

MANGROVE SECTION

Denawen Avenue exit to North Arm Road

This section of the track explores the north arm of Sugarloaf Bay. Stormwater from Chatswood, Castle Cove and Middle Cove flows into this area. Rubbish is often visible from the bridge that allows you to cross over Scotts Creek.

From the bridge, the track passes across sandy river flats before climbing onto the sandstone ridge above the mangroves. The track returns to the water's edge beside rich mangrove forest before climbing very steeply to North Arm Road.

The Grey Mangrove forms a forest on the mud flats of North Arm. The mangroves are vital in maintaining balanced estuarine life cycles, continually supplying nutrients which support a wide range of plants and animals such as micro-algae, prawns and crabs. It is now understood how important healthy mangrove forests are in supporting the young of many fish species.

The Mangrove Track may be impassable when there is a king tide.



KOOKABURRA SECTION

North Arm Road to Rembrandt Drive

Walking left to the end of North Arm Road, follow the upper bushland track.

track enters Harold Reid Reserve via sandstone steps and finishes at the reserve's front gates.

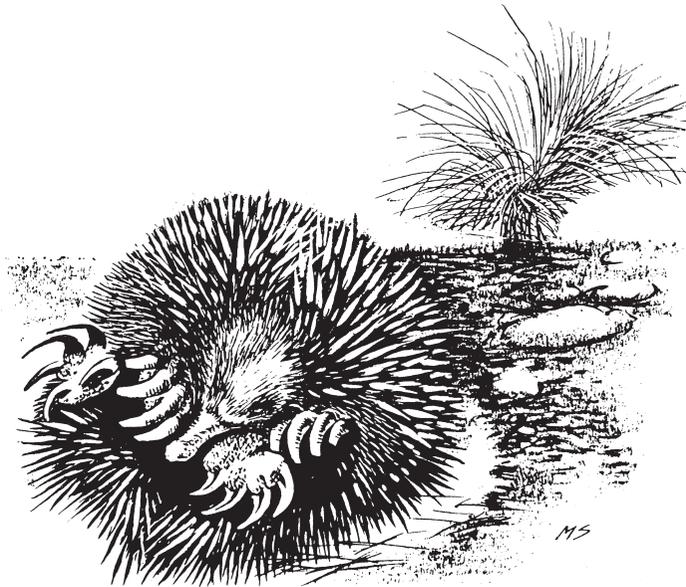
Over the years, the Kookaburras, Magpies and Currawongs have learnt that human visitors are often a source of food handouts. Unfortunately this is not a good thing with some birds becoming a nuisance. Feeding native birds can cause health problems for the birds and upsets the ecological balance between these larger birds and smaller birds like Blue Wrens.

For your own safety that of others...

- Stay on the track.
- Be aware you may meet service vehicles in some sections of the track.
- Carry out all rubbish.
- The North Arm Track is a Wildlife Protection Area, dogs must be on a lead.

PUBLIC TRANSPORT

For information and timetables, phone the Transport Infoline on 131 500 or visit www.transportnsw.info



North Arm Walking Track



A scenic coastal walk from Castle Cove to Middle Harbour

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



EXPLORE MIDDLE HARBOUR

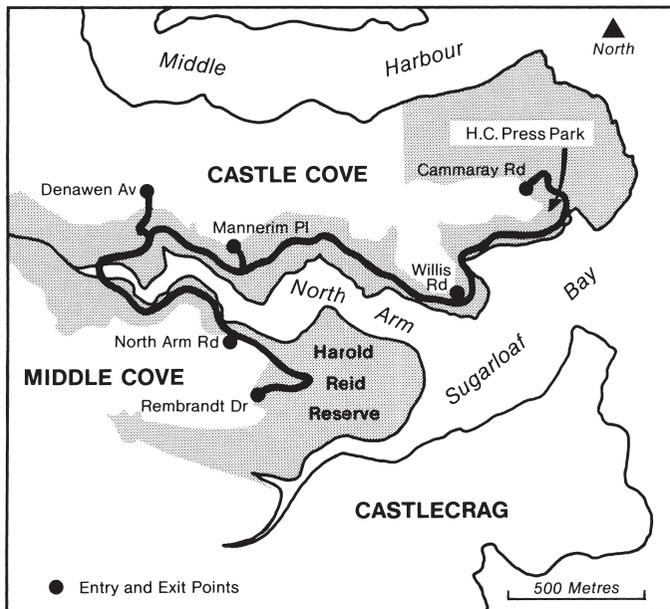
The North Arm walking track joins H.C. Press Park, Castle Cove with Harold Reid Reserve, Middle Cove. It passes through some of Sydney's most beautiful harbourside bushland.

The track is accessible from Cammaray Road, Willis Road, Mannerim Place, Denawen Avenue, North Arm Road and Rembrandt Drive.

Track length: 4.5km one way.

Track grade: Medium - some steep steps.

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



LEUCOPOGON SECTION

Cammaray Road to Willis Road

The start of the North Arm walking track leads off the end of Cammaray Road down a steep sealed track. The track continues along paths built in the days of the old dance hall (you can see some remains of the concrete footings on the left as the start to walk down the stairs). H.C. Press Picnic Ground (1910 - 1964) featured a dance hall, baths and picnic shelters. The track follows the foreshore giving fine views of Middle Harbour. After a series of boardwalks and one major creek crossing, the track emerges at Willis Road. A pleasant resting point is just below the track on the stone jetty near the Willis Road turning circle.

A number of species of *Leucopogon* are known from the Sydney Sandstone bushland but this section of the track is named after the unusual Creeping *Leucopogon*. The Creeping *Leucopogon* is a small inconspicuous plant growing in moist sites especially on rock ledges and in creeklines.



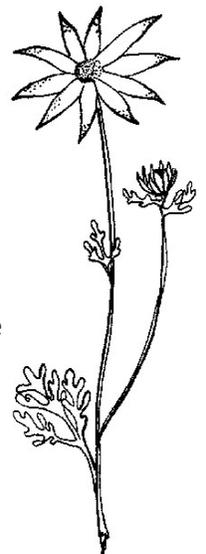
The full extent of the rarity and vulnerability of Australian plants is only now being fully documented. Small reserves such as North Arm Reserve are vital in protecting our native plants. Careful management of the reserves including appropriate fire regimes, controlled visitor access, proper track maintenance and effective weed control are all required to ensure the survival of Sydney's unique plants.

SHE-OAK SECTION

Willis Road to Mannerim Place exit

This section is mainly level and walking is easy. From Willis Road the track continues on an access road which leads past a sewerage pumping station. The track then narrows and follows a delightful route across creek crossings and through She-Oak forests.

Black She-Oak (*Allocasuarina littoralis*) is usually found scattered through sandstone woodlands. Pure stands of this tree sometimes occur as response to the frequency of fires in an area. She-Oak flowers are either male or female and sometime individual trees only support one sex. The male flowers are red to brown in colour giving the tree a characteristic rusty appearance.



FLANNEL FLOWER SECTION

Mannerim Place exit to Denawen Avenue exit

This section of the track passes through low woodland on a sandstone ridge well above the mangroves of North Arm. Access to the track from Mannerim Place and Deepwater Road, adjacent to Denawen Avenue, are both steep. However, the track itself follows the contour and is wide and easy walking.

The character of the low woodland changes along the track in response to a variety of environmental conditions. The Flannel Flower Section faces south, away from the drying effects of the sun. However, the creeklines are still wetter than the ridges. The effect of aspect and topography has a great influence on the numbers and species of plants which are found along the track.