



# Information 2023: Three Valleys, Blue Mountains

## Adventure Facts:

<b>Dates:</b>	14-18 April 2023
<b>Start &amp; Finish at:</b>	Leura, NSW
<b>Duration &amp; distance:</b>	41 km trekking over 4 days
<b>Accommodation:</b>	4 nights twin share
<b>Meals provided:</b>	Fully catered; 4 Breakfast; 4 Lunch; 4 Dinner
<b>Group Size:</b>	12- 16
<b>Activity split:</b>	1 travel day, 4 days hiking
<b>Cost:</b>	\$ 1,950 ex Leura per person
<b>Single Supplement:</b>	\$ 500 per person
<b>Extra night:</b>	\$ 250 per room (no meals)

## Highlights:

- Trek four of the most iconic walks in the World Heritage listed Blue Mountains National Park with some of Australia’s most experienced guides (Peter Lambert and Zac Zaharias) providing expert leadership, high levels of safety and intimate knowledge of the Blue Mountains.
- Enjoy the comfort of the Old Leura Dairy, a charming four-star boutique accommodation in the heart of Leura. Relax with a warm shower, fireplace, outdoor hot tub, and a drink or two at the end of each day.
- Fully catered with a delicious breakfast, two-course gourmet dinner and a packed lunch with snacks for the walk.
- Stunning audio-visual presentation by one of our guides as part of our evening program including a celebratory dinner at a local restaurant.
- Medical wilderness trained leader with 24hr phone access to advice from a Peak Learning Doctor.



*The upper Grose valley from Govetts Leap, Blackheath with Perry’s Lookdown in the centre left.*



## Introduction

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Peak Learning Adventures invites you to participate in the four-day, Three Valleys trek in the Blue Mountains National Park. Scattered over more than 260,000 hectares and part of the UNESCO-protected Greater Blue Mountains World Heritage area. The Blue Mountains National Park is the most visited national park in NSW and a favourite playground for Sydneysiders.

Renowned for the Three Sisters rock formation, the park incorporates many other spectacular landmarks and offers opportunities for exploration and immersion into nature. Explore exhilarating walks, discover Aboriginal history, hike to tumbling waterfalls and swims in refreshing rock pools, enjoy stunning, far-reaching vistas of ancient escarpments and forest-clad valleys.

## About Peak Learning Adventures

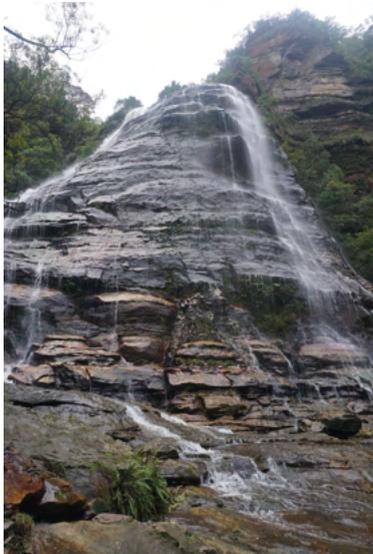
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Peak Learning Adventures is a veteran owned and run small business focused on customised treks, tours and expeditions to the Himalayas, Papua New Guinea (PNG), South America, Africa and Australia. The Himalayas has been our favourite adventure playground for nearly 40 years. PNG is at Australia's doorstep and offers genuine wilderness trekking in a landscape free from modern intrusions. Many of our PNG treks are battlefield study tours of the major campaigns during the Pacific War, including the world-famous Kokoda Track. Other PNG treks and battlefield study tours include Shaggy Ridge, Mt Giluwe, Mount Victoria and East New Britain. Director and Head Guide is Zac Zaharias, who served 48 years in the Australian Army including service as a UN Military Observer in Kashmir. He holds a Certificate 4 in Outdoor Recreation. He is a highly experienced Expedition Leader and a veteran of over 100 expeditions and adventures worldwide including 22 expeditions to the Himalayas. Peak Learning Adventures has an impeccable record for quality, safety, fun, adventure and learning. We have some of Australia's most experienced high-altitude climbers, guides and military historians.

