



Thanks to
Blue Mountains Steiner School
stage 3 students who shared
their experience in November 2017:

Sara, Momolé, Olivia, Halina,
Tiera, Allegra, Anika, Dara,
Sadie, Genevieve, Lila

Special thanks to Ranger Paul Glass

RUINED CASTLE WALKING TRACK

via Golden Stairs

KATOOMBA

8 KM RETURN - HARD GRADE

5 hours

This project has been assisted by the
NSW Government through its Environmental Trust
Special thanks to project partners
for support and funding

GREATER
BLUE
mountains
WORLD HERITAGE AREA



Bush Trackers
explore the bush
with guides for kids by kids



RUINED CASTLE WALKING TRACK via GOLDEN STAIRS • 8km return - Hard grade - 5 hrs

WHAT TO BRING IN YOUR BACKPACK

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

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)

To help us find out about your experiences of the Bush Trackers Guide please visit www.surveymonkey.com/r/BushTrackers. The survey should take you around 5 mins & will help us evaluate the impact of the program.

The Bush Trackers program helps engage children and families in nature. Bush Trackers helps create a child friendly community and grew from support of the Stronger Families Alliance (www.strongerfamilies.net.au). Bush Trackers is currently funded by the NSW Environmental Trust. The Bush Trackers team worked with NSW National Parks and Wildlife Service Discovery Rangers to guide school kids aged 8-10 years old on a local bushwalk, enjoying nature play, learning about natural and cultural heritage and encouraging the kids to share their experience through words, poems, drawings and photos. PerformingDesign use these to create the map and guide to encourage other kids and families to safely enjoy the bush.

For more information, tips and maps go to: www.bushtrackers.com.au; www.wildwalks.com; www.nationalparks.nsw.gov.au. or www.bmcc.nsw.gov.au

We respectfully acknowledge the Traditional Custodians of this place.

RUINED CASTLE WALKING TRACK via GOLDEN STAIRS • 8km return - Hard grade - 5 hrs

Step off the beaten track when exploring the Ruined Castle Walking Track via the Golden Stairs. This walk offers spectacular views, and challenges as well as rewards with a steep descent and ascent. Travel back in time through pre-historic rainforest to a time when coal mining took place with pick and shovel along the track. On arrival to the Ruined Castle, climb the rock formations of the 'castle' for a picnic spot with amazing views over the Jamison valley and Mount Solitary. Keep an eye out for the lizards that live here. Return the way you came, or for experienced walkers, continue if prepared for a much longer walk to Mount Solitary. Traveling by car is the only practical way to get to the Golden Stairs Track carpark following Glen Raphael Road off Narrow Neck Road or Cliff Drive, about 15 mins drive from Katoomba Station.



-we could see the Three Sisters - high cliffs - distant views - railings and stairs - downward-



Look
can you find
these plants?



-I felt hot tired and happy - sore legs but worth it - smiles-



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

So many ferns.

Listen, how many different bird calls can you hear?

Can you guess who lives here?

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



Feel the stone.
is it warm or cool?

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

Things not to touch
spider & snake holes, fungi,
spiders, insects



-Footsteps on crumpling leaves-



Find these
and tick the box

-the wind blowing - birds calling to each other-

-Rocks and trees

ants - insects

-I hear cicadas-