



# Bushwalk

## Session Guidelines



**Time:** The walk is designed to be 1.5 hours long at a slow pace with some rests and local environment resources in-between.

The objective of the Bushwalk is for the group to work as a team and experience a short journey together. It's a great opportunity for the group to spend time together, socially interacting away from modern distractions and having a look at the local surroundings.

### The team will have to:

- Communicate with each other, working as a team to ensure they are heading in the right direction
- Support each other physically and mentally

### Safety rules

- Ensure everyone has a full water bottle, sunscreen and a hat with them
- The group must stay within view of each other at all times
- Group members must not cross any roads/tracks without supervision from an adult
- No climbing fences
- Group members should be aware of uneven ground and local wildlife

### Want to get the most out of the environment?

- Free from distractions, this is a great opportunity for leaders to get to know their group. Along the way, why not solve some riddles, tell some jokes or find out each other's favourite things?
- Or have a look around at the different trees and plants: can you see any wildlife?

## 28 Footprint Track

From Gunyah Shelter (facing away from the latticework) go to the red and white circle of man-made mushrooms. Enter the track and follow it down past along the creek until you come to the bridge.

Cross the bridge and follow the track on the other side. The track is marked with footprint markers on the trees; if you should come across a boomerang marker, you are going the wrong way and need to turn around. You are looking for a large fallen tree with its roots fully exposed on the left side of the track – this is a fair way in (you will walk for at least 30min - possibly longer). Once you get to the tree follow the track up the incline around the right-hand bend.

Once it turns left (just before you go down again) there is a small track on your right. Take this track up and straight over the plateau; the track, once over the plateau, is not immediately obvious – you are looking for Entrapment (lots of coloured ropes in a wooden frame) which should be seen just down from the plateau.

Go past Entrapment and follow the path to the road at Low Ropes. Then use the map in the front of this resource to go back to the main buildings, have some water and go to the toilet if needed.

## 29 Boomerang Track

This bushwalk has quite an incline on the way but an amazing view at the top!

Start at the corner of the Tilley shelter. Standing right on the corner on the side closest to the toilet block at the BBQ end, you need to be facing down the decline. Look diagonally to the right down the hill and you should be able to see a small white rectangle on a dark coloured tree (it may take a minute or two of searching). This marker is the first boomerang marker of the bushwalk.

Enter the track here and follow the walk through various environment changes. You should follow the boomerang markers - footprints mark the other direction. As you walk up Kumanka Hill you will see the quarry on your right. Keep going until you reach the plateau. Rest here, ensuring plenty of water is drunk, and have a look around at the view of the local islands. Return by retracing where you have just walked: this time you will be following footprint markers.