

DAY 1: Emu Plains to Glenbrook

Saturday, January 2, 2021

Meeting time:

8.00am @ Our Lady of the Way Catholic Church, Emu Plains [15 Troy Street, Emu Plains; altitude: 32m]

Mass:

8.30am – 9.15am @ Our Lady of the Way Parish Hall, Emu Plains

Morning Tea:

9.15am – 9.45am @ Our Lady of the Way Parish Hall, Emu Plains

Briefing and Introductions:

9.45am – 10.30am @ Our Lady of the Way Parish Hall, Emu Plains

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty	
Our Lady of the Way, Emu Plains	10.45am	Rock Lookout (Glenbrook Gorge)	12.45pm	2 hours	6.0	Moderate	
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 Ascent: 265		Total Descent: 96		TOTAL DISTANCE		10	Overall: Grade 2

Self-care session:

4.30pm @ St Finbar's Parish Hall, Glenbrook

Reflection and Prayer Session:

6pm @ St Finbar's Parish Hall, Glenbrook [46 Levy Street, Glenbrook; altitude: 201m]

Dinner:

7.30pm @ St Finbar's Parish Hall, Glenbrook

Night Prayer:

9.30pm @ St Finbar's Parish Hall, Glenbrook

<i>Track + other notes:</i>	<i>Toilets, showers, 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 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.- Two cold showers are available at Glenbrook Parish.

DAY 2: Glenbrook to Springwood

Sunday, January 3, 2021

Mass (Parish Mass):

7.30 – 8.15am @ St Finbar's Parish Catholic Church, Glenbrook [46 Levy Street, Glenbrook; altitude: 201m]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Finbar's Catholic Church	8.45am	Long Angle / Sun Valley Junction	11.00am	2 hour 15 min	7.5km	Moderate
Morning tea: 11.00 – 11.30am @ Long Angle Valley Creek Silent personal contemplation: 11.30am – 12.00pm @ Long Angle Valley Creek						
Long Angle / Sun Valley Junction	12.00pm	Long Angle Valley Entry	1.15pm	1 hour 15 min	4.5km	Moderate
Lunch: 1.15 – 2.00pm @ Long Angle Valley Entry						
Long Angle Valley Entry	2.00pm	St Thomas Aquinas Church, Springwood	3.15pm	1 hour 15 min	4.0km	Easy
Afternoon Tea: 3.15 – 3.45pm @ St Thomas Aquinas Parish, Springwood (<i>toilets + water refill available</i>)						
Total Ascent: 576m	Total Descent: 440m		TOTAL DISTANCE		16.0km	Overall: Grade 3

Group Reflection and Discussion:

5pm @ St Thomas Aquinas Primary School Hall, Springwood [168 Hawkesbury Road, Springwood, altitude: 337m]

Dinner:

6.30pm @ St Thomas Aquinas Primary School Hall, Springwood

Night Prayer:

8.30pm @ St Thomas Aquinas Parish Hall, Springwood

<i>Track + other notes:</i>	<i>Toilets, showers, 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 a number of significant ascents and descents between Mount Riverview and Winmalee including a steep ascent up concrete hill to Rickard Road, a moderate descent into Sun Valley from Cross Street Reserve and a long and steep ascent out of Long Angle Valley. The valley floor itself is beautiful and flat. - Significant sights on the walk include: <ul style="list-style-type: none"> o Glenbrook Lagoon o Cripple Creek Reserve o Long Angle Valley 	<ul style="list-style-type: none"> - There is no water refill point before St Thomas Aquinas School; pilgrims need to carry a minimum of 3 L of water. - 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
Monday, January 4, 2021

NOTE: Breakfast will be on route this day. Disposable bowls, plates + cutlery will be provided. Pilgrims are required to pack and carry their own breakfast.

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Thomas Aquinas Church, Springwood	3.00am	Tom Hunter Oval	6.30am	3 hour 30 min*	6.5km	Moderate
** Sunrise Mass: 6.30 – 7.00am @ Tom Hunter Oval <i>(water refill available)</i> Breakfast: 7.15 – 7.45am @ Tom Hunter Oval						
Tom Hunter Oval	7.45am	Linden Ridge Track Head	10.00am	2 hour 15 min	4.5km	Hard
Morning Tea: 10.00 – 10.30am @ Linden Ridge Track Head						
Linden Ridge Track Head	10.30am	Linden Ridge Lookout	12.15pm	1 hour 45 min	6.0km	Easy
Lunch: 12.15 – 1.00pm @ Linden Ridge Lookout						
Linden Ridge Lookout	1.00pm	Hazelbrook Shopping Centre	3.15pm	2 hour 15 min	6.0km	Hard
Afternoon Tea: 3.15 – 3.45pm @ Hazelbrook Shopping Centre <i>(toilets and water refill available)</i>						
Hazelbrook Shopping Centre	3.45pm	Our Lady of the Nativity, Lawson	4.15pm	30 min	1.5km	Easy
Total Ascent: 1031m		Total Descent: 651m		TOTAL DISTANCE		24.5km
						Overall: Grade 4

