

## 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



## 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, *Blackbutts* and *Angophoras* grow tall and create a canopy that shelters the understorey and groundcovers.

On the foreshores, mudflats have formed from sediment washed down the creeks. In this intertidal zone rushes, sedges, herbs and mangroves grow.

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.

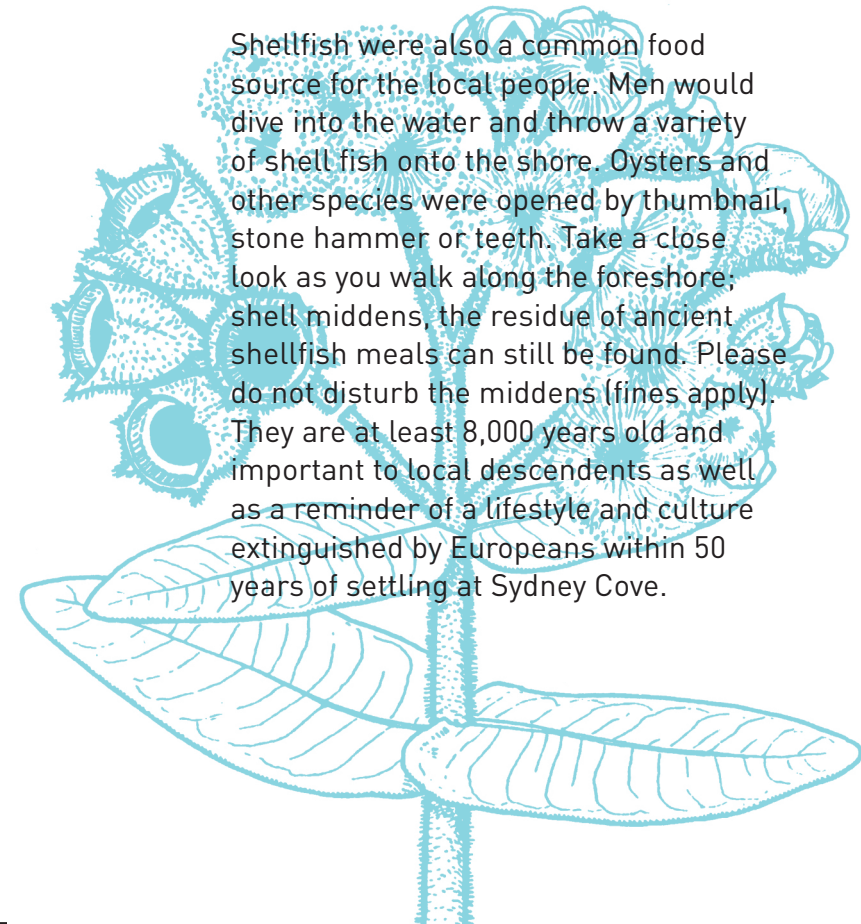
The mudflats and pneumatophores are very sensitive to impacts. Please avoid walking in these areas.



## imagine

Imagine Middle Harbour over two hundred years ago. Life for the local Aboriginal peoples centred on the waterways. Women would have fished from paperbark canoes with lines made from human hair and hooks of shell or bone, while the men waded through the shallows shouldering several long fish spears. The fish spear was called a "mooting". It was made from a grass tree spike tipped with four fire hardened eucalypt barbs and was used to catch fish as well as dolphins and stingrays.

Shellfish were also a common food source for the local people. Men would dive into 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. Please do not disturb the middens (fines apply). They are at least 8,000 years old and important to local descendants as well as a reminder of a lifestyle and culture extinguished by Europeans within 50 years of settling at Sydney Cove.



## building the track

Along the Two Creeks Track you will find stone seats, stone pillars and sandstone steps. These works come from several sources. Early records indicate that the southern part of the Track could have been constructed by army engineers pre-World War 1, when an officer training camp was located near Roseville Golf Course. As part of their training the engineers would have needed to construct bridges, buildings and tracks. An inscription "C Coy Engrs" chiselled into a rock near Moores Creek provides some evidence for this.



The gatehouse at the entrance to Seven Little Australians Park was constructed in 1931 by Council. The stone pillars date to before 1930. The finely crafted stone edged cobbled track and steps were constructed by Government Depression Unemployment Relief Scheme work gangs during the Great Depression.

The Two Creeks Track is now managed in part by Ku-ring-gai Council and Garigal National Park staff. Ongoing maintenance and this brochure will help to conserve our local natural and cultural heritage both now and for future generations.



