

DUCK HOLE TRACK

GLENBROOK

3 KM - MEDIUM/EASY GRADE
TAKES 2 HRS RETURN

Thanks to Glenbrook School stage 2 students who shared their experience in October 2012:
Madelin, Sarah, Coral, William, Isabella, Holly, Kate, Adelaide, Tara, Lachlan, Eleanor, Jemma, Michael, Cooper, Carlie, Phoebe, Angus, Oscar, Maddison, Liliee, William, Tessa, Brodie, Erik, James, D'Arcy, Michael, Fenchurch, Harrison, Sophie, Ellie, Charlotte, William, Felix, Talulla, Ethan, Alexandra, Ryan, Olivia, Joseph, Natasha, Connor, Amelia, Riley, Olivia, Lachlan, Isabella, Carina, Chloe, Hayley, April, Chloe, Georgia, Jessica, Parker, Maeve, Nicolas, Stephen, Isabel, Jennifer, Sophie, Ruben, Bridie, Kinda, Caleb, Alexander, Georgia, Maxwell, Miriam, Liam, Maxwell, Jett, James, Aidan, Sirinya, James, Hayley, Trystan, Benjamin.



Special thanks to project partners for support and funding



Stronger Families Alliance



Australian Government



Bush Trackers
explore the bush
with guides for kids by kids

DUCK HOLE TRACK • 3 km • medium/easy grade • 2 hrs return

WHAT TO BRING IN YOUR BACKPACK

- a bottle of water.
- plenty of snacks.
- a raincoat.
- warm clothes in winter.
- small plastic bag for rubbish.
- small torch.
- camera.
- pencils for drawing.
- wear a hat, sunscreen and
- enclosed walking shoes.
- a small first aid kit could be useful.

BUSH TRACKER SAFETY

Safe Bush Trackers are prepared and

- know your track and take your map
- ask permission from an adult and let them know where you are walking and when you return
- don't go near cliff edges and stay behind safety fences.

MINIMAL IMPACT BUSH TRACKING

means you try to do no damage at all to the environment so that someone following you could not tell you had been there.

Take nothing but photos, leave nothing behind:

- always keep to the track and tread softly and quietly
- don't pick the flowers or plants in the bush
- be gentle and careful if you touch things (don't touch snakes and spiders!)
- carry your rubbish out with you
- Bush Trackers walk in small groups (4-15 people)

NSW National Parks and Wildlife Service Discovery Rangers guide Stage 2 school kids aged 8-10 years old on a local bushwalk, encouraging the kids to share their experience through words, poems, drawings and photos. PerformingDesign used these to create the map and guide to encourage other kids and families to safely enjoy the bush.

The Bush Trackers project helps create a child friendly community in the Blue Mountains and grew from support of the Stronger Families Alliance, and is coordinated by Jacqueline Reid with the assistance of Lucy McGarry and help from Gary Humble, Jasmine Payget, teachers, parents and kids.

For more information and tips go to: www.bushtrackers.com.au; www.wildwalks.com or www.environment.nsw.gov.au/nationalparks

We respectfully acknowledge the traditional custodians of this place

The Duck Hole Track Glenbrook 3km return 2hrs Medium/Easy Grade
 Bring your swimmers and a picnic and spend the day at the Duck Hole, a sandy stretch along the Glenbrook Creek. There are plenty of swimming spots and if you're quiet you might see a yabby behind a rock or a water dragon basking in the sun. Along the creek there are caves to explore and rocks to climb. Bring plenty of water for the walk that meanders through the bush to a big rock table then gets steeper as it heads down to the creek. You'll see heaps of birds along the way and even a 'map' of Australia in a big Angophora tree.

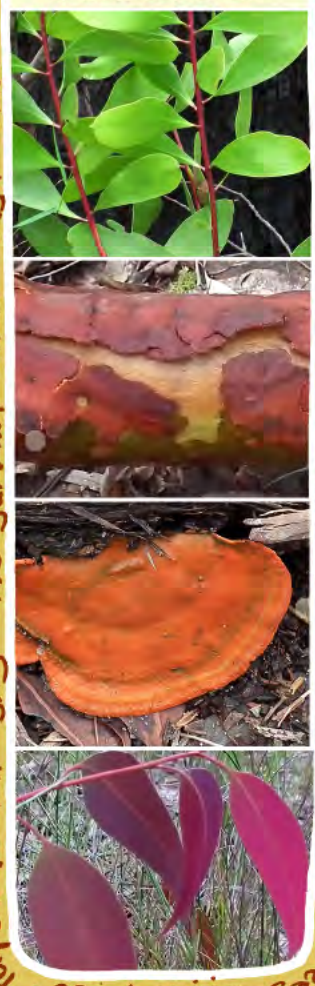
is crunchy and I've got my lunchy - the water is running - some people are munching - Rangers are awesome - the Duck Hole is wholesome - the leaves are falling - the noise is appalling - everyone's thirsty - as the ants give no mercy - track is long - so sing a song - there are up hills and down hills - you should never be dills - we are looking at charts - the sand



the Angophora feels so smooth - the Geebung - rough papery bark - many grass trees - tall - grey - the gum nut - hard - rough - small - brown - the Angophora feels so smooth - the Geebung - rough papery bark - many grass trees - tall - grey - the gum nut - hard - rough - small - brown

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Look can you match these colours?



