

DAY 1: Emu Plains to Glenbrook

Tuesday, January 2, 2018

Predicted weather (TBC)

Meeting time:

8.00am @ Our Lady of the Way Catholic Church, Emu Plains [15 Troy Street, Emu Plains]

Mass:

9.00 – 9.30 am @ Our Lady of the Way Catholic Church, Emu Plains

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Our Lady of the Way, Emu Plains	10.15am	Siding Lookout	11.15am	1 hour	3.0	Moderate
Morning Tea: 11.15 – 11.45am @ Siding Lookout						
Siding Lookout	11.45am	Rock Lookout (Glenbrook Gorge)	12.45pm	1 hour	3.0	Easy
Lunch: 12.45 – 1.30pm @ Rock Lookout (Glenbrook Gorge)						
Rock Lookout (Glenbrook Gorge)	1.30pm	Glenbrook village green	2.30pm	1 hour	3.0	Easy
Afternoon Tea: 2.30 – 3.00pm @ Glenbrook village green (<i>toilets + water refill available</i>)						
Glenbrook village green	3.00pm	St Finbar's Catholic Church, Glenbrook	3.30pm	30 min	1	Easy
TOTAL DISTANCE					10	Overall: Grade 2

Prayer and Adoration:

6pm @ St Finbar's Parish Catholic Church, Glenbrook [46 Levy Street, Glenbrook]

Dinner:

7.30pm @ St Finbar's Parish Hall, Glenbrook

Night Prayer:

9.00pm @ St Finbar's Parish Hall, Glenbrook

<i>Track + other notes:</i>	<i>Toilets, water refills + train stations:</i>
<ul style="list-style-type: none">- Pilgrims need to have breakfast before beginning the walk and must bring their own morning tea, lunch and afternoon tea for this day of walking- This is an easy day walk, suitable for those of all ages and fitness levels. There is one steep set of steps from the Southern end of the Knapsack Viaduct up to the Lapstone Zig Zag.- Significant sights on the walk include:<ul style="list-style-type: none">o Knapsack Viaducto Lapstone Zig Zago Historic Lucasville Stationo Old Glenbrook Railway Tunnelo Tramway Routeo Funicular Railwayo Views over Glenbrook Gorge and Sydney Basino Glenbrook village	<ul style="list-style-type: none">- There are no water refill points or toilets between Our Lady of the Way Church and Glenbrook village green; pilgrims need to carry a minimum of 2 L of water between these points.- Train stations accessible along the route include Emu Plains Station and Glenbrook Station.

DAY 2: Glenbrook to Springwood

Wednesday, January 3, 2018

Predicted weather (TBC)

Mass:

7.00 – 7.30am @ St Finbar's Parish Catholic Church, Glenbrook [46 Levy Street, Glenbrook]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Finbar's Catholic Church	8.30am	Warrimoo Oval Lookout	11.00am	2 hour 30 min	7.5km	Moderate
Morning tea: 11.00 – 11.30am @ Warrimoo Oval Lookout (<i>water refill available</i>)						
Warrimoo Oval Lookout	11.30am	Long Angle Valley Entry	1.45pm	2 hour 15 min	5.5km	Moderate
Lunch: 1.45 – 2.30pm @ Long Angle Valley Entry						
Long Angle Valley Entry	2.30pm	St Thomas Aquinas Church, Springwood	3.45pm	1 hour 15 min	4.0km	Moderate
Afternoon Tea: 3.45 – 4.15pm @ St Thomas Aquinas Parish, Springwood (<i>toilets + water refill available</i>)						
TOTAL DISTANCE					17.0km	Overall: Grade 3

Prayer and Adoration:

6pm @ St Thomas Aquinas Parish, Springwood [168 Hawkesbury Road, Springwood]

Dinner:

7.30pm @ St Thomas Aquinas Parish Hall, Springwood

Night Prayer:

