

SHINRIN YOKU

GRAND CANYON WALK



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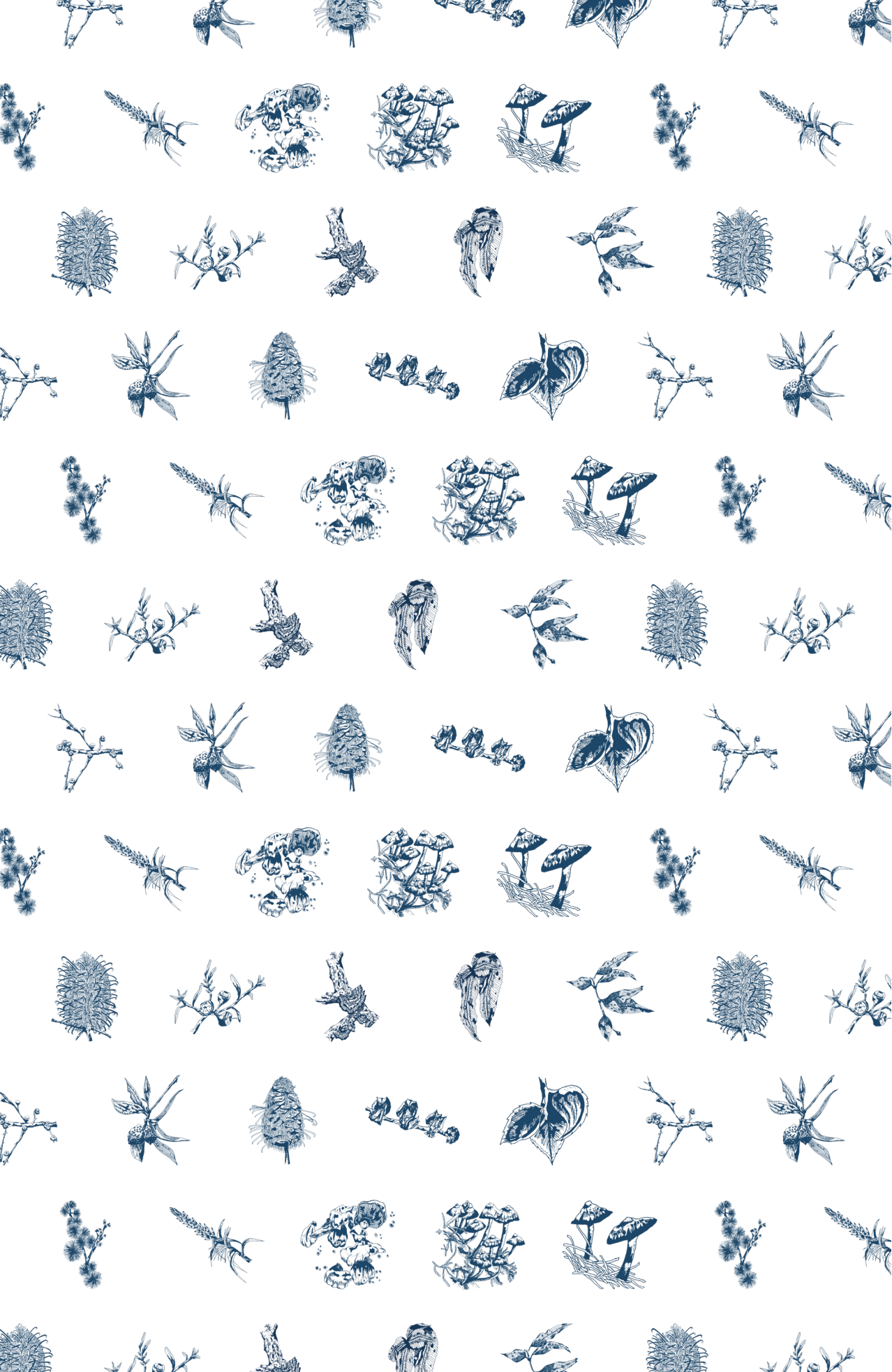
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'If I ever go looking for my heart's desire again,
I won't look any further than my own backyard.
Because if it isn't there, I never really lost it to begin with.'

- Dorothy, The Wizard of Oz

INTRODUCTION

FOLLOW THE YELLOW BRICK ROAD

"WANT TO KNOW A LITTLE SECRET?"
THE WIND WHISPERED IN MY EAR.

"WHAT IS IT...?" I ASKED.

"LISTEN TO THE SOUND OF THE WAVES CRASHING
AGAINST THE ROCKS, CARRYING THE SECRETS OF THOSE
BEFORE US, TAKE IN THE BREATH OF FRESH AIR, TASTE
THE SALT OF THE SEA ON YOUR TONGUE AND FOLLOW
ME." SHE SAID.

And so I closed my eyes to the world I was all too familiar with; the cold, concrete cities, filled with people just like you and I, working hard to achieve their goals and making a place for themselves in life. I often wondered, how people are able to keep up with the rapidly evolving world; how they got to where they are – and if they're one of the lucky ones – how they are able to achieve a sense of happiness in their already busy lives. Don't get me wrong though, this is nothing in the sort of the "figuring out the meaning of life" kind of thing, nor is it anything to do with a depressive state of mind. But rather, it is a feeling of emptiness, a fleeting state of indifference.

Surely, at least once in your life, you must have felt incomplete, or rather that something is lacking and you can't quite work out what that thing is? Have you ever felt this way? Well, let me share with you a little something. Unsurprisingly so, every now and then I too have this feeling wash over me, but I mean after all, I am human just like you. Sometimes, I would just sit there and stare into... well into nothing, my body is there, but me, or more correctly my mind would be elsewhere. I wasn't quite sure what it was, where the feeling of inadequacy came from. All I knew was that this indifferent me, this soulless me, was alien-like and strange. Sure, I was content enough, I'm doing what I love, a job that I enjoy, a loving family and great friends. Living the fast paced, event filled life that I'd imagine I would have as I grew older, but I couldn't shake the feeling that something was missing – and it wasn't until I began to work on this project that I realised what it was. So, I left behind everything for a moment and took a brave step onto the Yellow Brick Road in the hope that I could find what that missing piece was.

Before I get into what my epiphany actually was, let me let you in on the days, or rather the self, before that moment. I was doing what I always do, which is what I guess everyone of my age or older would be doing anyway – that is, either university or work, or both. My life was – and well still is – packed with the occurrences of a typical university student, an event-filled social life and the normal responsibilities you'd face with a job. I had it going pretty well for me. But as the days went by, I realised that most of the time, I was pretty fatigued, constantly sleep deprived (maybe I have insomnia, I don't know), but I just felt drained physically, emotionally and intellectually.

While my life was everything I could hope for, I felt so distant and disconnected. I couldn't find significance in the meaningful things I did: volunteering, work and my university studies. I simply did the things because I had to. The things that I always held in high regard and valued just somehow stopped bringing me joy.

However, there was this one time, a few months back now, where I was stressed out with well... pretty much everything. I didn't want to do anything and just sat there staring into space. I didn't know what was wrong with me. I felt completely depleted and just wanted something to improve my mood. I began to think of the sea. I've always loved the sea. So I got out of the house and took myself to the beach. More specifically, I went on the Bondi to Coogee walk. I don't know if it was the change in location or the fact that I actually got out of the house and took a walk, but the moment I stepped off the bus at Bondi Beach, I was caught in the sea's embrace.

This wasn't the first Shinrin Yoku walk I did for this project [I didn't realise the true effects and benefits it has until this walk]. In fact, it wasn't even intended to relate to the project at all, but somehow it just did. So what is Shinrin Yoku you ask? Shinrin Yoku, translates to "forest bathing." It is a commonly used practice in Japanese natural therapy founded in 1982. There are various health benefits, which Adam Alter will explain later in this book. The practice involves an individual taking a solitary walk in a purely natural environment for about two to three hours. The individual is able to immerse oneself fully in nature through all of the five human senses – sight, hearing, smell, touch and taste (though I really don't recommend

you go and taste random things). If travelling to such a place is a bit inconvenient, local parks nearby can work too, however the complete benefit of Shinrin Yoku is not guaranteed in an environment that is slightly man-made. With that, in regards to my wandering that particular day, I didn't really have anything in mind, maybe just walk a bit and sit a bit at different beaches, perhaps even take a nap somewhere – a bit random right? But that's how it usually goes. You don't need to plan for these Shinrin Yoku style walks, they just happen.

As I began to walk along the track, with the wind caressing my hair, my worry and stress began to fade from my mind. I could smell the freshness of the sea, taste the saltiness of the air on my tongue as I breathed in, hear the crashing on the waves against the cliffs beside me, and my eyes marvelled on the beauty of the ocean that surround me. I was in surprisingly a peaceful state of mind. It was the first time in what felt like forever, that I actually had a pause in my life, a moment to slow down and reflect on everything, on what I have achieved thus far and foresee in the near future. However, most importantly, it was the first time I solely focused on the present, being completely there in that space and time, without other distractions. It was just my thoughts and nature.

There was something rather compelling about the whole process. The further I walked, the more mesmerized I was by the landscape around me. I began to feel more at ease and relaxed, the most I've been in a while actually. This particular walk is quite interesting, it is characterized by the natural beauty of the ocean on my left with the stark contrast of man-made buildings to my right. Then a

weird thought came to mind. When observing the contrast between the two, I began to think that maybe it wasn't so much that anything was wrong with my life, but rather that I was moving too fast.

As I continued my way, I took notice of the types of people who shared the walk with me. There were locals exercising, tourists taking pictures, people in the company of their friends and those walking their dogs. They all seemed, so carefree, so content with life, so present and living literally in the moment, and it was there and then that I realised what it was that was the problem. My problem simply was that I needed to slow down and appreciate life! I really wished I had realised it sooner. Yes, my life was going well, but I just hadn't given myself the time to step back and appreciate the good things that had happened. I gave no time to myself to concentrate on me. The emptiness I felt was just a lack of a full appreciation of the little and big things, and the state of indifference. The only reason why I felt indifferent was because I was constantly moving forward and was unable to keep up with myself. Thus, everything felt the same to me.

The moment I realised that the key was simply to slow down, reflect and appreciate the things that have happened, my stress just washed away. I guess that's the idea of a Yellow Brick Road – you end up finding out that the answers you were looking for were always within you. For me, that was simply to pull back a bit and look at my journey thus far. Overall, I felt a lot more relaxed and content. I had a clearer state of mind and I was simply at peace. In the end, this really was my experience. I could say pretty much anything, but this is something you just

have to try for yourself to truly understand and appreciate the true value of Shinrin Yoku. How do you actually do one of these walks you ask? Well, I'm going to show you just that. This book is a visual guide on how to best gain the most out of your Shinrin Yoku style walk, and in this edition the focus will be on the Grand Canyon Walk, one of the most beautiful walks in the Blue Mountains.

"WANT TO KNOW A LITTLE SECRET?"
THE WIND WHISPERED IN MY EAR.

"WHAT IS IT...?" I ASKED.

"TAKE A DEEP BREATH AND EMBRACE THE BEAUTY OF NATURE.
SLOW DOWN AND APPRECIATE THE LITTLE THINGS." SHE SAID.

HOW NATURE RESETS OUR MINDS AND BODIES

ADAM ALTER

THE RESEARCH BEHIND AN UNDERSTANDING THAT
NATURAL ENVIRONMENTS REFOCUS OUR ATTENTION,
LESSENING STRESS AND HASTENING HEALING

Paoli, Pennsylvania, is a small town with a local suburban hospital. Patients at Paoli Memorial recover in a row of rooms facing a small courtyard. In the early 1980s, a researcher visited the hospital and gathered information about patients who had undergone gallbladder surgery between 1972 and 1981. Gallbladder surgery is routine and generally uncomplicated, but most patients in the 1970s recovered for a week or two before they returned home. Some took longer to recover than others, and the researcher wondered whether subtle differences between the hospital rooms might explain this discrepancy. Some of the rooms on one side of the hospital faced onto a brick wall, whereas others slightly farther down the corridor faced onto a small stand of deciduous trees. Apart from their differing views, the rooms were identical.

People who are exposed to natural scenes aren't just happier or more comfortable; the very building blocks of their physiological well being also respond positively.

When the researcher looked at their recovery charts, he was struck by how much better the patients fared when their rooms looked out onto the trees rather than the brick wall. On average, those who faced the brick wall needed an extra day to recover before returning home. They were also far more depressed and experienced more pain. On average, their nurses recorded four negative notes per patient - comments like "needs much encouragement" and "upset and crying" - whereas those with a view of the trees warranted negative notes only once during their stay. Meanwhile, very few of the patients who looked out onto the trees required more than a single dose of strong painkillers during the middle part of their stay, whereas those facing the wall required two or even three doses. Apart from their view, the patients were very similar, and they had received identical treatment at the hospital. Each patient with a view of the trees was matched with a patient whose room looked out onto the brick wall, so that their age, gender, weight, status as smokers or non-smokers, and attending doctors and nurses were controlled as tightly as possible. Since those factors were controlled, the only explanation was that patients who looked out at a stand of trees recovered more quickly because they were lucky enough to occupy rooms with a natural view.

These results are surprising because the effects are so large - much larger than the effects of many other targeted treatment interventions. By some measures,

patients who gazed out at a natural scene were four times better off than those who faced a wall. Strong results usually inspire skepticism, but plenty of studies have shown similar effects. In one of those studies, two environmental psychologists approached 337 sets of parents who lived with their children in five rural communities in upstate New York. They scored the “naturalness” of each family’s home, awarding points for natural views, indoor plants, and grass-covered yards. Some of the children had experienced little stress growing up, rarely fighting or getting punished at school, but others were bullied and struggled to get along with their parents. When the researchers measured the happiness and well-being of the students in their study, they noticed that those who had experienced hardship were distressed and lacking in self-esteem - except when they lived in more natural environments. The presence of nature seemed to buffer them against the stresses that hampered other children who lived in predominantly man-made environments.

In an even more direct test, researchers asked a hundred sets of parents with children who suffered from attention deficit disorder how their children responded to different playtime activities. Children who have ADD are often restless and distracted. But the parents reported that green activities - like fishing and soccer - left their children in a far more relaxed, focused state. It wasn’t that the children who spent time outside were merely happier, more likely to interact with friends, or more active - in fact, those who sat indoors, in a room with natural views, were calmer than children who played outside in man-made environments that were devoid of grass and trees.

