



# GLOW WORM TUNNEL WALKS NEWNES

Thanks to Zig Zag Public School  
students who shared their  
experience in April 2015  
Jessica, Mary, Samara, Ebbaney-Rose, Charlie,  
Gracey, Emelia, Bailey, Callum, Elias, Brayden,  
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Joaquin and Billy

GLOW WORM TUNNEL WALK • 2km return • MODERATE grade  
PAGODA TRACK • 5km return • MODERATE to HARD grade



Special thanks to  
project partners for  
support and funding



STRONGER FAMILIES  
ALLIANCE



Lithgow  
CITY COUNCIL

**Bush Trackers**  
explore the bush  
with guides for kids by kids

A colorful illustration of a bush track. In the foreground, a group of four people (two adults and two children) are walking along a path. The path leads through a lush forest with various trees and plants. In the background, a stream flows through the forest. The overall scene is bright and inviting, representing a family-friendly bushwalk.

## GLOW WORM TUNNEL WALK • 2km return • MODERATE grade PAGODA TRACK • 5km • MODERATE to HARD grade

### 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.

### WHAT TO BRING IN YOUR BACKPACK

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

### CARE FOR YOURSELF & GLOW WORMS.

- The Glow Worm Tunnel is very dark – don't forget your torch but do not shine your torch light on the Glow Worms.
- The floor of the tunnel is wet, rocky and slippery in places, so you may have to wade through water – bring spare socks!
- Be quiet around the Glow Worms, they are sensitive to noise.
- Please don't touch the Glow Worms as you will destroy them.

### 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 & tread softly & 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)

The Bush Trackers project helps create a child friendly community in the Blue Mountains and grew from support of the Stronger Families Alliance ([www.strongerfamilies.co](http://www.strongerfamilies.co)) and is coordinated by Jacqueline Reid with the assistance of Lucy McGarry, help from teachers, parents and kids.

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.

For more information and tips go to: [www.bushtrackers.com.au](http://www.bushtrackers.com.au); [www.wildwalks.com](http://www.wildwalks.com); [www.nationalparks.nsw.gov.au](http://www.nationalparks.nsw.gov.au) or [www.tourism.lithgow.com](http://www.tourism.lithgow.com)

We respectfully acknowledge the Traditional Custodians of this place.

**GLOW WORM TUNNEL WALKS** - Pagoda Track to the tunnel - 4km return OR Glow Worm Tunnel Track from carpark at locked gate on Glow Worm Tunnel Rd - 2km return  
 Come on a Bush Trackers adventure full of natural wonder. Glow Worm Tunnel Walks will take you past impressive rock pagodas and through magical fern forests to the Glow Worm Tunnel where a mysterious and unforgettable experience awaits you. Take your torch and follow the 400m long abandoned train tunnel into the moist darkness. Find a spot to stand still, turn off your torch, stay very quiet and you'll be amazed by the unique vision of thousands of glow worms who have made their homes on the damp walls, each creating their own light (bioluminescence), like tiny stars all around you. Venture out of the Tunnel into the light of a green, ferny glade. Bring your torch, a picnic and your friends and family - this is a walk for young and old alike. To experience the magnificent rock pagodas, #1 leave your car at the car park on Old Coach Road and walk the Pagoda Track (5km return). Or #2, for a shorter, easier walk, park and walk the Glow Worm Tunnel Track from the carpark at the locked gate on Glow Worm Tunnel Rd (2km return).



is wet • bright • glowing • beautiful • scary • damp • slippery • fun • cold • dark • looks like a glowing light snow • Most glow worms are green but some of them are blue • sometimes you can see them eating creatures like spiders and bugs • don't shine a torch on them • Hills can make them die



Most glow worms are green but some of them are blue • sometimes you can see them eating creatures like spiders and bugs • don't shine a torch on them • Hills can make them die

You can also visit the Glow Worm Tunnel from the Wolgan Valley on a 4 hour medium grade adventure from here!



NORTH



Hear the Kookaburra • see the Breeding Heart and Wattle • glow worms have four bottoms •



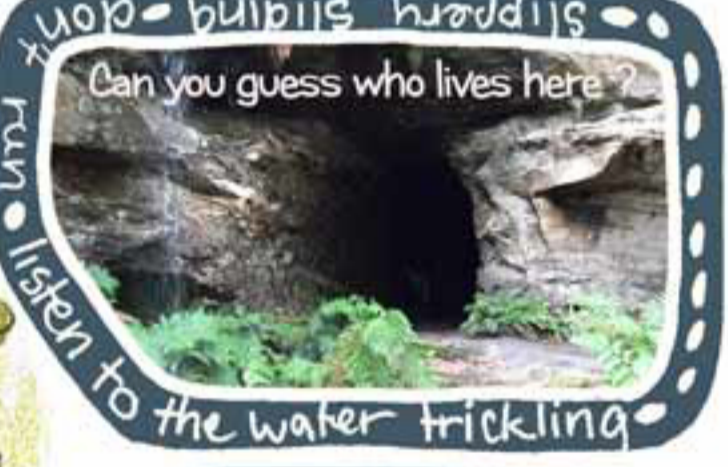
Feel the sandstone is it warm or cool? • walking on rocks • sinking in the mud •



Touch bark, leaves, rocks, moss, rushes and sedges. Hug a tree  
**Things not to touch**  
 snake holes, fungi, spiders, insects  
 Rain is falling on me • mind the puddles • slippery rocks • mud •

Write words that describe what you see, hear or feel (adjectives)  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 torch on them • glow worms don't glow if you shine your

Listen how many different bird calls can you hear?  
 worms in the garden don't glow like me when the light is on



Can you guess who lives here?  
 listen to the water trickling •



If you are quiet & look carefully you might see some creatures  
 they turn different colours •



Find these and tick the box  
 glow worms catch their food with silk • low my light is not too bright • don't shine on me •