

# The ADVENTURE TRAIL

## ADVENTURE AWAITS!

Choose your own adventure on this trail that showcases the region's best active experiences. Start with adrenaline-packed activities in Penrith then explore the natural beauty of the majestic Blue Mountains. Return via the picturesque Hawkesbury with stops for horse riding, cuddling cheetahs or just relaxing with some locally made cider.

## TRAVEL TIPS

- ▶ Some experiences listed are seasonal and only available at certain times of year. To avoid disappointment, check opening hours before you travel and make bookings where necessary.
- ▶ Country roads can be in variable condition with windy or steep sections. Please slow down and drive to the conditions. Look out for wildlife on the roads at dawn and dusk.
- ▶ Using a GPS? Make sure you get the right directions by entering the name of the town not the area you want to visit (ie Katoomba NOT Blue Mountains).
- ▶ If you are planning to bushwalk, always put safety first. Download the National Parks and Wildlife Services app to check for updates on walking track conditions and bushfire danger levels.

## FIND OUT MORE

[bmcc.nsw.gov.au/visitor-information](http://bmcc.nsw.gov.au/visitor-information)

[discoverthehawkesbury.com.au](http://discoverthehawkesbury.com.au)

[visitpenrith.com.au](http://visitpenrith.com.au)

[visitnsw.com](http://visitnsw.com)

[nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au)

Or drop into a Visitor Information Centre for more ideas on what to do and other drive itineraries.

**ECHO POINT**  
Echo Point Road, Katoomba

**GLENBROOK**  
Great Western Highway, Glenbrook

**HAWKESBURY**  
Hawkesbury Valley Way, Richmond

This information is current at the time of publication (July 2019).

All distances and drive times are approximate.

Please check with local operators for up-to-date information and operating hours.



TOTAL DRIVE DISTANCE : 200KM  
APPROX. TOTAL DRIVE TIME : 3HRS 45MIN



## SUGGESTED ITINERARY

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| <p><b>DAY 1</b></p> <ol style="list-style-type: none"> <li>1. Skypeak Adventure</li> <li>2. Throw Axe</li> <li>3. iFly</li> <li>4. Penrith Whitewater Rafting</li> <li>5. Horizon Line Canoe &amp; SUP Hire</li> <li>6. Luddenham Raceway</li> <li>7. Burger Head</li> <li>8. Rusty Penny Brewery</li> </ol> | <p><b>DAY 2</b></p> <ol style="list-style-type: none"> <li>9. 2773 Cafe</li> <li>10. Aboriginal Blue Mountains Walkabout</li> <li>11. Caffeine and Gasoline Cafe</li> <li>12. Red Door Cafe</li> <li>13. Blue Mountains Adventure Company</li> <li>14. High and Wild Adventures</li> <li>15. Blue Mountains Bikes</li> <li>16. The Carrington</li> </ol> | <p><b>DAY 3</b></p> <ol style="list-style-type: none"> <li>17. Synonymous Cafe</li> <li>18. Altitude Cafe/Delicatessen</li> <li>19. Blackheath General Store</li> <li>20. Walks near Blackheath</li> <li>21. Centennial Glen Stables</li> <li>22. The Ugly Mug Express Kiosk</li> <li>23. Bilpin Cider</li> <li>24. Tutti Fruitti</li> <li>25. Wild Cat Conservation Centre</li> <li>26. Trees Adventure</li> <li>27. Action Paintball Games</li> </ol> |
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**PENRITH CITY COUNCIL**



## DAY 1 Penrith

### A PENRITH

Only an hour from Sydney CBD, Penrith is an action-packed destination to start your adventure from.

#### 1 SKYPEAK ADVENTURE

243 Forrester Rd, North St Marys • skypeak.com.au • Ph: 9677 7759

Fancy a picnic suspended in mid-air or rowing a boat through the sky? This state of the art high ropes course features fun obstacles for all levels of strength and fitness.

#### 2 THROW AXE

2/10-12 Abel St, Penrith • throwaxehq.com.au • Ph: 0478 260 137

Ever wanted to hurl an axe like a lumberjack and watch it lodge into your target? Learn how to do it safely while still experiencing the exhilaration.

#### 3 IFLY

123 Mulgoa Rd, Penrith Panthers Entertainment Complex, Penrith  
downunder.iflyworld.com • Ph: 1300 366 364

Experience the rush of skydiving in one of the world's largest vertical wind tunnels. Each indoor skydiving flight is equivalent to a free fall from 14,000 feet!

