

## HIKE FOR HEARTS

# Full Itinerary

Six Foot Track - 25-27 September 2026

---

*Transport and accommodation details marked [TO BE CONFIRMED] will be updated closer to the event.*

## At a Glance

<b>Event</b>	Hike For Hearts - Six Foot Track Challenge
<b>Dates</b>	Friday 25 - Sunday 27 September 2026
<b>Distance</b>	44 km total - Day 1: 15.7 km / Day 2: 19 km / Day 3: 10 km
<b>Start</b>	Explorer Tree, Katoomba NSW
<b>Finish</b>	Binda Bush Cabins, Jenolan Karst Conservation Reserve
<b>Campsites</b>	Night 1: Cox River / Night 2: Black Range

## PRE-HIKE - Thursday 24 September (Night Before)

### Travel to Katoomba

- **Group transport:** [TO BE CONFIRMED] - Train from Central Station. Journey approximately 2 hours.
- **Accommodation:** [TO BE CONFIRMED]
- **Evening:** Check in, final gear check, dinner together

*Pack your bag the night before. Do not leave packing until the morning of Day 1.*

## DAY 1 - Friday 25 September

### Katoomba to Cox River Campsite

Distance: 15.7 km Elevation: ~800 m descent Est. time: 5.5-6.5 hrs hiking

- **6:00 am:** Wake up and breakfast
- **6:45 am:** Depart accommodation
- **7:00 am:** START - Explorer Tree, Katoomba. Group photo and final briefing
- **7:00-8:30 am:** Descent via Nellies Glen - steep timber steps through rainforest. Take care on wet surfaces
- **8:30-10:00 am:** Megalong Valley floor - easier walking through open farmland
- **10:00 am:** Morning break near Megalong Cemetery area

- **10:00 am-1:00 pm:** Continue through Megalong Valley - easier walking through open forest and farmland
- **1:00 pm:** Lunch break - find a suitable spot along the valley track
- **1:00-2:30 pm:** Track descends toward Cox River - trail narrows and gradient increases
- **2:30-2:45 pm:** Cox River crossing via Bowtells Swing Bridge - impressive 100 m suspension bridge
- **2:45-3:00 pm:** Short climb and then descend to Cox River Campsite (approximately 1 km from bridge)
- **3:00 pm:** ARRIVE Cox River Campsite - set up tents and collect water (filter before drinking)

### **Campsite: Cox River**

- **Facilities:** Water tank (treat before drinking), drop toilet, picnic tables. No fires permitted.

*Day 1 has the most elevation loss. Start early, take your time on Nellies Glen, and save energy for Day 2 which is the most demanding day of the whole hike.*

## **DAY 2 - Saturday 26 September**

### **Cox River Campsite to Black Range Campsite**

**Distance:** 19 km **Elevation:** ~640 m net gain **Est. time:** 7-8 hrs hiking

*Day 2 is the hardest day. It is a long uphill slog on fire trail after the valley crossing. Set off early and maintain a steady pace. You pass through Alum Creek partway through.*

- **6:00 am:** Wake up and breakfast
- **7:00 am:** Depart Cox River Campsite
- **7:00-10:00 am:** Main climb out of Cox River valley - sustained uphill on fire trail
- **10:00 am:** Morning break
- **10:00 am-12:00 pm:** Continue uphill through open forest on Glen Chee Road area
- **12:00 pm:** ALUM CREEK CAMPSITE - excellent lunch stop. Refill water here
- **12:00-3:00 pm:** Continue on fire trail - terrain rolls but remains mostly uphill toward Black Range
- **3:00-4:00 pm:** Final push to Black Range - the steepest climbing of the day
- **4:00 pm:** ARRIVE Black Range Campsite - set up camp and collect water

### **Campsite: Black Range**

- **Facilities:** Water tank (treat before drinking), drop toilet, picnic tables. No fires permitted.

## **DAY 3 - Sunday 27 September**

## Black Range Campsite to Binda Bush Cabins

Distance: 10 km Elevation: Moderate descent Est. time: 3-3.5 hrs hiking

After two hard days, Day 3 is a reward. It is a straightforward 10 km walk to the finish with no major climbs. The track descends gradually through eucalyptus forest toward Binda Bush Cabins in the Jenolan Karst Conservation Reserve.

*The section beyond Binda Bush Cabins toward Jenolan Caves House is currently closed due to flood damage and road repairs. Binda Bush Cabins is the official finish point for 2026.*

- **6:30 am:** Wake up and breakfast
- **7:30 am:** Depart Black Range Campsite - pack everything, this is the last camp
- **7:30-9:30 am:** First section of descent - enjoy the forest and the knowledge you are nearly done
- **9:30 am:** Morning break - there is no water stop on Day 3, ensure you carry enough from camp
- **9:30-11:00 am:** Continue descent toward Jenolan Karst Conservation Reserve
- **11:00 am:** FINISH - Binda Bush Cabins. You did it! Group photo at the finish
- **11:00 am onward:** [TO BE CONFIRMED] Transport departs Binda Bush Cabins - see Transport document

*Carry all water you need for Day 3 from Black Range Campsite. There are no reliable water sources on the 10 km section to the finish.*

## POST-HIKE

- **Return transport:** [TO BE CONFIRMED] - see Transport and Accommodation document for return journey details
- **Monday 28 September:** Rest and recovery - your legs have earned it
- **Fundraising:** Fundraising continues through October - keep sharing your story!

## Emergency Information

- **Emergency services:** 000
- **Event organiser - Dave Padden:** [dave@hikeforhearts.com.au](mailto:dave@hikeforhearts.com.au)
- **Blue Mountains Police:** (02) 4724 8499
- **Trip intentions:** Register at Blue Mountains Heritage Centre before departure

*Carry a Personal Locator Beacon (PLB). Free hire from Blue Mountains Heritage Centre in Katoomba or local police stations. Activate in a life-threatening emergency only.*