9.00pm @ St Thomas Aquinas Parish Hall, Springwood

<i>Track + other notes:</i>	<i>Toilets, water refills + train stations:</i>
<ul style="list-style-type: none">- This is a comfortable day walk, suitable for those of moderate fitness levels. There are no steps along the track, but a number of steep ascents and descents along the fire trail between Mount Riverview and Winmale including a long and steep ascent out of Long Angle Valley- Significant sights on the walk include:<ul style="list-style-type: none">o Glenbrook Lagoono Long Angle Valley	<ul style="list-style-type: none">- There is a water refill point at Warrimoo Oval Lookout; pilgrims need to carry a minimum of 2 L of water up to this point and refill for the second part of the day with another 2 L.- There are no toilets between St Finbar's Church and St Thomas Aquinas Church.- Train stations accessible along the route include Blaxland and Warrimoo Stations. Springwood Station is approximately 3.5 km (45 minute walk) from St Thomas Aquinas Church.

DAY 3: Springwood to Lawson

Thursday, January 4, 2018

Predicted weather (TBC)

Mass:

7.00 – 7.30am @ St Thomas Aquinas Parish, Springwood [168 Hawkesbury Road, Springwood]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Thomas Aquinas Church, Springwood	8.00am	Buttenshaw Park	9.45am	1 hour 45 min	6.0km	Moderate
Morning Tea: 9.45 – 10.15am @ Buttenshaw Park (toilets and water refill available)						
Buttenshaw Park	10.15m	King's Cave	12.30pm	2 hour 15 min	7.5km	Easy
Lunch: 12.30 – 1.15pm @ King's Cave						
King's Cave	1.15pm	Hazelbrook Shopping Centre	4.00pm	2 hour 45 min	7.0km	Moderate
Afternoon Tea: 4.00 – 4.30pm @ Hazelbrook Shopping Centre (toilets and water refill available)						
Hazelbrook Shopping Centre	4.30pm	Our Lady of the Nativity, Lawson	5.00pm	30 min	1.5km	Easy
TOTAL DISTANCE					22km	Overall: Grade 4

Prayer and Adoration:

6pm @ Our Lady of the Nativity Parish, Lawson [254 Great Western Highway, Lawson]

Dinner:

7.30pm @ Santa Maria Hall, Lawson [253 Great Western Highway, Lawson]

Night Prayer:

9.00pm @ Santa Maria Hall, Lawson

<i>Track + other notes:</i>	<i>Toilets, water refills + train stations:</i>
<ul style="list-style-type: none"> - This is a long day of walking and a moderate level of fitness and high level of endurance is required. It is possible to complete this day of walking with predominately gentle ascents and descents, however, this is largely via the roads. Those wishing to follow the fire trails and bush tracks marked should be prepared for a number of steep ascents and descents along the route. There is a very steep descent and then ascent between Faulconbridge and Linden Ridge - Significant sights on the walk include: <ul style="list-style-type: none"> o Birdwood Gully o Sir Henry Parkes Grave o Kings Cave o Eurama Castle o Woodford Dam o Transit of Venus – Edith Falls and Hazel Falls 	<ul style="list-style-type: none"> - There are water refill points at Buttenshaw Park, Burke Road Park (Linden) and Hazelbrook Shops; pilgrims need to carry a minimum of 2.5 L of water between each of these points. - Toilets are available at Buttenshaw Park and Hazelbrook Shops. - Faulconbridge, Linden and Woodford Train Stations are all along the route and so those wishing to walk only some sections of the track on this day may wish to access these. Our Lady of the Nativity Church, Lawson is approximately 1.5 km from both Lawson and Hazelbrook Train Stations.

DAY 4: Lawson to Wentworth Falls

Friday, January 5, 2018

Predicted weather (TBC)

Mass:

7.00 – 7.30am @ Our Lady of the Nativity Parish, Lawson [254 Great Western Highway, Lawson]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Our Lady of the Nativity, Lawson	8.30am	Booth Rd	10.00am	1 hour 30 min	4.5km	Easy
Morning Tea: 10.00 – 10.30am @ Booth Rd						
Booth Rd	10.30am	1931 Shelter Cave	12.00pm	1 hour 30 min	2.0km	Hard
Lunch: 12.00 – 12.45 @ 1931 Shelter Cave						
1931 Shelter Cave	12.45pm	Wentworth Falls Lake	2.00pm	1 hour 15 min	4.0km	Moderate
Afternoon Tea: 2.00 – 2.30pm @ Wentworth Falls Lake (<i>toilets and water available</i>)						
Wentworth Falls Lake	2.30pm	Blue Mountains Grammar School Hall	3.00pm	30 min	2.5km	Easy
TOTAL DISTANCE					13 km	Overall: Grade 4

