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who shared their experience in October 2013:

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GRAND CANYON TRACK BLACKHEATH

6 KM - HARD GRADE
4 HR CIRCUIT



Special thanks to project partners
for support and funding



Bush Trackers
explore the bush
with guides for kids by kids

GRAND CANYON TRACK • 6 km • hard grade • 4 hr. circuit

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 & 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).

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 (www.strongerfamilies.co) and is coordinated by Jacqueline Reid with the assistance of Lucy McGarry and help from teachers, parents and kids!

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

We respectfully acknowledge the Traditional Custodians of this place.

GRAND CANYON TRACK - 6km loop - hard grade - 4 hrs return

Are you up for an adventure? The Grand Canyon track has it all! Over 100 years old, the track follows the canyon down through the wet green rainforest (careful you might slip!), under rock overhangs (careful you might hit your head!) and waterfalls (careful you might get wet!) and around the base of old trees whose huge, moss-covered roots twist and turn around the rocks (careful you might imagine wizards and trolls and stuff!). Walk along rock ledges high above the canyon and peer down, catching glimpses of the deep, mysterious waterway that has carved its way through the sandstone. Find the sandy cave and beach, a perfect lunch spot in the shade. Around every corner something new and beautiful to see, touch, smell and hear, and we haven't even mentioned all the wildlife - lizards, yabbies and lyrebirds to name a few (careful-they might bite!). The walk out of the canyon is steep (careful you might get puffed!) but you'll make it to enjoy the awesome view from the top at Evans Lookout into the Grose Valley (careful you might want to do it again!). Bring plenty of snacks and water and take your time, this track is too special to rush, one of the Blue Mountain's best!



Look
can you find these
animals?



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

Listen
how many different bird
calls can you hear?

Feel the sandstone,
is it warm or cool?

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

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