What is it that sets natural environments apart from others? Why shouldn’t a quiet streetscape have the same effect as a quiet natural landscape, for example? Architecture has its own beauty, and some people prefer urban environments to natural environments, so why does nature alone seem to have such powerful restorative effects? The answer is that natural environments have a unique constellation of features that sets them apart from man-made locations. Just before the dawn of the twentieth century, William James, one of the early giants of modern psychology, explained that human attention comes in two different forms. The first is directed attention, which enables us to focus on demanding tasks like driving and writing. Reading a book also requires directed attention, and you’ll notice that you start to zone out when you’re tired, or when you’ve been reading for hours at a time. The second form is involuntary attention, which comes easily and doesn’t require any mental effort at all. As James explained, “Strange things, moving things, wild animals, bright things, pretty things, words, blows, blood, etc., etc.” all attract our attention involuntarily.

Forests, streams, rivers, lakes, and oceans demand very little from us.

Nature restores mental functioning in the same way that food and water restore bodies. The business of everyday life - dodging traffic, making decisions and judgment calls, interacting with strangers - is depleting, and what man-made environments take away from us, nature gives back. There’s something mystical and, you might say, unscientific about this claim, but its heart actually rests in what psychologists call attention restoration theory, or

ART. According to ART, urban environments are draining because they force us to direct our attention to specific tasks (e.g., avoiding the onslaught of traffic) and grab our attention dynamically, compelling us to “look here!” before telling us to instead “look over there!” These demands are draining - and they’re also absent in natural environments. Forests, streams, rivers, lakes, and oceans demand very little from us, though they’re still engaging, ever changing, and attention-grabbing. The difference between natural and urban landscapes is how they command our attention. While man-made landscapes bombard us with stimulation, their natural counterparts give us the chance to think as much or as little as we’d like, and the opportunity to replenish exhausted mental resources.

Healers in Japan and Germany have long heralded the benefits of natural therapy, recognizing that humankind has spent 99.99 percent of its history living in natural environments. The Japanese version of natural therapy is Shinrin Yoku, or forest bathing, which requires that patients walk for extended periods through forested areas while inhaling woody scents that complement the sylvan atmosphere. German Kneipp therapy similarly requires that patients perform physical exercises in forest clearings. These alternative therapies aren’t just idle cultural quirks, and researchers have found that patients enjoy a wide range of benefits. Among others, compared with people who walked through urban areas, Shinrin Yoku patients had lower blood pressure, lower pulse rates, and lower cortisol levels, a marker of reduced stress. People who are exposed to natural scenes aren’t just happier or more comfortable; the very building blocks of their physiological well being also respond positively to natural

therapy. Natural environments promote calmness and well being in part because they expose people to low levels of stress. These stressful experiences are tame in comparison with the trials and tribulations that most of us associate with stress - workplace drama, traffic jams, and wailing children on international plane trips. Humans thrive with some stimulation, but we’re incapable of coping with extreme stressors, which push us from the comfortable realm of eustress (good stress) to the danger zone of distress (bad stress).

ENGAGE IN THE FIVE SENSES

A SHINRIN YOKU STYLE WALK

GET THE MOST OUT OF YOUR WAY BY ENGAGING INTIMATELY WITH YOUR FIVE HUMAN SENSES AND REALLY FOCUS ON BEING PRESENT WITH NATURE.

SIGHT:

There are many things to see in The Grand Canyon walk. For the beginning and end part of the walk, I might say it isn't too interesting cause all there is, is bush. In the summer when the wattles, banksias and mountain devils flower, it is a rather spectacular sight - but that's for you to judge. If you're lucky, you may even spot a few native birds that are known to frequent this area of the mountains; such as the Eastern Yellow Robin, the Rufous Fantail and the Yellow Tail Black Cockatoo. The more beautiful parts of the walk is in the lower regions surrounding the canyon. These areas are rich in rainforests that offer a lush greenery for your eyes to feast on.

SMELL:

For the most part, you don't smell much of the bushy landscape in winter. But in summer, I'd imagine it to be an overwhelming kick of various fragrances when the flowers bloom. The air smells a lot more clearer and not as dry as you go further down towards the canyon.

TOUCH:

There are so many things to touch, feel and simply marvel over throughout the track! Feel the smooth textures of the ferns, caress the mossy green walls, the prickliness of the banksias. Walk under and through waterfalls, and if you wish, maybe even try canyoning. However, make sure someone is with you and a first aid kit is at hand just in case! If you look hard enough you might even spot a few mushrooms and some fungus on decaying trees to feel!

HEARING:

There is a constantly sound of the trickling of water for almost the entire duration of the track, whether it be faint or much louder when it is directly beside you. Listen to the rhythm the water creates as it makes its way down through the canyon. If you listen carefully enough, you might even hear a few birds - especially during summer!

TASTE:

This one is a little odd, I honestly would not recommend you go and eat anything - just in case something turns out to be inedible. However, what you can taste without causing any harm to yourself - in fact it would actually benefit you, as Adam Alter mentioned earlier - is to taste the air. In the drier regions of the Sclerophyll forest, the air tastes a little drier and more stale. Whereas in the wetter rainforest environments it is much more cool, thinner and more oxygenated.

There's a few tips from my experience! I'm not going to let you in on anymore, instead I want you, yes you! To go and experience this Shinrin Yoku style walk for yourself! Remember, if you don't know what to do, don't think about it! Just keep walking and observing the things you can see, smell, touch, hear and taste along the way and focus solely on you being there in the arms of nature!

THE GRAND CANYON WALK BLUE MOUNTAINS

ESTABLISHED IN 1907, THIS IS MANY PEOPLE'S FAVOURITE BUSH WALK IN THE BLUE MOUNTAINS. IT HAS A STEEP DESCENT INTO A SANDSTONE CANYON AND THEN A GLORIOUS ASCENT TO EVANS LOOKOUT, WITH ONE OF THE BEST VIEWS OF THE GROSE VALLEY. IT IS LONG ENOUGH THAT YOU KNOW YOU'VE HAD A WALK, BUT NOT TOO LONG FOR MOST PEOPLE.

The full loop involved a relatively boring 1.5km walk besides Evans Lookout Rd, Blackheath, between Evans Lookout and the Neates Glen car park. There are some nice flowering mountain devils and other bushes in this section, but most people will find it an unnecessary evil. So, the fittest person in the party can drop off everyone at Neates Glen car park, then park the car at Evans Lookout, before hot-footing it back along the track, or alternatively, park at Neates Glen car park and pop up to pick up the car at the end of the walk while everyone else recovers from the climb at Evans Lookout. There is also a car park halfway along this section.

From the Neates Glen car park, the walk descends almost straight away, with a series of switchbacks and some stone stairs. The track is very well defined and walked by many, many people. There is an enjoyable change in vegetation as you descend through stringy bark forest and dry sclerophyll to increasingly moist and darkened forest with mossy trunks. A creek burbles and bubbles its way down beside the track, with multiple tree ferns and lush ferns lining the banks. Birds such as Rufous Fantails, splay their tail feathers, and Eastern Yellow Robins boast their bright chests and grey backs. If you're lucky you'll also spy Yellow-tailed Black Cockatoos in the drier forests, their calls sometimes sounding like squeaky iron gates.

After crossing the creek, there is a lovely section with large sandstone overhangs, a short natural tunnel, and a waterfall to walk behind [or under]. At one overhang, chains have been attached to the rock on the left side of the track. This is the anchor point for canyons to abseil into the black hole beyond, which takes them straight

down to water level. They then follow the watercourse 50m or so below the walking track before rejoining it later. You may even hear them whooping or clinking along in their abseil gear. As it only has one abseil and is relatively short with little chance of getting lost, it is considered one of the safer canons in the Blue Mountains, but should still only be attempted in groups with experienced canyons.

At times along the walking track, you'll get glimpses of the creek far below. Once the track reaches creek level, an especially large overhang offers a lovely spot for a break. The track then continues along the valley, crossing over the creek several times.

The last time it crosses, another track – Rodriguez Pass – comes in at an oblique angle on the right. You may not even notice it if you are focused on the crossing. Those after an extra stroll could duck along this less-used track for 1km or so to the lovely hidden Beauchamp Falls.

Back on the main track though, you now begin the long and at times taxing ascent to Evans Lookout, which is about 200m above the creek. There are multiple sections and steep stairs, but the track is well maintained. If you take it easy and enjoy the ferns, the bubbling creek and the changing forest, the top will appear mercifully quickly. It opens out into the wide-open lookout, which is bound to be full of people, offering stunning views down the valley to the Grose River far below, over plunging orange cliffs, and to Mt Banks on the other side of the Valley. Stop for a while, recover your breath, wait for the rest of your group, and enjoy this truly splendid sight.

MAPS EXPLAINED

SYMBOLS AND NOTES

WHEN LOCATING A FEATURE, REFER FIRST TO THE MAP NUMBER, FOLLOWED BY THE REFERENCE NUMBER LOCATED ON ALONG THE SIDE OF THE MAPS.. TO FIND A PARTICULAR MAP, REFER TO THE NEXT PAGE.

CONTOURS [10M INCRE.]



SCLEROPHYLL FOREST:

FUCHSIA HEATH
MOUNTAIN DEVILS
CAPERTEE STRINGYBARK
KNOBTHORN ACACIA
SYDNEY PEPPERMINT
NARROW LEAVED -
PEPPERMINT
RUFIOUS FANTAIL
YELLOW TAIL -
BLACK COCKATOO
EASTERN YELLOW ROBIN
BLAKELY'S RED GUM
CAMDEN WHITE GUM
WHITE BOX GUM
SCRIBBLY GUM
YELLOW GUM
RIVER OAK
FOREST OAK
CURLY SEDGE
SILVER BANKSIA
DEAD FINISH
COACHWOOD



RAINFOREST:

ROUGH TREE FERN
HYGROCYPE AURANTIPES
ROUGH MAIDENHAIR FERN
FISHBONE WATER FERN
MOTHER SPLEENWORT
HARE'S FOOT FERN
AUSTRAL BRACKEN
AUSTRALIAN -
HONEY FUNGUS
TURKEY TAIL
WAX PLANT
TREE FERN
RIBBON FERN
GRISTLE FERN
CURLY SEDGE

MAP KEYS



TRACK SCALE:

1CM : 7.7M [APPROX.]
N.B.. THIS IS ONLY
APPLICABLE TO THE
TRACK ROUTE.



ALTERNATE TRACKS:

OPTIONAL ALTERNATIVE
TRACKS YOU MAY TAKE TO
EXTEND YOUR WALK



BRIDGES:

WOODEN BRIDGES OVER
CREEKS AND WATERWAYS



CREEK CROSSINGS:

CREEKS RUN ALONG SIDE
OF THE TRACK MOST OF
THE TIME



CARPARK:

REMEMBER TO TAKE YOUR
VALUABLES WITH YOU!



SECRET HIDEAWAYS:

REFER TO THE SECRET
HIDEAWAYS SECTION OF
THE BOOK



TOILETS:

IT MAY BE WISE TO USE
THE RESTROOM BEFORE
BEGINNING THE WALK



WATERFALLS:

VARY IN SIZE, LARGER
ONES IN THE RAINFOREST
SECTION OF THE WALK



LOOKOUTS:

GREAT PLACES TO REST
AND ENJOY THE VIEW



GATES:

IF THESE ARE LOCKED,
DO NOT PROCEED ANY
FURTHER!

COMPLETE TRACK MAP

THE GRAND CANYON WALK

PLEASE REFER TO INDIVIDUAL MAPS FOR MORE DETAILS.

Time required:
2.5/3hrs

Best time:
Winter, when the air is bitingly fresh and you don't overheat on the big climb

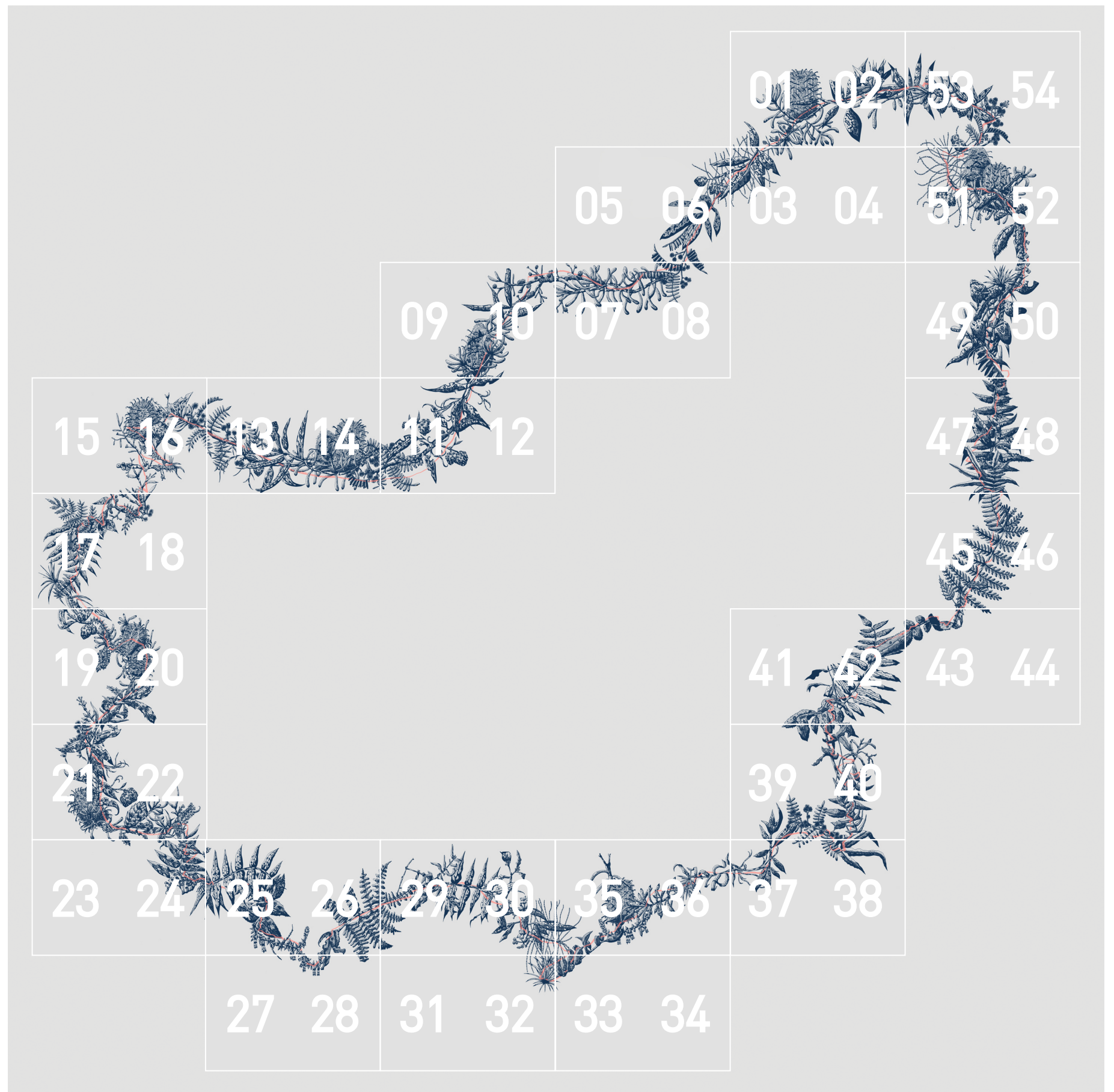
Grade:
Moderate

Environment:
Moist canyon with sandstone overhangs, forest, waterfalls, grand views

Toilets: Evans Lookout

Food:
Blackheath has some lovely cafes and pubs

Tips: If you have any friends who are experienced canyoners and want to try canyoning with them, there is a short canyon section of the Grand Canyon walk that involved one abseil into a dark hole and a few swims, before rejoining the main track. It adds an hour or so to the trip and is a great first canyon. Some adventure companies occasionally run guided trips through it.

