

Thanks to Lawson School stage 2 students who shared their experience in October 2013:

Raven, Tahlia, Tariq, Jacob, Poppy, Charlotte, Jessica, Salesi, Xavier, Daniel, Leroy, Travis, Tommy, Claire, Annie, Caelan, Adrian, Nikhalesh, Harry J, Harry E, Harry F, Cameron T, Cameron Mc, Patrick, Matthew, Cain, Lachlan, Brodie, Nathan, Mitchell, Chloe, Madeline, Jacklyn, Georgia, Julia, Celeste, Menindee, Shakira, Olivia, Sonja, Ruby, Indya.

Special thanks to Amy St Lawrence,

Aquatic Systems Officer, Blue Mountains City Council for sharing her enthusiasm and knowledge of the local water bugs.

WATERFALL LOOP TRACK

SOUTH LAWSON

2.8 KM - MEDIUM GRADE

2 HR CIRCUIT



Special thanks to project partners for support and funding



WATERFALL LOOP TRACK • 2.8 km • medium grade • 2 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

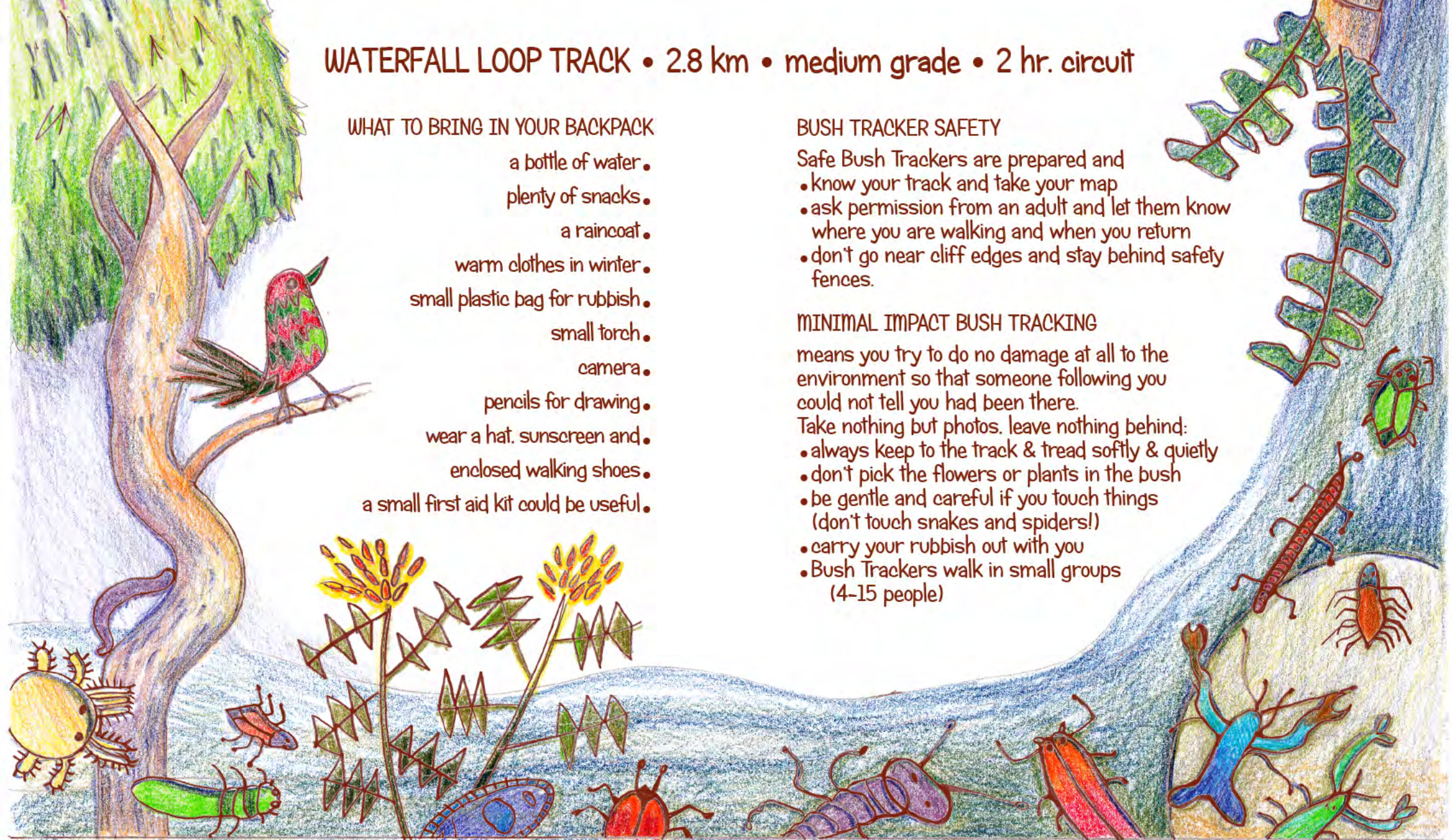
- know your track and take your map
- ask permission from an adult and let them know where you are walking and when you return
- don't go near cliff edges and stay behind safety fences.

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 or www.bmcc.nsw.gov.au

We respectfully acknowledge the Traditional Custodians of this place.

SOUTH LAWSON WATERFALL LOOP WALK - 2.8km loop - medium grade - 2hrs return

A short walk from the centre of Lawson, the exquisite waterfalls on this gentle loop track are the highlight of this undemanding walk, part of the historic Blue Mountains walking track network. Explore Adelina Falls, sand lined Federal Falls, Cataract Falls and Junction Falls - an amphitheatre of cascading water. You'll find beaches to play on, water to splash in and rocks and ferns to examine. You may see lyrebirds scratching around in the bush, lizards sunning themselves on a rock, and all number of tiny water bugs living in the creeks that feed into the waterfalls. Bring a picnic, your camera, a book, a pencil... take your time and enjoy the sights, smells and sounds of this friendly, fun-filled track. As with most Blue Mountains streams, it is recommended you don't drink the water and to wash your hands prior to eating because of occasional poor water quality due to pollution from upstream urban areas.



Look can you find these ferns?



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

Listen how many different bird calls can you hear?



Can you guess who lives here?

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

Find these and tick the box



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

