

# Giinagay! ..... Welcome



Mark Flanders welcomes you to Gumbaynggirr Country, from the top of Muttonbird Island.

Hello Welcome

This is Gumbaynggirr country from the mountains to the ocean. This is my home land.

Giinagay  
Yaam Gumbaynggirr Wadjaarr  
Julumnyarr Gaagalgu  
Yaam Nganyundi Jagun

We the Gumbaynggirr people are salt water and fresh water people. We are land (wajaarr) and sea (gaagal) people. Our totem for male is the bat (girimarring) and for female the tree-creeper (niyin).

The Gumbaynggirr country ranges north to the Clarence River at Grafton where you cross into the Bundjalung Nation.

Travelling east to the mouth of the river you arrive into the Yaegl Nation.

Head down south to the Macksville area you come to the Nambucca River, here is the southernmost province of Gumbaynggirr country and where the nations of Gumbaynggirr, Dhanggati and Ngambaa come together.

Go to the west up to the Dorrigo plateau and you will come to a mountain known as Point Lookout, the Lightning Increase Site (Marlawgay Miirlarl). From here west you are heading towards Anaiwan nation.

Thank you for visiting my country

Yaarri Yarraag

Good bye.

Uncle Mark Flanders  
Gumbaynggirr Elder



Macauleys Headland looking north to Diggers Beach and beyond.

## CONTACTS

### Further information:

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T: (02) 6652 0900  
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Dorrigo Rainforest Centre  
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### Bookings for Tuckers Rocks Cottage:

T: LJ Hooker at Urunga on (02) 6655 6616

### General inquiries:

Phone: 13000 PARKS (1300 072 757)  
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[www.nationalparks.nsw.gov.au](http://www.nationalparks.nsw.gov.au)



[www.facebook.com/NSWNationalParks](https://www.facebook.com/NSWNationalParks)

**Bolded** destinations can be searched on the website for more information.

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## Visitor Guide

# Coffs Coast parks

**Bongil Bongil National Park**

**Coffs Coast Regional Park**

**Muttonbird Island**

**Bindarri National Park**

**Sherwood Nature Reserve**

**Moonee Beach Nature Reserve**

**Ulidarra National Park**



[nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au)



WELCOME TO COFFS COAST

If you are on holiday you'll agree it's not called the holiday coast for nothing. The weather is beautiful, the beaches are fabulous and there's a host of free activities available.

If you live locally you can take your pick of a huge choice of weekend destinations all year round, within the parks and reserves of the Coffs Coast.

There's a destination for any age or ability. Choose a gentle stroll, a family picnic, a challenging mountain bike ride, a 4WD forest drive or canoeing in the exquisite estuaries.

Explore undulating dunes, rainforest pockets, waterfalls, tranquil lakes, inviting parklands and charming coastal towns, and discover tall forests, secret picnic spots and majestic headlands ideal for whale watching and taking in sweeping views of the Solitary Islands Marine Park.

Bring along your fishing rod, surfboard, diving gear or snorkel for the ocean and your binoculars, the baby's pusher or your bicycle for one of the many fascinating and easy boardwalks or tracks along this spectacular stretch of coast.

WILDLIFE

Don't forget the camera - you're certain to see wildlife when you visit, much of it on the list of irreplaceable threatened species. Migratory seabirds, such as little terns and wedge-tailed shearwaters come here to nest along the coast, and white-bellied sea eagles, ospreys and brahmny kites patrol overhead. You may also see brilliantly coloured wompoo fruit doves and satin bowerbirds in rainforest, and gorgeous blue-faced honeyeaters or rainbow lorikeets in coastal heathland. Bushwalkers and picnickers may spot koalas, kangaroos, wallabies, water dragons and even platypus.