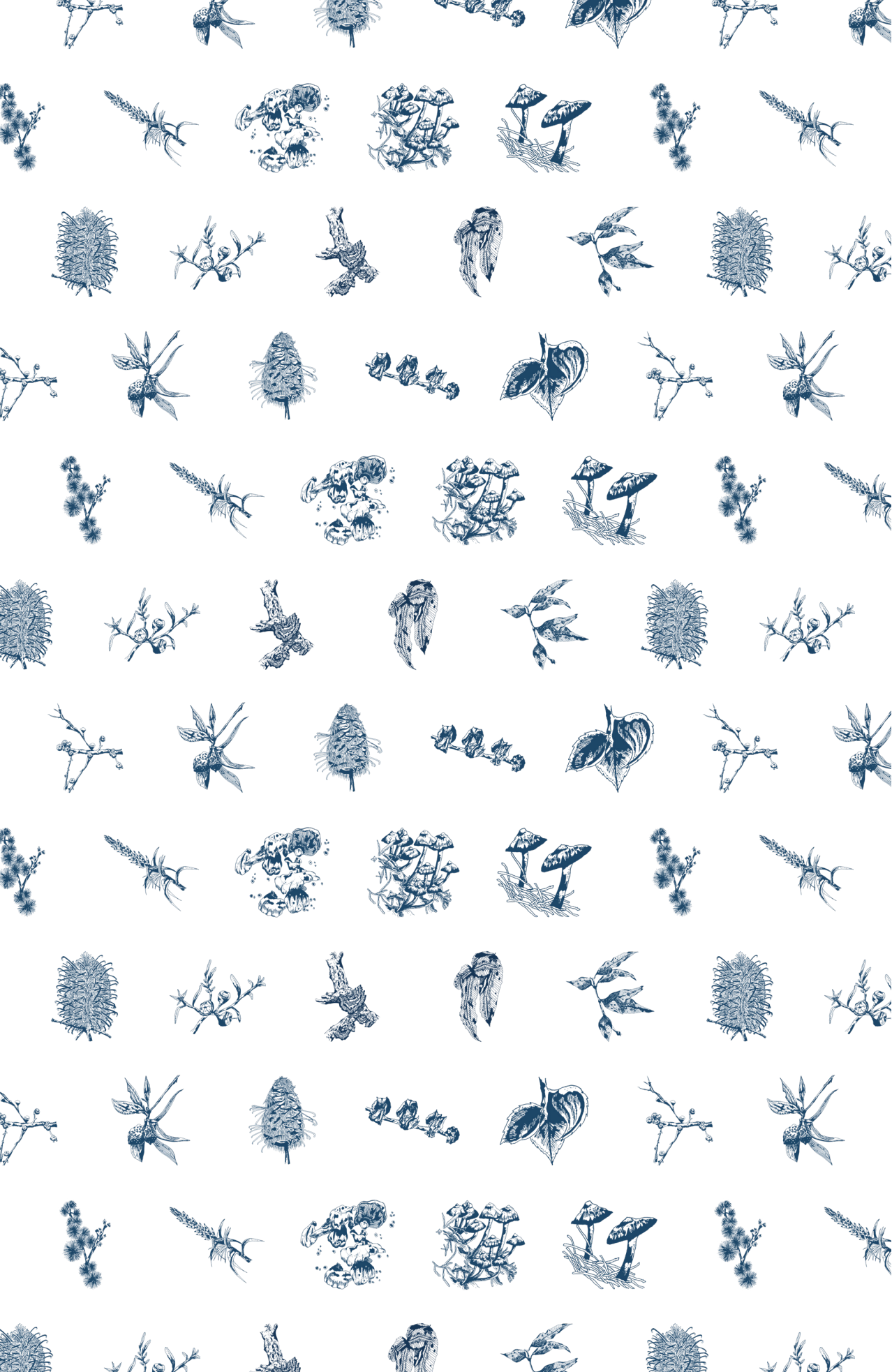


SECRET HIDEAWAYS

BEAUTIES TO LOOK OUT FOR

SOME OF THE MOST INTERESTING FEATURES OF THE GRAND CANYON WALK AND THE BEST PLACES TO TAKE A BREAK AND EXAMINE THE BEAUTY OF NATURE.

NO.	FEATURES	MAP	REF.
01	A PICNIC IN THE BUSH	07	E04
02	MUSHROOM MAGIC	17	F06
03	TERMITE INFESTATION	21	H10
04	FOREST GARDEN	24	H01
05	DOWN THE RABBIT HOLE	24	F02
06	UNDER THE RAINBOW	25	A03
07	DAWN OF AFRICA	39	F11
08	THE AZTEC TEMPLE RUINS	40	E10
09	MORE MUSHROOM MAGIC	40	D08
10	DARK MOON	40	A02
11	KEEP ON YOUR TOES	42	E06
12	LITTLE BLUE LAGOON	42	F05
13	TWIN TREE GATES	46	A06
14	IF THE FOREST HAD A BACK	47	H06
15	BEFORE THE ASCENSION	50	A08
16	TAKES YOUR BREATH AWAY	52	D11
17	NIRVANA	54	A09



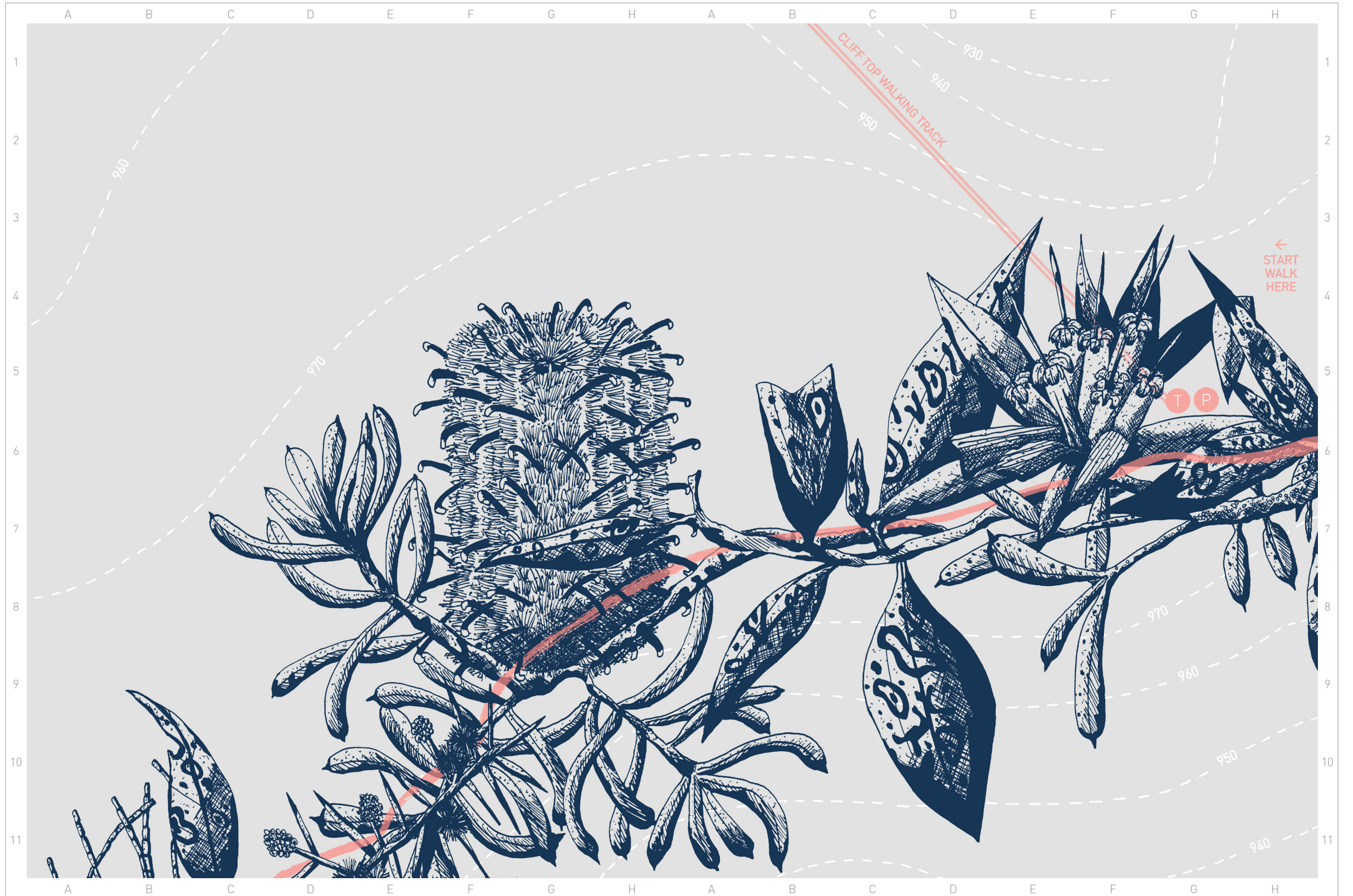
MAPS YOU ARE HERE

A FEW TIPS!

IT IS RECOMMENDED THAT YOU START FROM
MAP 02, THE CARPARK AT EVANS LOOKOUT AND FOLLOW
THE TRACK IN THE DIRECTION OF MAP 01, TO END WITH
THE GORGEOUS VIEW AT EVANS LOOKOUT!

GO TO THE RESTROOM BEFORE WALK!
THERE ARE NO TOILETS LOCATED ON THE TRACK!

TURN OFF MOBILE PHONES TO FOCUS ON THE WALK!
BESIDES THERE IS NO RECEPTION IN THE LOWER
REGIONS AND YOU WON'T NEED IT ANYWAY!