Prayer and Adoration:

6pm @ St Francis Xavier, Wentworth Falls [3 Day Street, Wentworth Falls] (approximately 20 minutes walk from Blue Mountains Grammar School)

Dinner:

7.30pm @ Grand View Hotel [174 Great Western Highway, Wentworth Falls]

Night Prayer:

9.00pm @ Blue Mountains Grammar School Hall

<i>Track + other notes:</i>	<i>Toilets, water refills + train stations:</i>
<ul style="list-style-type: none"> - Whilst this is not a long walk, it has two steep descents and ascents (into and out of valleys) that are quite difficult and require a moderate level of fitness. The route follows the historic Bruce's Walk which began as a maintenance track for the power supply in 1931 and was cleared again in 1986 by two local walkers – Jim Smith and Wilf Hidler. - Significant sights on the walk include: <ul style="list-style-type: none"> o Creek crossings o Artifacts associated with the walk including: <ul style="list-style-type: none"> ▪ Signs ▪ Ladders ▪ Seats ▪ Shelter Caves 	<ul style="list-style-type: none"> - There are no water refill points or toilets between Our Lady of the Nativity, Lawson and Wentworth Falls Lake; pilgrims need to carry a minimum 4 L of water between these points. - The route passes by Lawson and Wentworth Falls Stations. St Francis Xavier Church is a short walk from Wentworth Falls Station. - Blue Mountains Grammar School, Saint Francis Xavier Church and the Grand View Hotel are all about 15 minutes from one another.

DAY 5: Wentworth Falls to Katoomba
 Saturday, January 6, 2018

Predicted weather (TBC)

Mass:

8.30 – 9.00am @ St Francis Xavier, Wentworth Falls [3 Day Street, Wentworth Falls] (approximately 20 minutes walk from Blue Mountains Grammar School)

NOTE: This Mass is later than the other Masses because we do not return to Blue Mountains Grammar School before departing

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Francis Xavier, Wentworth Falls	9.30am	Leura Golf Course	11.00am	1 hour 30 min	4.0km	Moderate
Morning Tea: 11.00 – 11.30am @ Leura Golf Course (<i>toilets and water refill available</i>)						
Leura Golf Course	11.30am	Leura Cascades	1.15pm	1 hour 45 min	4.5km	Moderate
Lunch: 1.15 – 2.00pm @ Leura Cascades (<i>toilets and water available</i>)						
Leura Cascades	2.00pm	The Three Sisters	3.30pm	1 hour 30 min	3.5km	Moderate
Afternoon Tea: 3.30 – 4.00pm @ The Three Sisters (<i>toilets and water available</i>)						
The Three Sisters	4.00pm	St Canice's Catholic Church, Katoomba	4.30pm	30min	2.0km	Easy
TOTAL DISTANCE					13km	Overall: Grade 3

Prayer and Adoration:

6pm @ St Canice's Church, Katoomba [158 Katoomba Street, Katoomba]

Dinner:

7.30pm @ TBC

Night Prayer:

9.00pm @ St Canice's Hall, Katoomba

<i>Track + other notes:</i>	<i>Toilets, water refills + train stations</i>
<ul style="list-style-type: none"> - This day of walking follows some of the well known walking tracks in the mountains including the Valley of the Waters track and Prince Henry Cliff Walk. There are a number of short and steep ascents and descents as the route dips into small gullies, but there are no extended ascents and descents as the route stays above the cliff line. - Significant sights on the walk include: <ul style="list-style-type: none"> o Various water falls and lookouts <ul style="list-style-type: none"> ▪ Golf Link Lookout ▪ Queen Victoria Lookout ▪ Empress Lookout ▪ Bridal Veil Lookout ▪ Olympian Rock ▪ Elysian Rock ▪ Millamurra Lookout ▪ Tallawarra Lookout ▪ Echo Point o Lilian Bridge o Pool of Siloam o The Three Sisters o Views of the Jamison Valley 	<ul style="list-style-type: none"> - There are a number of water refill points and toilets along this route; pilgrims will not need to be carrying more than 2 L of water at any one time. - The walk does not pass directly by any train stations, however train stations at both ends of the walk (Wentworth Falls and Katoomba) are only a short distance from the churches.