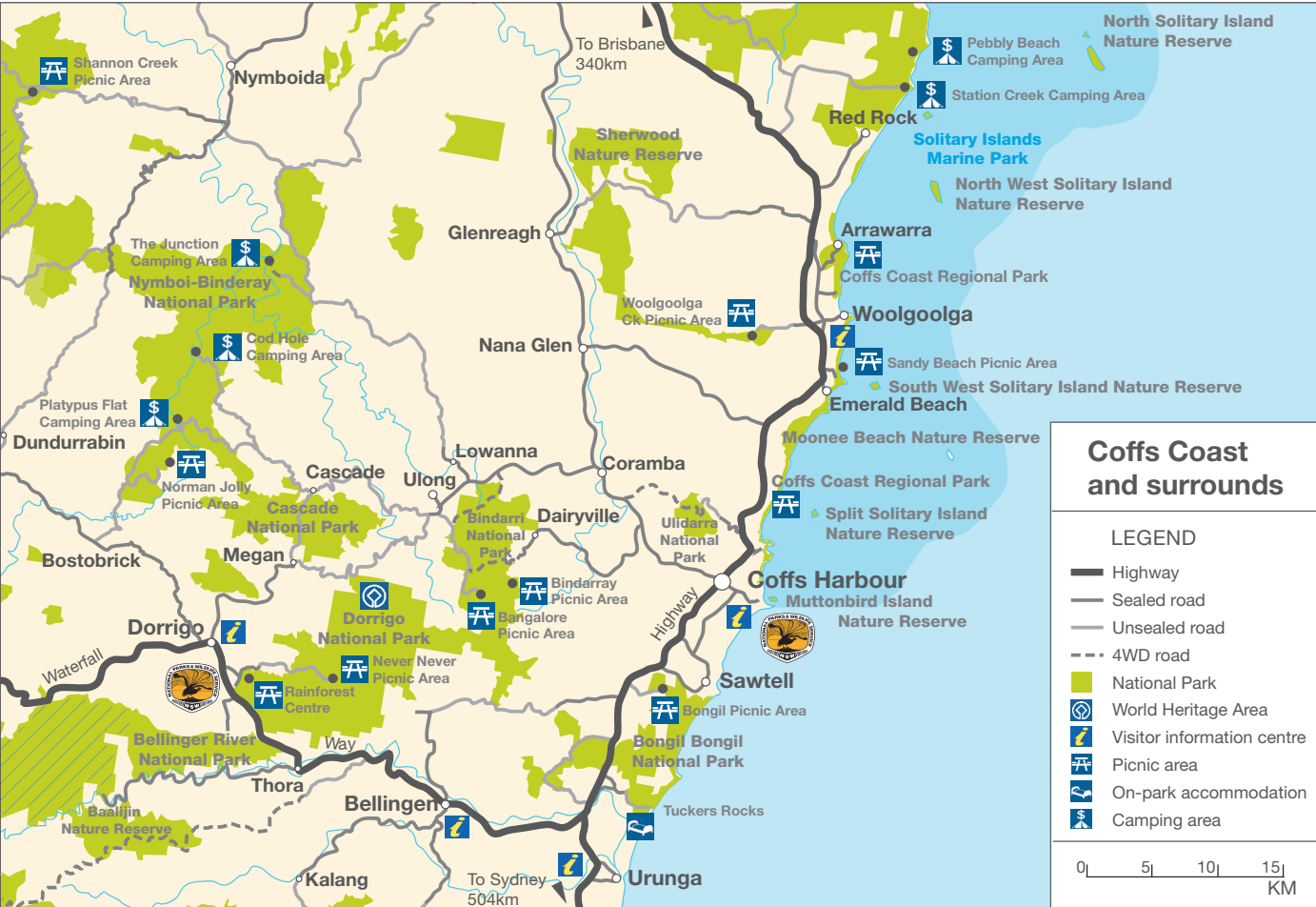
Woolgoolga Headland looking towards South West Solitary Island.

SOLITARY ISLANDS MARINE PARK

From any headland or hilltop lookout along the coast north of Coffs Harbour you will see some of the string of offshore islands known as the Solitary Islands, and you will overlook the waters of the Solitary Islands Marine Park.

The marine park protects marine habitat in an area where warm waters of the East Australian Current from the north mix with cooler currents from the south. In this mixing zone both tropical and temperate marine species can co-exist and the result is an extraordinary diversity of marine life.

Estuaries are important nurseries for young fish and other marine species and along the Coffs Coast, Moonee Creek and other estuary systems are included within the marine park.



Pied oyster-catchers are one of the threatened species you are likely to see on the Coffs Coast

# BONGIL BONGIL NATIONAL PARK

## A PLACE TO STAY A LONG TIME

Within the traditional lands of the Gumbaynggirr people, Bongil Bongil provided abundant seafood and bushtucker, and was a site for gatherings and sacred ceremonies.

Today's gatherings tend to be family picnics and mates going surfing, canoeing or cycling. There's bushland, beach and beautiful secluded waterways to be explored.



