



## Silver Duke of Ed Adventurous Journey

### Royal National Park, Sydney

### RNP6S Helensburgh to Heathcote - 41kms, 3 days / 2 nights

#### **SUPERVISORS:**

Supervisors are qualified in First Aid, have Working with Children clearance 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 we'll descend down into the Hacking River valley and back up the other side to Garawarra Ridge. We'll enjoy sweeping ocean views before dropping down to our oceanfront campsite at North Era.

North Era is a beachfront campsite with composting toilets and no drinking water.

##### **Day 2: North Era to Kingfisher Pool**

(GPS coordinates of campsite: -34.126277, 150.977828)  
22.5km. 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 at Kingfisher Pool is permitted.



### **Day 3: Kingfisher Pool to Heathcote**

8.5km. Grading: moderate, some medium.

The track heads northwest from our campsite and joins the Pipeline Track (management trail) at Battery Causeway. We'll follow the management trail until we cross the water pipeline at the Friendly Track that will take us to Heathcote.

#### **END POINT:**

Heathcote Station  
Princes Highway  
Heathcote NSW 2233  
GPS: -34.088203, 151.008019

We will finish near the large car park, on the western, Princes Hwy side of the train line and station.

#### **END TIME:** approx. 1pm.

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.

**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.