



the water and throw a variety of shell fish onto the shore. Oysters and other species were opened by thumbnail, stone hammer or teeth. Take a close look as you walk along the foreshore. Shell middens, the residue of ancient shellfish meals can still be found. These sites are valued by Aboriginal people and their connection to the land with enduring spiritual and educational value. All Aboriginal relics are protected under NPWS Act 1974 and it is an offence to dig or damage them. Please do not disturb the middens (fines do apply).

Imagine Middle Harbour over hundred years ago. Lives for the local Aboriginal people were centred on the waterways. Women would have fished from paperbark canoes with fishing lines made from the bark of a stringy bark tree or other native plants and hooks, of shell or bone, while the men waded through the shallows shouldering several long fish spears. A spear was made from a grass tree spike tipped with four fire hardened Eucalypt bars, used to catch fish. Shellfish were also a common food source for the local people. Men would dive into

## imagine

Mangroves and sedges are able to survive here by secreting salt from glands on their leaves. The strange spikes sticking up from the mud are 'pneumatophores', the mangrove's aerial roots. The mudflats are home to crabs, fish, prawns, cockles and oysters. By night slugs emerge to graze on algae fields. All these small creatures provide food for the familiar White-faced Herons, Azure Kingfishers, Stingrays and Bream. The mudflats and pneumatophores are very sensitive to impacts. Please avoid walking in these areas.

## the natural communities

The Two Creeks Track passes by sandstone outcrops, magnificent wildflower displays, scenic water views and tidal wetlands. Each of these environments supports a different plant community. Within these communities there are a rich variety of textures, colours and shapes. Plants living on the dry sandstone ridges and rocky slopes feel prickly and tough. Close examination of these plants will show a variety of adaptations to life in this hot dry environment. Many species such as *Hakeas* have long, narrow pointed leaves to help reduce water loss. Others like the *Angophoras* and *Banksias* have hard leathery leaves. Water loss is not a problem near creek lines or sheltered areas. Here, moisture loving plants such as *Christmas Bush*, *Coachwood* and *Black Wattle* grow along the creek banks as well as noxious *Privets* and *Lantana*. On the slopes above the creeks, *Blackbuts* and *Angophoras* grow tall and create a canopy that shelters the undersorey and groundcovers. On the foreshores, mudflats have formed from sediment washed down the creeks. In this intertidal zone rushes, sedges, herbs and mangroves grow.

## remember...

- Protect yourself from the sun
- Take drinking water
- Notify someone of your route and estimated time of return
- Wear appropriate footwear
- Leave only footprints, take your rubbish with you
- No dogs, this track passes through Garigal National Park
- To remove or deface natural and cultural features is prohibited
- Keep on the track to minimise impacts

## further information

### **Urban Wildlife of New South Wales**

J Pastorelli, 1990

### **Burnum Burnum's Wildthings**

Geoff Sainty, Peter Abell etc., Surrey Jacobs, 2000

### **Aborigines of the Sydney Region before 1788**

Peter Turbet, 1989

## further inquiries:

### **Ku-ring-gai Council**

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## Ku-ring-gai Council



### **Two Creeks Track**

Slade Avenue Lindfield to  
Babbage Road Roseville

Ku-ring-gai Walking Tracks



## history of the track

Much of the western shoreline of Middle Harbour was declared a park in April 1892 and called "Roseville Park" under the control of a board of trustees. Formal stone walking tracks, stone seats, stone bridges and sandstone steps were constructed in areas used by Aboriginal people for centuries. In 1917 during WW1, an Engineer Officers Training School was established and temporary bridges, walls and trenches were constructed. An inscription "C Coy Engineers" chiselled into rock near Moores Creek provides evidence of this.

The gatehouse at the track entrance to Seven Little Australians Park was constructed in the 1920s by Council workmen. Additional track work was done in the late 1920s when the sewer was built and during the Great Depression by Government Unemployment Relief Scheme work gangs from 1932, when Eastern Arterial Road construction began.

The Two Creeks Track is now managed by Ku ring gai Council and Garigal National Park.



## points of interest

- Post-war cobbled tracks and stonework
- Coachwood forests
- Sweeping water vistas
- Range of vegetation communities from moist gullies to Sydney sandstone bush

### Two Creeks Track

Distance: 6 km

Difficulty: Class 3 Moderate

Duration: 2 hours

Moderate:

A distinct track with steep and rough sections, steps and some difficulties. Moderate safety level. Suitable for people who walk occasionally.