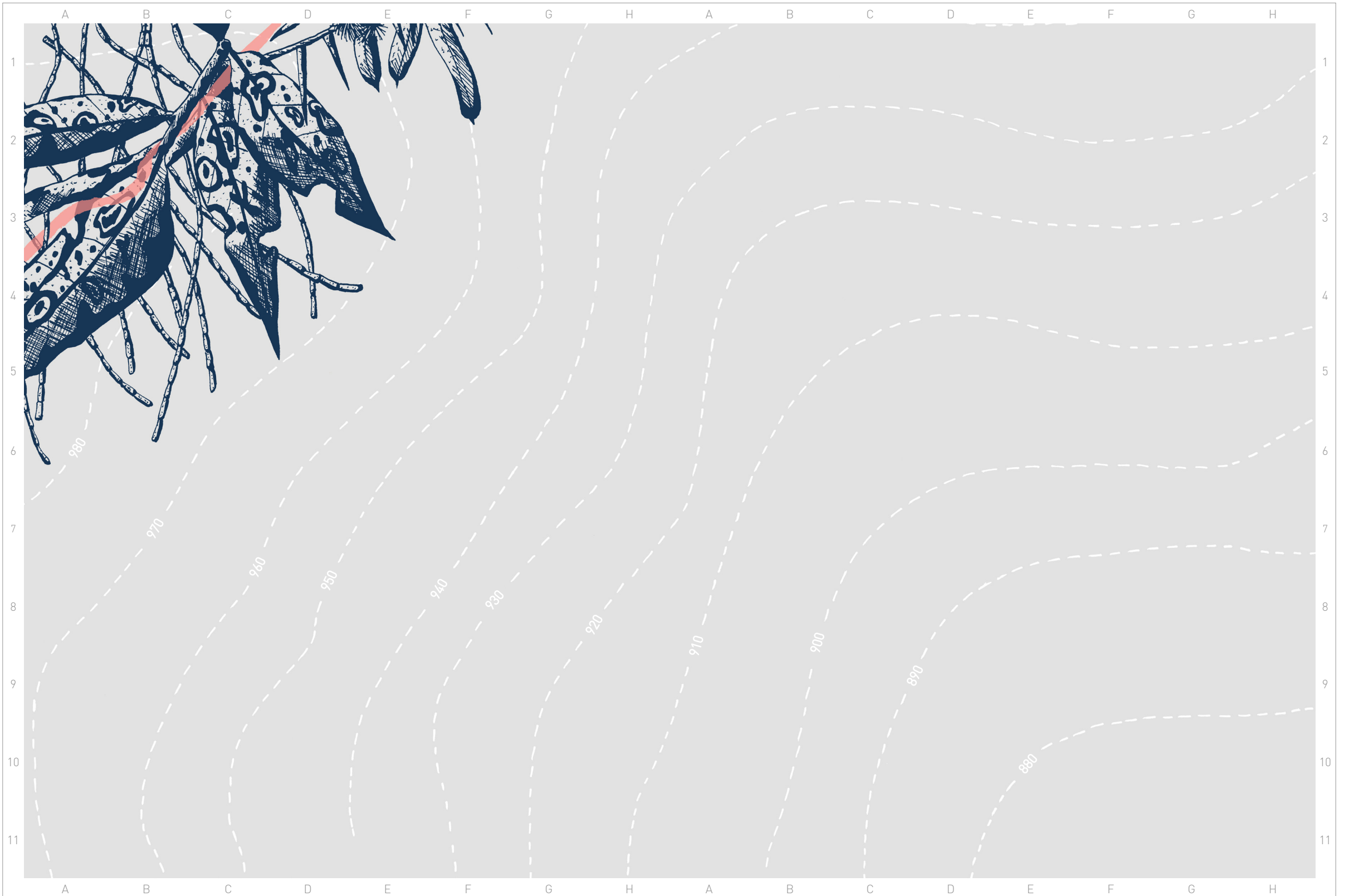


JOINS MAP 03

JOINS MAP 04

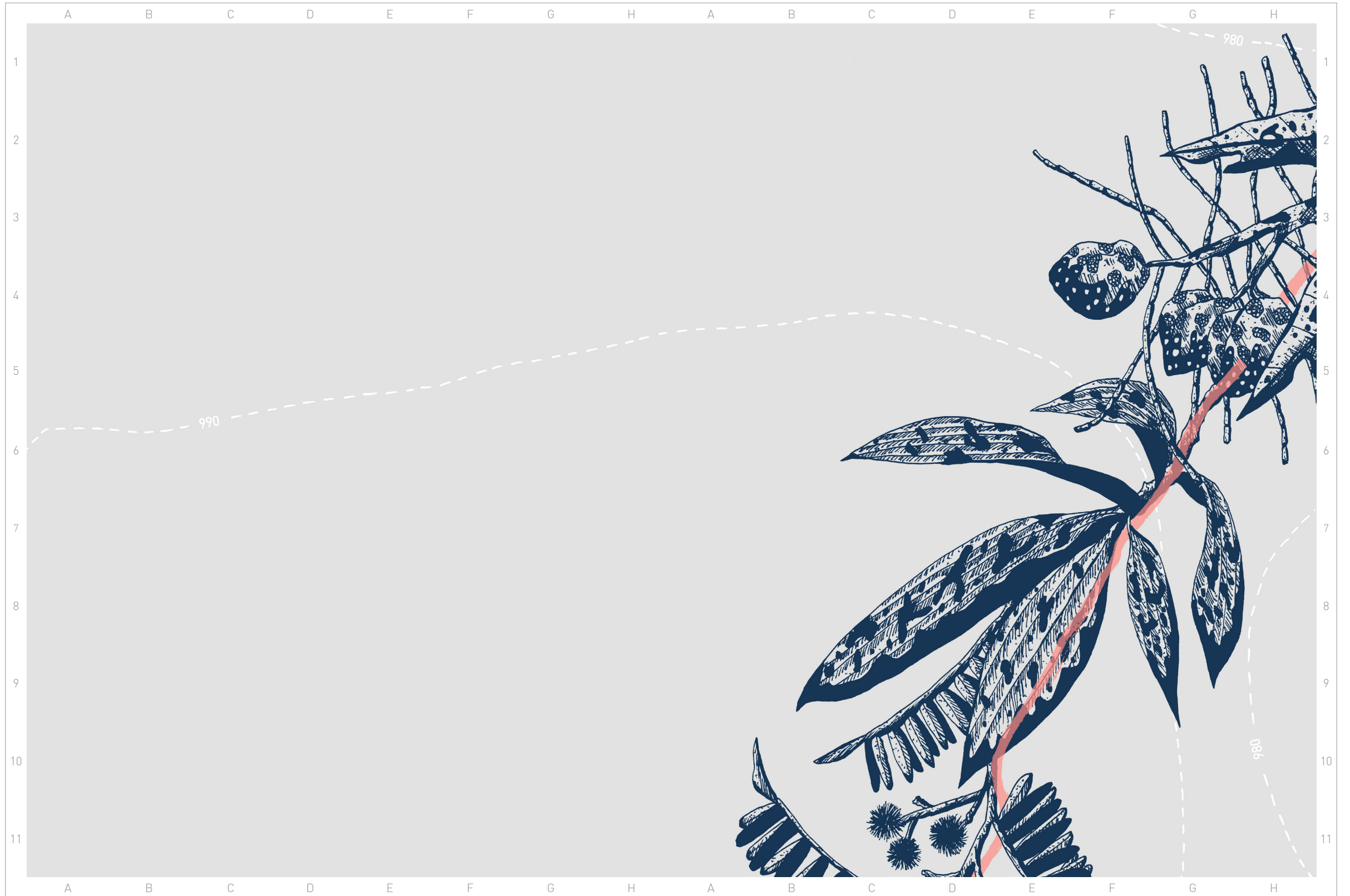
JOINS MAP 01

JOINS MAP 02



JOINS MAP 06

JOINS MAP 51



JOINS MAP 07

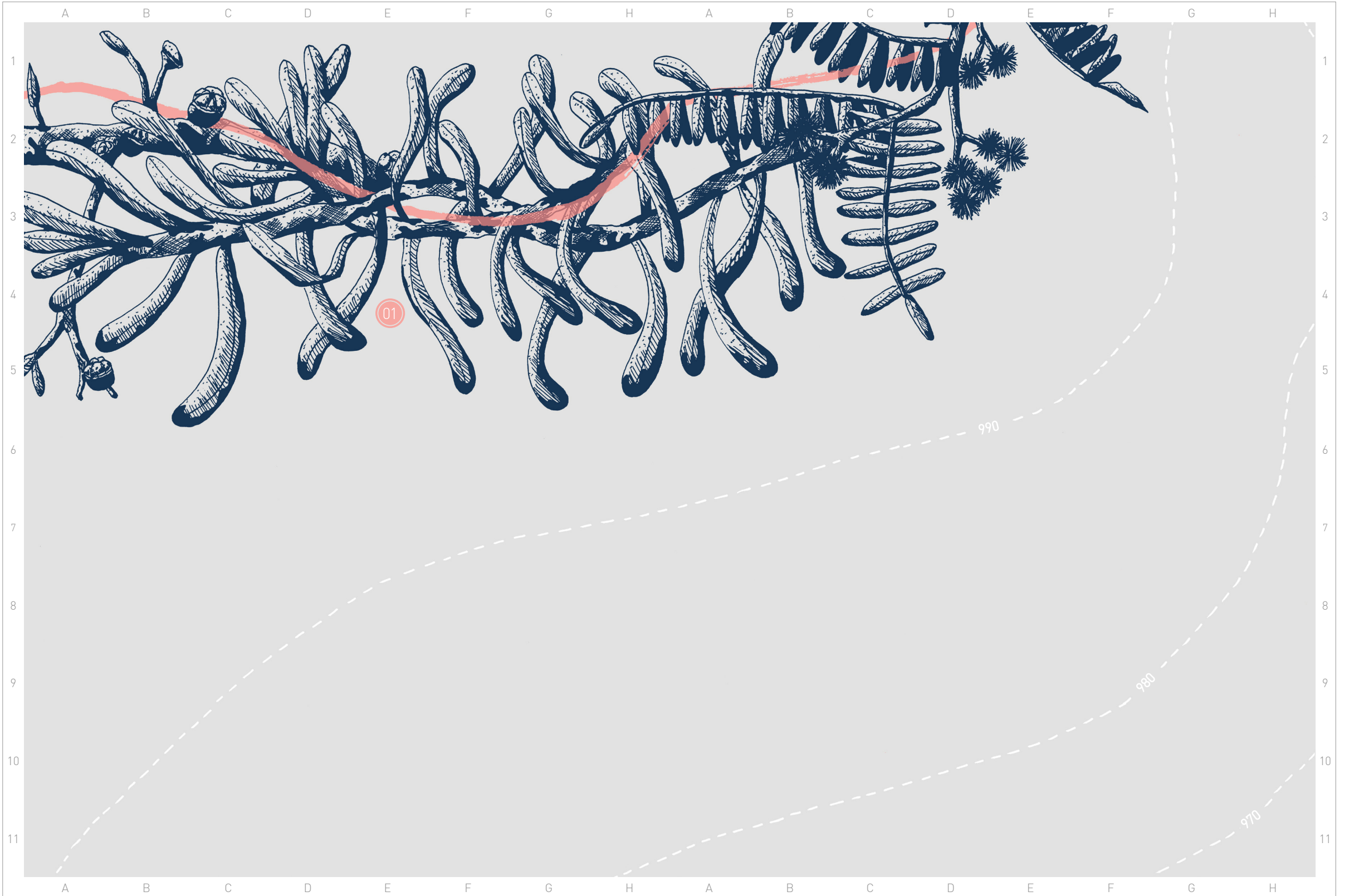
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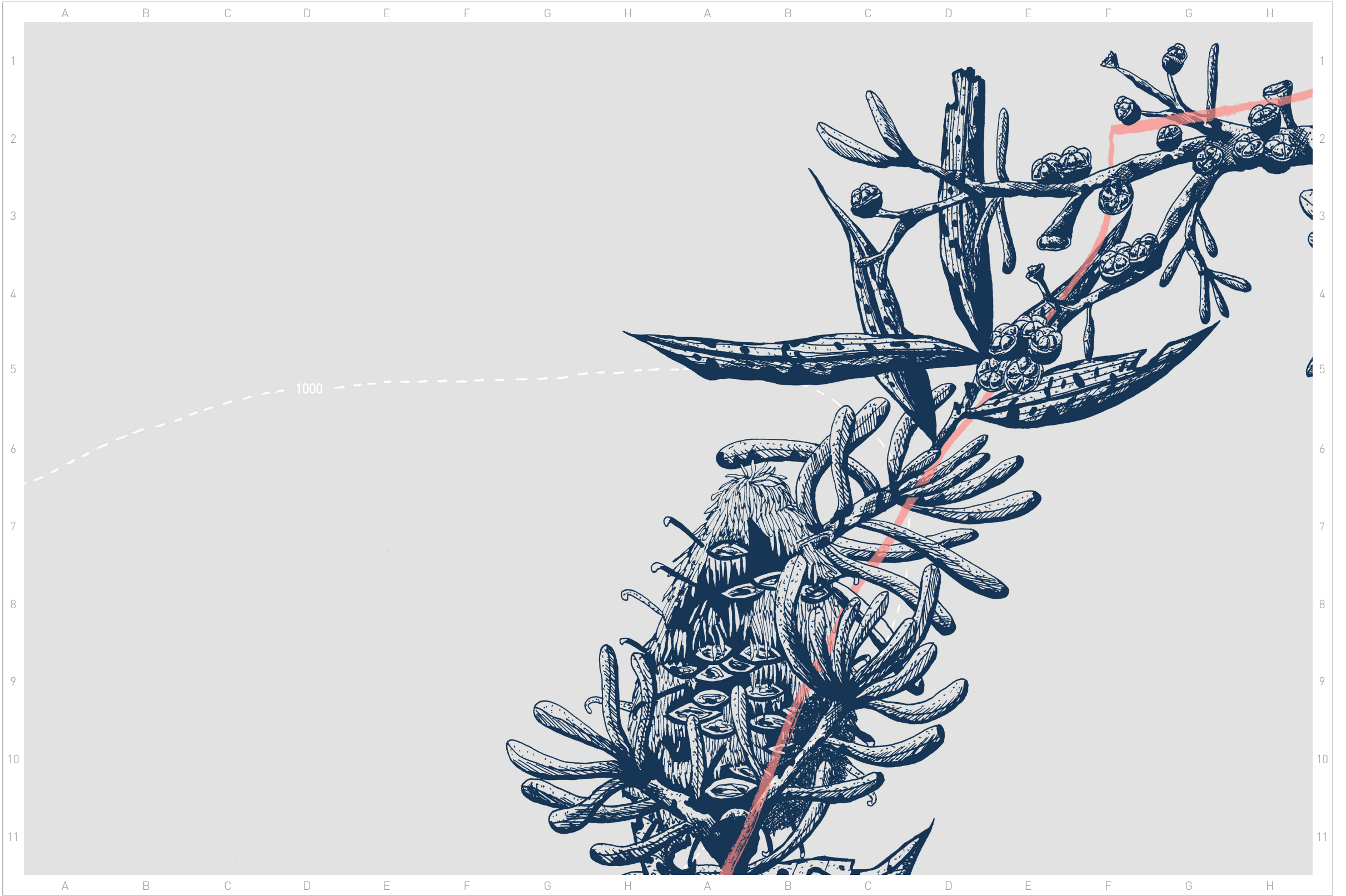
JOINS MAP 03

