

## PADDLES IN THE ILLAWARRA AND ENVIRONS

### LAKE ILLAWARRA

<b>OAK FLATS TO LAKE ENTRANCE</b>	<b>Km</b>	14	<b>Hrs</b>	5	<b>Grade</b>	3
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Open water paddle across lake.

<b>OAK FLATS TO DUCK CREEK</b>	<b>Km</b>	12	<b>Hrs</b>	3.5	<b>Grade</b>	2
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Scenery and birds.

<b>EXPLORE MACQUARIE RIVULET</b>	<b>Km</b>	14	<b>Hrs</b>	4	<b>Grade</b>	3
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From Oak Flats, exploratory paddle upstream and then down to Lake Illawarra possibly including Haywards Bay.

<b>OAK FLATS TO INDUSTRIAL ROAD</b>	<b>Km</b>	12	<b>Hrs</b>	3.5	<b>Grade</b>	2
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Along Oak Flats shoreline into Horsley Inlet, upstream to Industrial Road bridge. Very high tide only.

<b>FISH AND CHIP PADDLE – BROOKS CK TO BERKELEY</b>	<b>Km</b>	16	<b>Hrs</b>	6	<b>Grade</b>	3
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Open water, experienced paddlers. Brooks Ck to Berkeley Harbour. See Gooseberry Is & possible eagle's nest.

<b>MULLET CREEK TO GOOSEBERRY ISLAND</b>	<b>Km</b>	10	<b>Hrs</b>	4	<b>Grade</b>	3
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Paddle from William Beach to Gooseberry Island. Return via Tank Trap if navigable.

<b>WINDANG TO BERKELEY &amp; RETURN</b>	<b>Km</b>	15	<b>Hrs</b>	4	<b>Grade</b>	4
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Paddle under Windang Bridge and across Lake Illawarra to Berkeley and return.

### KIAMA AREA

<b>GERRINGONG BOAT HARBOUR TO SEVEN MILE BEACH</b>	<b>Km</b>	15	<b>Hrs</b>	4	<b>Grade</b>	5
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Ocean paddle to north end of Seven Mile Beach. Very scenic.

<b>SHELLHARBOUR TO KILLALEA</b>	<b>Km</b>	15	<b>Hrs</b>	4	<b>Grade</b>	5
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Via Bushrangers Bay. Very scenic.

<b>MINNAMURRA RIVER</b>	<b>Km</b>	15	<b>Hrs</b>	5	<b>Grade</b>	3
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Paddle from the mouth to Swamp road and then return.

### NOWRA, SHOALHAVEN, SOUTH COAST

<b>LAKE CONJOLA</b>	<b>Km</b>	12	<b>Hrs</b>		<b>Grade</b>	3
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Paddle locally, tidal near Lake Conjola. Camp at Caravan Park. Cabins available.

<b>WANDANDIAN CREEK</b>	<b>Km</b>	12	<b>Hrs</b>		<b>Grade</b>	3
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Paddle along Wandandian Creek and estuaries to St George's Basin and return.

<b>WANDANDIAN CREEK AND ESTUARIES</b>	<b>Km</b>	15	<b>Hrs</b>	6	<b>Grade</b>	3
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From Bewong along Wandandian Creek and estuaries to St George's Basin and return.

<b>CURRUMBENE CREEK - HUSKISSON</b>	<b>Km</b>	16	<b>Hrs</b>		<b>Grade</b>	3
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Paddle the full length of Currumbene Creek with the tide to Huskisson.

<b>SHOALHAVEN RIVER</b>	<b>Km</b>	12	<b>Hrs</b>	5	<b>Grade</b>	3
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Paddle from the bridge at Nowra upstream and explore beautiful side creeks.

<b>NOWRA BRIDGE TO CROOKHAVEN HEADS SHOALHAVEN RIVER</b>	<b>Km</b>	18	<b>Hrs</b>	5	<b>Grade</b>	4
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Experienced paddlers only. Subject to favourable weather forecast.

<b>NOWRA BRIDGE TO BROUGHTON CREEK AND RETURN - SHOALHAVEN RIVER</b>	<b>Km</b>	19	<b>Hrs</b>	5	<b>Grade</b>	3
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Paddle with tide in both directions. Very scenic. Spray deck recommended. Bring lunch.

<b>NOWRA BRIDGE TO LONG POINT</b>	<b>Km</b>	20	<b>Hrs</b>	5	<b>Grade</b>	3
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Tide assisted paddle on beautiful Shoalhaven River to Long Point and return. Very scenic.

<b>NOWRA BRIDGE TO GREENWELL POINT</b>	<b>Km</b>	18	<b>Hrs</b>	5	<b>Grade</b>	3
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For experienced paddlers

<b>GREENWELL POINT TO NOWRA</b>	<b>Km</b>	18	<b>Hrs</b>	6	<b>Grade</b>	3
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Paddle upstream with incoming tide. Swimming option. Bring lunch.

<b>WEST OF NOWRA</b>	<b>Km</b>	12	<b>Hrs</b>	4	<b>Grade</b>	2
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Paddle the length of Danjera Dam, with opportunity to explore old mines.

<b>SHOALHAVEN HEADS-CROOKHAVEN HEADS</b>	<b>Km</b>	20	<b>Hrs</b>	6	<b>Grade</b>	4
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Paddle past Comerong Island punt. Experienced paddlers only. Lunch at Greenwell Point.

