



October 2024

Dear Senior Pathfinders and Parents,

We are excited to announce our upcoming Senior Day Hike from Otford to Bundeena on Sabbath, October 26. This is part of the Hiking honour, which has a requirement of walking at least 25km in one day. This challenging coastal trek through Royal National Park will test our Pathfinders' endurance and reward them with breathtaking scenery. There is also the possibility of having a swim at the beach along the way.



It would be worth doing some walking in preparation, as it will be a challenging day, both physically and mentally!

Hike Details

- **Date:** Sabbath, October 26
- **Route:** Otford to Bundeena (Coast Track)
- **Distance:** 31km
- **Estimated time:** 8-10 hours
- **Difficulty:** Challenging

Required gear

Essentials:

- Day pack that fits the required items
- Torch and spare batteries (you might be completing the walk in the dark)
- Compass
- First-aid kit
- Sunscreen (SPF 50+)
- Water – min 1.5L (can be filled up along the way)
- Food
 - Breakfast (suitable for eating in the car or before they leave home)
 - Solid lunch that doesn't require cooking
 - Snacks (energy dense but not many sweets)

Clothing:

- Comfortable hiking shorts (decent length for sun protection and minimisation of chafing)
- Camping t-shirts – Pathfinders must wear their 'camping shirts' (not the polo). If your Pathfinder does not have the new camping t-shirt, made of the breathable material, you may wish to order one ASAP at [T-shirt \(new style\) – Castle Hill Pathfinder Club](#)
- Socks – good quality, at least ¾ crew or crew length, not low-cut socks, as they may result in blisters
- Swimmers and light towel
- A Pathfinder hat / cap
- Rain coat
- Hiking boots

Logistics

- **Meeting point:** Castle Hill SDA Church
- **Arrival time:** 6:45 AM, Sabbath morning
- **Estimated return:** 8:00 PM
- **Transport:** Carpooling (assigned vehicles)
- **Cost:** \$25 per person (includes transport and dinner)

Leadership and Support

- Hike Leaders: Rene Burkart, Stephen Coyle, Luis Quispe, David Ludlow
- Support Crew: Bianca Burkart, Cayden Burkart

Important Notes

- Support vehicles will accompany hikers
- Opportunities for beach swims may be available, weather permitting
- Parts of the track will be challenging
- Be prepared for varying weather conditions

Required Actions

Complete the Registration for camp on our website [Registration for camp](#).

RSVP: We need to finalise numbers a week prior to the event so please pay your fees and complete your forms no later than **Thursday, 18th October, 2024**. If your child is not attending, please advise Megan by email at chpathfindersecretary@gmail.com

Thank you for your continued commitment to Castle Hill Pathfinders. As always, if you have any questions, please don't hesitate to contact Rachel, Stephen, or Megan.

Kind regards,

Megan Lillo (Secretary) chpathfindersecretary@gmail.com 0424 504 935

Stephen Coyle (Deputy Director) spcoyle@outlook.com 0413 453 351

Rachel Wegener (Director) pathfinderrachel@gmail.com 0423 489 358