#### 4 PENRITH WHITEWATER RAFTING

McCarthy's Ln, Cranebrook  
penrithwhitewater.com.au • Ph: 1800 006 986

Head out onto the whitewater course designed to test the skills of Olympians on a guided or self-guided kayak or rafting trip.

#### 5 HORIZON LINE CANOE & SUP HIRE

69 Great Western Hwy, Emu Plains • horizonline.com.au • Ph: 4735 2120

Explore the mighty Nepean Gorge by kayak or canoe. Guided tours are available by appointment as well as kayak hire for self-paced travel.

#### 6 LUDDENHAM RACEWAY

821-849 Luddenham Rd, Luddenham  
luddenhamraceway.com • Ph: 9834 2366

Check out the 1.4 kilometre circuit for cars, motorcycles and go karts. Or go head-to-head with friends on the paintball field.

#### 7 BURGER HEAD

98 Henry St, Penrith • theburgerhead.com.au

Taste the amazing burgers created when three fine dining chefs returned to their old stomping ground to cook the food they love.

#### 8 RUSTY PENNY BREWERY


5/4 Dean Pl, Penrith • rustypennybrewing.com.au • Ph: 4706 9061

Quench your thirst with one of the 12 different beers they have on tap at their funky microbrewery and bar.

### OVERNIGHT ACCOMMODATION

PENRITH boasts hotels, serviced apartments, holiday homes, cabins and camping grounds. Or get a head start on tomorrow's adventure by pitching your tent with the kangaroos at Euroka campground in GLENBROOK.

## DAY 2 Penrith to Katoomba TOTAL DISTANCE: 55km

 DRIVE: 12km (18mins) - GLENBROOK


### B GLENBROOK

Picturesque and relaxed, Glenbrook is home to a great cafe scene. There are plenty of places for a hearty breakfast, as well as swimming holes and historic locations if you want to linger longer.

#### 9 2773 Cafe

19 Ross St, Glenbrook • 2773glenbrook.com.au • Ph: 4739 5908


The 2773 Cafe is a great place to start the day for breakfast in a comfortable and family friendly atmosphere.

 DRIVE: 15km (19mins) - FAULCONBRIDGE

### 10 ABORIGINAL BLUE MOUNTAINS WALKABOUT

Faulconbridge railway station  
bluemountainwalkabout.com • Ph: 0408 443 822

Follow the songline of the mountain and gain a deep understanding of Aboriginal culture on this full-day experience that includes a challenging off-track walk.

 DRIVE: 26km (26mins) - LEURA

### C LEURA

Leura boasts some fabulous dining options as well as plush resorts, cosy guesthouses or self-contained cottages. Call into galleries and bric a brac shops if you want to switch down a few gears.

#### 11 CAFFEINE AND GASOLINE CAFE


82 Railway Pde, Leura • caffeineandgasoline.net.au • Ph: 0401 600 421

Good coffee takes top priority here. Make sure you ask the team about their favourite Blue Mountains motorbike rides.

#### 12 RED DOOR CAFE

134 The Mall, Leura • Ph: 4784 1328

Set in a prime location on Leura's main street, this homey cafe with a the-healthier-the-better mantra is perfect to drop in for a quick bite to eat.

 DRIVE: 2km (5mins) - KATOOMBA

### D KATOOMBA

Home to some of the world's most stunning natural attractions, Katoomba is a hub for mountain adventurers. With a wide choice of accommodation and dining options, Katoomba is a great base for exploring the surrounding towns.

#### 13 BLUE MOUNTAINS ADVENTURE COMPANY

84a Bathurst Rd, Katoomba • bmac.com.au • Ph: 4782 1271

Explore the majestic Blue Mountains landscape minus the hassle of carting around the gear. These all-inclusive half and full day adventures cater for all abilities.

#### 14 HIGH AND WILD ADVENTURES

207 Katoomba St, Inside Blue Mountains YHA, Katoomba  
high-n-wild.com.au • Ph: 4782 6224

Try your hand at abseiling, canyoning, rock climbing, mountain biking, bushwalking or mountaineering on one of these day or overnight activity-based tours.

#### 15 BLUE MOUNTAINS BIKES

Katoomba train station • bluemountainbikes.com.au • Ph: 0432 699 212  
Be thrilled by Katoomba's renowned mountain bike tracks with the help of this mobile service that meets you at the trail with all the gear you need for the day.

#### 16 THE CARRINGTON

15-47 Katoomba St, Katoomba • thecarrington.com.au • Ph: 4782 1111  
Fancy an elegant cocktail, some live entertainment or a locally brewed beer? This beautifully restored hotel has a range of bars and dining venues, all tinged with the glamour of a bygone era.