JOINS MAP 05

JOINS MAP 06

JOINS MAP 10





JOINS MAP 11

JOINS MAP 12

JOINS MAP 07

JOINS MAP 09

JOINS MAP 10

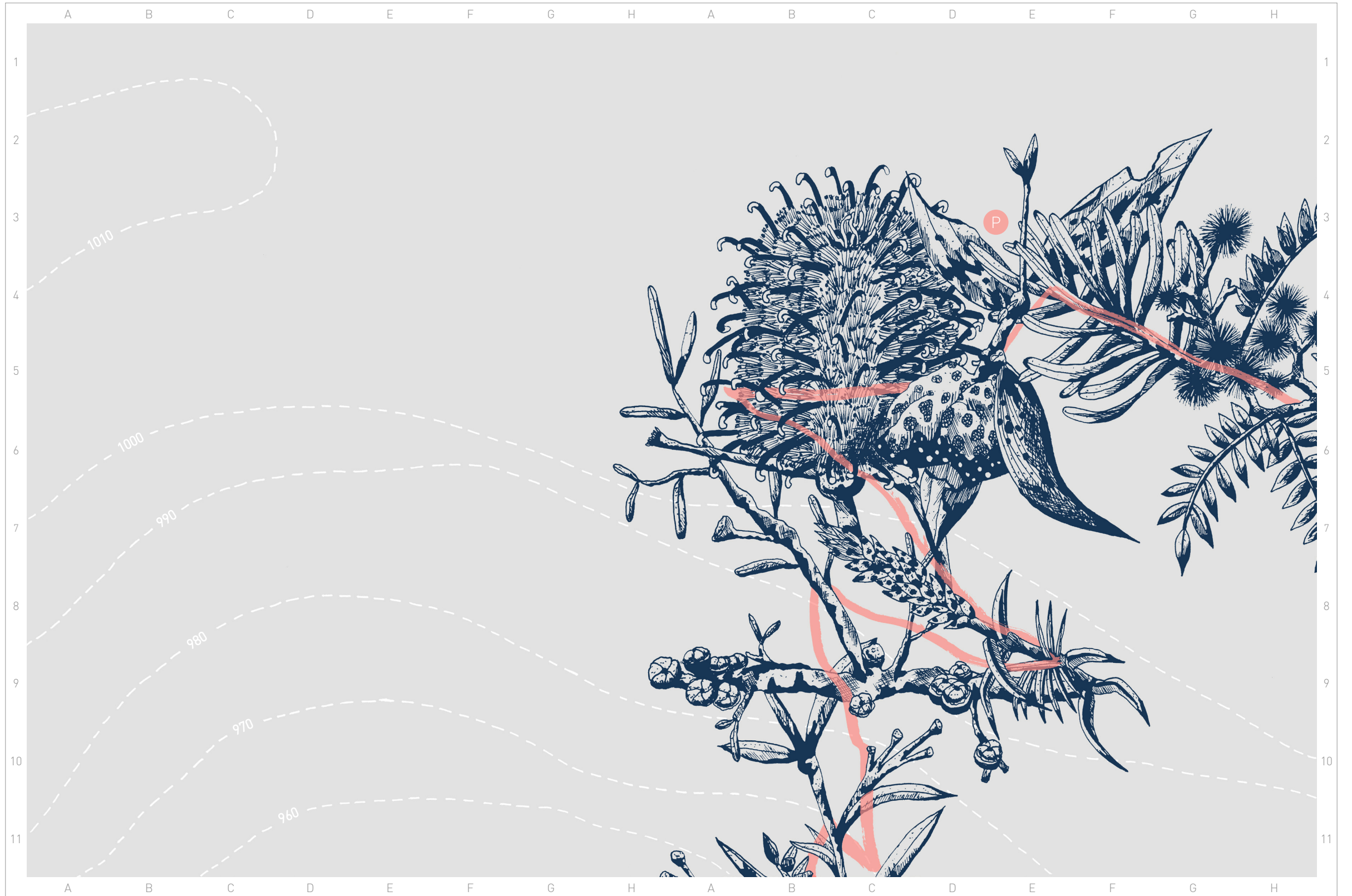
JOINS MAP 14



JOINS MAP 16

JOINS MAP 11





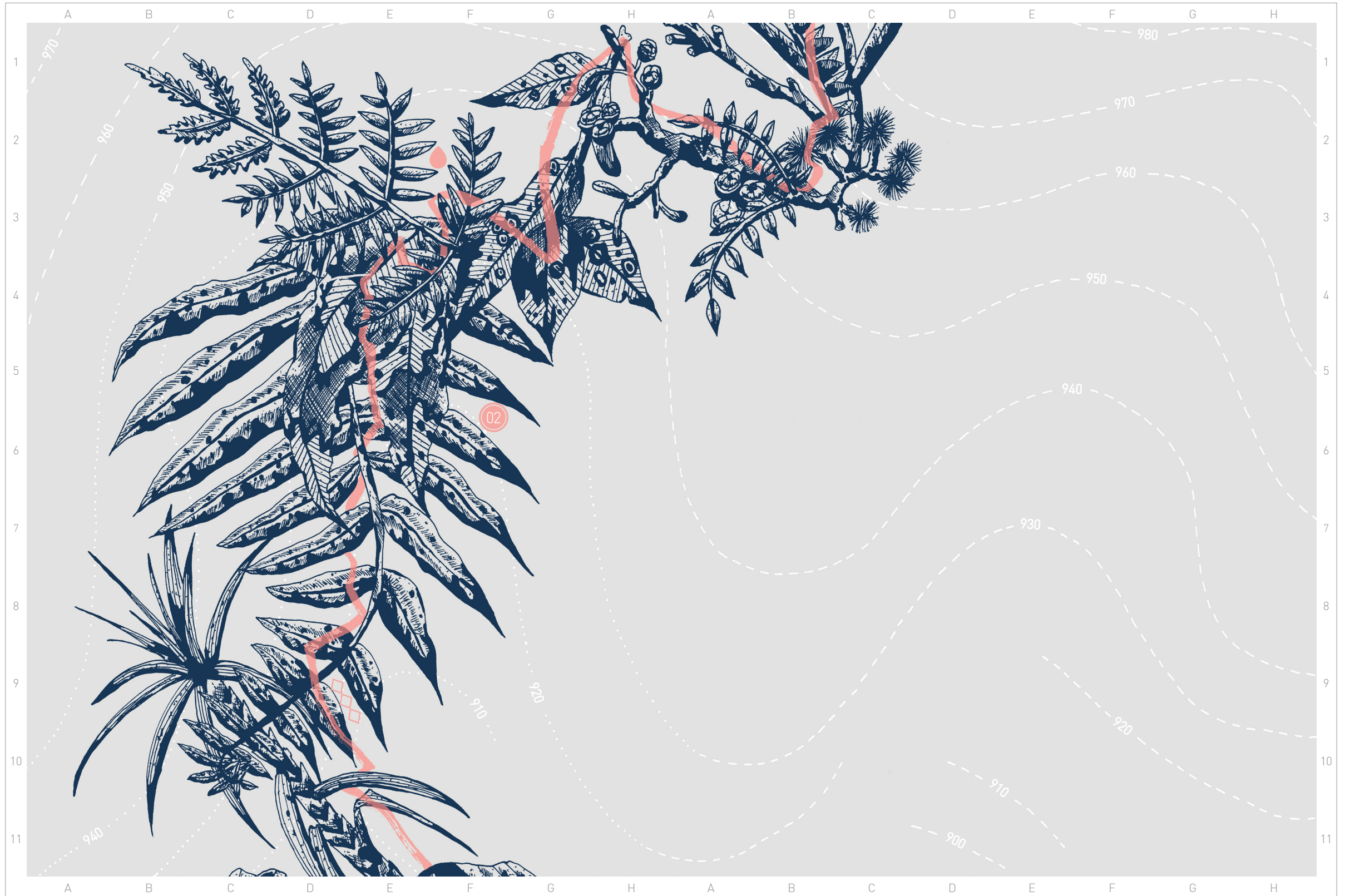
JOINS MAP 17

JOINS MAP 18

JOINS MAP 13

JOINS MAP 15

JOINS MAP 16

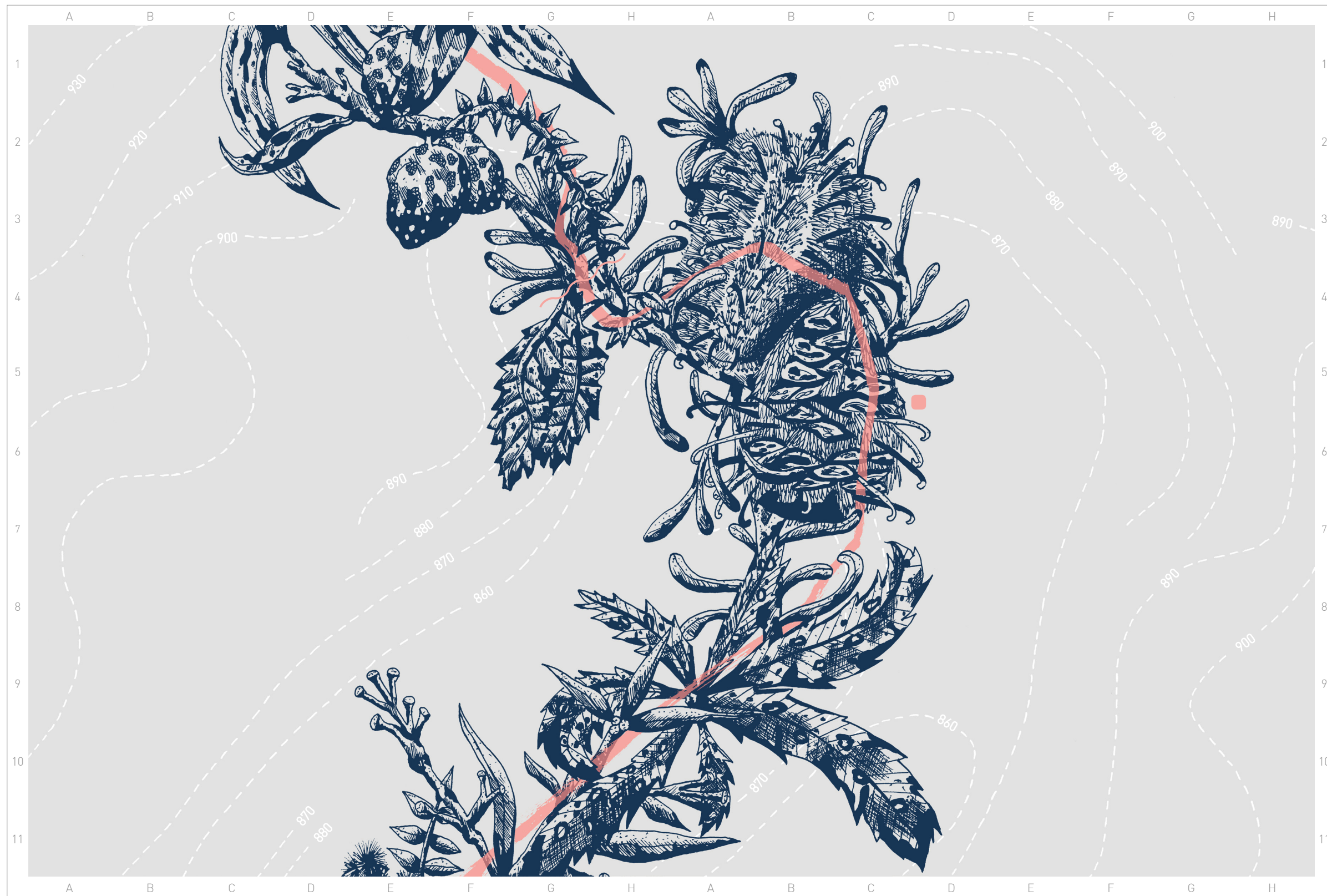


JOINS MAP 19