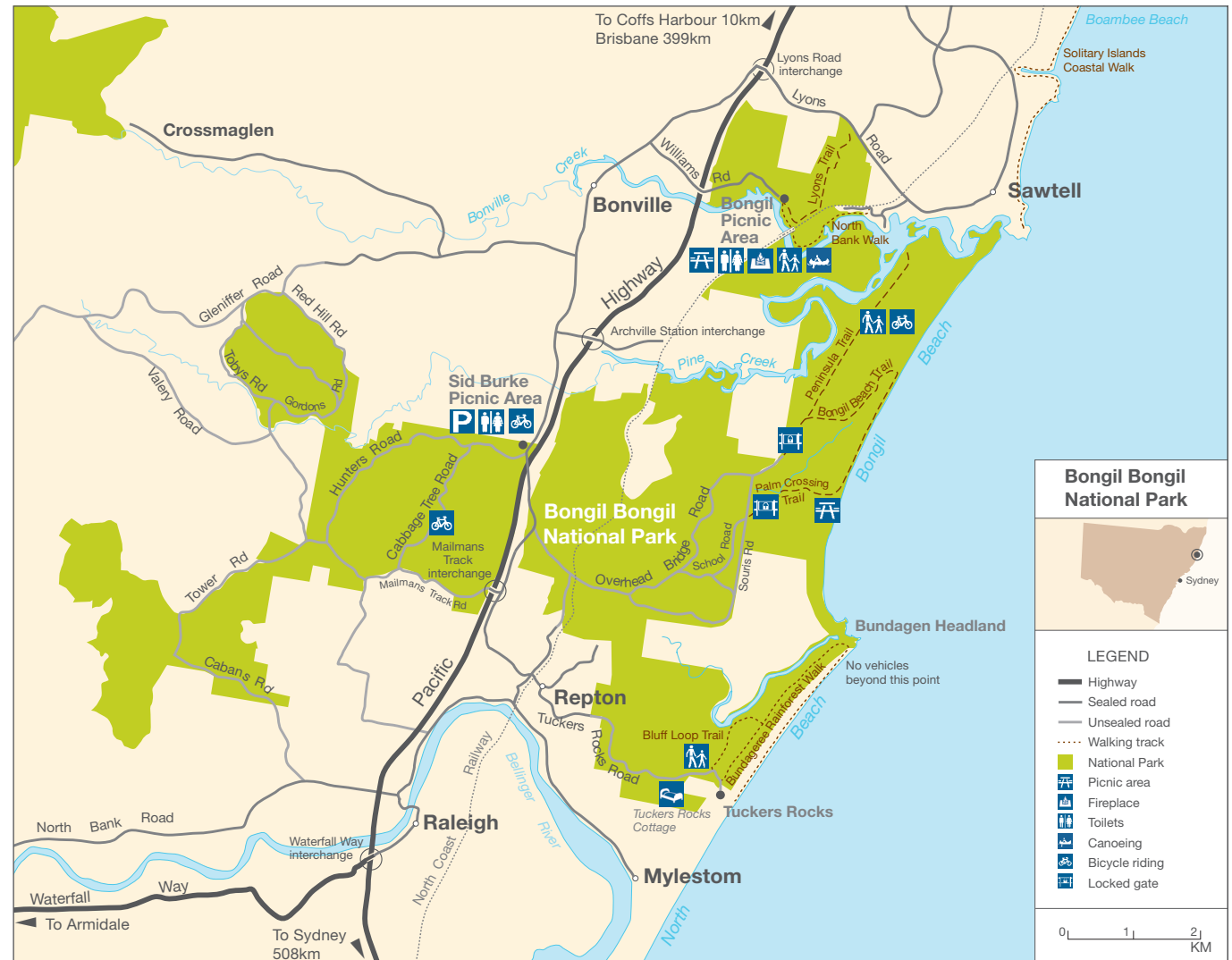
Canoeing on Bonville Creek

- Launch a canoe in the **Bonville Creek** at the picnic area and paddle into peaceful seclusion. It's an easy paddle for canoeists and kayakers of all levels, offering great fishing and birdwatching. Drop a line in as well and you might be lucky enough to catch flathead, mullet or mangrove jack for the barbecue.
- **Bongil picnic area**, on the banks of Bonville Creek is a great spot to kick back and relax. This grassy clearing is surrounded by tall, pencil-straight blackbutt trees. Enjoy a family picnic under the shelter or on the grass in the shade of the trees. After lunch wander along the North Bank walking track or head to the pontoon for a spot of fishing.
- Book **Tuckers Rocks Cottage** for a weekend and enjoy the endless beach at Tuckers Rocks with your family. From here you can also explore Bluff Loop walking track and the Bundageree Rainforest walk. See bookings information on the back page of this brochure.
- The 6km return **Bundageree Rainforest Walk** is a gentle hike along the coastal fringe of Bongil Bongil National Park, through rainforest on one side of the dunes and an option to return along the beach. In the rainforest you may see and hear the beautiful wompoo fruit-dove and colourful rose-crowned fruit-dove. If you choose the beach walk, look out for the white-bellied sea eagle soaring and swooping in the sky.

- **Bluff Loop walking trail** (1.9km loop) is a great track for kids or anyone keen to explore the lush, coastal forests of Bongil Bongil National Park. Beginning and ending at Tuckers Rocks, the track offers access to the lookout overlooking Bundageree Creek. Enjoy lunch at Bluff Loop picnic area or pick a spot along the track.
- If you like cycling along bush roads you'll find plenty in the park. The gentle grades are located in the eastern section while grades for mountain biking heroes are in the western section.

