

EXPLORE HAROLD REID

Enjoy natural waterfront bushland, featuring diverse plant communities, splendid sandstone scenery, wildflowers and fascinating forest animals.

Explore the Harold Reid headland, also known as the Sugarloaf, a dramatic landform rising from the harbour formed from Hawkesbury Sandstone.

WALKING TRACK

Track length: A 5km circuit.

Track grade: Easy - medium with unsealed sections and slippery surfaces.

This is a Level 2 Wildlife Protection Area. Residents may walk dogs on a leash.

HISTORY

The Camaraygal People harvested the natural resources of the headland, feasting on the abundant shellfish. Many Aboriginal sites still remain in Harold Reid reserve, ranging from rock shelters to middens and a fish trap.

The area was named after Harold Reid, a Town Clerk (General Manager) with Willoughby Council, in recognition of his outstanding contribution to the community.

VEGETATION

Mangroves: Around the shoreline, the Grey Mangroves rise out of the mudflats that have been formed from sediments washed downstream from where the residents of Willoughby live. These estuarine forests swarm with microscopic life, which feed the crabs, prawns and fish.

Woodlands: Scattered trees grow through the grassy understorey. The main woodland trees are Angophoras and Black She-oaks whose long fine needles form a soft spongy surface underfoot.

Open forest: In the sheltered areas of the reserve, trees are more numerous and have shrubs as the understorey. As well as Angophoras, there are Eucalypt trees like Silver-top Ash with furrowed bark, and Grey Gums - their trunks are marked with mottled patches.

Wet gully: Rainforest species grow along the sheltered moist creekline. Here Black Wattle and tall specimens of Rough Tree Fern tower over a ferny understorey of Coral, Soft Bracken, Bats-wing and Screw Ferns.

WILDLIFE

Many native animals visit or live in the reserve, including echidnas and the occasional Swamp Wallaby. Insects, spiders and possums abound, leaving clues such as nests or trails, webs or burrows. Slithering tracks in the sand, or rustling leaves show the presence of lizards such as Water Dragons or Blue-tongues.

FACILITIES

There is a free gas BBQ and picnic area. One temporary style toilet located in the main parking area in the top center of the reserve.

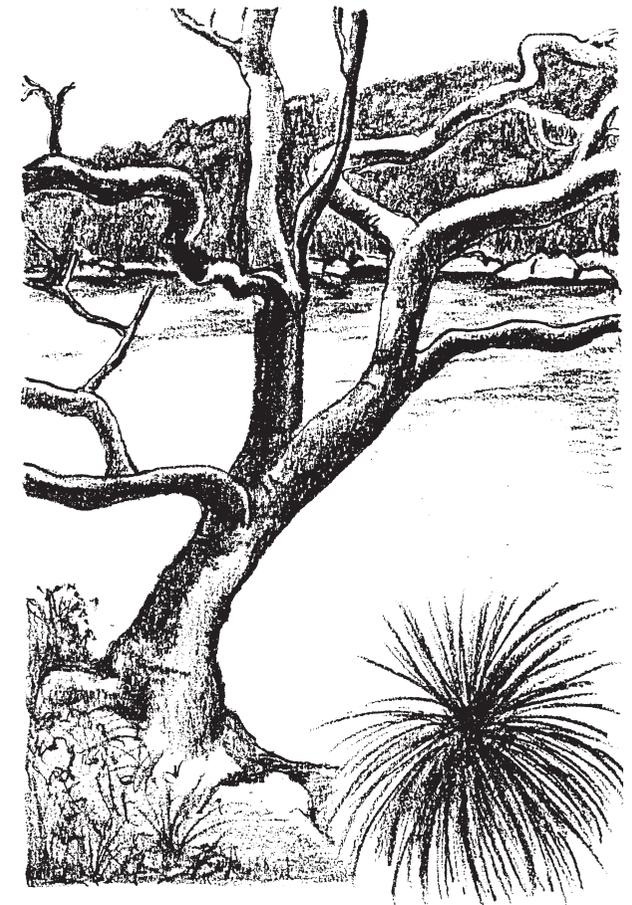
****Please note:** For your safety and to help prevent fires, on days of Very High Fire Danger and Total Fire Ban, the reserve is closed. Phone 1800 679 737 for daily bushfire rating.

PUBLIC TRANSPORT

Catch a bus from Chatswood Station to Rembrandt Drive, or take any Eastern Valley Way bus and get off at Middle Cove. For information and timetables, phone the Transport Infoline on 131 500 or visit www.transportnsw.info



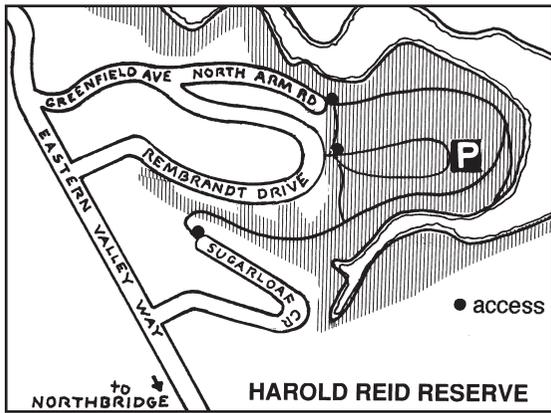
Harold Reid Foreshore Track



Enjoy spectacular views of Middle Harbour on a relaxing 5km walk

Willoughby City Council
PO Box 57, Chatswood NSW 2057
Phone: 9777 1000
www.willoughby.nsw.gov.au





WATER VIEWS

At low tide watch wading birds stalk their prey. Patient birdwatchers should spot Cormorants, Herons, Spoonbills, Egrets, Ibis, Ducks and Silver Gulls.