JOINS MAP 20

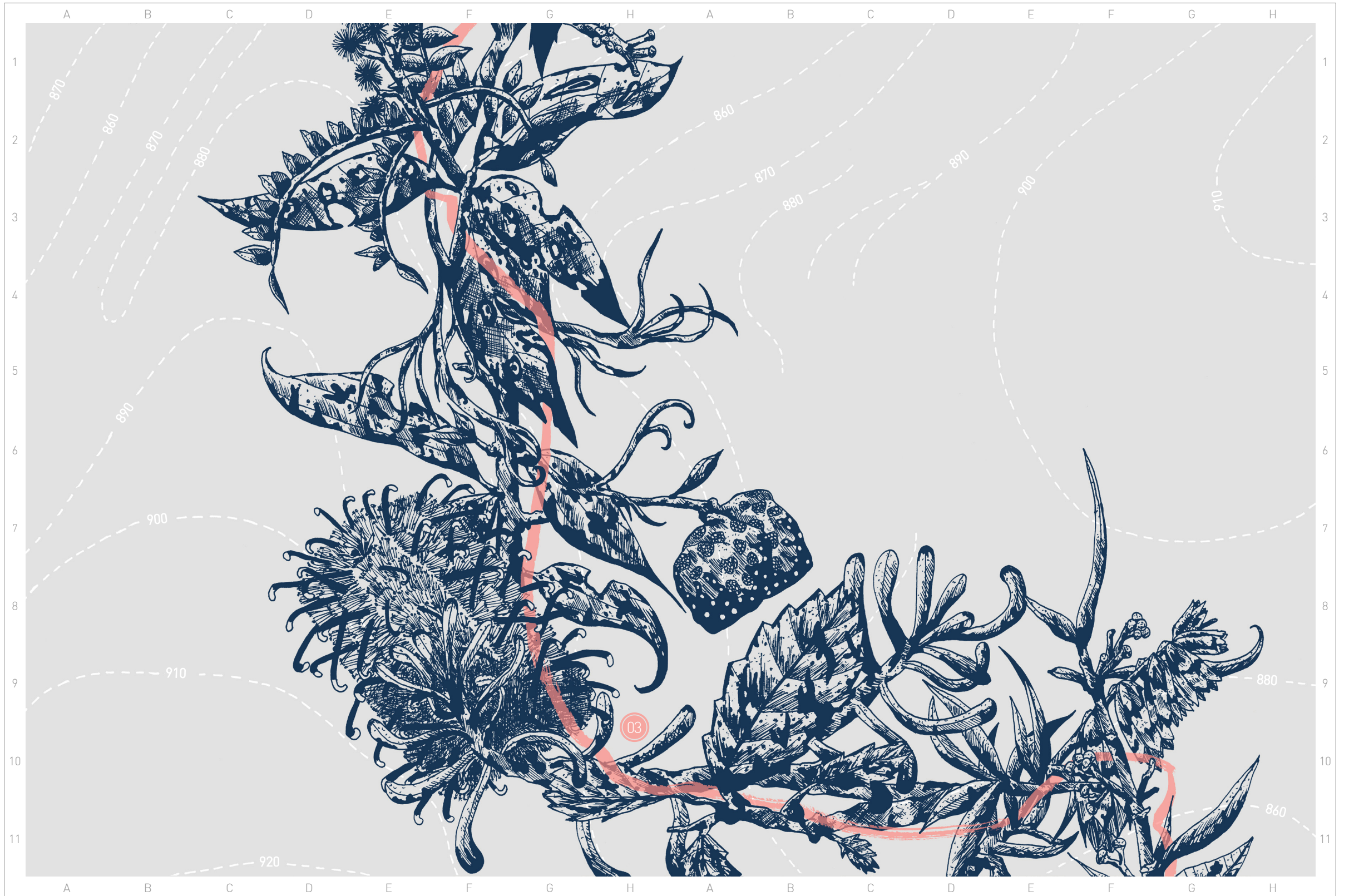
JOINS MAP 17

JOINS MAP 18



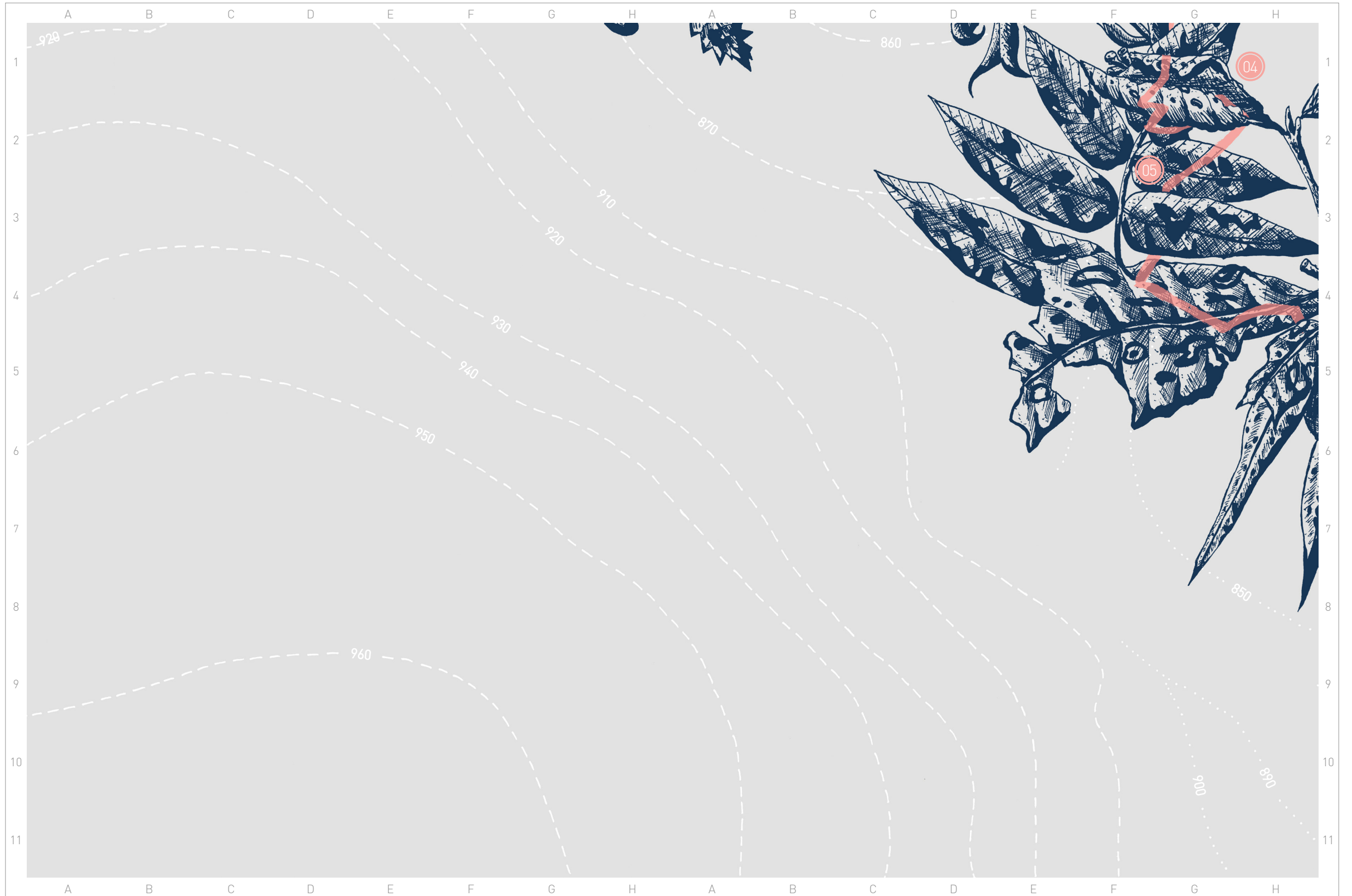
JOINS MAP 21

JOINS MAP 22

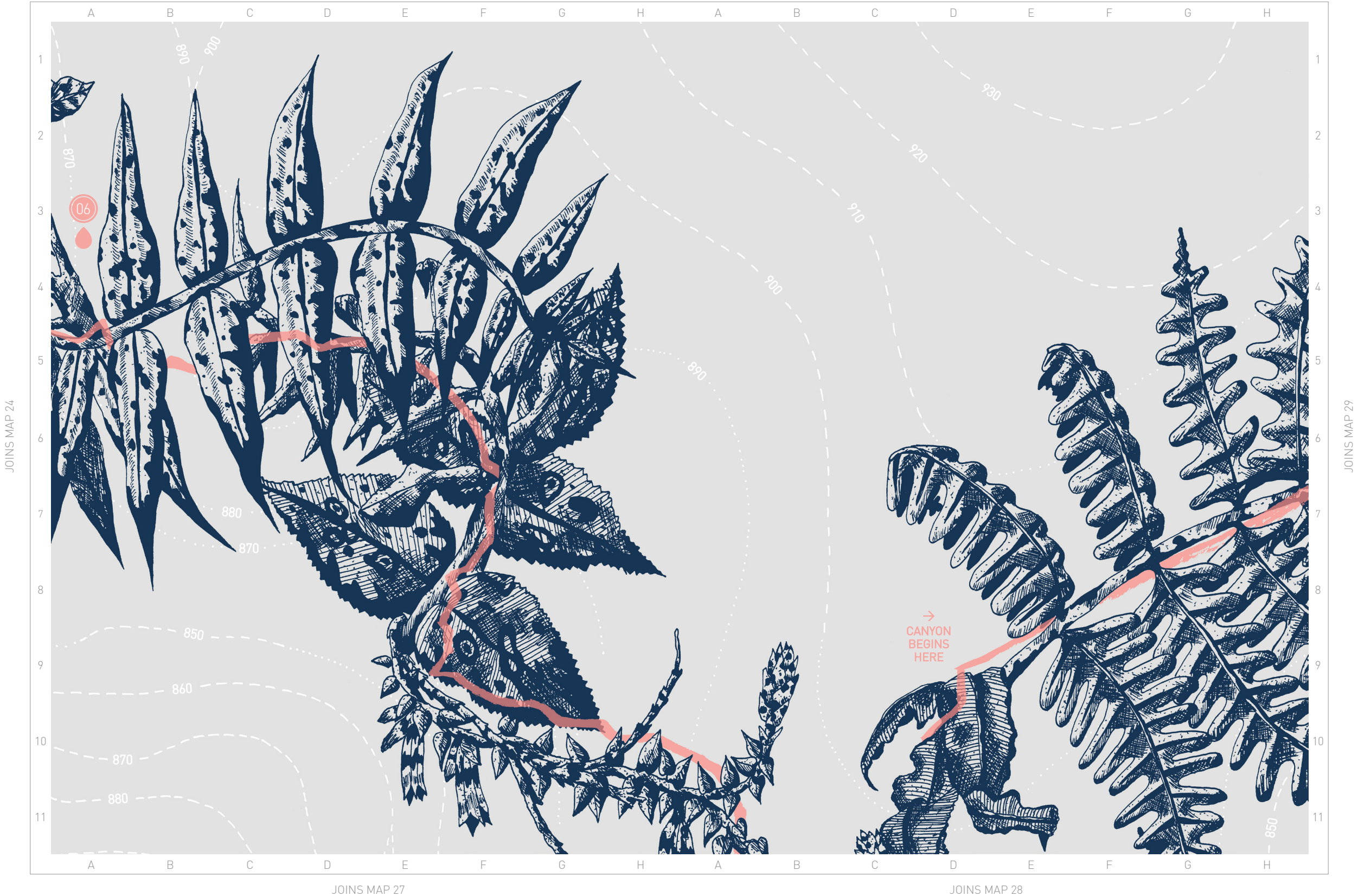


JOINS MAP 21

JOINS MAP 22



JOINS MAP 25



JOINS MAP 24

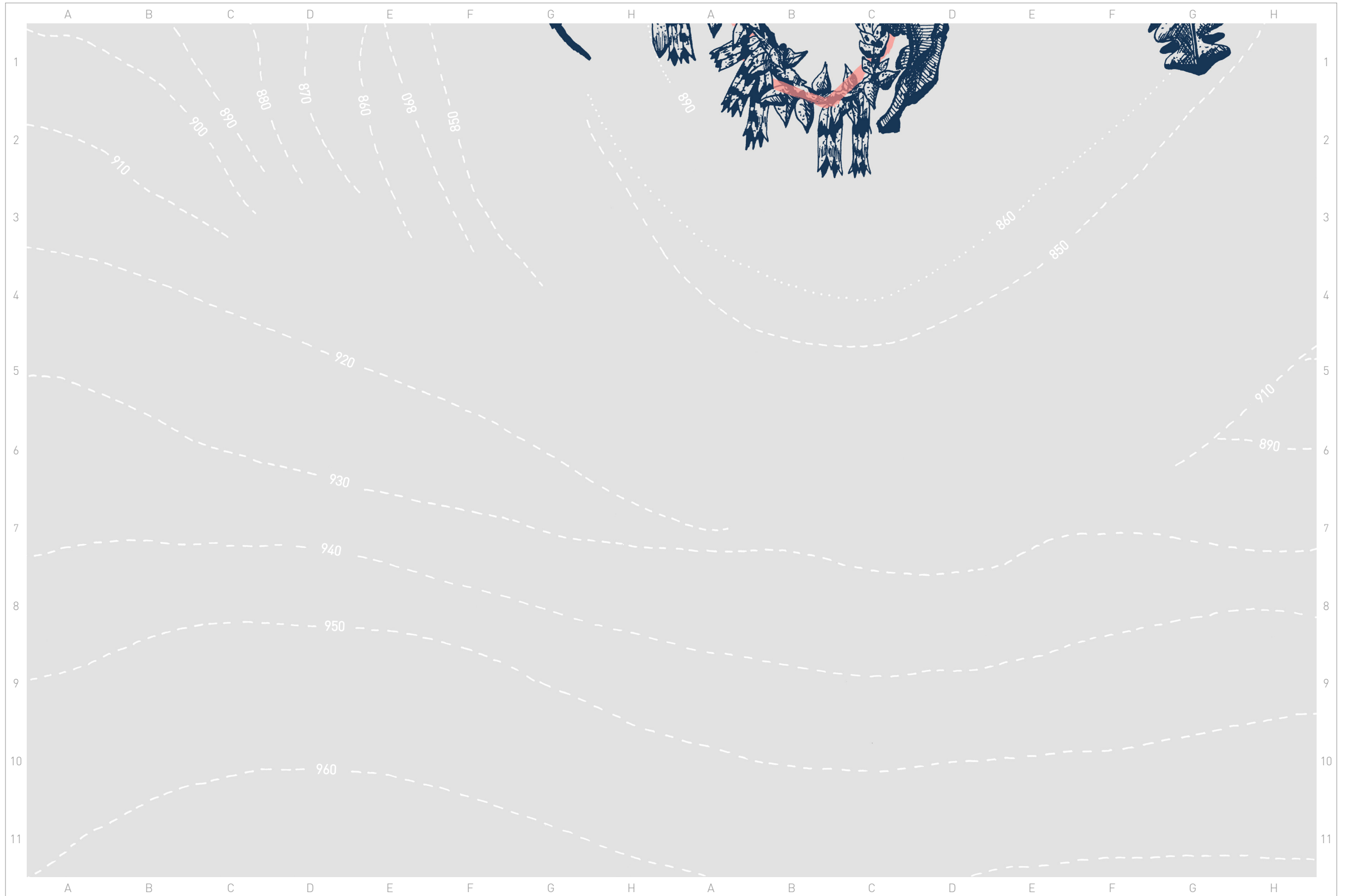
JOINS MAP 29

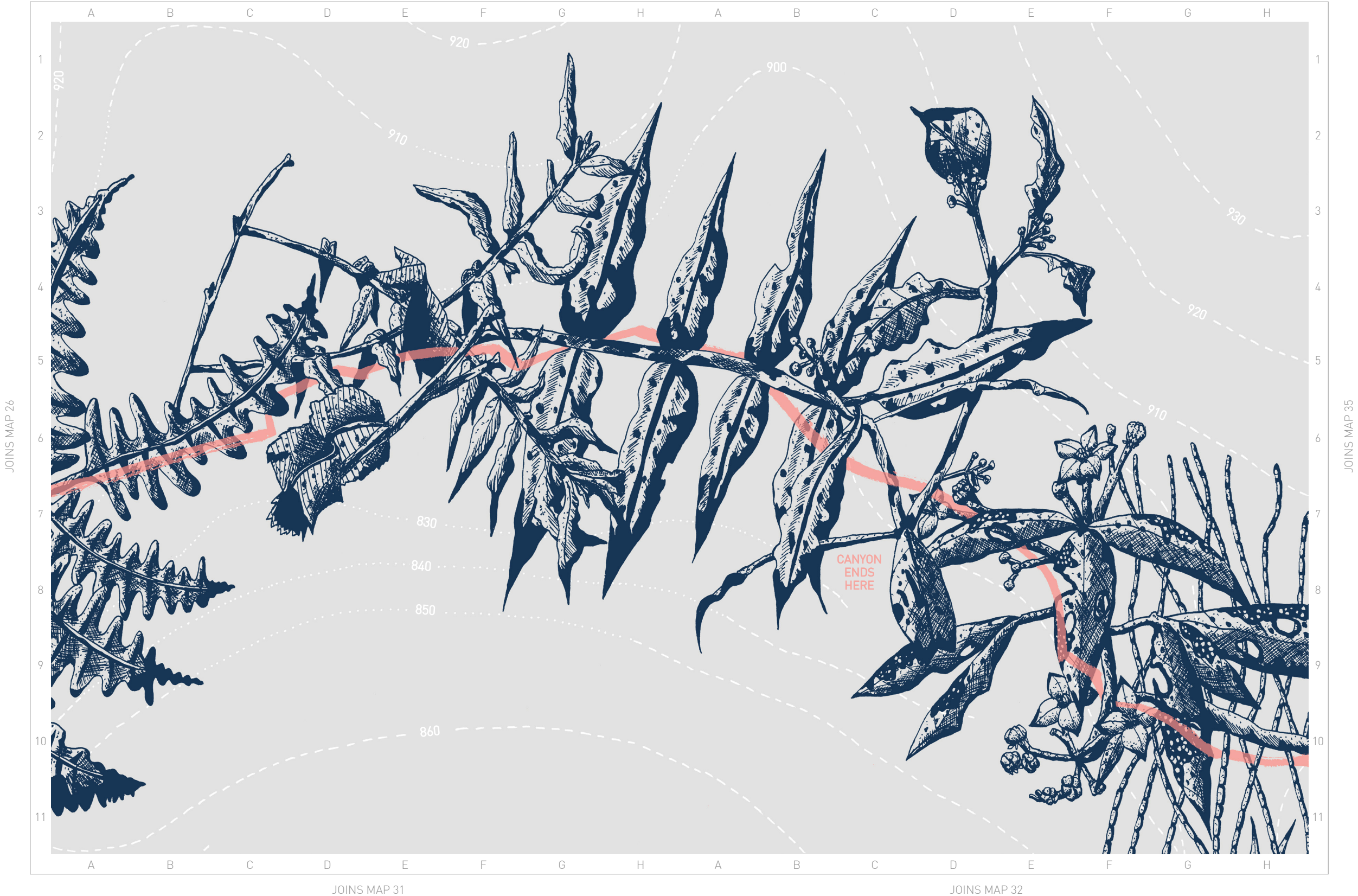
JOINS MAP 27

