



The 45km Six Foot Track in the Blue Mountains is one of NSW's most historical walks. The track was built in the late 1800s as a horse and cart supply route from Katoomba to Jenolan Caves. Walk the track fully supported over 2 days with a light day pack.

DEPARTURE DATES AND PRICE

Please refer to website:
www.peakpotential.net.au

Places are limited



SIX FOOT TRACK



Walk
One of
NSW'S Most
Historic Tracks
Over The Weekend



ADVENTURE OVERVIEW

Join us on our 2-day all-inclusive weekend Six Foot Track adventure, where you'll only be required to carry a day pack, which will make the walking experience and sightseeing more comfortable and enjoyable. Your overnight gear will be carried by the accompanying support vehicle to your tranquil eco lodge accommodation nestled back in bushland from the beautiful Coxs River. So enjoy the company of fellow adventurers and immerse yourself in the great outdoors and nature as we take care of all the finer details and planning.

HIGHLIGHTS

- Walk one of New South Wales most historic tracks
- Take in the stunning views walking down Black Range
- Stay in the private eco lodge nestled on Coxs River
- Cross the famous Bowtells Swing Bridge over Coxs River
- Carry a light daypack only for a comfortable adventure
- Enjoy a beautifully cooked bush dinner at the end of day
- Weather permitting, take a dip in the beautiful Cox River
- Relax at the eco lodge and enjoy the peace and serenity
- Enjoy close encounters with some of the local wildlife
- Walkthrough the beautiful Nellies Glen rainforest.

INCLUSIONS

- Professional and experienced Australian guides
- Private transport from Katoomba to Jeloan Caves
- Private transport into Katoomba after the adventure
- Support vehicles to carry your overnight gear
- 1x night shared cabin accommodation at the eco lodge
- All food during the weekend, including an energy pack
- 20-litre day pack (if required)
- Emergency rain poncho (if required)
- Bush dinner and buffet breakfast at the eco lodge
- Emergency remote communications and UHF radios
- Group first aid kit carried by the professional guides.

EXCLUSIONS

- Accommodation at Katoomba before the adventure
- Alcoholic drinks at the eco lodge on Saturday night
- Lunch on Sunday because we are usually at Explorer's Tree not too long after lunchtime, and most people prefer to head off.

WHY WALK WITH US

Peak Potential Adventures operates small group adventures both in Australia and overseas and was founded by a group of experienced adventurers who have built a solid and well-regarded reputation. Our experience outdoors has been built from the ground up over many years. Adaptability, planning, logistics, transparency and professionalism are our strengths and qualities. Our priorities are meeting your expectations, servicing your needs, keeping you safe, and delivering value-for-money adventure experiences. Taking on an adventure can sometimes seem a bit daunting, so one of our most important qualities is that we are approachable and always available to answer any questions or provide advice - with us, you'll always get a personalised level of service.

PRE-ADVENTURE TRAINING

The Peak Potential Adventures team are qualified personal trainers who are available to guide and assist you in getting adventure fit to meet the physical demands of the Six Foot Track. Having completed many challenging expeditions throughout the world, we will provide expert advice regarding pre-adventure fitness training.



ADVENTURE ITINERARY

DAY 1

We will meet in Katoomba at 6:15 AM and take our private support vehicles to Jenolan Caves to start the walk. If you have driven up to Katoomba, you will be able to leave your car near the Katoomba Police Station on Edwards St. Our private support vehicles will meet you at this location. Our group email sent out before the adventure will provide detailed information about the transport arrangement and contact numbers.

The walk will start at around 8:00 AM from Jenolan Caves once the team is organised. We will walk up the right of the Jenolan Caves Conservation Area, which is a steep feature that climbs out of Jenolan Caves. After about 4km, we will pass Kiaora Hill and the Jenolan Caves Cottages. There are basic toilet facilities at Jenolan Caves Cottages, so we will stop for a rest here. After our break, we will make our way along Jenolan Caves Road for around another 3.5km before crossing the road and heading into the national park forest that will take us to the Black Range Camping Ground, which will be another 2.5 km walking. We will have a morning tea break at Black Range Camping Area before heading off along Black Range Road. This next section is about 8.7km. As you start heading down the Alum Creek hill towards lunch, the views on this last section are spectacular.

