


Thanks to Kindiehill School students who  
shared their experience in June 2015:  
Abigail, Anna, Cornelius, Curtis, Ethan, Hanako, Imi,  
Indigo, Issi, Jamie, Kasper, Lily, Lily, Maia, Mas,  
Matias, Maya, Meike, Mischa, Niah, Samara,  
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# WENTWORTH FALLS LAKE LOOP WALK

3.5 km LOOP TRACK  
1.5 - 2 HRS CIRCUIT - EASY







## WENTWORTH FALLS LAKE LOOP WALK • 3.5km • easy grade • 1.5 - 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 & 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)). It is coordinated by Jacqueline Reid with the assistance of Lucy McGarry, help from teachers, parents and kids and the Blue Mountains City Council Environment Branch!

Stage 2 school kids aged 8-10 years old are guided 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.environment.nsw.gov.au/nationalparks](http://www.environment.nsw.gov.au/nationalparks) or [www.bmcc.nsw.gov.au](http://www.bmcc.nsw.gov.au)

We respectfully acknowledge the Traditional Custodians of this place.

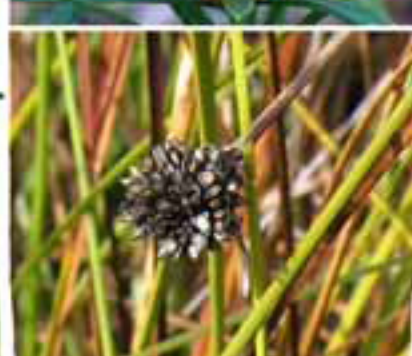


Wentworth Falls Lake Loop walk - 3.5 km. Easy grade - 1.5 to 2 hours

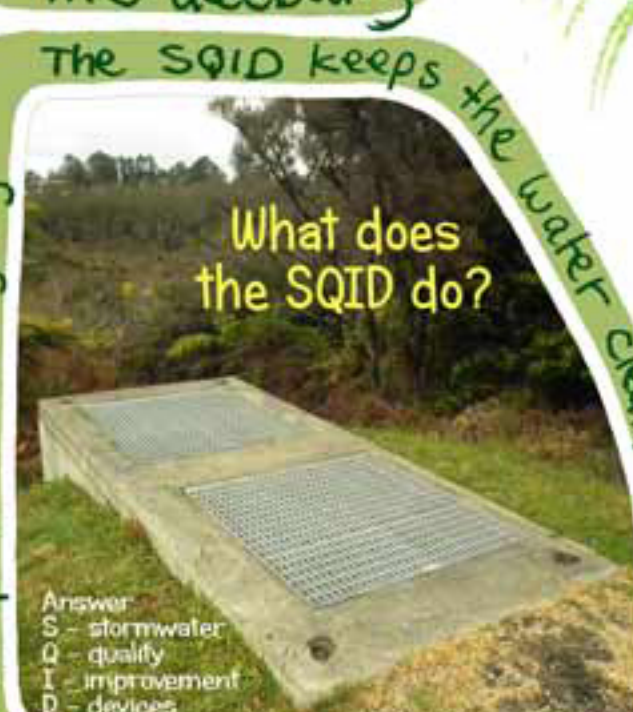
In May 1813, Gregory Blaxland, a member of the first party of white explorers to visit Wentworth Falls, recorded in his journal that the group "encamped on the side of a swamp, with a beautiful stream of water running through." Two years later, Gov. Macquarie camped at the same spot and named the place "Jamison's Valley." This area would have been known to Aboriginal people for many of thousands of years as an environment rich in resources - fresh water, edible plants, animals, timber, medicines and stone. The Lake was created by the damming of Jamison Creek to supply water for steam trains which came across the Blue Mountains from 1867. Parts of the Lake are surrounded by the rare Blue Mountains Swamp, listed as an Endangered Ecological Community and is home to threatened species: the Giant Dragonfly and the Blue Mountains Water Skink. Blue Mountains swamps occur where groundwater comes to the surface, acting like giant 'sponges' that slowly release water - providing water to our creeks and waterfalls. Start your Bush Tracker adventure at the western edge of the playground on Sinclair Crescent. Walk along the path towards the dam wall. On the way see if you can find some of the sixteen sculptures of native plants found around the Lake. Walk across the dam wall and follow the track to Waratah Road. Once on Waratah Road, turn left along the track that takes you through hanging swamp. Take the lower branch of the track and wander through forest to the small beach. Notice the swamp on the side of the lake. Retrace your steps away from the beach and find the track on your left that takes you up to Pine Ave. Find the short path behind houses that takes you to Banksia Road. Be careful of traffic as you walk along Banksia Road. Enjoy the diversity of plants along the edge of the road and the views of the Lake and surrounding swamp. When you get to the causeway turn left along the track (this is the unformed part of Banksia Road). Find the second track on your left that will take you through Eucalypt forest back to the playground.

messy bunches -

Look can you find these plants?



The Geebung



What does the SQID do?