JOINS MAP 28

JOINS MAP 25

JOINS MAP 26

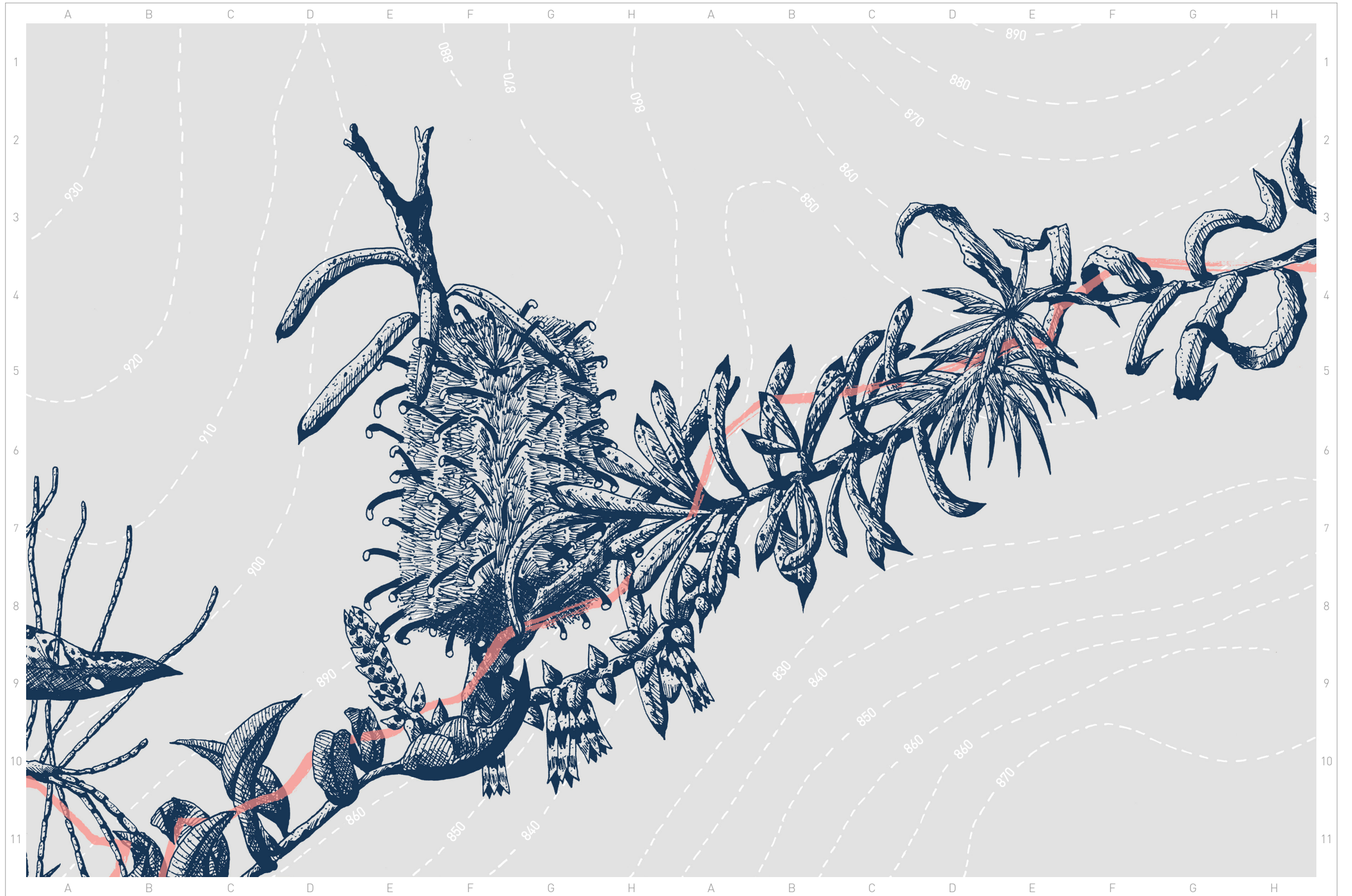




JOINS MAP 35

JOINS MAP 36





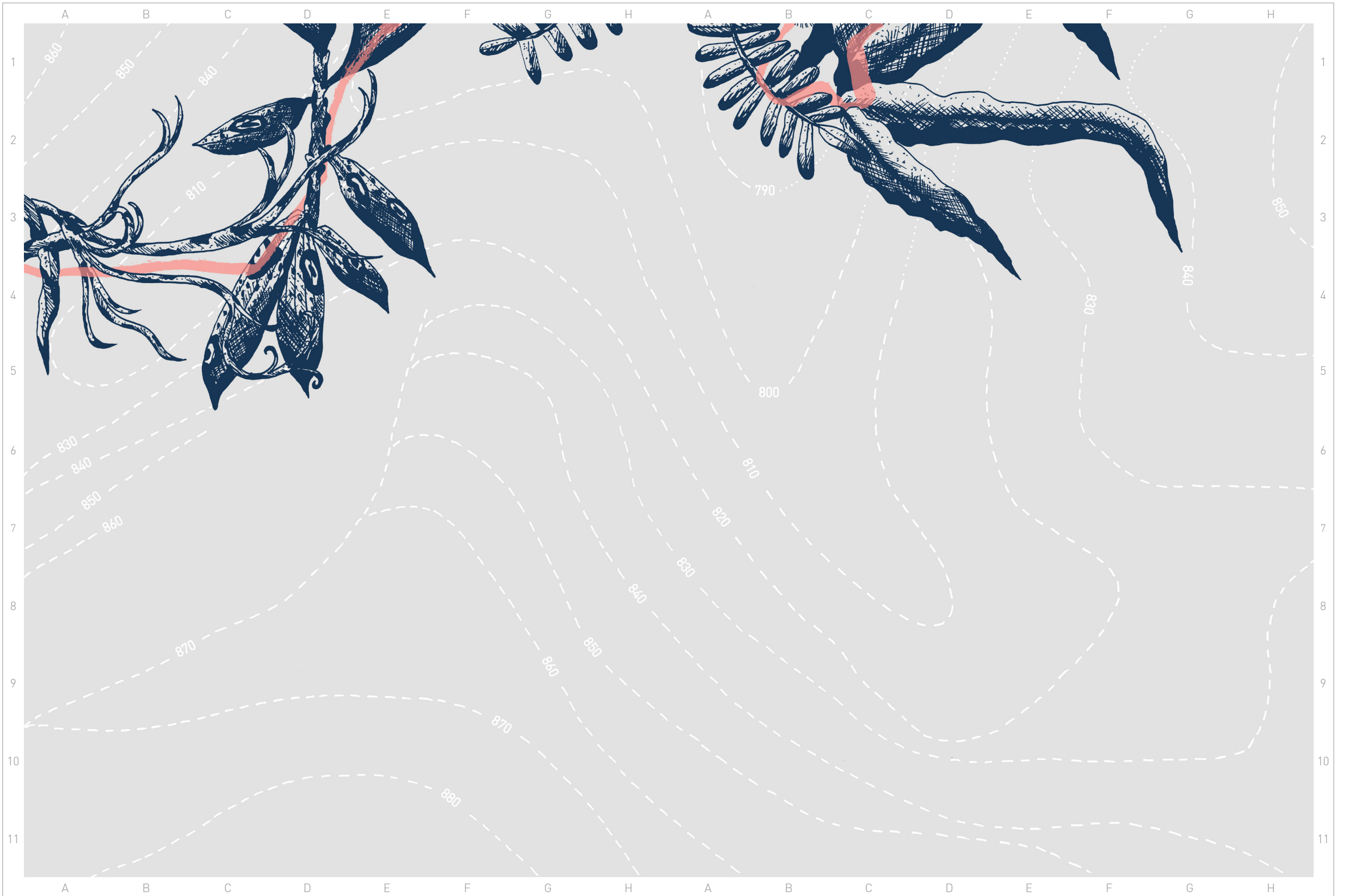
JOINS MAP 30

JOINS MAP 37

JOINS MAP 39

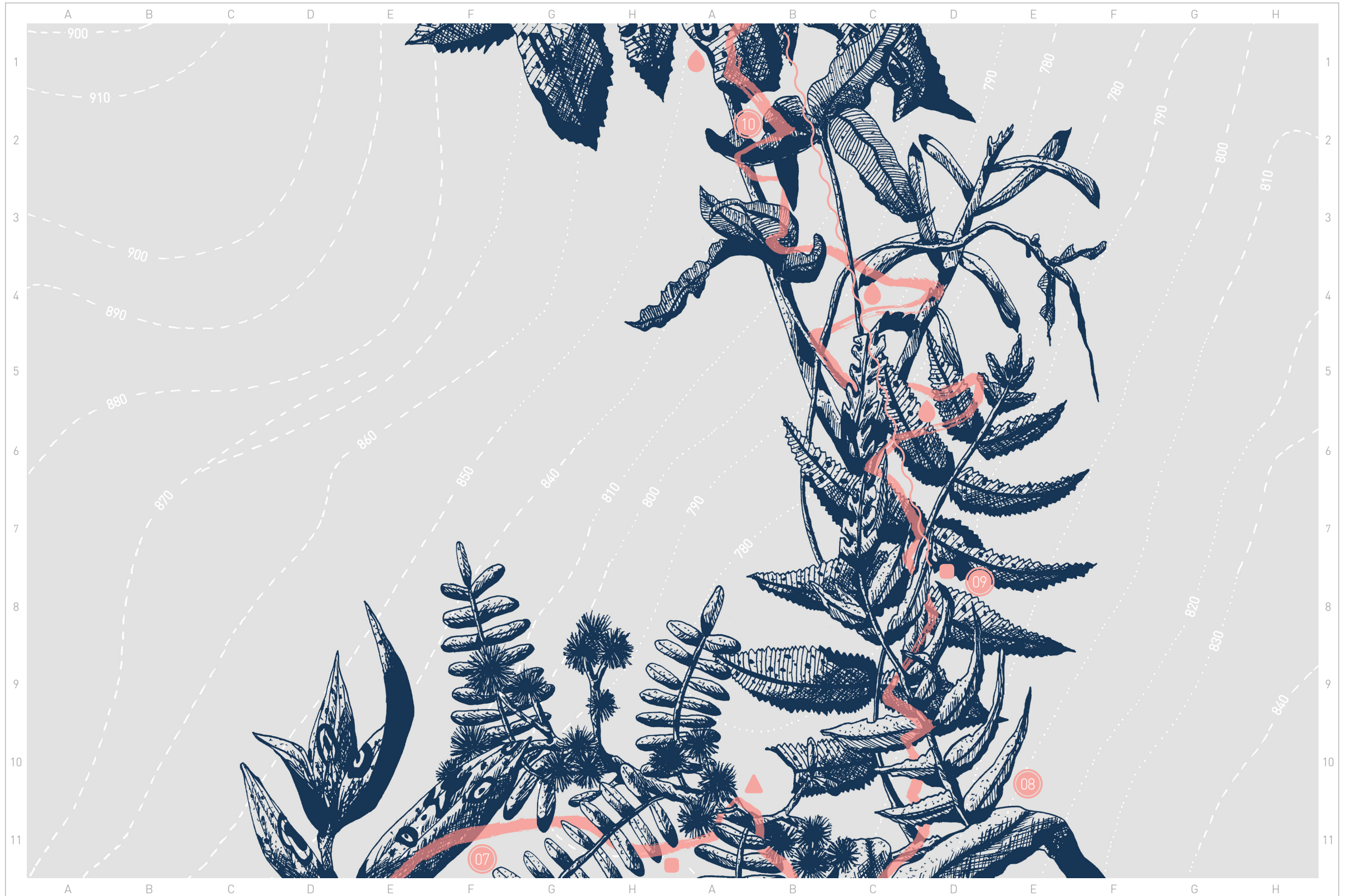
JOINS MAP 40

JOINS MAP 36



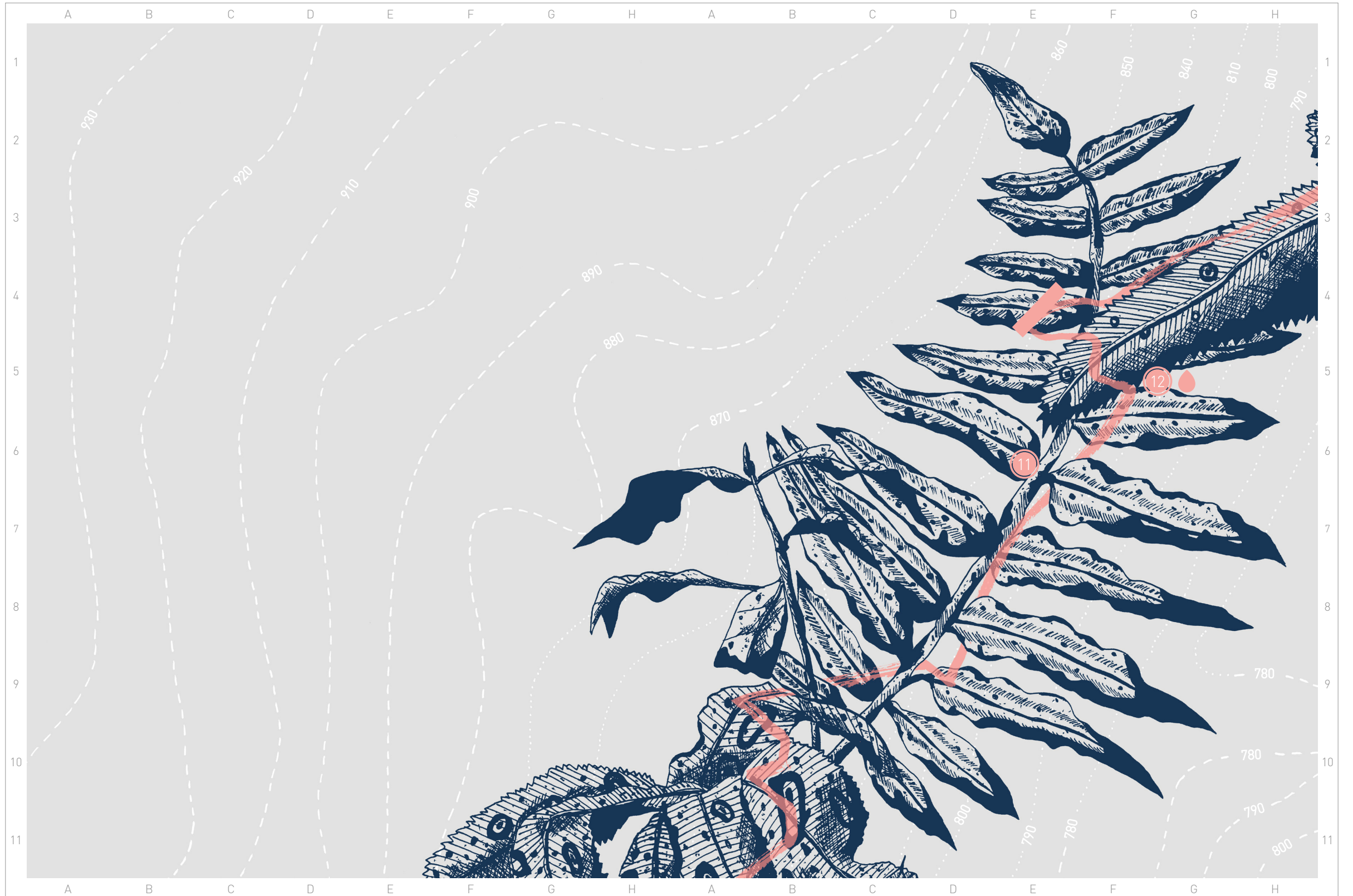
JOINS MAP 41

JOINS MAP 42



JOINS MAP 37

