

Upper Lane Cove Valley heritage bushwalk - Participant information sheet

Thank you for registering to participate in the heritage bushwalk in the Upper Lane Cove Valley on **Saturday 19 September 2026**. You are invited to use and bring your heritage or vintage bushwalking gear, although this is not a requirement.

The walk will finish for picnic lunch at National Trust property Ahimsa at 67 Cobran Road, Cheltenham. This will be followed by a display of heritage bushwalking equipment and memorabilia and discussion in the Hut of Happy Omen at Ahimsa. There will also be an exhibition on the life of Marie Byles, conservationist and former owner of Ahimsa.

This free activity is supported by the Friends of Ahimsa, a National Trust committee in association with the National Parks Association of NSW.

About the walk

This public transport accessible guided walk starts at Thornleigh railway station, and returns to Cheltenham railway station. Most of the walking is on tracks, including uneven and rocky surfaces, moderate ascents and descents including steps and creek crossings.

Starting at 9.15 am from Thornleigh, this moderate grade walk is about 6.5 km & 2 hours in length. **Meet from 9.00 am** at Thornleigh Railway Station at the corner of Station Street and Railway Parade - outside *Curl the Whisker Cafe*. If intending to drive a car it is advisable to park at Cheltenham Station rather than Thornleigh.

The walk will finish by around 12.00 noon at Ahimsa, off Day Road, Cheltenham for BYO picnic lunch. Ahimsa is a 15 minute walk from Cheltenham railway station.

What to bring

You will need to bring suitable clothes and footwear for walking, hat, drinking water, snacks and a picnic lunch. Please bring and use heritage bushwalking equipment if you have some.

Tracks are shown on the map 'Walking Tracks of the Lane Cove Valley - 1:10,000 scale maps' available from STEP Inc. at <https://step.org.au/index.php/maps/walking-tracks-of-the-lane-cove-valley>. Do not forget your Opal card for the train.

Heritage bushwalking equipment display, exhibition & walks at Ahimsa

Heritage bushwalking equipment will be on display, with discussion and picnic lunch from 12.00 pm to 1.30 pm in the Hut of Happy Omen at Ahimsa, a National Trust bushland property formerly owned by pioneering bushwalker Marie Byles. Also on display will be exhibition panels about the life of Marie Byles. Note that Kookaburras at Ahimsa will steal food during lunch, so please be prepared.

Please bring, show and talk about your heritage bushwalking gear and memorabilia. If you do not know what you have, bring it along.

From 1.00 to 2.00 pm there will be informal short guided walks around the property including native plant identification, explanation of Bushcare and bush regeneration work and heritage values.

Activities at Ahimsa finish around 2.00 pm with a 15 minute return walk to Cheltenham railway station, or you can leave at any time convenient to you.

Afternoon tea & film showing

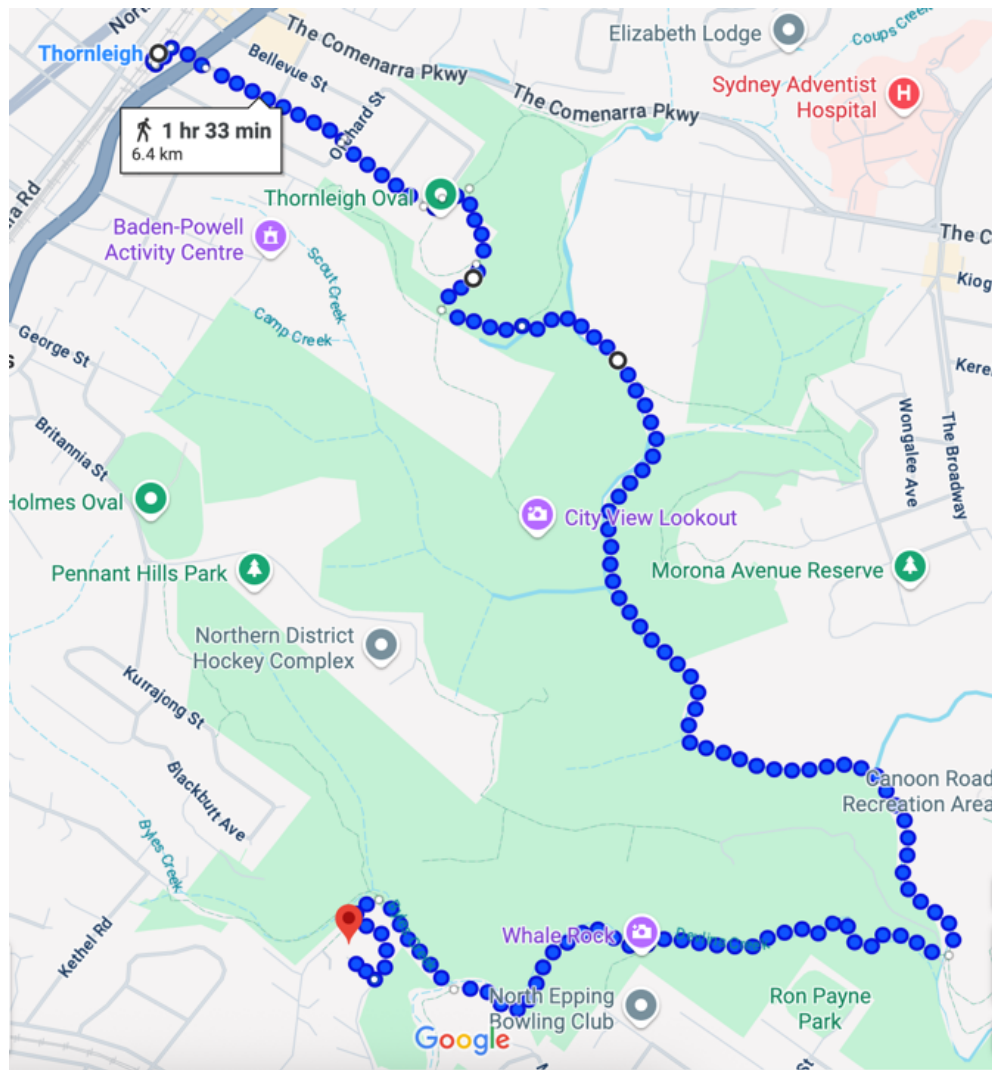
Afternoon tea is available at the [Cheltenham Recreation Club](#) near Cheltenham railway station from 3.00 pm and will be followed by a free showing of the film 'A Singular Woman' commencing around 3.30 pm. This film is about the life of Marie Byles and will be introduced by filmmaker Gillian Coote, finishing by 4.30 pm.

More information

If you have registered for the walk and are unable to attend, please advise prior to the starting time. Contact email is info@calli.com.au.

Walk map

Walk route is shown on the map below.



Please note that there are steep and rocky sections of track, and a number of creek crossings where boulder hopping is required.