<b>HUSKISSON TO GREENPATCH - JERVIS BAY</b>	<b>Km</b>	<b>22</b>	<b>Hrs</b>	<b>5</b>	<b>Grade</b>	<b>5</b>
Paddle around south end of Jervis Bay to Greenpatch.						
<b>HUSKISSON TO CALLALA POINT</b>	<b>Km</b>	<b>16</b>	<b>Hrs</b>	<b>5</b>	<b>Grade</b>	<b>4</b>
Paddle along coastline and across open water.						
<b>HUSKISSON TO HYAMS BEACH</b>	<b>Km</b>	<b>18</b>	<b>Hrs</b>	<b>5</b>	<b>Grade</b>	<b>5</b>
Paddle both ways. Bring lunch. Spray decks compulsory. Experienced paddlers only.						
<b>HYAM'S BEACH TO BOWEN ISLAND</b>	<b>Km</b>	<b>22</b>	<b>Hrs</b>	<b>6</b>	<b>Grade</b>	<b>5</b>
Paddle Jervis Bay. Lunch at Murray's Beach. Experienced paddlers only. Spraydecks compulsory.						
<b>BROUGHTON CREEK - BERRY AREA</b>	<b>Km</b>		<b>Hrs</b>		<b>Grade</b>	
Paddle with tide the length of the creek to Shoalhaven River. Idyllic rural scenery with escarpment backdrop.						
<b>TALLOWA DAM</b>						
<b>TALLOWA DAM TO GANG GANG BROOK</b>	<b>Km</b>	<b>15</b>	<b>Hrs</b>		<b>Grade</b>	
Very scenic paddle. Participants are to supply their own crafts.						
<b>LAKE YARRUNGA - KANGAROO VALLEY</b>	<b>Km</b>	<b>10</b>	<b>Hrs</b>			
On Lake Yarrunga, upstream from Tallowa Dam on Kangaroo River branch, then Bundanoon and Sandy Creeks.						
<b>BENDEELA TO TALLOWA DAM</b>	<b>Km</b>		<b>Hrs</b>		<b>Grade</b>	
Paddle on Kangaroo River branch. Overnight camp en route. All gear in kayaks.						
<b>TALLOWA DAM - LAKE YARRUNGA</b>	<b>Km</b>		<b>Hrs</b>		<b>Grade</b>	
Flat water paddle up Bundanoon Creek branch.						
<b>TALLOWA DAM TO FOSSICKERS FLAT LAKE YARRUNGA</b>	<b>Km</b>	<b>20</b>	<b>Hrs</b>		<b>Grade</b>	
Two nights camping at base camp. All gear in kayak. Experienced paddlers only.						
<b>SYDNEY AREA</b>						
<b>PRINCE EDWARD PARK TO THE NEEDLES</b>	<b>Km</b>	<b>10</b>	<b>Hrs</b>		<b>Grade</b>	
Paddle up Woronora River. Short walk to a magnificent waterhole. Return.						
<b>GEORGES RIVER</b>	<b>Km</b>	<b>20</b>	<b>Hrs</b>		<b>Grade</b>	
Paddle on Georges River from Picnic Point to Liverpool Parkland with tide most of the way.						
<b>NEPEAN RIVER - PENRITH</b>	<b>Km</b>	<b>12</b>	<b>Hrs</b>		<b>Grade</b>	<b>2</b>
Paddle upstream from Penrith through the Nepean River Gorge. Return.						
<b>NEPEAN RIVER</b>	<b>Km</b>		<b>Hrs</b>		<b>Grade</b>	
Flat water paddle from Menangle to Camden. One short portage.						
<b>NEPEAN RIVER - DOUGLASS PARK</b>	<b>Km</b>		<b>Hrs</b>		<b>Grade</b>	
Paddle from the weir upstream through a narrow gorge and return, short portage, then paddle downstream.						
<b>COMO, WORONORA RIVER TO THE NEEDLES</b>	<b>Km</b>	<b>16</b>	<b>Hrs</b>		<b>Grade</b>	<b>3</b>
Tidal paddle, beautiful scenery, possible swim at the Needles.						
<b>WOOLOOWARE BAY</b>	<b>Km</b>	<b>18</b>	<b>Hrs</b>	<b>4</b>	<b>Grade</b>	<b>2</b>
From Taren Point. Explore the mangroves of Woollooware Bay.						
<b>PORT HACKING</b>						
<b>GRAYS POINT TO SOUTH WEST ARM</b>	<b>Km</b>	<b>16</b>	<b>Hrs</b>		<b>Grade</b>	<b>4</b>
From Swallow Rock Reserve paddle upstream on beautiful Hacking River. Optional walk to Winifred Falls.						
<b>YOWIE BAY TO SOUTH WEST ARM CREEK</b>	<b>Km</b>	<b>12</b>	<b>Hrs</b>	<b>4</b>	<b>Grade</b>	<b>1</b>
Mainly with the tide, through Royal NP.						
<b>YOWIE BAY TO AUDLEY</b>	<b>Km</b>	<b>12</b>	<b>Hrs</b>	<b>4</b>	<b>Grade</b>	
Through Royal NP. Some open water.						
<b>BUNDEENA TO SOUTH WEST ARM AND RETURN</b>	<b>Km</b>	<b>17</b>	<b>Hrs</b>	<b>5</b>	<b>Grade</b>	<b>3</b>
Paddle from Bonnie Vale. Explore Burraneer Bay on return trip. Very scenic.						
<b>PORT HACKING - ROYAL NP</b>	<b>Km</b>		<b>Hrs</b>		<b>Grade</b>	
Flat water from Yowie Bay across to shallow Bents Basin and up its tributary creek.						

***This is a compilation of paddles organised by the Illawarra Ramblers Club over the last several years. The activities are only briefly described. More detailed information can be sourced from NSW Roads & Maritime Services, other government departments, kayaking clubs and the internet.***