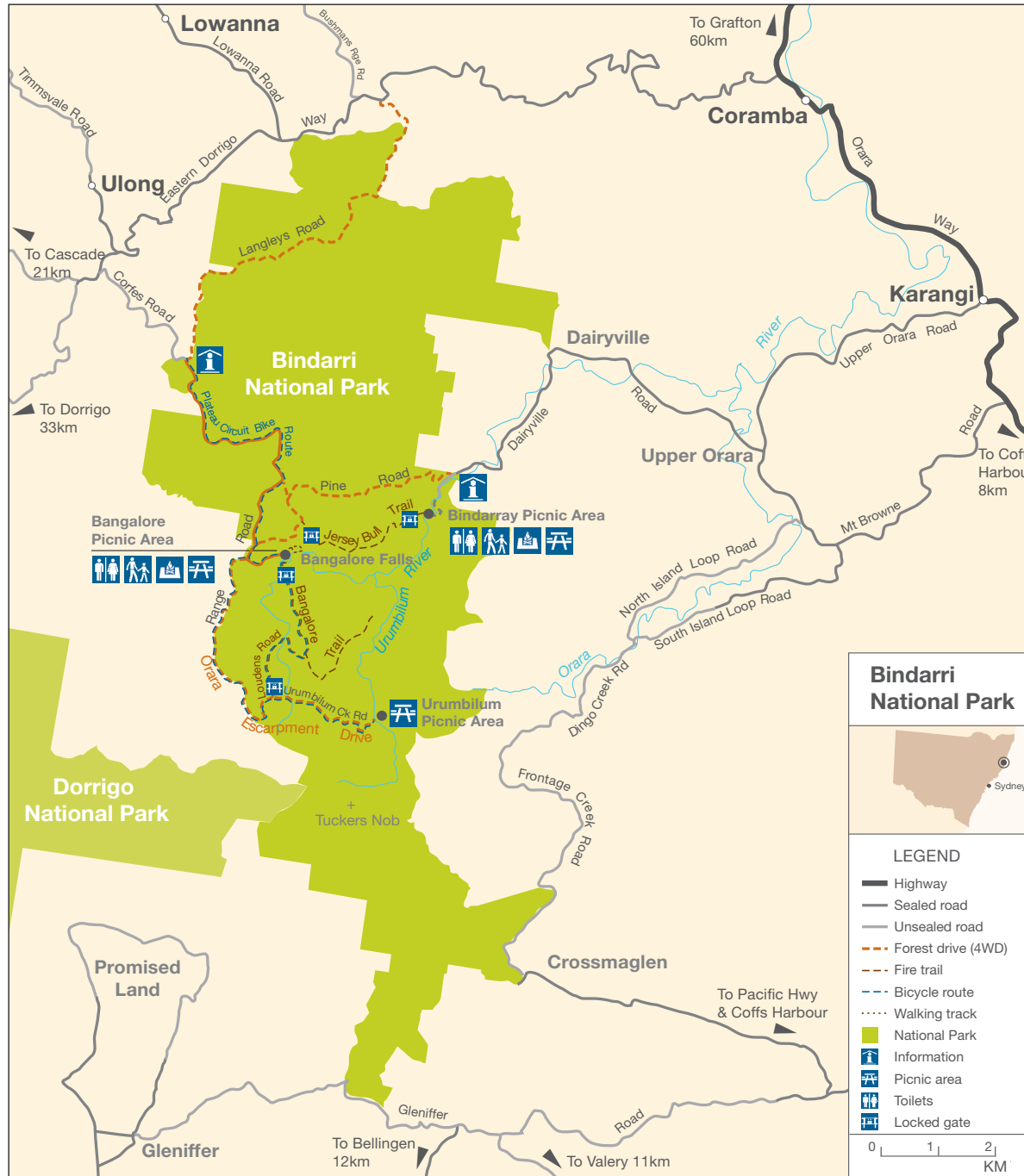


Tuckers Rocks is breathtaking on sunset





# BINDARRI NATIONAL PARK



## PLACE OF MANY CREEKS

*"Bindarra means 'many creeks' in the Gumbaynggirr language and it sure lives up to its name."*

*The waterfalls and canyons are truly spectacular."*

See the headwaters of Urumbilum River drop over the Great Escarpment in Bindarra National Park, carving a series of spectacular waterfalls in its rugged mountain ravine. There you will find pockets of old-growth forest, lush subtropical rainforest, and tall eucalypt forests, while catching glimpses of the coast in the distance.

Enjoy exploring by 4WD or cycling on remote mountain bike trails. Swim in the crystal clear waters of Urumbilum River or just relax in one of the scenic picnic spots. The kids will love splashing in the water, spotting frogs and looking for platypus at Bindarray picnic area.

Hidden away in the mountains, you'll barely see another soul at Bindarra, yet you'll see plenty of local wildlife. Listen for lyrebirds calling in the rainforest and watch for swamp wallabies and red-necked pademelons in the forest.

At **Bangalore Falls** take an easy 500m walk and admire the views of the cascading waters and into the Bangalore Gorge. Relax and enjoy a peaceful picnic under the trees.

Walk the final 1.6km to **Bindarray picnic area** on the Urumbilum River, where the whole family will enjoy swimming in river pools. The kids will love spotting frogs and, if they're lucky, they might even see a platypus in the clear waters.

For the energetic, spend a whole day exploring the **Plateau Circuit loop trail** (26km) on your mountain bike. Cycle along the gentle scenic gravel roads of the park and the adjacent Bindarra State Conservation Area. Pack a picnic lunch and make sure you're prepared with plenty of water and a tool kit. Head to Bangalore Falls, then, continue riding through lush subtropical rainforest to **Urumbilum picnic area**. In the gorge below the picnic area a spectacular waterfall drops away into a large, natural amphitheatre and deep pool.