Prayer and Adoration:

6pm @ Our Lady of the Nativity Parish, Lawson [254 Great Western Highway, Lawson; altitude: 717m]

Dinner:

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

Night Prayer:

9.30pm @ Santa Maria Hall, Lawson

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none">- This is a long day of walking and a high level of endurance is required. There are many stretches of very easy walking (15 km of this day!) but there are 2 challenging downhills and 2 challenging uphills. We will be going very slowly on these sections.- We are making an early start (in the dark) and pilgrims need to use a headlamp for the first section of this day- *We have allowed LOTS of time for this section of the walk. The walk before breakfast follows a local undulating bush track. It is not a difficult walk but because we are doing it in the dark, it will be more challenging than normal. Some sections may be slippery and so we will be taking it VERY slowly. Keep your eyes peeled for glow worms!- ** Mass and breakfast will be on route at Tom Hunter park. Pilgrims need to carry breakfast for this day (disposable bowls, plates and cutlery will be provided).- Significant sights on the walk include:<ul style="list-style-type: none">o Birdwood Gully (hopefully some glow worms)o Linden Ridge with views of Mount Banks and Mount Hayo Woodford Dam	<ul style="list-style-type: none">- There is a water refill point at Tom Hunter Park and Hazelbrook Shops; pilgrims need to carry a minimum of 3 L of water between each of these points.- Pilgrims are encouraged to purchase fruit for Days 4 and 5 at Hazelbrook Shops- Toilets are available at Hazelbrook Shops.- Springwood and Linden Train Stations can be accessed for those finding the walk difficult or wishing to walk only some sections of the track on this day. Our Lady of the Nativity Church, Lawson is approximately 1.5 km from both Lawson and Hazelbrook Train Stations.- 1 warm shower is available at Santa Maria Centre.

DAY 4: Lawson to Wentworth Falls

Tuesday, January 5, 2021

Mass:

7.30 – 8.00am @ Our Lady of the Nativity Parish, Lawson [254 Great Western Highway, Lawson; altitude: 717m]

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	5.0km	Easy
Morning Tea: 10.00 – 10.30am @ Booth Rd						
Booth Rd	10.30am	1931 Shelter Cave	12.15pm	1 hour 45 min	2.5km	Hard
Lunch: 12.15 – 1.00pm @ 1931 Shelter Cave						
1931 Shelter Cave	1.00pm	Wentworth Falls Lake	2.30pm	1 hour 30 min	4.0km	Moderate
Afternoon Tea (long): 2.30pm – 3.30pm @ Wentworth Falls Lake (<i>toilets and water available</i>)						
Wentworth Falls Lake	3.30pm	Blue Mountains Grammar School Hall	4.00pm	30 min	2.5km	Easy
Total Ascent: 932m		Total Descent: 752m		TOTAL DISTANCE		Overall: Grade 4
				14 km		

Group Reflection and Discussion:

6pm @ Blue Mountains Grammar School Hall [3 Matcham Av, Wentworth Falls]

Dinner:

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

Night Prayer:

9.30pm @ Blue Mountains Grammar School Hall

Track + other notes:

- This is a relatively short day of walking. It begins with some road walking then joins the historic Bruce's walk. The walk 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 Hilder. This section of the walk has two steep descents and ascents (into and out of valleys) that are quite difficult and require a moderate level of fitness. Walkers are encouraged to wear long sleeves and pants for this stretch of the walk as some of the vegetation can be quite scratchy. Features along the walk include creek crossings, and a range of artefacts associated with the history of Bruce's walk including various artifacts such as signs, ladders, seats and shelter caves.
- Significant sights on the walk include:
 - o Creek crossings
 - o Artifacts associated with Bruce's walk including:
 - Signs
 - Ladders
 - Seats
 - Shelter Caves

Toilets, showers, water refills + train stations:

- 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 3 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 and Saint Francis Xavier Church are about 15 minutes from one another.
- Six warm showers are available at BMGS.

DAY 5: Wentworth Falls to Katoomba

Wednesday, January 6, 2021

Mass:

8.30 – 9.00am @ St Francis Xavier, Wentworth Falls [3 Day Street, Wentworth Falls; altitude: 897m] (approximately 15 minutes walk from BMGS)

NOTE: We do not return to Blue Mountains Grammar School before departing for the walk. Breakfast needs to be eaten prior to our departure for the Church.

