



Gold Duke of Ed Adventurous Journey

Royal National Park, Sydney

RNP6G Helensburgh to Bundeena/Cronulla -

65kms, 4 days / 3 nights

SUPERVISORS:

Supervisors are qualified in First Aid, have Working With Children Check and carry emergency communication equipment.

MEETING POINT:

Helensburgh Station
LOT 1 Wilsons Creek Rd, Helensburgh NSW 2508
GPS -34.177155, 150.994133

Please meet on the southern side of the station, under the stairs near the lifts and bike parking. If you are driving, there is parking on this southern side.

MEETING TIME: 10:30am

ITINERARY:

Day 1: Helensburgh to North Era

(GPS coordinates of campsite: -34.175981, 151.056915)
10km. Grading: moderate, some hard.

Heading east from Helensburgh on the Burgh Track we'll descend down into the Hacking River valley and back up the other side to Garawarra Ridge. We'll enjoy ocean views on our way down the Burgh Ridge Track to our beachfront campsite at North Era, on the Coast Track.

North Era has a composting toilets and spring water, which should be treated before drinking. Swimming is permitted at Era Beach, a short walk from North Era Beach.

Day 2: North Era to Kingfisher Pool

(GPS coordinates of campsite: -34.126277, 150.977828)
23km. Grading: medium, some hard.

Starting north along the Coast Track we'll pass Garie Beach and ascend Garie North Head before turning west across the Curra Moors. Crossing Sir Bertram Stevens Drive we'll pick up the Wallumarra Track down to Bola



Creek before crossing the Hacking River again and ascending the Couranga Track to Waterfall. We'll continue through Waterfall on the Uloola Trail to Kingfisher Pool.

Kingfisher Pool is a creek-side campsite with a composting toilet. Creek water should be treated. Swimming is permitted in Kingfisher Pool.

Day 3: Kingfisher Pool to Uloola Falls, via Heathcote

(GPS coordinates of campsite: -34.108451, 151.038503)

14km. Grading: moderate, some medium.

The track heads northwest from our campsite and joins the Pipeline Track (management trail) at Battery Causeway. We'll follow this to the Friendly Track that will take us to Heathcote. We'll cross from Heathcote NP into Royal NP and continue via Karloo Pools to Uloola Falls.

Uloola Falls has a composting toilets and creek water, which should be treated.

Day 4: Uloola Falls to Bundeena/Cronulla

(GPS coordinates of campsite: -34.108451, 151.038503)

18km. Grading: moderate, some medium.

The Uloola Falls track heads north with views of the city skyline in the distance, before dropping down to cross the Hacking River for the last time at Audley. Continuing on the Winifred Falls Track en route to Maianbar we'll reach our walking destination at Bundeena Ferry Wharf, where we'll catch a ferry to Cronulla. Please bring money for the ferry (\$3 - \$4) it is not on Opal Card. Cronulla is at the southern end of the City/Bondi Junction train line.

END POINT:

Cronulla Ferry Wharf
Tonkin St
Cronulla NSW 2230

END TIME: approx. 4:20pm.

We recommend you use public transport to travel to and from your adventurous journey. We have designed this route specifically for this purpose. Check <http://www.transportnsw.info/> for train times to Sydney Central.

If your parents are collecting you, please ask them to be punctual. You can contact them on the guide's mobile if we are going to arrive a long way ahead or behind schedule.

DRINKING WATER: We recommend drinking 3 litres of water per day plus 1 litre to cook with at night. 1 litre of water weighs 1 kg. Please keep this in mind when packing. After the first day you should adjust this up or down depending on your water intake.

We anticipate spring, creek or tank water being available every day, but this is never certain. Creek, tank and spring water should be treated before drinking, see briefing notes for more details. Tap water will be available at Waterfall on the afternoon of Day 2 and at Heathcote on the afternoon of Day 3.

CREEK CROSSINGS: Creek crossings occur every day and you may get wet feet on Day 1. We do not anticipate high water on this hike but will keep you informed leading up to your journey and your hiking supervisors will make decisions on creek crossings in the field.



TOILETS: Composting toilets are available at our campsites on all nights and a flush toilet is available at Garie Beach on the morning of Day 2, Waterfall Station on the afternoon of Day 2 and Heathcote Station at midday on Day 3. At all other times toilet waste must be buried and you will need to bring a trowel for this purpose.