Feel the mist on your face at Bangalore Falls

**Orara Escarpment 4WD touring route** is a short 80km round-trip from Coffs Harbour, taking in all the scenic attractions of the park. You will climb over 600m as you make your way steeply up the Orara Escarpment on Pine Road, then back along Range Road through tree ferns, hoop pine and cabbage tree palms. See magnificent old-growth forest along Langleys Road as you head back to the Eastern Dorriggo Way. With plenty of picnic and swimming spots along the way, it makes for an ideal family day trip.

# MOONEE BEACH NATURE RESERVE



## HISTORY on the HEADLANDS

The name Moonee comes from 'Munim-Munim', which is the Gumbaynggirr name for the area. It means 'rocky', reflecting the original importance of this place for axe-making.

Learn all about the workings of the historic 19th century lighthouse with a kerosene light and the signal station that provided its only link to the mainland. Go on the **Dammerels history walk** (500m one-way) and discover the story of the Dammerel family and of the collision in 1886 of the ships *Keilawarra* and *Helen Nicoll*. Only two bodies of the 48 who died in the accident washed ashore, and their graves are on Dammerels Head.

**Look At Me Now Headland** is an important Aboriginal site of deep significance to local Gumbaynggirr people. Preservation of this natural environment is also important to the broader community, and in 1989, over 5,000 people marched in a rally in Coffs Harbour to prevent destruction of the headland and adjacent beaches. It worked and this area was added to the reserve in 1995. The headland walking track is wheelchair accessible.