Angophora

NORTH ARM SUGARLOAF BAY

CASTLE IN CASTLE COVE

Catch a glimpse of the turrets of Innisfallen Castle. Built in 1905 by Henry Willis, the home is listed on the Australian Heritage Commission's National Estate Register.

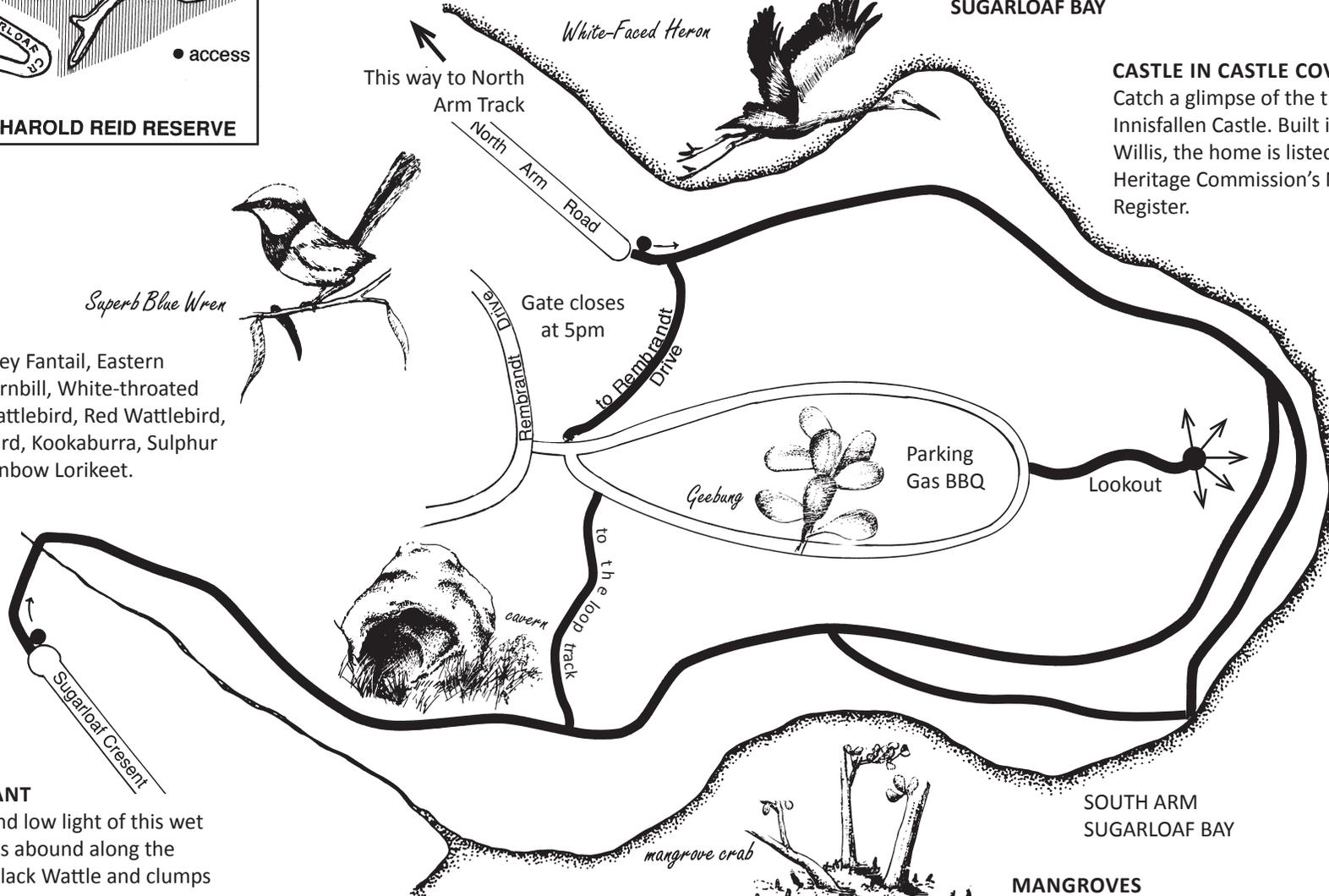
BIRDS TO WATCH

Superb Fairy-wren, Grey Fantail, Eastern Spinebill, Striated Thornbill, White-throated Tree Creeper, Little Wattlebird, Red Wattlebird, Dollar Bird, Butcher Bird, Kookaburra, Sulphur Crested Cockatoo, Rainbow Lorikeet.

Superb Blue Wren



White-Faced Heron



This way to North Arm Track

Gate closes at 5pm

Parking Gas BBQ

Lookout

RAINFOREST REMNANT

Notice the coolness and low light of this wet gully. Rough Tree Ferns abound along the creek with stands of Black Wattle and clumps of Coral Ferns.

SANDSTONE CAVERNS

These small caves are typical of those formed in the local Hawkesbury Sandstone, as water percolates slowly through the rock layers, dissolving salts and leaving hollows.



mangrove crab

SOUTH ARM SUGARLOAF BAY

MANGROVES

Look through the trees to the mangroves below on the mudflats. These healthy specimens of Grey Mangrove are vital sediment filters and form an important habitat and breeding area for birds, fish and invertebrates.

