

## DAY 1: Emu Plains to Glenbrook

Thursday, January 2, 2020

Partly sunny: 32°C / 19°C | 1mm

### Meeting time:

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

### Mass:

8.15 – 9.00am @ Our Lady of the Way Parish Hall, Emu Plains

### Morning Tea:

9.00am – 9.30am @ Our Lady of the Way Parish Hall, Emu Plains

### Briefing and Introductions:

9.45 – 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: 12.45pm – 1.30pm @ Rock Lookout (Glenbrook Gorge)						
Rock Lookout (Glenbrook Gorge)	1.30pm	Glenbrook village green	2.30pm	1 hour	3.0	Easy
Afternoon Tea: 2.30pm – 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
<b>Total Ascent: 265</b>	<b>Total Descent: 96</b>	<b>TOTAL DISTANCE</b>		<b>10</b>	<b>Overall: Grade 2</b>	

### Self-care session:

4.30pm @ St Finbar's Parish Hall, Glenbrook

### Outdoor Prayer Walk (Stations of the Cross) (Optional):

5.15pm @ St Finbar's Parish Catholic Church, Glenbrook [46 Levy Street, Glenbrook; altitude: 201m]

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**Prayer and Adoration:**

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

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**Dinner:**

7.30pm @ St Finbar's Parish Hall, Glenbrook

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**Night Prayer:**

9.30pm @ St Finbar's Parish Hall, Glenbrook

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<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"><li>- Pilgrims need to have breakfast before beginning the walk and must bring their own lunch and afternoon tea for this day of walking</li><li>- 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.</li><li>- Significant sights on the walk include:<ul style="list-style-type: none"><li>o Knapsack Viaduct</li><li>o Lapstone Zig Zag</li><li>o Historic Lucasville Station</li><li>o Old Glenbrook Railway Tunnel</li><li>o Tramway Route</li><li>o Funicular Railway</li><li>o Views over Glenbrook Gorge and Sydney Basin</li><li>o Glenbrook village</li></ul></li></ul>	<ul style="list-style-type: none"><li>- 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.</li><li>- Train stations accessible along the route include Emu Plains Station and Glenbrook Station.</li><li>- Two cold showers are available at Glenbrook Parish.</li></ul>

## DAY 2: Glenbrook to Springwood

Friday, January 3, 2020

Cloudy with a little rain: 26°C / 17°C | 2mm

### Mass:

7.00 – 7.30am @ 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	8.00am	Long Angle Valley / Sun Valley Junction	11.15am	3 hour 15 min	8.5km	Moderate
Morning tea: 11.15 – 11.45am @ Cross Street Reserve						
Long Angle Valley / Sun Valley Junction	11.15am	Long Angle Valley Entry	12.45pm	1 hour 30 min	5.5km	Moderate
Lunch: 12.45 – 1.15pm @ Long Angle Valley Entry						
Long Angle Valley Entry	1.15pm	St Thomas Aquinas Church, Springwood	2.15pm	1 hour	4.0km	Easy
Afternoon Tea: 2.15 – 3.00pm @ St Thomas Aquinas Parish, Springwood ( <i>toilets + water refill available</i> )						
Total Ascent: 576m	Total Descent: 440m		TOTAL DISTANCE		18.0km	Overall: Grade 3

### Rosary (optional):

4.30pm @ St Thomas Aquinas Parish, Springwood [168 Hawkesbury Road, Springwood, altitude: 337m]

### Prayer and Adoration:

6pm @ St Thomas Aquinas Parish, Springwood [168 Hawkesbury Road, Springwood, altitude: 337m]

### Dinner:

7.30pm @ St Thomas Aquinas Parish Hall, Springwood

### Night Prayer:

9.30pm @ 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"> <li>- 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.</li> <li>- Significant sights on the walk include:               <ul style="list-style-type: none"> <li>o Glenbrook Lagoon</li> <li>o Cripple Creek Reserve</li> <li>o Long Angle Valley</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- There is a water refill point at the end of Rickard Rd, Warrimoo; 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.</li> <li>- There are no toilets between St Finbar's Church and St Thomas Aquinas Church.</li> <li>- 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.</li> <li>- Two warm showers are available at St Thomas Aquinas Parish.</li> </ul>