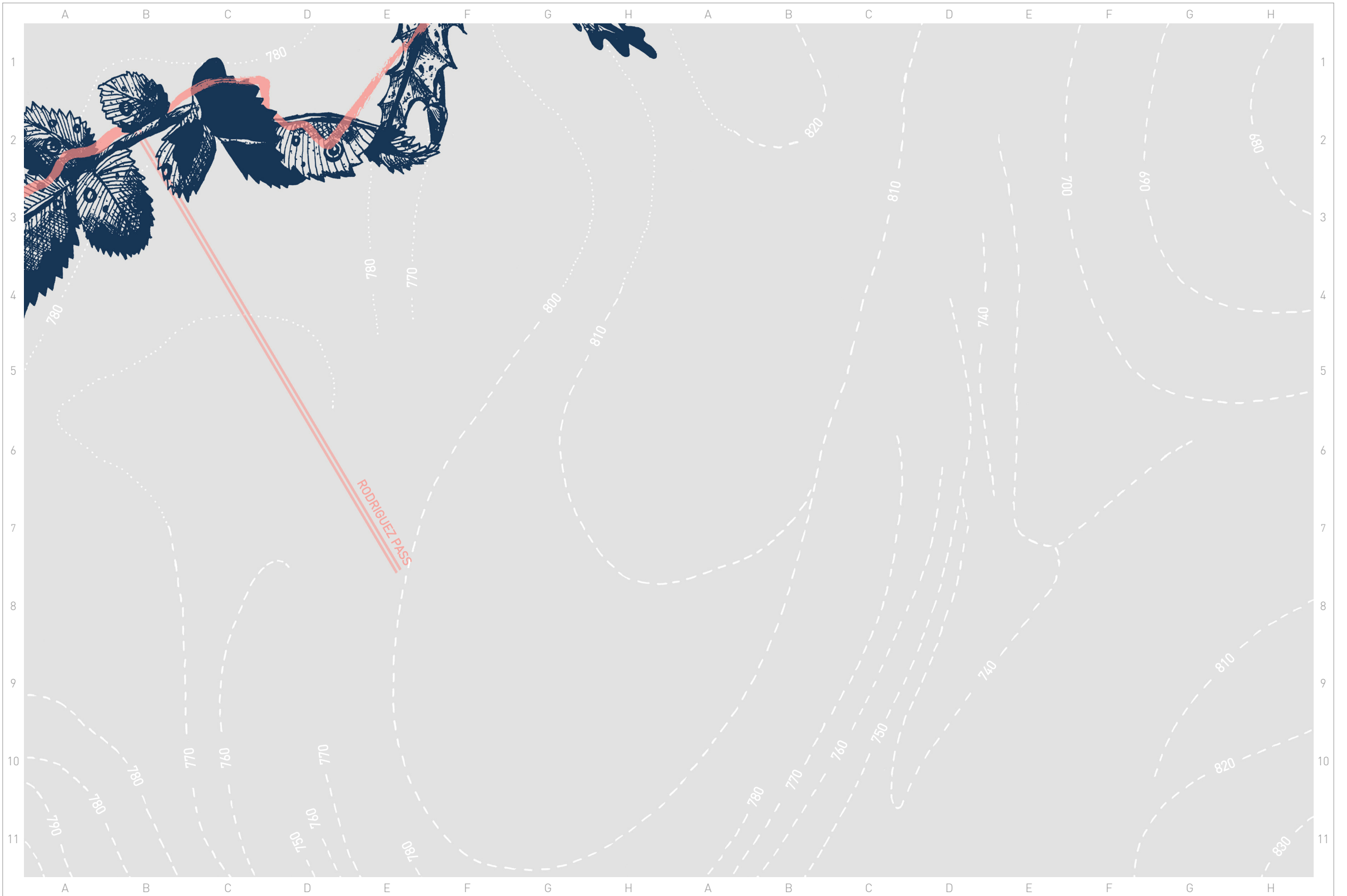
JOINS MAP 38



JOINS MAP 45

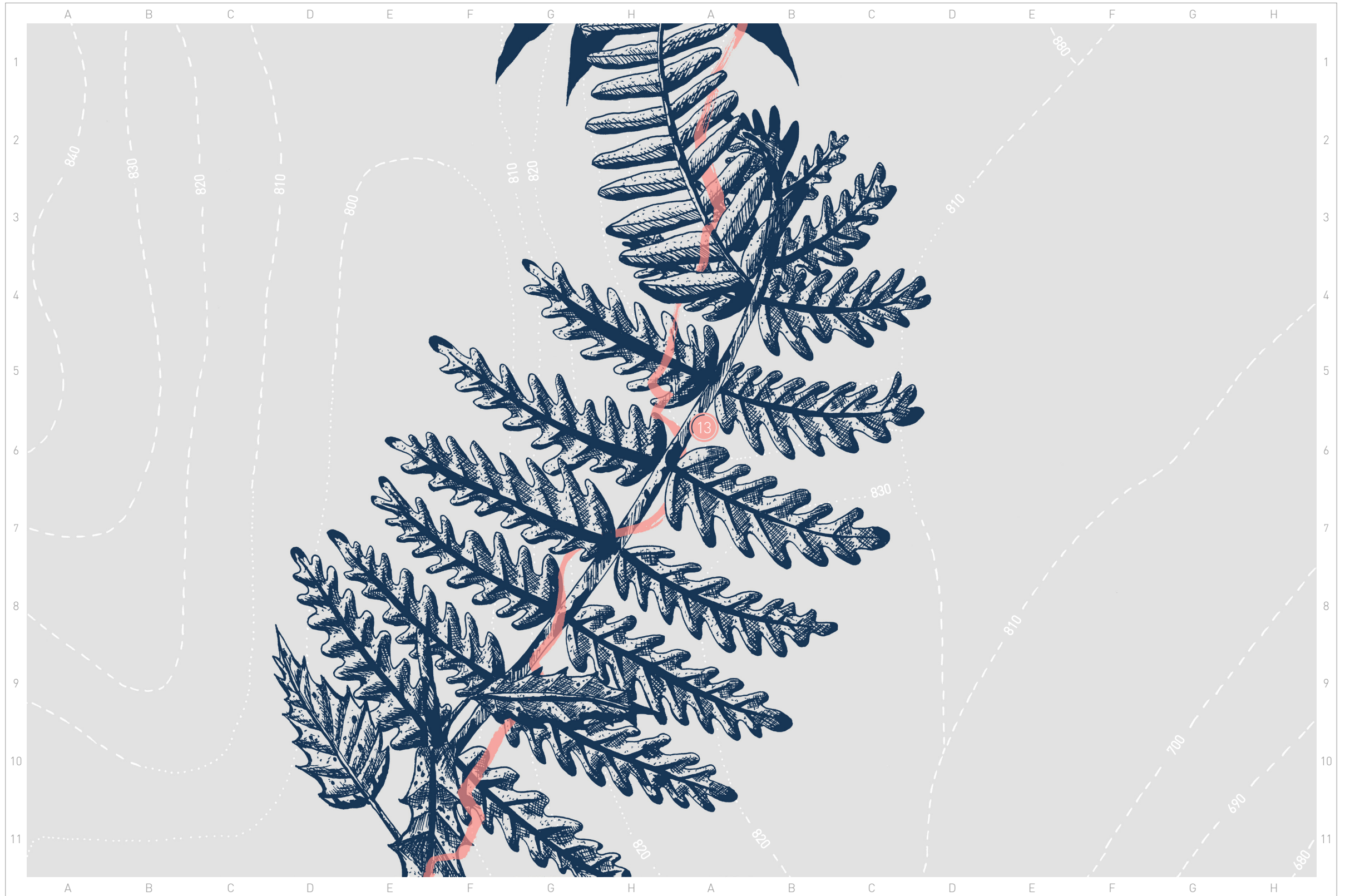
JOINS MAP 46

JOINS MAP 42



JOINS MAP 47

JOINS MAP 48



JOINS MAP 43

JOINS MAP 44

JOINS MAP 51

JOINS MAP 52



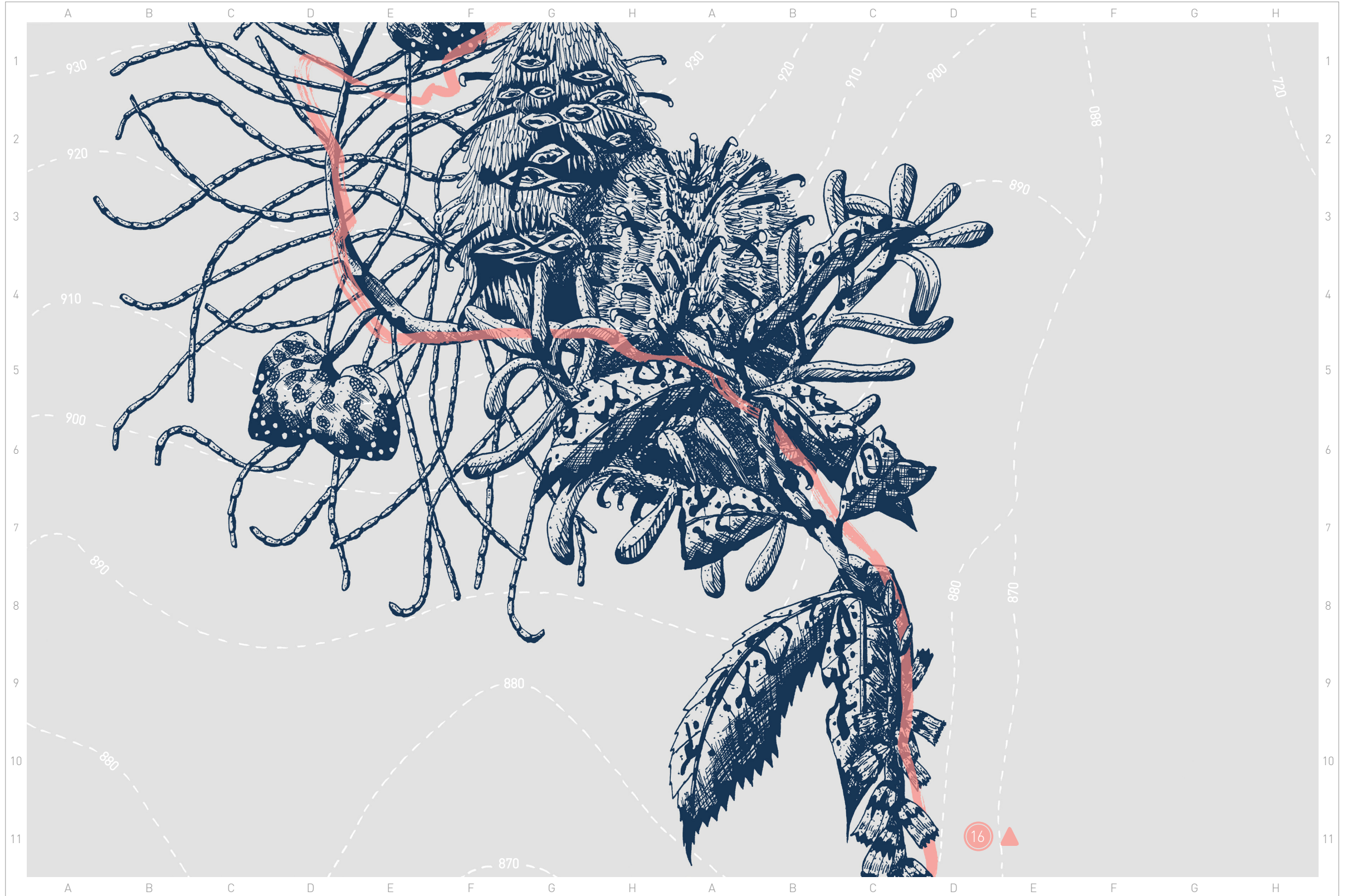
JOINS MAP 47

JOINS MAP 48

JOINS MAP 53

JOINS MAP 54

JOINS MAP 04



JOINS MAP 49

JOINS MAP 50

JOINS MAP 01