## 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

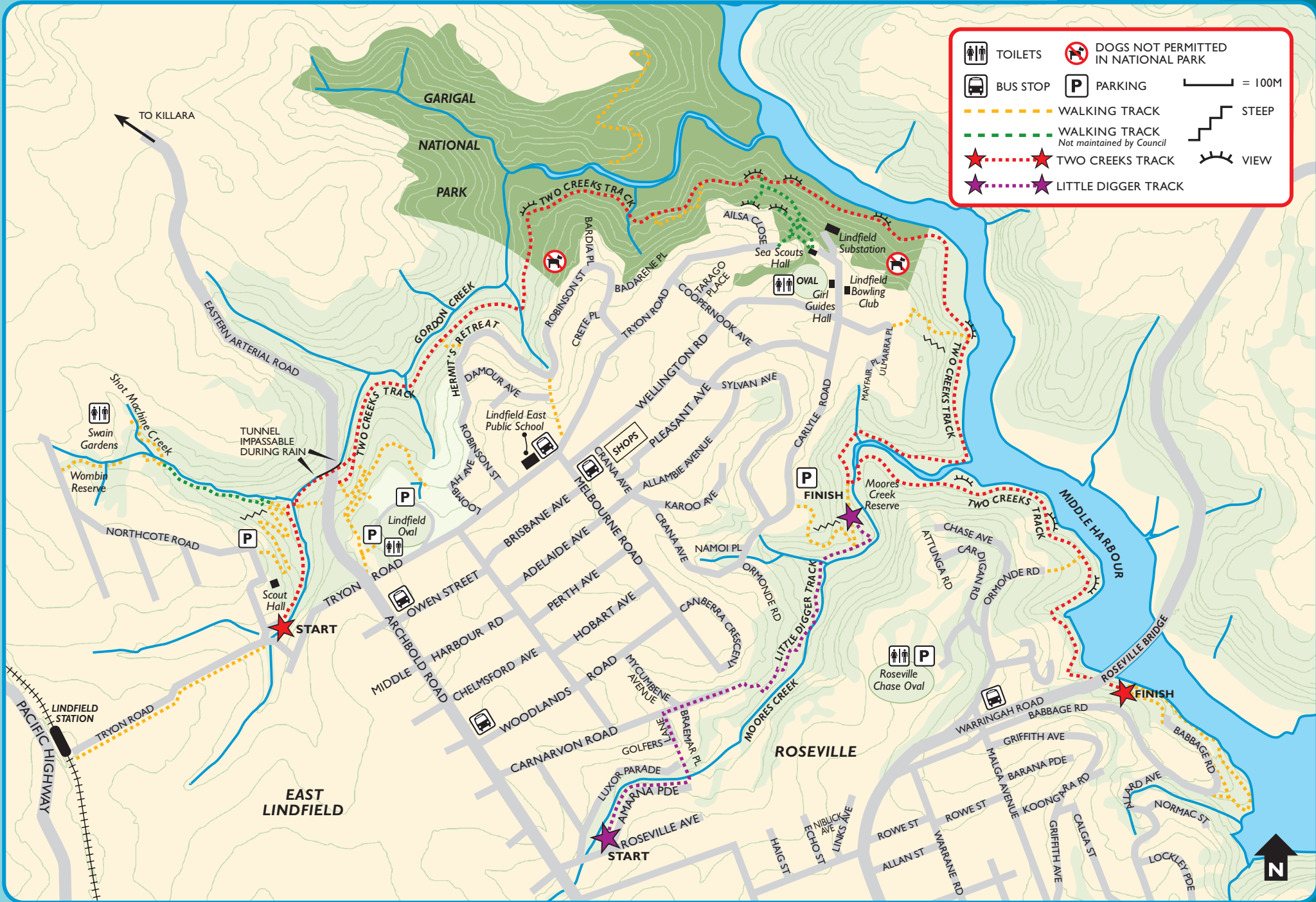
Difficulty: Class 3 Moderate

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.





	TOILETS		DOGS NOT PERMITTED IN NATIONAL PARK
	BUS STOP		PARKING
	WALKING TRACK		= 100M
	WALKING TRACK <i>Not maintained by Council</i>		STEEP
	TWO CREEKS TRACK		VIEW
	LITTLE DIGGER TRACK		

TO KILLARA

GARIGAL NATIONAL PARK

EAST LINDFIELD

ROSEVILLE

MIDDLE HARBOUR



START

START

FINISH

FINISH

Swain Gardens

Wombin Reserve

TUNNEL IMPASSABLE DURING RAIN

Scout Hall

Lindfield East Public School

Sea Scouts Hall

Lindfield Substation

Girl Guides Hall

Bowling Club

Moore's Creek Reserve

Roseville Chase Oval

LINDFIELD STATION

PACIFIC HIGHWAY

EASTERN ARTERIAL ROAD

NORTHCOTE ROAD

TRYON ROAD

ARCHBOLD ROAD

MIDDLE HARBOUR RD

CHELMSFORD AVE

WOODLANDS ROAD

CARNARVON ROAD

ROSEVILLE AVE

OWEN STREET

HARBOUR RD

PERTH AVE

ROAD

MYCLUMBENE AVENUE

LANE

BRISBANE AVE

ADELAIDE AVE

HOBART AVE

ROAD

GOLFERS

PARADE

CRANA AVE

WELLINGTON RD

PLEASANT AVE

SYLVAN AVE

CRANA AVE

CRANA AVE

HERMIT'S RETREAT

DAMOUR AVE

ROBINSON ST

CRANA AVE

CRANA AVE

ROBINSON ST

ADAMSON ST

BRISBANE AVE

WELLINGTON RD

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