Everyone can enjoy Look at Me Now Headland



The Tranquil Moonee Creek estuary

## MORE TO SEE AND DO AT MOONEE

As well as grassy headlands, Moonee Beach Nature Reserve also has glorious beaches. Bring along your fishing rod, surfboard, diving gear or snorkel for the ocean. The sheltered Moonee Creek estuary is ideal for kids.

- Get fish and chips and picnic on one of the headlands.
- Stroll around **Look At Me Now Headland** on an easy track and take in the coastal vistas. Keep your fingers crossed for a breaching humpback whale during winter and early spring. All year round you can see eastern grey kangaroos nibbling on the grass and white-bellied sea eagles, ospreys and brahminy kites soaring above the coastline on the hunt.

The short native grass and herbs growing over much of the headland are adapted to the salt spray and shallow soil. No less than five threatened plant species survive in this plant community. You may spot a threatened *Zieria prostrata*, which flowers pink and white in spring with glossy, tough leaves.

- Take the kids on the **Moonee Creek canoe route**. What could be more relaxing than a day paddling, kayaking or canoeing? Tranquil and tree-lined, the creek offers a way to explore the southern section of the park.

You can easily spend the whole day enjoying this beautiful estuary. Pack a picnic lunch and fishing rods for catching bream and flathead. Bring along your binoculars for birdwatching as the wildlife is plentiful. The kids can swim, lilo, or wade through the shallows, and, if you check the tides, it can be a very easy canoe trip on the gentle current.

Different forest types can be found in Moonee Beach Nature Reserve, such as littoral rainforest, coastal she-oak and banksia woodland. Try to pick them out while passing on your canoe, and keep a waterproof camera handy for that sought-after wildlife photograph.



