

LEURA CASCADES & FERN BOWER WALK

LEURA

3 KM - MEDIUM GRADE
TAKES 2 HRS CIRCUIT

Thanks to Leura School stage 2 students who shared their experience in August 2012
Taliya, John, Lucy, Daniel, Grace, Victor, Josephine, Alex, Maxine, Amelia, Ella, Lily, Natalie, Ella, Ariel,
Mindy, Ella, Tay, Jaz, Kayla, Malia, Emi, Kaleigh, Ayla, Susan, Eliza, Brody, Sophie, Kashani, Jasmine,
Olivia, Jessica, Sebastian, Rohan, Xander, Jamil, Gabriel, Quinn, Tom, Oscar, Casey, Lyndon, Bayley,
Hamish, Buster, Alex, Nate, Harry, Kanayla, Lucy, Millie, Ella, Sukey, Norina, Maya, Eithin, Aiden, Oliver,
Benjamin, Jasmine, Esha, Ella, Hannah, Candy, Basilia, Balint, Rory, Kieran, John, Daniel, Victor, Alex



Special thanks to project partners
for support and funding



Bush Trackers
explore the bush
with guides for kids by kids

LEURA CASCADES & FERN BOWER WALK • 3 km • medium grade • about 2 hrs 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 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

Wash up from the ground - brown muddy water runs downward - Tall, brown, wrinkled, like an old man reaching for the stars - blue sky white clouds

"Leura Cascades- Fern Bower Circuit Track" Length 3 km - Medium Grade - Allow 2-3 hours

This is a challenging and exciting track. You will experience the feeling of being on the top of high cliffs with amazing views over the Jamison Valley. Follow the stairs down into the magical rainforest of Fern Bower, dip your feet in the cool stream and touch the bright green moss that grows all over the rocks. Continue along and under rock ledges to the natural amphitheatre formed by the curving cliffs and finally, feel the power of the water falling and the spray on your face as you reach the bottom of the Bridal Veil Falls. Bring a picnic, stop and watch and listen and play along the way...



Wash up from the ground - brown muddy water runs downward - Tall, brown, wrinkled, like an old man reaching for the stars - blue sky white clouds

chainsaw - or a dog - or even sometimes a bivet or magpie - ants - fluffy golden wattle - hairy black gum nuts -

Look
can you match
these colours?



banksias of all ages - my superb lyrebird is fantastic - sounds like a chainsaw - or a dog - or even sometimes a bivet or magpie - ants - fluffy golden wattle - hairy black gum nuts -

witch's hair - cliffs - dewdrops glitter in the light -

Feel the rocks,
are they warm
or cool?



soft squelchy mud - branch like a giant's elbow - roots like a witch's hair - cliffs - dewdrops glitter in the light -

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



plants growing from the roof - the cloud was shaped like a mouth with very sharp teeth - yellow wattle - balls of sunshine - the cave was very dark and had lots of



in the wintery mist - talking - laughing - the tight green lichen is a lovely sight to see, golden wattle glowing

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

the path is steep - rocks - red gum trees line the path - orange and red clay on the ground -

Listen
how many different bird calls can you hear?



Look who lives here

grasses - yellow mud - puddling water - tall trees -

Look

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

Find these and tick the box



plants growing from the roof - the cloud was shaped like a mouth with very sharp teeth - yellow wattle - balls of sunshine - the cave was very dark and had lots of

shaped like a mouth with very sharp teeth - yellow wattle - balls of sunshine - the cave was very dark and had lots of

singing birds - loud water-fall - twiny King drips - rainbow flowers - slipper moss - Angophora - bug tracks - she went for a slide and got wet - twisty wisty roots winding their way up from the ground - brown muddy water runs downward - Tall, brown, wrinkled, like an old man reaching for the stars - blue sky white clouds