

Bushwalking

| A SELECTION OF POPULAR BUSHWALKS | Time | Grade | Approx distance | Type of route | OK when misty | View | Waterfall | Rainforest and ferns | Birdlife |
|---|--|----------|-----------------|---------------|---------------|------|-----------|----------------------|----------|
| LITHGOW | | | | | | | | | |
| Eskbank Track | 1hr | Medium | 1km | One way | ✓ | • | | | •• |
| Hassans Walls Lookout | 1hr | Medium | 3km | One way | | ••• | | | •• |
| NEWNES PLATEAU | | | | | | | | | |
| Deep Pass/Nayook Canyon | 2hrs | Hard | 5km | Return | ✓ | • | ••• | ••• | •• |
| Glow Worm Tunnel | 1hr | Medium | 3km | Return | ✓ | | | ••• | •• |
| Old Coach Road/Pagoda Track | 2hrs | Med/Hard | 10km | Return | ✓ | ••• | | ••• | ••• |
| WOLGAN VALLEY | | | | | | | | | |
| Glow Worm Tunnel | 4hrs | Med/Hard | 11km | One way | ✓ | ••• | | ••• | ••• |
| Newnes Shale Oil Refinery Ruins | 2hr | Medium | 4km | Circuit | ✓ | ••• | | | •• |
| Pipeline Pass | 10hrs | Hard | 20km | One way | ✓ | •• | | | |
| CAPEERTEE VALLEY | | | | | | | | | |
| Baal Bone Gap/Crown Creek/Pantoneys Crown | 12hrs | Hard | 15km | Return | | ••• | | | ••• |
| Bicentennial National Trail | Please contact the Lithgow Visitor Information Centre for further details. | | | | | | | | |
| Glen Davis to Coorangooba | 2 hrs | Easy | 2km | One way | ✓ | • | | | ••• |
| CAPEERTEE | | | | | | | | | |
| Blackmans Crown | 1hr | Medium | 2km | Return | ✓ | ••• | | | ••• |
| TARANA | | | | | | | | | |
| Evans Crown | 2hrs | Medium | 5km | Return | ✓ | ••• | | | ••• |
| HARTLEY VALLEY/MT YORK | | | | | | | | | |
| Berghofers Pass | 1hr | Medium | 3km | Return | | •• | | | • |
| Coxs Road | 2hrs | Medium | 3km | One way | ✓ | ••• | | | •• |
| Lawson's Long Alley/Lockyers Track | 4hrs | Medium | 11km | Return | ✓ | •• | | | •• |
| CLARENCE | | | | | | | | | |
| Zig Zag Track | 1hr | Medium | 2½km | One way | ✓ | ••• | •• | •• | ••• |

| KEY | |
|-----------|-----|
| Good | • |
| Very Good | •• |
| Excellent | ••• |

GRADING OF TRACKS

- Easy** Suitable for all ages but take care with children
- Medium** Some steps and stairs. For people who walk occasionally.
- Hard** Steep stairs and steps. For people who walk regularly. Visitors with heart or breathing difficulties should not attempt these walks.

4WD

| POPULAR 4WD TRACKS | Approx time/distance | Type of route | Difficulty | 2WD wet access | Creek crossings | Camping area | Picnic/BBQ facilities | Toilets | Topographic map | National Park/ State Forest |
|-----------------------------|---|---------------|------------|----------------|-----------------|--------------|-----------------------|---------|----------------------------|--------------------------------|
| CAPEERTEE | | | | | | | | | | |
| Glen Davis/ Capertee Valley | 1½hrs/80km | One way | 2 | Y | N | Y | P & B | Y | Ben Bullen | Wolgan SF/Gardens of Stone NP |
| Turon River | 6hrs | Return | 5 | N | Y | Y | P & B | N | Capertee | Various |
| BEN BULLEN | | | | | | | | | | |
| Long Swamp | ½hr/25km from Lithgow | One way | 5 | N | Y | N | N | N | Cullen Bullen & Ben Bullen | Ben Bullen SF |
| NEWNES PLATEAU | | | | | | | | | | |
| Baal Bone Gap | 3hrs/30km | One way | 5 | N | Y | N | N | N | Cullen Bullen & Ben Bullen | Ben Bullen SF |
| Blackfellows Hands | 2hrs/25km | One way | 4 | N | N | N | P | N | Cullen Bullen | Newnes SF |
| Bungleboori | 25min/15km from Lithgow | One way | 2 | Y | N | N | P | N | Lithgow | Newnes SF |
| Deep Pass North Arm | 2hrs/25km | One way | 3 | N | N | N | N | Y | Rock Hill | Newnes SF/Wollemi NP |
| South Arm | 2hrs/25km | One way | 3 | N | N | N | N | Y | Rock Hill | Newnes SF/Wollemi NP |
| Glow Worm Tunnel Road | 1½hrs/50km from Lithgow | One way | 2 | Y | N | N | P | Y | Cullen Bullen & Mt Morgan | Blue Mtns/Wollemi NP |
| Lost City | 35min/20km from Lithgow | One way | 3 | N | N | N | N | N | Lithgow | Newnes SF/Crown Land |
| Sunnyside Ridge | 2 hrs/50km | One way | 5 | N | N | N | N | N | Cullen Bullen & Lithgow | Newnes SF |
| SUNNY CORNER | | | | | | | | | | |
| Sunny Corner | There are many tracks at Sunny Corner that vary in time, distance, and difficulty. It is recommended to take maps and to travel with other vehicles | | | | | | | | Sunny Corner | Sunny Corner SF |
| WOLGAN VALLEY | | | | | | | | | | |
| Newnes/Wolgan Valley Road | 1½ hrs/35km | One way | 3 | Y | Y | Y | P & B | Y | Cullen Bullen & Ben Bullen | Wollemi NP/Gardens of Stone NP |

CHECKLIST FOR WALKERS

- Allow plenty of time to finish your walk in daylight hours.
- Always carry water for drinking on ALL walks.
- Know your route, keep to tracks, carry a reliable map.
- Wear sensible walking shoes (boots are not essential).
- Weather can change quickly in the Blue Mountains Region - always be prepared for heat, rain and cold.
- Carry a bag for rubbish and encourage others to do likewise.
- Wear a hat and protect skin from sun.
- In addition: for longer walks - go with friends, warm, waterproof clothing is advised, carry a topographic map, matches, first aid kit and advise friends where you are going and what time to expect you back. Borrow a Personal Locator Beacon.
- Cliff safety. Keep well back from cliff edges. Do not climb safety fences. Supervise children carefully.

BE PREPARED

For longer and more remote walks FREE Personal Locator Beacons are available for loan (subject to availability) when you register your walk with Accredited Visitor Information Centres at Glenbrook, Echo Point, Katoomba, Oberon, NPWS, Blackheath or after hours at Katoomba or Springwood Police Stations.

www.police.nsw.gov.au/trek

For walking maps and assistance in planning your bushwalking activities call at one of the Blue Mountains Visitor Information Centres at Glenbrook, Echo Point, Katoomba, Lithgow, Oberon or the National Parks Heritage Centre at Blackheath.

The National Parks and Wildlife Service may close walking tracks for maintenance without notice - contact (02) 4787 8877 or www.npws.nsw.gov.au and click on park closures or check out www.wildwalks.com for track notes.

| KEY | |
|-------------------------|---|
| Difficulty | |
| Easy (2WD car) | 1 |
| Moderate (Standard 4WD) | 5 |