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**DAY 3: Springwood to Lawson**  
Saturday, January 4, 2020

Partly cloudy: 29°C / 16°C | 0mm

**Mass:**

7.00 – 7.30am @ St Thomas Aquinas Parish, Springwood [168 Hawkesbury Road, Springwood; altitude: 337m]

**Walking Details:**

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty	
St Thomas Aquinas Church, Springwood	<b>8.00am</b>	Buttenshaw Park	10.15am	2 hour 15 min	5.5km	Moderate	
Morning Tea: 10.15am – 10.45am @ Buttenshaw Park ( <i>water refill available</i> )							
Buttenshaw Park	10.45am	King's Cave	1.00pm	2 hour 15 min	7.5km	Moderate	
Lunch: 1.00 – 1.45pm @ King's Cave							
King's Cave	1.45pm	Hazelbrook Shopping Centre	4.15pm	2 hour 30 min	7.5km	Moderate	
Afternoon Tea: 4.15 – 4.45pm @ Hazelbrook Shopping Centre ( <i>toilets and water refill available</i> )							
Hazelbrook Shopping Centre	4.45pm	Our Lady of the Nativity, Lawson	<b>5.15pm</b>	30 min	1.5km	Easy	
<b>Total Ascent: 1031m</b>		<b>Total Descent: 651m</b>		<b>TOTAL DISTANCE</b>		<b>22km</b>	<b>Overall: Grade 4</b>

**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"> <li>- This is a long day of walking and a high level of endurance is required. The walk before morning tea follows a local undulating bush track and includes some sections where it is important to assist one another. The track between morning tea and lunch is generally flat but includes a short and quite difficult ascent and descent across a small valley just before Linden. There are a number of steep descents and ascents after lunch. Brace yourself for a big day!</li> <li>- Significant sights on the walk include: <ul style="list-style-type: none"> <li>o Birdwood Gully</li> <li>o Sir Henry Parkes Grave</li> <li>o Kings Cave</li> <li>o Eurama Castle</li> <li>o Transit of Venus – Edith Falls and Hazel Falls (time pending)</li> <li>o Aboriginal axe-grinding site, Hazelbrook</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- 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.</li> <li>- Toilets are available at Buttenshaw Park and Hazelbrook Shops.</li> <li>- 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.</li> <li>- 1 warm shower is available at Our Lady of the Nativity Parish.</li> </ul>

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**DAY 4: Lawson to Wentworth Falls**  
 Sunday, January 5, 2020 (Feast of the Epiphany)

Mostly sunny: 28°C / 13°C | 0mm

**Mass:**

8.30 – 9.30am (Parish Mass) @ 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	<b>9.45am</b>	Booth Rd	10.45.am	1 hour	5.0km	Easy
Morning Tea: 10.45 – 11.15am @ Booth Rd						
Booth Rd	11.15am	1931 Shelter Cave	1.15pm	2 hour	2.5km	Hard
Lunch: 1.15 – 2.00pm @ 1931 Shelter Cave						
1931 Shelter Cave	2.00pm	Wentworth Falls Lake	3.30pm	1 hour 30 min	4.0km	Moderate
Afternoon Tea: 3.30pm – 4.30pm @ Wentworth Falls Lake ( <i>swimming, toilets and water available</i> )						
Wentworth Falls Lake	4.30pm	Blue Mountains Grammar School Hall	<b>5.00pm</b>	30 min	2.5km	Easy
<b>Total Ascent: 932m</b>		<b>Total Descent: 752m</b>		<b>TOTAL DISTANCE</b>		<b>17 km</b>
						<b>Overall: Grade 4</b>