Answer:  
S - stormwater  
Q - quality  
I - improvement  
D - devices

swamp Hens foraging -

See the sculptures near the BBQ area and play equipment -



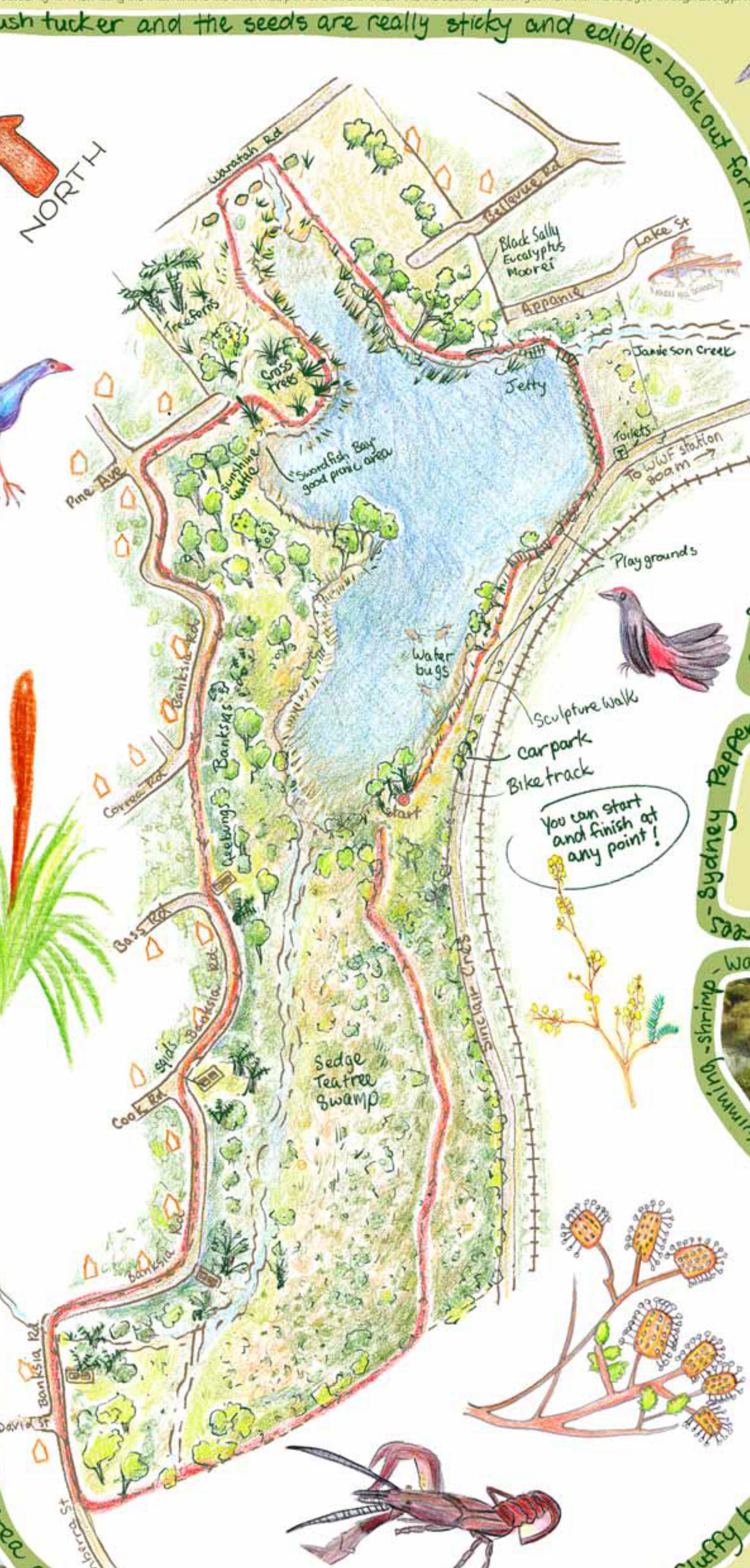
Touch

bark, leaves, rocks, moss, rushes and sedges. Hug a tree

Things not to touch

snake holes, fungi, spiders, insects

the BBQ area and play equipment -

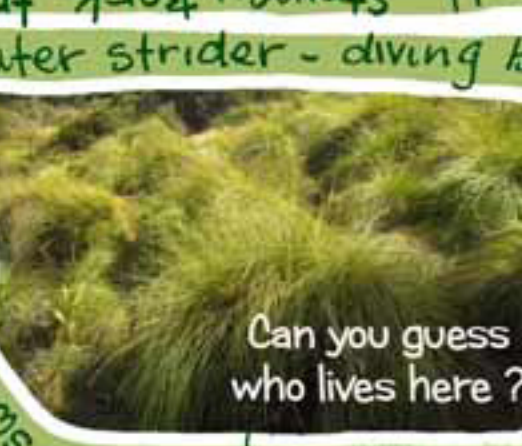


Dragonfly - Swamp

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 - How many waterbirds can you see?



Find these and tick the box



beak - orange legs - white bottom - black body - Native Elderberry - small red and green leaves in  
did you know that Pittosporum is bush tucker and the seeds are really sticky and edible - Look out for the Giant  
Look can you find these plants?  
The Geebung  
swamp Hens foraging -  
See the sculptures near the BBQ area and play equipment -  
Touch bark, leaves, rocks, moss, rushes and sedges. Hug a tree  
Things not to touch snake holes, fungi, spiders, insects  
Tree fern - tall trunk green leaves - Sunshine Wattle - yellow fluffy balls - small green leaves - long green stem - sharp ends - Button grass - spiky - Lemon Tea tree  
Banksia - gum nuts underfoot -