



## Lead climbing at Sunbath

Ismar Tuzovic

After soaking up the theory of lead climbing in one hour on a hazy tuesday night, it was natural to get to the mountains as soon as possible and test drive the theory on the rock.

The drive up was quick and in no time we found ourselves in harnesses, stacking up with bolt plates and quickdraws leading for the first time. This went smoothly for most of us with no one forgetting to clip themselves in, though few people had to be reminded to tie onto the rope before ascending (thanks Jette!). In all there were three climbs (or attempts) for all, with the other time

spend soaking up the sun and playing with trad gear.

We started off on the 13 in sector 2. Then we moved on to the 14 to the right of it, which now has a direct start a bit harder than 14. We thought we'd do the famous bolted 4 in sector 1 for a warm down, just to find that it was more like a 10 with a hairy start move. However, there are a lot of new

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bolted climbs at Sunbath that are not in the guide book, so a return trip is definitely on the plan.

The highlight was the drive home which involved rally style driving through the back streets of the mountains. In the end we moved from 10,246th position in the traffic jam into 3rd spot, with one necessary coffee and biscuits tactical pitstop. Thanks you Jette, Clare, Jonathan and Jun, for a fun day out. *IT*

20/May	Free Rock Climbing at the Ledge
21/May	Aid Climbing Course – <i>Ali Parsyar</i>
27/May	Free Rock Climbing at the Ledge
10/Jun	Festival of the Shoalhaven – <i>Anthony Knittel</i>
16/07/05	Mountaineering Course – <i>Lisa Perrett</i>

## Quick News

### • Workshops

Big thanks to everyone that helped out with the workshops, all the responses i've heard so far have been enthusiastic and it seems the workshops were well received. Thanks to everyone for volunteering their time to prepare and present the material & giving people a starting point to get more involved in activities.

### • Guest speaker

James Scarborough will be giving a guest presentation at the next club meeting on Wednesday 18<sup>th</sup> May. He is a very prominent rock climber and boulderer and has recently returned from a 5 month bouldering trip through some amazing climbing areas in Europe.

Note the meeting is now **upstairs in the roundhouse**, not at the sam cracknell building.

### • Upcoming trips: (see the website for more details, and to post any new trips).

13/May	Free Rock Climbing at the Ledge
14/05/05	Beginners Weekend – <i>Ali Parsyar, Nik Zwaneveld</i>
18/May	Club Meeting



## Remote Area First Aid

Christian Moldenhauer

Imagine one of your group members fell from a 5m cliff during a canyoning trip? You find that he is unconscious and has some terribly bleeding wounds. The water in the canyon starts to rise and it will be dark soon. What's next? What would you do?

It's important to respond as fast and efficiently as possible. Over one weekend 25 people came together to learn how to handle such situations in a remote area and improve their first aid skills. Our voice of experience was Paul Brabender from the RealWorldTraining Organisation. Starting with the very basics of first aid like DRABC, EAR and





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CPR<sup>1</sup> on the first day we also had a look on illnesses and minor injuries, burns and many other situations on the second day. The main focus was on practical training so we did lots of “outdoor” scenarios. Finding casualties in front of our training centre on campus was sometimes very funny. Nevertheless we manged their traumas – indicated through red tape– wrapped them in heaps of pads and bandages and finally carried them up some stairs to prevent them from the rising water in the canyon... All of us survived although medical assistance was always delayed

and we didn't see an ambulance during the two days :)

And if someone comes up saying that he knows better ways to spend his weekend I can only answer that it was really great fun. *CM*



1 DRABC: Danger, Response, Airway, Breathing, Circulation. EAR: Expired Air Resuscitation. CPR: Cardiopulmonary Resuscitation



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## Bushwalking ideas

Anthony Knittel, pics Nik Zwaneveld

To me bushwalking is the heart and soul of outdoor activities, its a shame there isn't much being done in the club as it offers so much and is much easier to get into than the more technically demanding activities. Anyone can take a train to the mountains and do a nice day walk, and grabbing some gear and heading out for a weekend takes only a little more know-how (and you can hire anything you need from the club).