**Evening Talk:**

6pm @ Blue Mountains Grammar School [3 Matcham Av, Wentworth Falls; altitude: 897m]

**Dinner:**

7.30pm @ Wentworth Falls Bowling Club [2/6 Falls Rd, Wentworth Falls]

**Night Prayer:**

9.30pm @ Blue Mountains Grammar School Hall

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<p>- This walk begins with a short detour via the Aboriginal rock engraving on Kangaroo Street, Lawson. It then descends into the valley and passes by some pretty local waterfalls before a short section of road walking connects the track with 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 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.</p> <p>- Significant sights on the walk include:</p> <ul style="list-style-type: none"><li>o Kangaroo rock engravings</li><li>o Frederica Falls</li><li>o Fairy Falls</li><li>o Creek crossings</li><li>o Artifacts associated with the walk including:<ul style="list-style-type: none"><li>▪ Signs</li><li>▪ Ladders</li><li>▪ Seats</li><li>▪ Shelter Caves</li></ul></li></ul>	<p>- 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.</p> <p>- The route passes by Lawson and Wentworth Falls Stations. St Francis Xavier Church is a short walk from Wentworth Falls Station.</p> <p>- Blue Mountains Grammar School and Saint Francis Xavier Church are about 15 minutes from one another.</p> <p>- Six warm showers are available at BMGS.</p>

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## DAY 5: Wentworth Falls to Katoomba

Monday, January 6, 2020

Mostly sunny: 28°C / 10°C | 0mm

### Mass:

8.00 – 8.30am @ St Francis Xavier, Wentworth Falls [3 Day Street, Wentworth Falls; altitude: 897m] (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	<b>8.45am</b>	Leura Golf Course	10.45	2 hours	5.0km	Hard	
Morning Tea: 10.45 – 11.15am @ Leura Golf Course ( <i>toilets and water refill available</i> )							
Leura Golf Course	11.15am	Leura Cascades	1.00pm	1 hour 45 min	4.5km	Hard	
Lunch: 1.00 – 1.45pm @ Leura Cascades ( <i>toilets and water available</i> )							
Leura Cascades	1.45pm	The Three Sisters	3.15pm	1 hour 30 min	3.5km	Moderate	
Afternoon Tea: 3.15 – 3.45pm @ The Three Sisters ( <i>toilets and water available</i> )							
The Three Sisters	3.45pm	St Canice's Catholic Church, Katoomba	<b>4.15pm</b>	30min	2.0km	Easy	
<b>Total Ascent: 1126m</b>		<b>Total Descent: 1015m</b>		<b>TOTAL DISTANCE</b>		<b>15km</b>	<b>Overall: Grade 4</b>

### Prayer and Adoration:

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

### Dinner:

7.30pm @ St Canice's Hall, Katoomba

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**Night Prayer:**

9.30pm @ St Canice's Hall, Katoomba

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<b><i>Track + other notes:</i></b>	<b><i>Toilets, showers, water refills + train stations:</i></b>
<ul style="list-style-type: none"><li>- 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!</li><li>- Significant sights on the walk include:<ul style="list-style-type: none"><li>o Various water falls and lookouts<ul style="list-style-type: none"><li>▪ Golf Link Lookout</li><li>▪ Queen Victoria Lookout</li><li>▪ Empress Lookout</li><li>▪ Bridal Veil Lookout</li><li>▪ Olympian Rock</li><li>▪ Elysian Rock</li><li>▪ Millamurra Lookout</li><li>▪ Tallawarra Lookout</li><li>▪ Echo Point</li></ul></li><li>o Lilian Bridge</li><li>o Pool of Siloam</li><li>o The Three Sisters</li><li>o Views of the Jamison Valley</li></ul></li></ul>	<ul style="list-style-type: none"><li>- 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.</li><li>- 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.</li><li>- 2 cold showers are available at St Canice's Church.</li></ul>