# SHERWOOD NATURE RESERVE

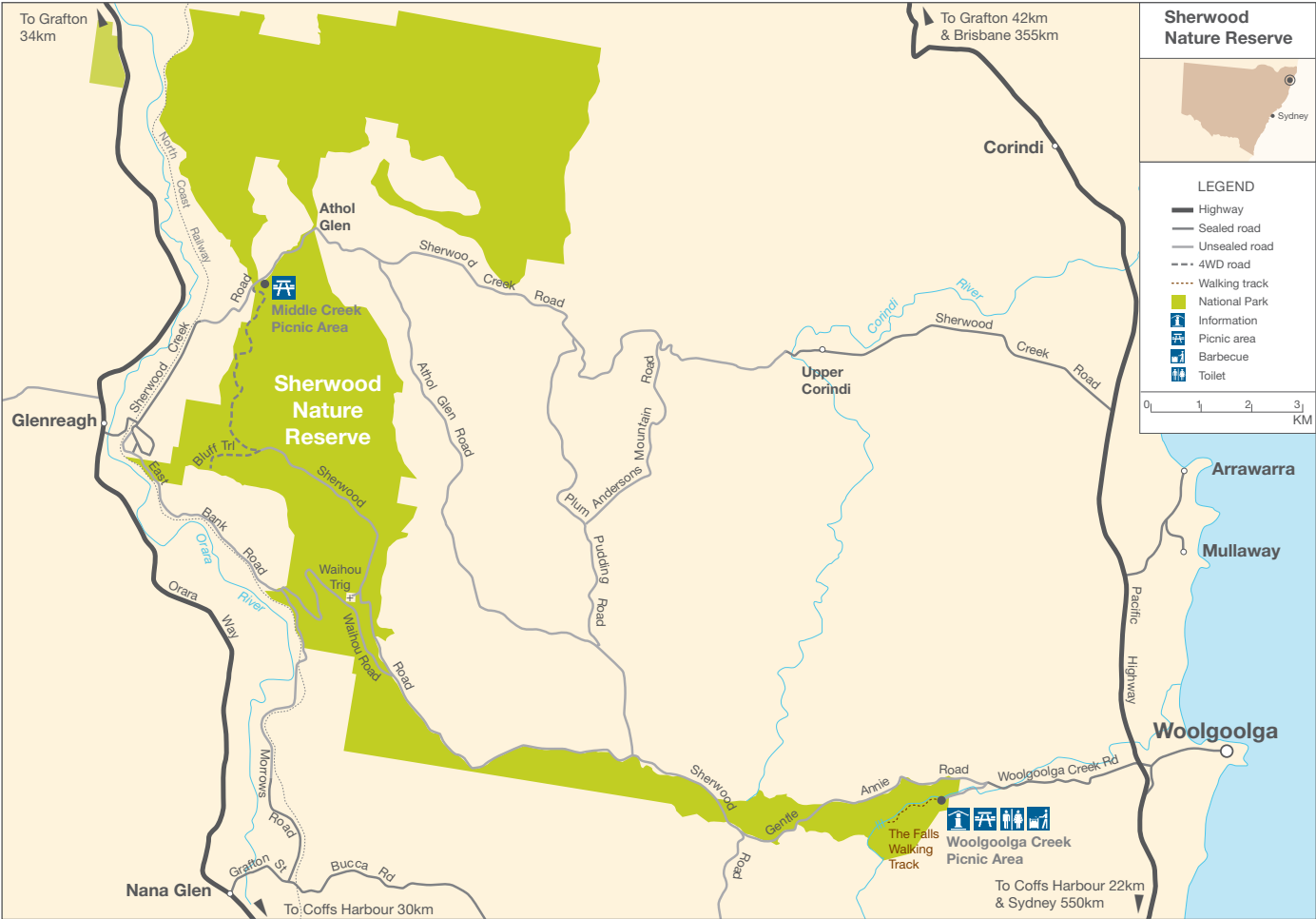
## EXPERIENCE THE DIVERSITY

Explore striking landscapes ranging from rugged sandstone escarpments and coastal ridges to dry open forests, heaths and vibrant subtropical rainforests in Sherwood Nature Reserve.

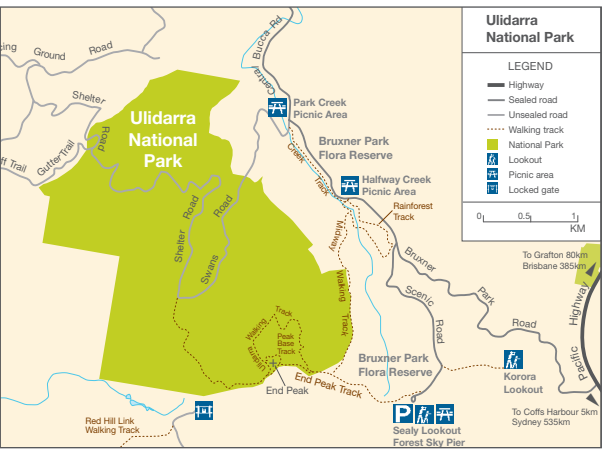
- **Sherwood Forest drive** (50km one-way) takes you from subtropical rainforest, through old-growth forest ecosystems and over the elevated sandstone plateau. Various spots such as Waihou lookout provide great views over Orara Valley, with sandstone cliffs providing a stunning backdrop.
- **Woolgoolga Creek picnic area** is a delightful place for a picnic and a fantastic way to experience the plants and animals that make Sherwood Nature Reserve so special.

Nestled below towering flooded gums, you'll find this secluded picnic area fringed with blue quandongs. There's plenty of space for the kids to run around, and nearby rainforest and creeks to explore, making it a great family day out.

- While there, don't miss doing the **Falls walking track** (3.5km return). This easy walk meanders alongside Woolgoolga Creek to Woolgoolga Creek Falls, through subtropical rainforest, vines, bangalow palms and magnificent blue quandong. Plants found here such as figs, tamarinds, and wombat berries are important for local cultural knowledge of the Gumbaynggirr people. There are several creek crossings to navigate, so while your shoes may get wet, you and the kids will love the adventure.



# ULIDARRA NATIONAL PARK



## A FOREST DRIVE TO REMEMBER

If it's too hot for the beach, the shady forests of Ulidarra National Park are a great alternative for a forest drive, some bird or koala spotting, and a visit to the adjoining Bruxner Park Flora Reserve.

Beautiful palm-fringed rainforests and majestic old eucalyptus trees also provide a stunning backdrop for a range of other recreational activities. Ulidarra National Park has a network of management trails and walking tracks for bushwalking and mountain biking, fantastic 4WD trails to explore and an abundance of off-the-beaten-track places for a picnic.

If you're looking to experience nature and get away from it all for a few hours, **End Peak walking track** (2.5km return) is for you. This challenging escarpment walk traverses old-growth blackbutt forest, tall wet forests and rainforests. There are a few steep sections of track, but they just add to the adventure and the challenge. Bring a picnic lunch and listen to the lyrebirds from the highest point in Ulidarra National Park, with filtered glimpses of Coffs Harbour.



