

<i>Date</i>	<i>Duration</i>	<i>Activity</i>	<i>Trip Title</i>	<i>Grade</i>
5 Nov 11	Weekend	Kayak	jervis bay sea kayaking weekend	EasyMedium
6 Nov 11	Sunday	Mountain Bike	Afternoon on the Oaks trail	EasyMedium
11 Nov 11	Weekend	Other	The Burning Seed Festival (Matong State Forest - between Wag	Social
12 Nov 11	Weekend	Bushwalk	Weekend bushwalk, Snowy Mountains main range	Medium
13 Nov 11	Sunday	Bushwalk	Gordon to Roseville	Easy
19 Nov 11	Weekend	Bushwalk	Shelley Beach	Easy
20 Nov 11	Sunday	Rogaine	Socialgaine	All
20 Nov 11	Sunday	Road Cycle	South Head Cycle	EasyMedium
26 Nov 11	Weekend	Social	SPAN XMAS PARTY	Easy
27 Nov 11	Sunday	Canyon	RECOVERY PARTY!	EasyMedium
27 Nov 11	Sunday	Bushwalk	Exploring the Nordic Gods!	MediumHard
27 Nov 11	Sunday	Bushwalk	Valley of the Waters	EasyMedium
3 Dec 11	Saturday	Road Cycle	Blue Mountains Descent	Easy
3 Dec 11	Saturday	Bushwalk	Mt Kuring-gai Track to Berowra station	Easy
4 Dec 11	Sunday	Canyon	Canyoning photo workshop	Medium
4 Dec 11	Sunday	Bushwalk	Oxford to Burning Palms	EasyMedium
4 Dec 11	Sunday	Snorkel	Shelley Beach Snorkel	Easy
4 Dec 11	Sunday	Bushwalk	Oxford to Burning Palms	EasyMedium
10 Dec 11	Saturday	Canyon	Sheep Dip and Rocky Creek	EasyMedium
11 Dec 11	Sunday	Bushwalk	Heathcote to Engadine via Audley	Medium
11 Dec 11	Sunday	Canyon	Whungee-Wheengee Canyon	MediumHard
18 Dec 11	Sunday	Canyon	Fortress Canyon	EasyMedium
28 Dec 11	Extended	Bushwalk	Morong Deep	MediumHard
30 Dec 11	Weekday	Bushwalk	The Spit to Manly	Easy
7 Jan 12	Sunday	Bushwalk	Wheeny Gap	Medium

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7 Jan 12	Weekend	Canyon	Bungonia Canyoning Weekend	Medium
14 Jan 12	Saturday	Mountain Bike	Ourimbah State Forest	Medium
14 Jan 12	Weekend	Canyon	Weekend of Canyons	EasyMedium
15 Jan 12	Sunday	Bushwalk	Berowra to Cowan	EasyMedium
21 Jan 12	Saturday	Bushwalk	Karloo Pool	Easy
21 Jan 12	Weekend	Canyon	Newnes Forest Canyoning Weekend	Medium
22 Jan 12	Sunday	Canyon	Better Offer Canyon	EasyMedium
22 Jan 12	Sunday	Road Cycle	Strathfield to Dolls Pt	EasyMedium
26 Jan 12	Long Weekend	Mountain Bike	Derschkos Hut Northern snowy mtns	Medium
4 Feb 12	Saturday	Bushwalk	Swimming in the Royal National Park	Easy
5 Feb 12	Sunday	Bushwalk	Sphinx to Gibberagong	Easy
5 Feb 12	Sunday	Bushwalk	Munmorah SRA - Pirates Caves	EasyMedium
5 Feb 12	Sunday	Bushwalk	Sphinx to Gibberagong	Easy
5 Feb 12	Sunday	Canyon	Mt Hay Canyon	MediumHard
5 Feb 12	Sunday	Canoe	Paddle Perfection	Easy
11 Feb 12	Saturday	Bushwalk	Spit to Manly	Easy
12 Feb 12	Sunday	Rogaine	Metrogaine	All
12 Feb 12	Weekend	Bushwalk	Boulders and Breaks	Easy
12 Feb 12	Sunday	Canyon	Juggler Canyon	Medium
18 Feb 12	Weekend	Canyon	Newnes Canyon Weekend	Medium
18 Feb 12	Saturday	Bushwalk	Glenbrook Creek	EasyMedium
25 Feb 12	Saturday	Bushwalk	West Head	Easy
26 Feb 12	Sunday	Road Cycle	Cowan to Gosford	Medium
26 Feb 12	Sunday	Other	Disabled Surfing Day	All
24 Mar 12	Saturday	Bushwalk	K to K in one day	MediumHard
15 Apr 12	Extended	Road Cycle	Riches of the North East of Victoria	EasyMedium
1 Jul 12	Extended	Kayak	whitsunday kayaking	MediumHard