## DAY 6: Katoomba to Blackheath

Tuesday, January 7, 2020

Mostly cloudy: 29°C / 14°C | 0mm

### Mass:

7.00 – 7.30am @ 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	8.00am	Hydro Majestic, Medlow Bath	10.00am	2 hour 15 min	6.5km	Moderate
Morning Tea: 10.15 – 10.45am @ Hydro Majestic, Medlow Bath ( <i>toilets and water refill available</i> )						
Hydro Majestic, Medlow Bath	10.45am	Blackheath township	1.15pm	2 hour 30 min	6.5km	Easy
(Extended) Lunch: 1.15 – 2.45pm @ Blackheath township ( <i>toilets and water refill available</i> )						
Blackheath township	2.45pm	Sacred Heart Church, Blackheath	3.15pm	30 min	1km	Easy
Afternoon Tea: 3.15 – 3.45pm @ Sacred Heart Church, Blackheath ( <i>swimming, toilets and water available</i> )						
Total Ascent: 382m		Total Descent: 307m		TOTAL DISTANCE	14km	Overall: Grade 3

### Lectio Divina (optional):

4.30pm @ Sacred Heart Church, Blackheath [18 Inconstant Street, Blackheath, altitude 1083m]

### 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"><li>- This is a comfortable day walk with no steps and only moderate ascents and descents.</li><li>- Significant sights on the walk include:<ul style="list-style-type: none"><li>o Explorer's Tree</li><li>o The Hydro Majestic Hotel</li><li>o Views of the Megalong Valley</li><li>o Mark Foy's Tomb</li></ul></li></ul>	<ul style="list-style-type: none"><li>- 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.</li><li>- There are toilets at The Hydro Majestic Hotel.</li><li>- The route passes by both Katoomba and Blackheath Stations.</li><li>- Two cold showers are available at Sacred Heart, Blackheath.</li></ul>

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## DAY 7: Blackheath to Bell

Wednesday, January 8, 2020

Sunny: 28°C / 11°C | 0mm

### Morning Prayer:

7.00 – 7.15am @ Sacred Heart Hall, Blackheath [18 Inconstant Street, Blackheath, altitude: 1083m]

### Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty	
Sacred Heart Church, Blackheath	7.30am	Mt Victoria	9.45am	2 hour 15 min	6km	Easy	
Morning Tea: 9.45 – 10.15am @ Mt Victoria Memorial Park							
Mt Victoria	10.15am	Canyon Colliery	1.00pm	2 hour 45 min	7.5km	Moderate	
Lunch: 1.00 – 1.45pm @ Canyon Colliery							
Canyon Colliery	1.45pm	The Chapel of the Magi, Bell	3.00	1 hour 15 min	4.5km	Moderate	
Afternoon Tea: 3.00 – 3.30pm							
Total Ascent: 504m		Total Descent: 569m		TOTAL DISTANCE		18km	Overall: Grade 3

### Closing Mass:

4.00pm @ The Chapel of the Magi [19 Nioka Place, Bell; altitude: 1018m]

### Dinner:

5.30pm @ The Chapel of the Magi

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"><li>- The walk from Blackheath to Mount Victoria is very comfortable – a largely flat and wide track. The track from Mount Victoria to Bell combines fire trails with a narrower bush track following the railway line across the Darling Causeway. This section undulates and includes a several moderate ascents and descents.</li><li>- Significant sights on the walk include:<ul style="list-style-type: none"><li>o Views of the Megalong Valley</li><li>o Views of the upper Grose Valley</li><li>o Mount Victoria Township</li></ul></li></ul>	<ul style="list-style-type: none"><li>- Water refill is available at Mount Victoria. Pilgrims need to carry 2 L of water between Blackheath and Mount Victoria then refill to carry another 4 L from Mount Victoria to Bell.</li><li>- There are toilets at Sacred Heart Church, Blackheath, Mount Victoria, and the Chapel of the Magi, Bell.</li><li>- The route passes close to Blackheath, Mount Victoria and Bell Stations.</li><li>- No showers are available at the Chapel of the Magi.</li></ul>

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