# COFFS COAST REGIONAL PARK

*"Our favourite beach? - that's a hard decision, they are all beautiful."*

## A DIFFERENT BEACH EVERY WEEKEND

It's easy to experience an endless summer at Coffs Coast Regional Park. Lose yourself in its string of pristine beaches which together offer everything from unbeatable surf and safe swimming to picnic areas and children's playgrounds.

Take your pick of outdoor activities – either in the water or along the waterfront. Go fishing, birdwatching, body boarding or find the perfect spot for a memorable family barbeque. Take your dog for a walk on its leash in one of the dog friendly areas in Coffs Coast Regional Park, but be sure to leave your pets at home before you visit other nature reserves or national parks in the area.

- Surfers will love the fantastic point break at **Arrawarra Headland** and rock-poolers will be kept enthralled. Look for the ancient Aboriginal fish traps along the point.
- The fishing's good at **Mullaway Beach and Headland** and there's a shady barbecue to cook your catch while the kids play on the swings. Take the headland walk for sensational views and a boardwalk through littoral rainforest.
- Between May and October, **Woolgoolga Beach and Headland** is the place to be for the best whale watching in the Coffs region. Be sure to take your binoculars for up close views of these amazing creatures.
- Little kids will love the safe swimming and playground at **Emerald Beach** which also has an excellent surf break. Or take a beach walk to **Look At Me Now Headland**.
- **Diggers Beach** is a favourite among locals for surfing, fishing and swimming. When you've had enough of the surf, take a break from the beach in the neighbouring Diggers Beach picnic area. Featuring a children's playground and plenty of space to run around, it's ideal for a family barbecue.



Taking in the view at Diggers Beach



Woolgoolga Headland is part of the Solitary Islands Coastal Walk

## SOLITARY ISLANDS COASTAL WALK

You'll be hard pressed to find a longer or more beautiful walk on the east coast of NSW. The Solitary Islands coastal walk links a string of idyllic golden beaches, rocky headlands and lush rainforest along the Coffs Coast in NSW.

Solitary Islands and Muttonbird Island are picturesque and make for perfect birdwatching, so bring your binoculars as little terns and white bellied eagles are often seen along the shores. Dolphins surf the waves of these beaches all year round and the headlands are ideal for whale watching.

There are plenty of options for picnicking, swimming and water sports. With loads of nearby cafes and accommodation to suit any budget, you'll want to keep coming back to discover all the charms of this beautiful walking track.

If you're feeling energetic, pack your backpack and do the whole walk and camp at local caravan parks over four days. Or you can stroll along the coastal walk in shorter sections, accessed from:

- Arrawarra Headland
- Mullaway and Cabins Beach
- Woolgoolga Beach and Headland
- Emerald Beach
- Diggers Beach, and
- Muttonbird Island Nature Reserve.



### For detailed information and maps of the Solitary Islands Coastal Walk:

- Coffs Harbour Visitor Information Centre
- Big Banana, 351 Pacific Highway, Coffs Harbour
- Ph (02) 6648 4990

# MUTTONBIRD ISLAND NATURE RESERVE

## VISIT GIIDANY MIIRLARL - A SPECIAL ISLAND

No visit to Coffs Harbour is complete if you haven't been to this significant seabird rookery, enveloped by spectacular views from coast to the Solitary Islands. It's one of the only easily-accessible places in NSW where the migratory wedge-tailed shearwater nests.

Since long before the island was connected to the shore it has been an important Aboriginal place, harbouring stories of the Dreaming and a wealth of traditional resources. These fascinating stories are shared at the award-winning **Muttonbird Island outdoor learning space** at the base of the island. Aboriginal Discovery Rangers conduct tours of the island, explaining its flora and fauna and narrating their Dreaming stories.

Take the paved walkway across the island to the **Eastern Side lookout**. Please stay on the track to protect the fragile muttonbird burrows while learning about the lifecycle of these hard-working sea birds.

At the end of the track, perched above wave-worn rock platforms, the lookout is a great place to see humpback whales on their annual migration between May and November.



Muttonbird Island outdoor learning space



- Ph (02) 6648 4990
- Or visit website: [www.coffscost.com.au/solitary-islands-coastal-walk](http://www.coffscost.com.au/solitary-islands-coastal-walk)



Maps in this brochure give you a basic overview of features and facilities. They do not provide detailed information on topography and landscape, and may not be suitable for some activities. We recommend that you buy a topographic map before you go exploring.