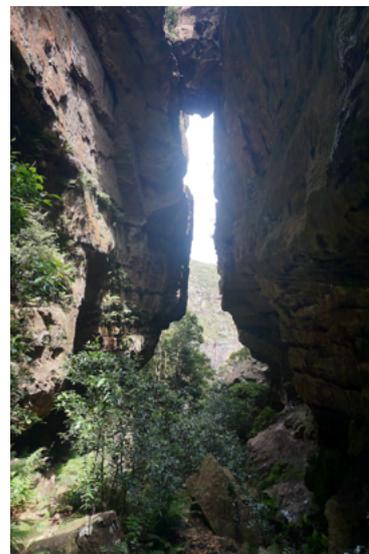
## The Three Valleys Program

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The four-day, 'Three Valleys' trek involves walking four iconic walks in three major valleys of the Blue Mountains National Park: the Jamison (day 1), the Grose (day 2) and the Megalong (day 3) valleys. The last day is a trek through the magnificent Grand Canyon, perhaps the finest walk in the Blue Mountains.



*Bridal Veil falls near Leura*



*Devils Hole.*

**Day 1** will see us tackle a walk in the Jamison Valley. The Jamison valley forms part of the Coxs River canyon system and is clearly visible from Echo Point at Katoomba, overlooking the Three Sisters. The only mountain in the valley is Mount Solitary, which sprawls across the south of the valley from west to east. It is joined to

Narrow Neck Plateau by a low ridge which is also the site of the Ruined Castle, a rock formation that is popular with bushwalkers. We will descend into the upper reaches of the Jamieson Valley via Furbar Steps near Katoomba. As there are ongoing track works in this area, we have two options depending on track closures. The first option is to trek along Federal Pass towards Ruined Castle and return via the Golden Staircase at Narrow Neck. Alternatively at the bottom of Furbar steps we will turn left and walk along Federal pass towards the Three Sisters and onwards to Leura Forest and the Bridal Veil Falls, finishing in Leura. Both treks provide us with commanding views of Mt Solitary which dominates the Jamison Valley.

**Day 2** takes us into the Grose Valley. It lies at the heart of the Blue Mountains National Park, and the upper Grose is regarded as the cradle of conservation in NSW. At the centre of the valley lies the magnificent Blue Gum Forest, the site of which was the first major conservation battle in the state in 1931. Since then, almost the entire catchment has been reserved in the National Park. The main reason that the valley was able to escape development is the massive cliffs on either side. There are only a handful of easy passes into or out of the valley, and development has been limited to the cliff tops. Much of the valley has recently been preserved as wilderness, further protection for the chasms, canyons and cliffs that make up this spectacular landscape. We take a minibus to Perry's Lookdown and descend 600 metres to the valley floor through some dramatic cliff lines and sandstone faces. We walk eastwards towards the magnificent Blue Gum Forest where we enjoy a picnic lunch. We then cross a stream and climb steadily upwards to De Faur Head and the Lockley Pylon track, walking across open heathlands to our pickup point at the Pinnacles on the Mt Hay Road.



*Climbing through a natural weakness at Du Faur head on Day 2 high above Govetts Creek.*

**Day 3.** One of the Blue Mountains' best-kept secrets, getting to Megalong Valley is an adventure in itself, the winding road from [Blackheath](#) passing through temperate rainforest filled with soaring eucalypts and emerald tree ferns. The Megalong Valley is a rural paradise of verdant pastures and pristine forests, and home to gorgeous getaway cabins, a rustic tea room, wineries, horse riding establishments and the famous [Six Foot Track](#). Our walk starts at Katoomba end of the Six-Foot Track, the old bridle trail that led from Katoomba to Jenolan Caves. This loop walk descends the gully of Nellies Glen and returns via the Devils Hole; an impressive cleft topped by a massive boulder.