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Francis Xavier, Wentworth Falls	9.15am	Leura Golf Course	11.15am	2 hours	5.0km	Hard
Morning Tea: 11.15 – 11.45am @ Leura Golf Course (<i>toilets and water refill available</i>)						
Leura Golf Course	11.45am	Leura Cascades	1.30pm	1 hour 45 min	5.0km	Hard
Lunch: 1.30 – 2.15pm @ Leura Cascades (<i>toilets and water available</i>)						
Leura Cascades	2.15pm	St Canice's Catholic Church, Katoomba	3.00pm	45 min	2.5km	Moderate
Afternoon Tea: 3.00 – 3.30pm @ St Canice's Catholic Church, Katoomba (<i>toilets and water available</i>)						
Total Ascent: 1126m	Total Descent: 1015m		TOTAL DISTANCE		12.5km	Overall: Grade 4

Prayer and Adoration:

6pm @ St Canice's Church, Katoomba [158 Katoomba Street, Katoomba, altitude: 1008m]

Dinner:

7.30pm @ St Canice's Hall, Katoomba

Night Prayer:

9.30pm @ St Canice's Hall, Katoomba

<i>Track + other notes:</i>	<i>Toilets, showers, 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 ascents and descents as the route dips into small gullies, but the route stays above the cliff line. This day has the highest total ascents and descents of any day and so you'll feel your legs at the end!- 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 Pointo Lilian Bridgeo Pool of Siloamo The Three Sisterso 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.- 2 cold showers are available at St Canice's Church.- There is a large supermarket close to the church in Katoomba where pilgrims are encouraged to purchase fruit for Days 6 and 7 of the pilgrimage.

DAY 6: Katoomba to Blackheath

Thursday, January 7, 2021

Mass:

7.30 – 8.00am @ St Canice's Church, Katoomba [158 Katoomba Street, Katoomba; altitude: 1008m]

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	11.00am	2 hour 30 min	7.5km	Moderate
Morning Tea: 11.00 – 11.30am @ Hydro Majestic, Medlow Bath <i>(toilets and water refill available)</i>						
Hydro Majestic, Medlow Bath	11.30am	Blackheath township	1.30pm	2 hour	7.0km	Easy
Lunch: 1.30 – 2.15pm @ The Gardens Park, Blackheath <i>(toilets and water refill available)</i>						
The Gardens Park, Blackheath	2.15pm	Sacred Heart Church, Blackheath	2.30pm	15 min	0.5km	Easy
Afternoon Tea: 2.30 – 3.00pm @ Sacred Heart Church, Blackheath <i>(toilets and water available)</i>						
Total Ascent: 382m	Total Descent: 307m		TOTAL DISTANCE		15km	Overall: Grade 3

Prayer and Adoration:

6pm @ Sacred Heart Church, Blackheath [18 Inconstant Street, Blackheath, altitude 1083m]

Dinner:

7.30pm @ Sacred Heart Hall, Blackheath

Night Prayer:

9.30pm @ Sacred Heart Hall, Blackheath

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"> - This is a comfortable day walk with only moderate ascents and descents. - Significant sights on the walk include: <ul style="list-style-type: none"> o North's Lookout o Explorer's Tree o The Hydro Majestic Hotel o Views of the Megalong Valley o Mark Foy's Tomb 	<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 Medlow Bath and Blackheath Stations (and near Katoomba Station). - Two cold showers are available at Sacred Heart, Blackheath.

DAY 7: Blackheath to Bell

Friday January 8, 2021

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Sacred Heart Church, Blackheath	8.30am	Govett's Leap	9.30am	1 hour	4.0km	Easy
Morning Tea + Pilgrimage Reflection: 9.30 – 10.30am @ Govett's Leap						
Govett's Leap	10.30am	Blackheath Train Station	12.30pm	2 hours	5.0km	Moderate
Train: 12.38 – 12.54pm from Blackheath Train Station to Bell Train Station						
Bell Train Station	1.00pm	Bell Gully	1.30pm	30 min	2.0km	Easy
Lunch + Discussion: 1.30 – 2.30pm @ Bell Canyon Lookout						
Bell Gully	2.30pm	The Chapel of the Magi, Bell	3.00pm	30 min	2.0km	Moderate
Total Ascent: 504m		Total Descent: 569m		TOTAL DISTANCE		Overall: Grade 3
				13km		

Closing Mass:

3.30pm @ The Chapel of the Magi [19 Nioka Place, Bell; altitude: 1018m]

Dinner:

4.30pm @ The Chapel of the Magi

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none">- This day of walking has been changed as a result of track closures in the Blackheath area.- Pilgrims need to carry their pilgrim journal for this day of walking.- Significant sights on the walk include:<ul style="list-style-type: none">o Views of the upper Grose Valleyo Views of the Wollemi National Park	<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 route passes close to Blackheath and Bell Stations.- No showers are available at the Chapel of the Magi.- There is a train from Bell to Sydney at 6.08pm.