DAY 6: Katoomba to Blackheath

Sunday, January 7, 2018

Predicted weather (TBC)

Morning Prayer:

7.30 – 7.45am @ St Canice's Church, Katoomba [158 Katoomba Street, Katoomba]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Canice's Church, Katoomba	8.30am	Hydro Majestic, Medlow Bath	10.30am	2 hour	6.5km	Moderate
Morning Tea: 10.30 – 11.00am @ Hydro Majestic, Medlow Bath (<i>toilets and water refill available</i>)						
Hydro Majestic, Medlow Bath	11.00am	Blackheath township	1.00pm	2 hour	6.5km	Easy
Lunch: 1.00 – 1.45pm @ Blackheath township (<i>toilets and water refill available</i>)						
Blackheath township	1.45pm	Sacred Heart Church, Blackheath	2.15pm	30 min	1km	Easy
Afternoon Tea: 2.15 – 2.45pm @ Sacred Heart Church, Blackheath (<i>toilets and water available</i>)						
TOTAL DISTANCE					14km	Overall: Grade 3

Sunday Mass – Feast of the Epiphany:

6pm @ Sacred Heart Church, Blackheath [18 Inconstant Street, Blackheath]

Dinner:

7.30pm @ Sacred Heart Hall, Blackheath

Night Prayer:

9.00pm @ Sacred Heart Hall, Blackheath

<i>Track + other notes:</i>	<i>Toilets, water refills + train stations:</i>
<ul style="list-style-type: none">- This is a comfortable day walk with no steps and only moderate ascents and descents.- Significant sights on the walk include:<ul style="list-style-type: none">o Explorer's Treeo The Hydro Majestic Hotelo Views of the Megalong Valley	<ul style="list-style-type: none">- There is a water refill point at The Hydro Majestic Hotel; pilgrims will not need to be carrying more than 2 L of water at any one time.- There are toilets at The Hydro Majestic Hotel.- The route passes by both Katoomba and Blackheath Stations.

DAY 7: Blackheath to Bell

Monday, January 8, 2018

Predicted weather (TBC)

Morning Prayer:

7.30 – 7.45am @ Sacred Heart Hall, Blackheath [18 Inconstant Street, Blackheath]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Sacred Heart Church, Blackheath	8.15am	Ikara Head Trail	10.45am	2 hour 30 min	10km	Easy
Morning Tea: 10.45 – 11.15am @ Ikara Head Trail						
Ikara Head Trail	11.15am	Canyon Collery	2.15pm	3 hour	6km	Moderate
Lunch: 2.15 – 3.00pm @ Canyon Collery						
Canyon Collery	3.00pm	The Chapel of the Magi, Bell	4.15	1 hour 15 min	4km	Easy
Afternoon Tea: 4.15 – 4.45pm						
TOTAL DISTANCE					20km	Overall: Grade 4

Closing Mass:

5.00pm @ The Chapel of the Magi [19 Nioka Place, Bell]

Dinner:

6.30pm @ The Chapel of the Magi

<i>Track + other notes:</i>	<i>Toilets, water refills + train stations:</i>
<ul style="list-style-type: none">- This walk is quite long with extended flat sections of track and one significant descent and ascent into the upper Grose Valley. The route takes in a small section of the old Engineers Track which dates back to 1857 when a group of engineers began construction of a bridal trail up the Grose River Gorge.- Significant sights on the walk include:<ul style="list-style-type: none">o Views of the Megalong Valleyo Views of the upper Grose Valleyo Ikara Heado Engineers Track	<ul style="list-style-type: none">- Water refill is available at Ikara Head. Pilgrims need to carry 4 L of water between Blackheath and Ikara Head then refill to carry another 4 L from Ikara Head to Bell.- There are toilets at Sacred Heart Church, Blackheath and the Chapel of the Magi, Bell.- The route passes close to Blackheath, Mount Victoria and Bell Stations.