The diversity of NSW wilderness is immense, as someone once told me you could spend your entire life walking just in NSW and continue finding new amazing places. I'd recommend taking a quick look at

<http://www.colongwilderness.org.au/GoldGallery/LostWorld.htm> and scrolling through the images for a brief tour of the diversity there is on offer.

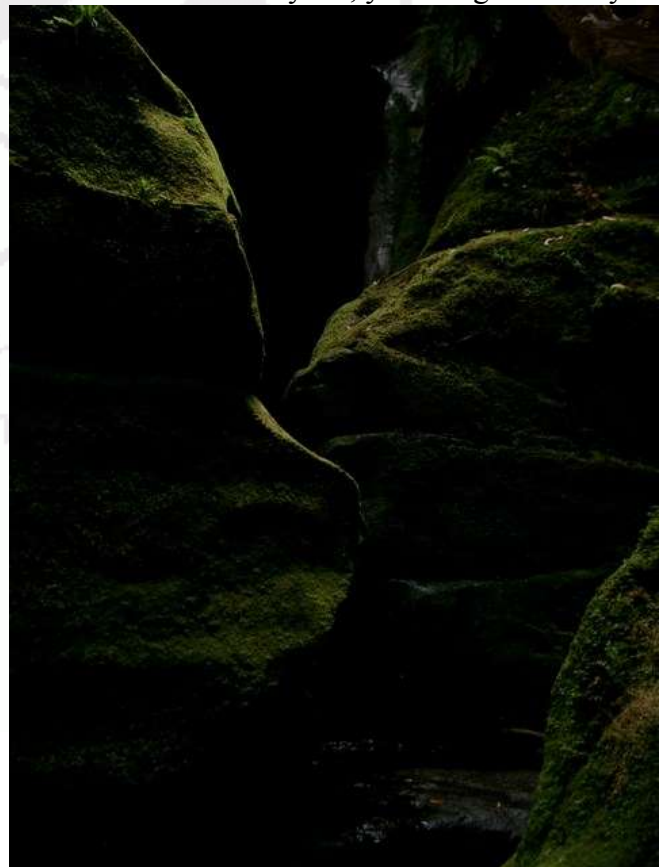
I thought i'd outline a few suggestions for places to go to on various trips around sydney, it can be pretty hard knowing where to go if you're new to an activity or to an area so i thought i'd pass on a few suggestions to use as a starting point. This is

far from comprehensive or a best-of the area, just a few ideas and food for thought.

<i>Description of level of difficulty used</i>	
Beginner	well marked trails & sign posts
Intermediate	well marked trails but take a map & compass too
Experienced	possibly off track, may need navigation

## Day walks

Manly to the Spit, Sydney (*Beginner*)- A nice easy walk accessible for anyone, you can get there by







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public transport easy enough and take the manly ferry back to the city.

Wentworth Falls (*Beginner*). A number of well marked short walks surround the Wentworth Falls area, including the Valley of the Waters canyon walk.

Kanangra Walls (*Intermediate*). Spectacular views of the walls and Kanangra gorge (looking from the top of the walls).

Grose Valley tops (*Intermediate*). Several options for spectacular views of the grose from the Blackheath area (Bald Head, Hanging Rock) or from Pierces Pass / Mt Banks.

## Weekend walks

Royal NP Coastal Walk (*Beginner*). Great coastal scenery along the second oldest national park in the world. You can even stop for ice creams at a few spots along the way.

Grose Valley (*Intermediate*). Mt Vic to Blackheath through the Grose valley via the Blue Gum Forest and Perry's Lookdown. Accessible by train.

The Castle, Morton NP/budawang (*Intermediate*). A classic bushwalk through spectacular rocky outcrops in an extensive national park area on the south coast.

Pantoneys Crown, Gardens of Stone NP (*experienced*). Wild escarpments and rocky pagoda formations, extensive views of the Capertee valley.

## Longer walks

Kanangra Boyd: Axehead Range, Blue Breaks (*Experienced*). An extensive trip through the heart of the Kanangra Boyd wilderness offers amazing remoteness and grand views including unique narrow knife-edge ridges that you can follow the top of for hours.

A few other suggested areas to check out: Barrington Tops, Murramarang Coast (near Batemans Bay), Wollemi, The Warrumbungles. There's so much to see, use your imagination!

AK

