



Protecting Pittwater's Environment

PNHA Guided Nature Walks 2023

Our walks are gentle strolls, enjoying and learning about the bush rather than aiming for destinations. Wear enclosed shoes. We welcome children over about 8 years old with carers. To book and more info: pnhainfo@gmail.com

All Welcome

Sunday June 25 Birdwatching and Bushland

Along Mullet Creek in Ingleside Chase Reserve

Swamp forest and coastal wetlands are rich habitat for fauna such as Swamp Wallaby and Diamond Python. Over 150 bird species have been recorded for the area. Bring your binoculars and keep your ears pricked for bird calls. The track is mostly level, but with an optional steep climb near the Irrawong waterfall.

Meet: 8.30am near 31 Irrawong Rd North Narrabeen. Ends about 10.30.

Variegated Wren male - Philip Hitschmann



Sunday July 30 Newport Bushwalk – From the Crown to the Sea

This almost secret loop walk takes us up through coastal shrub and heathland with fantastic coastal views then down through littoral rainforest beside McMahons Creek. Many ferns, Coachwoods, fungi.

Moderate fitness needed for steep tracks. Bring Binoculars.

Meet: 9am at Porter Reserve, Burke St Newport. Ends about 11.00am

Young frond of the fern *Blechnum sp* - PNHA



Sunday August 27 Spring Wildflowers and Birds

Chiltern Track, Ku-ring-gai Chase NP. Our favourite Spring wildflower walk. A huge variety of plant species, birds too. Bring binoculars. We'll be on a wide rough firetrail. Moderate fitness needed, gentle slopes.

Meet: 8.30 am, entrance on Chiltern Rd Ingleside. Ends about 10.30am

Boronia serrulata - PNHA



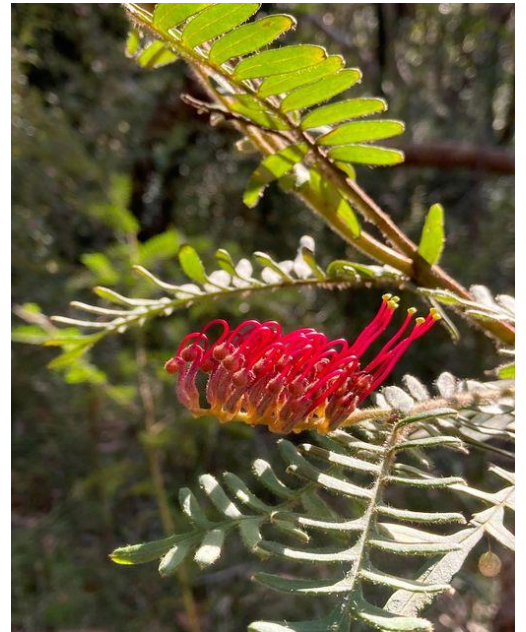
Sunday September 24 Waratahs and *Grevillea caleyi*

In Duffys Forest next to the Terrey Hills Golf Course some magnificent bushland contains many examples of the Proteaceae plant family to which Waratahs, Grevilleas and Banksias belong.

We'll be on rough fire trails and narrower bush tracks. The walk can be done in two lengths: One, a floral meander of about an hour, returning to the start. Or we can continue, meeting up with the Perimeter Trail and the Long Trail, then back to the start. This takes about 2 hours. You can decide which you would prefer on the day.

Meet: 9am, corner Bullara St and Mallowa Rd Duffys Forest

Grevillea caleyi - PNHA



Sunday October 15 Katandra Bushland Sanctuary at Night

A spotlighting adventure. Powerful Owls nest here. The 16 mammals recorded here include Sugar Glider, Feathertail Glider and Eastern Pygmy Possum. So we could be lucky. What's at Katandra? Find out [here](#). Sunset is at 7.08pm. Moderate fitness needed, narrow bush track and slopes

Meet: 6.30pm on Lane Cove Rd. Note: no access to Lane Cove Rd from Mona Vale Rd. Ends about 8.30pm.

Sugar Glider - Total Earth Care ecologists





Sunday October 29 Spring Wildflowers & Geology

Bangalley Headland Reserve is rich in native plants. So far 241 species in 74 plant families have been recorded. This walk will take us through the different plant communities. Spectacular views from the highest point on the coast between North Head and Barrenjoey. Moderate fitness needed for a steep narrow rough track.

Meet: 9am Marine Pde entrance, Avalon. Ends about 10.30

Bangalley cliffs - PNHA



Saturday November 25

Invertebrates – Insects, Spiders and more at night

Chiltern Track, Ku-ring-gai Chase NP. Invertebrates, creatures without backbones, comprise about 97% of all living species, so they are important though not always easy to see and understand. So far, 1.25 million species have been described, most of which are insects, compared to about 60,000 vertebrates. We will look for some of these beside the track. Sunset is 7.46pm. Bring a Torch.

Meet: 7.30pm Chiltern Rd track entrance. Ends about 8.30 – 9pm

Garden Orb Spider Spinning - PNHA



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