier on your hired bike)

Phone Barry for more information.

Easy/Medium

Barry 0423 269 899

TUESDAY, 16 FEBRUARY

Burning Palms

A Mardi Gras Walk

Join the 7:32am train at Central (South Coast Line) and arrive at Otford at 8:37am.

We then walk along to our morning tea stop on the cliffs overlooking the coast. Then down to Burning Palms for Lunch and swim. Depending on tides, we may see the figure of eight pools.

Walk back to Otford via the Palm Jungle to join the 3:50pm train to arrive at Central at 4:57. Bring Lunch, snacks, water, Hat, sunscreen and swimming gear. No need to book but if you need to phone Ray on (02) 9361 6948 up to 7:00pm Easy/Medium Ray (02) 9361 6948

FRIDAY, 19 FEBRUARY

Bushdance

Marrickville Town Hall

Real bush dancing, properly taught on the night

Organised by the Southern Cross Outdoors Group and held at the Marrickville Town Hall from 8pm-midnight.

Licensed bar available

Tickets: \$20/\$15 (with health card) and only available at door

Table Bookings for groups of 6 or more:

Phone Dennis(02) 9559 6196

email to bushdance@scog.asn.au

Cologne Forrest Day Walk (Germany) Monday, 9 August 2010

Are you going to the Gay Games in Cologne this July/August?

If you would like to join me in a day walk after the games in a national park.

You will see some of Europe's forests as well as some history in the form of a famous bridge.

Contact me for more information and take a look at the Gay Games Web Site <http://www.games-cologne.de/en>

REPORT ON LOWER BLUE MOUNTAINS WALK HELD ON THURSDAY 17 DECEMBER 2009

Most of us were on the Blue Mountains train from Central at 08.06. I saw Joe from Blackheath on board and when we reached Lapstone our alighting point I was pleased to see Kevin Eadie, David our new Public Officer, Wayne from Parramatta, and of course our leader Rogo. A good turn out for a weekday and what was forecast to be a hot day. We set off just after 09.15 and wound our way down to the river bank leading to Glenbrook Creek. The weather forecast was proving to be correct as it was quite hot down there but we managed to keep cool soaking our hats in the river water and drinking lots of fluids. Rather than take morning tea at the River as planned Rogo thought we should climb out of the Creek and up towards the lookout opposite the Lapstone railway tunnel.

This was the toughest part of the day as we had to climb straight up and at one point used a rope which Rogo had fixed for us, it was only a metre or so to heave our self up and it was well worth it as when we reached the top, there were magnificent views across to the Tunnel side, the Nepean river in the middle and Sydney a long way off in the distance. We had morning tea under the boardwalk of the lookout, in the welcome shade. Some that had come there by car expressed sur-

prise, we had climbed up from the bottom. As I said well worth it though.

It was relatively easy then downhill for some-way, but getting hotter and Kevin was suffering a bit, until Rogo gave him some salt intake. We were spurred on by the promise of a swim at our lunch spot down by Glenbrook Creek. Well it was well worth the wait as we all jumped in and cooled right down, before a packed lunch in the shade and Rogo allowed us a good long break. Then a nice surprise it was only one hour back to Glenbrook Station.

We set off thinking we will not get the 14.15 and would be on the 15.47. However on arriving near the station those of us at the front realised the train had not arrived and was running late. So a couple of us speeded up and seeing the train come in made a dash for it. We managed to keep the train door open while our group plus another group scrambled on. The guard was not amused though he gave us a dressing down over the public address system, that the trains should not be held up, and must run on time!

The air conditioned carriages were a welcome relief from the outside and we all agreed we had had a great day out thanks to Rogo and to Scogs.
- Alan Brennan