**Briefly:** Abseiling is set on top of an easily accessible mountain with stunning views over Popran Creek as it meanders its way through Glenworth Valley and surrounding National Parks. This site is suitable for beginner abseilers and offers three exciting descents - a gentle, introductory descent to develop your confidence before working up to the more challenging and lengthy vertical flat wall and open air, overhang type descents.

Kayaking trips departing Glenworth Valley offer paddlers the opportunity to explore the unspoilt wilderness of Popran Creek as it meanders its way through Glenworth Valley. As we glide down Popran Creek you can choose to either explore the peaceful upper reaches of Mangrove Creek or head downstream onto the magnificent Hawkesbury River system.

**Location:** Glenworth Valley

**Date:** Saturday 13th & Sunday 14th September

**Departs:** Bankstown Campus 8am & Revesby Train Station 8:15am

**Walk:** Glenworth Valley offers a variety of walks in the Australian bush and we will take the opportunity to explore whilst we are up there.

**Cost:** $90.00

**Includes:**
- Return Bus Travel
- Free “Out & About” Trip T-shirt & water bottle
- Packed Lunch
- 1/2 day abseiling, all meals, 2.5hr kayak, camping gear & meals

**What to Bring:**
- Warm/wet weather clothing, swimming gear & towel
- Plenty of drinking water
- Camera
- Good walking shoes
- Sun protection
- Sleeping bag & personal clothes/toiletries

**Booking:** Please book at: theuniversitystore.com.au (please note there will be NO refunds unless the trip is cancelled)

**Contact:** For further information please contact Jo at j.quinn@uws.edu.au or 0414 185 167