After lunch, we will walk down the hill, which winds its way down the range for about 4.3km, where we will hit Alum Creek and, a bit further up the track, Alum Creek Camp Ground. From here, there will be some uphill work. The hill out of Alum Creek is around 2km and can be challenging because we will have clocked up around 23km, but a lot of the walking has been on the flat or downhill, so we should have energy in reserve at this stage and some fuel from lunch. Once we are over the Mini Mini Saddle's steep feature, we will walk down another steep section for around 4km into our final destination for the day at Coxs River. We generally arrive at the eco lodge between 4:00 PM - 5:00 PM, depending on team speed and length of breaks during the day.

Tonight we will be staying at the [Six Foot Track Eco Lodge](#) and will enjoy a beautifully cooked meal and sit around and enjoy the peace and tranquillity of this beautiful bush setting. Weather permitting, you might even take a dip in Cox River.

DAY 2

Today is a shorter day, around half of what we walked yesterday, and the terrain is more bushland. We will wake at 6.00 AM and have a delicious buffet breakfast prepared by the eco lodge. After we have packed up and loaded the support vehicles, we will head off toward Katoomba (Explorer's Tree) from the eco lodge around 7:30 AM.

After we head off and not too far from the eco lodge, we will traverse the famous Bowtells Swing Bridge that spans the beautiful Coxs River. The views around this next section of the track are spectacular, with views up the Cox River. It's also hard not to take in the peace and serenity. After we cross the bridge one at a time and get some great photos, we will continue for another 4.5km before coming over a hill feature at Megalong Valley. We will be treated to amazing panoramic views over to the Blue Mountain's escarpments and towards Katoomba. The feeling that we are getting closer to the finish now is apparent.

We will see the Dryridge Vineyard on our right as we head towards the Megalong Cemetery, where the support vehicle will be waiting. We will have a morning tea here before heading off towards the Megalong Village, which is another 3.7km away. We will have another quick break around here before we take on the last section, which will take us 4.6km up through Nellies Glen and then up to the last steep section and stairs, eventually coming out at the top at Explorers Tree. We generally arrive at Explorers Tree between 12:30 PM - 1:30 PM, depending on team speed and length of breaks.

Congratulations! Our support vehicle will drop you back at your transport in Katoomba. We highly recommend staying in Katoomba after the adventure to relax and enjoy more of the beautiful Blue Mountains.

HOW TO REGISTER AND JOIN OUR TEAM

If you would like to join us on our Six Foot Track adventure or would like more information, please contact us directly using any of the contact details below, or fill out the below application and email it back to our office. For more detailed information, visit our [Peak Potential Adventures website](#) and our [Six Foot Track information page](#)

ADVENTURE:_____ ADVENTURE DATE:_____

FULL NAME:_____ DATE OF BIRTH: / /

MOBILE NUMBER:_____ EMAIL ADDRESS:_____

1. DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS OR ALLERGIES? (Please circle) YES / NO

If you have circled YES, please provide further information about your dietary requirements or allergies?

2. DO YOU HAVE ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF? (Please circle) YES / NO

If you have circled YES, please provide further information about your medical conditions.

3. DO YOU HAVE ANY INJURIES WE SHOULD BE AWARE OF? (Please circle) YES / NO

If you have circled YES, please provide further information about your injuries.

4. HOW WOULD YOU RATE YOUR CURRENT LEVEL OF FITNESS? (Please circle)

POOR AVERAGE GOOD VERY GOOD EXCELLENT

5. HAVE YOU HAD ANY PREVIOUS BUSH WALKING OR TREKKING EXPERIENCE? (Please circle) YES / NO

If you have circled YES, please provide further information about your experience.

6. WHO SHOULD WE CONTACT IN CASE OF AN EMERGENCY AND WHAT IS THEIR RELATIONSHIP TO YOU?

FULL NAME:_____ RELATIONSHIP:_____

7. WHAT IS THE BEST MOBILE NUMBER FOR YOUR EMERGENCY CONTACT?
