

# BLUE MOUNTAINS HIGHLIGHTS

*You'll love the blue-hazed beauty of the Blue Mountains World Heritage Area – one million hectares of tall forests, sandstone cliffs, canyons, waterfalls and bushland.*

## OVERVIEW

Take in the breathtaking panoramas on a bushwalk, mountain bike, climbing rocks, canyoning or abseiling. Marvel at natural attractions like Wentworth Falls and the Three Sisters – a trio of rocky pinnacles named after an Aboriginal legend. Explore the underground rivers and chambers of Jenolan Caves, then walk the historic Six Foot Track to Katoomba. In amongst the sandstone outcrops and eucalypt forests you'll find great dining, luxury retreats, the world's steepest railway and a vibrant community of artists.

## ABORIGINAL GUIDED TOURS

Discover a rich Aboriginal heritage in the Blue Mountains – from the legend of the Three Sisters to ancient art and ceremonial sites. Visit the shallow cave of Lyrebird Dell, an Aboriginal campsite around 12,000 years old. See fine hand stencils and prints at Red Hands Cave near Glenbrook. You can reach the cave on a walking trail past Camp Fire Creek, where many years ago an Aboriginal tribe left axe grinding grooves on volcanic rock. Go walkabout with a local Darug guide and learn about the songlines that connect sacred sites. See bark and body painting demonstrations, taste bush tucker and swim in a crystal clear billabong under a rainbow waterfall. Get up close to wildlife, explore sandstone caves and listen to the Dreamtime stories that wove this wilderness.

## SIX FOOT TRACK

Soak up the Blue Mountains scenery – streams, waterfalls, forested valleys, dark ravines and sheer cliffs – on one of the many well-marked walking trails.

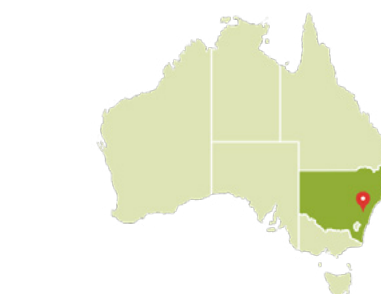
Follow the original 1884 horse track from Katoomba to Jenolan Caves on the three-day Six Foot Track. Or follow the easy Princes Rock Walk to a lookout over Wentworth Falls, Kings Tableland and Mount Solitary. You can wade and boulder-hop your way down the Glenbrook Gorge on the Glenbrook Gorge Track. Or creep up the sheer cliffs around Wentworth Falls on the challenging National Pass. Trek the Pulpit Rock Track past swamps, eucalypt forests and open heathland to be rewarded with a 280-degree panorama of the blue gum forest of Grose Valley.

## NATURAL ATTRACTIONS

You'll marvel at nature's majestic statements in the Blue Mountains. Pay homage to the Three Sisters from Katoomba. Then visit Wentworth Falls, a picturesque waterfall on the edge of the Jamison Valley. Watch it plunge almost 300 metres and check out the valley views from the walks that circle it. Stand on the top of the narrow sandstone outcrop of Hanging Rock and hear your voice echo through the enormous, forested valley below. Don't miss the underground rivers, prehistoric formations and huge chambers of Jenolan Caves, the world's oldest open underground cave system. Get goosebumps on a ghost tour or enjoy a monthly cave concert with natural acoustics and fairytale ambience. In Mount Tomah Botanic Gardens, you can step back in time with the Wollemi Pine, one of the world's oldest and rarest plants.

## DINING

The Blue Mountains is a place to eat, drink and indulge. Lunch on Leura's pretty tree-lined streets, then browse the galleries,



boutiques and bric-a-brac stores. Fine dine in front of a roaring fire or do coffee and cake in an art deco café in Katoomba. Shop for gourmet food at Blackheath or take high tea in a majestic, historic home at Jenolan Caves. During June, July and August, you can embrace the Yulefest celebrations with a Christmas roast and pudding around a roaring fire. Wherever you eat and drink, you'll love the food prepared with care and the seductive mountain settings.

## GREATER BLUE MOUNTAINS DRIVE

Take an adventure on the Greater Blue Mountains Drive – a series of linked drives and discovery trails that circle the 10,000 square kilometre Blue Mountains World Heritage area. You can journey to surrounding regions such as Macarthur and the Southern Highlands, Mudgee, the Hunter Valley and the Hawkesbury. Or explore magical places within the Blue Mountains – including Kurrajong, The Mounts, Blackheath and Megalong – on 18 discovery trails. If you tire of being behind the wheel, jump on the Zig Zag Railway, a vintage steam train that follows the original line from Bell to Lithgow.

## USEFUL LINKS

Six Foot Track  
[www.australia.com/en/itineraries/nsw-six-foot-track.html](http://www.australia.com/en/itineraries/nsw-six-foot-track.html)