



# HUME REGION ACTIVITIES TEAM



## Invitation “Stage 3 Old Ford Reserve Induction Overnight Hike” Saturday 23rd– Sunday 24<sup>th</sup> March 2024

This event is an induction hike for those working on their Stage 3 Camping and Bushwalking under the Scouts NSW Youth Program (YP). It has been designed to show a few different aspects of Hiking and some skill training and demos.

As it is based on Stage 3 there are a few requirements under YP and also safety.

- Youth are required to be 10yrs and older.
- Must have min of 2 night under canvas
- Cook own dinner on a hiking cooker. assistance will be given if required.
- Must have completed a hikes that total over 10km
- Have the ability to walk 10km in one day.
- Walking sticks for anyone under 5.2 in height, due to some step height.

As this is an induction hike it has been set up totally different to a normal over night hike due to the location and experiences we want to share with the youth. The event is split up over both days with different elements on each day while we walk part of the Six Foot Track starting from Katoomba and ending at Old Ford Reserve in the Megalong Valley.



Please note that we need to be transported from Old Ford Reserve to cnr Nellies Glen Rd & Pulpit hill rd about 40 mins after the event starts, which is on the way home for most people doing drop off, so if you could wait and help with the drop off at the top of the hill it would be greatly appreciated.

This point is essential, so please read and pack according to the requirements.

Your gear will need to be packed into two different bags. We will be hiking on Saturday with only a small backpack with Saturday’s snack, lunch and water.

This is due to the descent, so the rest of your gear needs to be in a hiking pack, which will be used on the Sunday.

Please don’t bring any electronic devices. Toilet block is at the camp site.

### Small back pack with :

Saturday’s Lunch	Rain coat	Small first aid kit
Saturday’s snacks	Hat	Layered clothing
Water for the Hike 1.5-2lts	Sunscreen	Walking sticks - optional

### Hiking Pack with :

Saturday Dinner	Sleeping bag & bed mat	Cooking Gear
Sunday Water 1.5-2lts	Clothing for sleeping and Sunday	Eating gear
Sunday breakfast and snacks	Extra socks – If rain predicted	Hygiene products

Tent – hiking tent and can be shared.

Small tarp - 1.1 x 1.7m Tarpaulin from Bunning \$2.70 is perfect.



## Day 1 Saturday

We will be meeting at Old Ford Reserve where we will set up our tents, once all tents are up we will be transported to the start of the walk at cnr Nellies Glen Rd & Pulpit hill rd.

We will be walking down stairs for approximately 600m elevation before plateauing out to the equivalent of a fire trail. We will be stopping a few things on the steps to break up the descent. As per the attached graph it's a quick decrease in elevation.

Walking sticks for anyone under 5.2 in height, due to some step height, see the last photo. Many steps are like this. Walking sticks can be purchased from many locations such as Kmart, BCF, Anaconda or any camping store. Prices starting from \$8 to \$200 each stick. Recommend having two sticks. As the foliage on the side of the steps there isn't anything to hold onto to help get down the high steps.

Anyone who wishes to use walking sticks can bring them. Just practice using them before attending.

Once we are down the stairs, we will stop for lunch in a big open area. From there we will walk on the trail through meadows, over fences and across bridges before we reach the road. Then we will walk down to the campsite for the night.

This is when we will have a few Leaders example so handy hints and just everyone sharing some experiences and stories.



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## Day 2 Sunday

Once up and breakfast has been eaten, we will pack down the tents and place all gear on the tarp ready for the packing demo. You will learn the best way to pack a hiking pack to ensure your back is supported and your carrying the weight correctly. Tarps can be used under the tent on the Saturday for extra comfort.

Once everyone is packed up correctly we will be going for a hike carrying the hiking packs and then returning to Old Ford Reserve as it's the parent collection area.

Drop off and pick up will be at to Old Ford Reserve