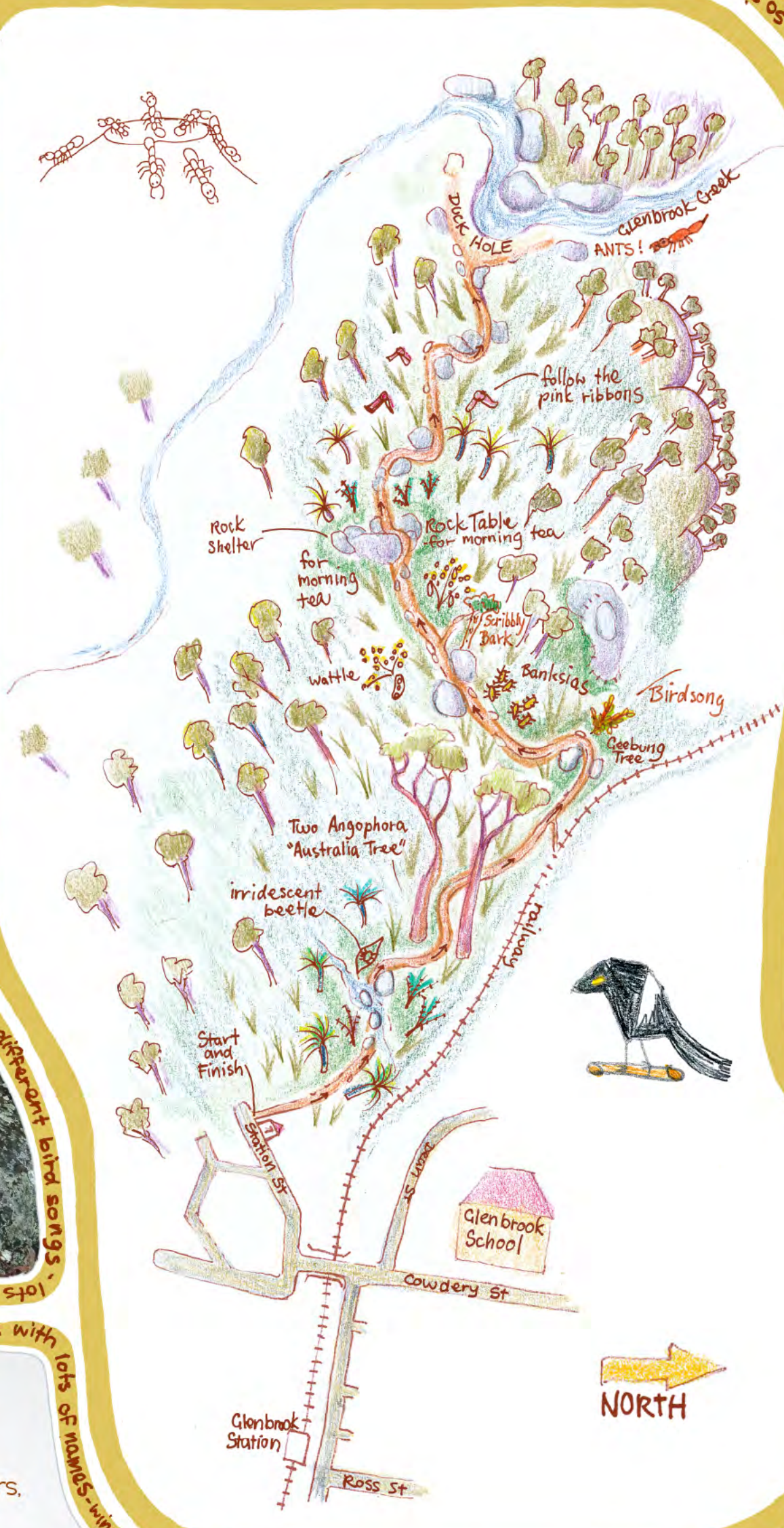
Feel the rocks, are they warm or cool?



Touch bark, water, leaves, moss, rocks
 Things not to touch
 snake holes, fungi, spiders, insects.



water - will we be there very soon? - many coloured flowers with lots of names - wind whistling through my ears - it cools my hot face - need to drink some



Write words that describe what you see, hear or feel (adjectives)

Listen how many different bird calls can you hear?

Look who lives here

Look If you are quiet and look carefully you might see some creatures.

Find these and tick the box



beautiful orchids - water flowing - people chatting - birds twittering - wind blowing - trees squishing - planes flying overhead - leaves falling - pencils writing - footsteps - green bush - bright sun