### OVERNIGHT ACCOMMODATION

KATOOMBA and LEURA boast a range of accommodation types including resorts, cottages, cabins and motels. Campers can continue on to BLACKHEATH for a night under the stars at Perrys lookdown campground.

## DAY 3 Katoomba to Hawkesbury TOTAL DISTANCE: 145km

 DRIVE: 11km (13mins) - BLACKHEATH

### E BLACKHEATH

Enjoy the relaxed vibe of Blackheath before you head out on one of the many bushwalks that start there. The serene landscapes of the Megalong Valley are nestled nearby.

#### 17 SYNONYMOUS CAFE

1 Railway Pde, Medlow Bath  
anonymouscafeblackheath.com.au/synonymous

Fuel up on some of the best local ingredients and speciality coffee to prepare you for the day ahead.

#### 18 ALTITUDE CAFE/DELICATESSEN

20 Govetts Leap Rd, Blackheath • Ph: 4787 6199

Need something vegan, vegetarian or gluten free? You can take it to go with your locally made keep cup at this vibrant cafe.

#### 19 BLACKHEATH GENERAL STORE

249 Great Western Hwy, Blackheath  
blackheathgeneralstore.com • Ph: 4787 5082

This local favourite is constantly evolving. Ask about their cooking and art classes while enjoying a leisurely breakfast or lunch.

#### 20 WALKS NEAR BLACKHEATH

nationalparks.nsw.gov.au/visit-a-park/parks/blackheath-area  
From a half-day trek to multi-night treks, many spectacular walks start at Blackheath. Check in at the Blue Mountains Heritage Centre to fill in a trip intention form before you depart. Always check the conditions with the National Parks and Wildlife Service before you set out.

>> Descend into the Grose Valley on one of the fantastic hiking routes and take home spectacular photos from the scenic lookouts along the way.

>> See the valley from above on the energetic 6km Clifftop Walk from Govetts Leap to Evans Lookout.

>> The 7km Lockleys Pylon return walk from Mt Hay Rd, North Leura offers some of the best views in the Blue Mountains.

>> Walk to Pulpit Rock from Govetts Leap and enjoy several cliff-side lookouts with panoramas over the Grose Valley to distant mountains.

 DRIVE: 12km (20mins) - KANIMBLA VALLEY

#### 21 CENTENNIAL GLEN STABLES

Kanimbla Valley Dr, via Shipley Rd, Blackheath  
centennialglenstables.com • Ph: 4787 1193


Soak up the mountain views as you ride through the magnificent Kanimbla Valley. Half-hour rides, full-day hacks and everything in between is available.

 DRIVE: 50km (53mins) - MOUNT TOMAH

#### 22 THE UGLY MUG EXPRESS KIOSK

Bells Line of Road, Mount Tomah  
bluemountainbotanicgarden.com.au/visit/eat-drink

Call into the Blue Mountains Botanic Gardens for a coffee or light bite from this hole-in-the-wall kiosk.

 DRIVE: 15km (13mins) - BILPIN

### F BILPIN

Known as the 'Land of the Mountain Apple', the road through Bilpin is lined with orchards that provide fruit for the quality ciders made there.

#### 23 BILPIN CIDER

2369 Old Bells Line of Road, Bilpin • bilpincider.com • Ph: 4567 0704

Sample some of Bilpin's famous cider at the region's first cellar door and stretch your legs on a short walk through the orchard.

#### 24 TUTTI FRUITTI

1917 Bells Line of Road, Bilpin • tuttifruitti.com.au • Ph: 4567 8436

Relax in the courtyard and enjoy some tasty country-style hospitality.

 DRIVE: 34km (33mins) - WILBERFORCE

#### 25 WILD CAT CONSERVATION CENTRE

Carrs Rd, Wilberforce • wildcatcentre.org.au • Ph: 0404 058 039

Want to meet a cheetah? Get up close and personal with these beautiful animals, as well as a range of small primates and reptiles.

 DRIVE: 23km (28mins) - YARRAMUNDI

#### 26 TREES ADVENTURE

200 Springwood Rd, Yarramundi  
treesadventure.com.au • Ph: 4776 1226

Swing through the forest canopy in this 2-hour challenge. With 10 courses, 110 obstacles and 19 flying foxes there's something for everyone.

#### 27 ACTION PAINTBALL GAMES

762 Springwood Rd, Yarramundi  
actionpaintball.com • Ph: 9679 0011

Rampage across 25 acres, 10 battlefields and the country's biggest paintball fort.

Choose whether your adventure continues back to Sydney, to the Hunter Valley or via Wisemans Ferry to the Central Coast or Newcastle.