**Day 4.** The final day takes us through a narrow slot canyon that is deep, dark and twisting. The spectacular Grand Canyon track follows an impressive halfway ledge above much of the canyon, before descending to the canyon floor lower down. It is one of the best walks in the upper Blue Mountains, and is good in summer, as much of the walk is in the shade, protected by the massive sandstone walls.

A summary of the four-day program is below, but note that we may amend this to take into account weather forecasts (e.g. we may change the trek order when poor weather is forecast).

Day	Event	Dist	Total climb	Remarks
0	Arrive Leura			Settle in the Old Leura Dairy, welcome drinks & brief. BBQ dinner
1	Jamison Valley. Furbar Steps to Leura via Leura Forest and Bridal Veil Falls	11 km	477 m	Drive to Katoomba – Descend via Furbar Steps to valley floor. Return Bridal Veil Falls and Cliff top walk
2	Grose Valley. Perry’s Lookdown to the Pinnacles via Blue Gum Forest, Du Faur head and Lockley Pylon	12 km	650 m	Bus to Perry’s Lookdown. Pick up at the Pinnacles on the Mt Hay Road near Leura.
3	Megalong Valley. Nellies Glen and Devils Hole	10 km	506 m	Drive to Katoomba
4	Grand Canyon	8 km	250 m	Drive to Evans Lookdown, Blackheath. This is the shortest day.
<b>TOTAL</b>		<b>41 km</b>	<b>1,873 m</b>	

## Is this trek right for me?

The four-day, Three Valleys challenge comprises four iconic day walks, totalling 41 km in distance. While the walking distance appears short, the deep valleys provide challenging terrain which involves a lot of ascending and descending each day. The first two days are the longest and hardest, with the last day being the shortest. The walking is over formed tracks, and as all treks commence on the top of the Blue Mountains sandstone escarpment, every day begins with a descent and concludes with a strong up-hill element. The total vertical climb over the four days is 1,873 m. The trek is Graded as Moderate to Difficult however to ensure maximum enjoyment, we recommend a reasonable level of fitness.

Please note that while we aim to complete all four walks, this is not an exercise in misery but a “Challenge by Choice”. If you are not feeling up any of the treks, there are opportunities to opt out at various times along the way. Please discuss any concerns and options you may like to take with the guide(s) at any time.

## Evening Program

As the trekking program is very full, the evenings are spent relaxing and enjoying each other’s company. On day three, there is plenty of time to relax around the fire or enjoy some of Leura’s cafes and galleries.

On the last night we will be having a celebration dinner at the charming Avalon Restaurant in Katoomba. During the dinner, there will be two short audio-visual presentations. The first will be by one of your experienced mountain guides who will provide a fascinating presentation on climbing or trekking in PNG, the Himalayas or Kilimanjaro. The second presentation by a AHF representative will cover the programs that the AHF is engaged in the Himalaya.

## Accommodation and meals

Our accommodation in the Blue Mountains is [the Old Leura Dairy](#) located in Leura. It is a four-star luxury, boutique, eco accommodation offering a unique and exclusive travel experience in the beautiful World

Heritage Blue Mountains. Nestled in the quaint village of Leura you are central to all the rugged beauty, attractions, dining experiences, pampering and shopping that the upper mountains have to offer. The eye of an artist appears throughout the wonderful, intimate and sensitive sanctuary. You will stay either in the Straw Bale House or the Worker's Cottage. All accommodation is twin share, however single supplements are available.



*A bedroom in the Straw Bale House*



*Lounge in the Worker's Cottage*

Features include:

- King or twin beds with soft feather doonas
- Open and slow combustion fires
- Espresso machines or stove top Espresso makers
- Outdoor share hot tub
- Antique claw foot baths and fluffy bath sheets
- Landscaped native gardens
- Free Wi-fi

Your booking includes all meals (two course home cooked gourmet dinners by a local chef; a hot breakfast and a pack lunch with snacks to nibble on during the day). Our chef is also able to cater for all dietary requirements. We just require two weeks advance warning prior to the commencement of the trip.

