

# Munmorah State Conservation Area



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## ABOUT MUNMORAH SCA

Munmorah State Conservation Area has a rugged coastline with sandy beaches and coastal heath. The park offers opportunities for surfing, fishing, bushwalking and camping, and is also home to a variety of wildlife.

Munmorah SCA is the perfect place to view a magnificent display of wildflowers from late winter to early spring, particularly in the heath areas of the park.

**Opening hours:** Munmorah SCA is open between 5.30 am and 9.00 pm (daylight saving time), and 5.30 am to 6.00pm (other times). Access outside these times is via a security firm and is subject to payment of a fee. Emergency services have keys to the gates in the event of any incidents.

Visitor fees apply at Munmorah State Conservation Area. These fees help to maintain the visitor facilities in the park. Annual or day passes for park entry are available at the local NPWS office – phone (02) 4972 9000.

## CAMPING AREAS

### FREEMANS CAMPING AREA

Freemans Camping Area has 28 tent sites and 8 caravan or van sites in a landscaped area a short walk from beautiful Birdie Beach. This is a popular camp site, especially in summer. It has toilets, free gas barbecues and picnic tables.

### FRAZER BEACH CAMPING AREA

This small camp site overlooks Frazer Beach, famous for its surf. Toilets, picnic tables and free gas barbecues are provided.

Bookings for camp sites are essential – phone (02) 4320 4203, Monday to Friday between 9.00 am and 3.00 pm.



IMAGES: MIAN: View over Birdie Beach to Bird Island Nature Reserve. Photo: Susan Davis / OEH. BOTTOM: Munmorah State Conservation Area. Photo: David Benson / OEH.



## PICNIC AREAS

### TEA TREE PICNIC AREA

A short walk from this picnic area is a viewing platform which provides spectacular views over the length of Birdie Beach north, to Norah Head lighthouse in the south and out to Bird Island.

### PALMS PICNIC AREA

Located beneath a canopy of cabbage tree palms, this quite, shady picnic area is an ideal location to rest for a while.

## BICYCLE RIDING

Pushbike riding can be enjoyed on fire management trails throughout Munmorah SCA. Pushbikes are not permitted on walking tracks.

## UNPATROLLED BEACHES

Care must be taken when swimming at beaches in national parks, as they are not patrolled. Only Frazer Beach in Munmorah SCA is patrolled and then only during the summer school holidays and at Easter.

### IMAGES

RIGHT: Munmorah State Conservation Area. Photo: David Benson / OEH.

BELOW: Fishing at Birdie Beach. Photo: David Benson / OEH

## BUSHWALKING

### MOONEE BEACH TRAIL

**(3 km return – medium)**

From Snapper Point Rd, this popular walking trail takes you through coastal heath and provides spectacular views above Timber Beach, Ghosties Beach and Moonee Beach. Descend from the trail to pristine Moonee Beach near Flat Rock Island.

### PALMS CIRCUIT TRACK

**(1.5 km return – medium)**

A circuit track starting and finishing at the Palms Picnic Area, this walk is an excellent place to escape the heat. Wander below a canopy of cabbage tree palms and enjoy the cool light filtering past their leaves.

### MELALEUCA TRACK / BIRDIE CREEK AND COAST TRACKS

**(7.2 km one-way – medium)**

This walk can be completed in several sections. Commencing at the southern park entrance on Birdie Beach Drive, this track travels through a swamp / sedgeland paperbark forest, on to a dry ridge scribbly gum community and out onto a spectacular coastal heath. Take in views of Norah Head and Bird Island before a short walk to conclude at Frazer Beach.



## ROCK FISHING

Fishing, especially rock fishing, can be dangerous. Follow these basic safety tips at all times when rock fishing:

### Never fish by yourself.

Fish in a group of at least three people and within sight of each other. If someone is washed in, one person can stay and help while the other alerts emergency services (dial 000). Mobile phone users can also dial 112 to access emergency services.

### Inform others of your plans.

Always let friends or family know where you are going and when you will be back.

### Wear light clothing.

Light clothing such as shorts and a spray jacket will let you swim easily if you are washed in. Jumpers may be heavy and difficult to take off.

### Wear appropriate footwear.

Cleats, sandals and sandshoes with non slip soles suit different surfaces. Use the appropriate shoes for the conditions.

### Carry safety gear.

Wear a life jacket or buoyancy vest. Also bring something buoyant that can be easily thrown and held onto, to help you stay afloat. Carry ropes and torches.

### Never fish in exposed areas during rough or large seas.

Make sure you are aware of local weather, swell and tidal conditions before going fishing. Listen to weather forecasts or call the weather information line on 1900 937 107. Be aware that conditions may change dramatically in a short period of time.

### Observe first, fish later.

Spend some time (at least 30 minutes) watching your intended spot before fishing to get an idea of the conditions over a full swell/wave cycle. Wave conditions can get worse as the tide changes – you should know whether the tides are high or low and coming in or going out.

### Plan an escape route in case you are washed in.

Stay calm – if you are washed in, swim away from the rocks and look for a safe place to come ashore or stay afloat and wait for help to arrive.

### Stay alert.

Don't ever turn your back on the sea – if the waves, weather or swell threaten your fishing spot then leave immediately.

Ask for advice from locals who know the area. They will always tell you when an area is dangerous.

## LOCATION



## CARING FOR YOUR NATIONAL PARKS

- Please respect Aboriginal sites and places, they are protected.
- All native plants and animals and rock formations are protected.
- Fires are not permitted in coastal parks. Free gas barbecues are available at a number of areas.
- Leave dead wood and rocks where you find them, they provide important habitat for many animals.
- Please use rubbish bins where provided, otherwise take your rubbish with you when you leave.
- Please leave your pets at home – they are not permitted in national parks, state conservation areas or nature reserves.
- Please do not feed native animals as this may make them sick.
- Drive carefully. Vehicles, including motorbikes, must keep to formed public roads. Unregistered vehicles, including motorbikes, are not permitted.

## DISCOVERY PROGRAMS

To find out about guided Discovery Activities phone (02) 4320 4205 or visit our website:

[www.nswnationalparks.com.au](http://www.nswnationalparks.com.au)

or [www.wildwildworld.com.au](http://www.wildwildworld.com.au)

## FURTHER INFORMATION

NPWS Lakes Office: Blue Wren Drive, Munmorah State Conservation Area, phone (02) 4972 9000

## GENERAL INQUIRIES

Phone 1300 361 967

[www.nswnationalparks.com.au](http://www.nswnationalparks.com.au)

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Munmorah State Conservation Area. Photo: David Benson / OEH.



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