



## DIAMONDS IN THE ROUGH ADVENTURES

EXERCISE • SOCIALISE • ENERGISE



### MT KU-RING-GAI to COWAN HIKE

May 26<sup>th</sup>, 2024

Join us on this full day point-to-point distance hike in Australia's second-oldest national park, Ku-ring-gai Chase National Park. Located in Sydney's north, you will feel rejuvenated without leaving the Sydney metropolitan area.

This beautiful 17km trail starts and finishes at train stations, so we will be doing a short car shuffle. The hike takes us along the Benowie and Lyrebird Gully Track before following along Berowra Waters and up to Cowan Station, using a section of the Great North Walk.

Along the way, there is a creek crossing, a salt marsh, grass trees, interesting rock formations, Berowra waters ferry, a campsite plus several Aboriginal rock carvings. The trail features some steep sections with rock scrambling and is considered challenging due to the distance travelled and elevation. Experience this thrilling wilderness hike right on your doorstep.

### DETAILS

- **Cost:** \$199
- **Meeting Time:** 7.30 am– before the start, please ensure you have a good breakfast or bring something with you.
- **Meeting Location:** Cowan Train Station carpark (toilets at the station). We will then be car-pooling to start point at Mt Kurungai (parking in Glenview Rd, 10mins drive south)
- **Maximum numbers:** 12 plus 2 DITRA guides
- **Difficulty:** Moderate-Challenging
- **Requirements:** Very good level of fitness, good general health, confident walking in all weather conditions and on varied and steep bush terrain for a full day.
- **Length:** Approx. 8-9 hrs (we should be back to cars by 5 pm)

### INCLUDED:

- Two Experienced Diamonds in the Rough Leaders- Jacq and Kalina
- Picnic lunch and morning tea/snacks – relax and enjoy a healthy, nutritious lunch

- Tea, Coffee, Hot Chocolate, milk
- Wilderness First Aid kit and all safety equipment

## WHAT TO BRING

Bring in a small backpack (please allow space for a 20cm x 15cm lunch box provided):

- 3 litres of drinking water (including electrolytes)
- 500 ml thermos of hot water (for your tea/coffee)
- Mug
- Warm layer
- Rain Jacket
- Headtorch
- Sunscreen
- Personal Medications
- Tissues, wet wipes and clip lock bags (for toileting) Our leave no trace policy requires you take out all waste such as toilet paper and wet wipes. Coaches will carry a shovel and spare toilet paper.
- Poles (recommended)
- Boots highly recommended

## TERMS AND CONDITIONS

### Cancellation Policy

*If a trip is cancelled by DITRA, a full refund will be given.*

*If you cancel a Diamond Day:*

- *more than 14+ days prior to the trip, you will receive a refund less 20% admin fee deducted.*
- *Between 14 and 7 days prior to the trip, you will receive a refund less a 50% admin fee deducted.*
- *less than 7 days – 100% of the trip cost will be forfeited.*

### Acceptance of Risk and Personal Responsibility

*You understand that DITRA activities operate in unpredictable and sometimes remote outdoor environments, including in unpredictable weather and you agree to act responsibly and accept the inherent risks and dangers associated with any activity in which you participate with DITRA and the accompanying risk of injury, death or property loss or damage. Access to normal medical services or hospital facilities may be limited. Evacuation, where necessary can be prolonged, difficult and expensive. Medical and evacuation expenses will be your responsibility. You must at all times indemnify DITRA and hold its officers, employees and agents harmless from and against actions, claims, charges, costs, expenses, losses, damages and other liability arising out of or otherwise in connection with any wilful, unlawful or negligent conduct of you in connection with your membership of DITRA.*

### Photography

*By participating in this event, you give us permission to use photographic material, without any compensation to you or express written permission from you.*



**D** **DILIGENT**  
 Train to be as ready, mentally and physically, as possible for any challenge your adventure brings, have suitable gear, accept personal responsibility for your own actions and safety.

**I** **IN THE MOMENT**  
 Enjoy the unique aspects of what your adventure is offering- appreciate what you have not what you are missing.

**T** **TOLERANT**  
 Every group is made up of many different personalities, embrace this and if necessary, deal with a grievance discreetly.

**R** **RESPECTFUL**  
 Care for the environment (leave no trace), respect different cultures and traditions, guides and customs and especially each other.

**A** **ACCEPTING**  
 Sometimes things don't go to plan, accept the unexpected as part of the adventure and stay positive.