A 10-minute walk will take you to the quaintest village in the mountains where you will enjoy the proliferation of cafes, galleries, and shops. If you like being pampered, there are several small local businesses that offer a therapeutic and relaxing massage after a long day's walk.

While we provide almost everything, there is a full range of shops and cafes in Leura. As there is no bar at our accommodation, you are advised that you bring your own alcoholic drinks that you require.

## Extra Night

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An extra night is optional and allows time to relax after the last day's walk and not rush off home, particularly if you have a long drive ahead of you. Please discuss your requirements with us. Meals are not normally included in the extra night but can be arranged. Alternatively, there are many fine restaurants and cafes in Leura to dine in.

## What's included

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Your trek cost includes the following:

- Accommodation (twin-share) including linen, bathmat and towel
- All meals (including the celebration dinner on the last night at the Avalon Restaurant)
- National Park capitation fees
- Full Guiding services (1-2 guides depending on group size)

- Satellite phone coverage
- \$ 20M public liability insurance
- Digital photographic record of the trek
- Three Valleys Achievement certificate

### What's not included

- Travel to and from Leura
- Alcohol, eating out
- Personal clothing and equipment

## Fundraising and Sponsorship

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Since 2016 Australian Himalayan Foundation (AHF) members have enjoyed the popular Ten Peaks challenge in the Kosciuszko National Park. The Three Valleys trek is a new fundraiser for members to enjoy the delights of the World Heritage listed Blue Mountains National Park, close to Sydney's doorstep. There are a number of approaches for seeking sponsorship from friends such as ascents per metres climbed e.g. \$ 1 for 10 metres = \$ 187 or perhaps even a set amount per valley, say \$1-\$100. All donations to the AHF above \$2 are tax-deductible. We do ask that as a minimum goal you raise \$ 500. When you book the trek, we will pass your details to the AHF and they will contact you to provide advice and support with your fundraising efforts.

## Booking Form

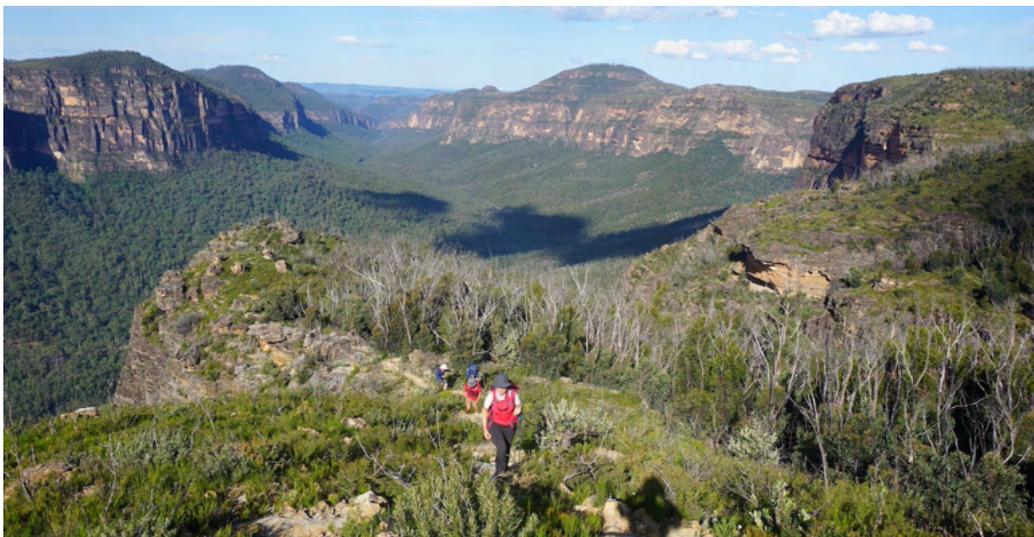
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You can book and pay online for the Three Valleys trek at <https://peaklearning.com.au/contact-us/>. Just click on the Domestic Booking Form button and it will take you to an online form to complete.

## Contact and Information

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*The Grose Valley looking eastwards to Mt Hay from Du Faur head*