

Activity Name: Bushwalking Interpretation – Gillards to Mogareeka

Recommended Age Group: Yr8+

Activity Description (clear & concise):

Expedition style walk to Mogareeka from Gillards Campsite

Equipment Required: First Aid Kit, Weather appropriate clothing i.e. hat and/or jumper, Waterproof bag/dry bag, Water bottle, Mobile phone, Maps, SPOT tracker

Number of Coastlife Staff Required: 1:10

Duration of Activity (provide breakdown if necessary): 3 Hrs

Suitable Location/Setting:

Begin at Gillards Campsite in MRNP, walk track to Cowdroys Road, continue to Nelson's Lagoon.

Nelsons Lagoon crossing: Walk south on Nelsons Beach to Foot Track, Take track up hill to Wajurda Point Track (Wajurda Point look out optional) walk to moon bay carpark, Track to Moon Bay, South along Moon Bay to Track, at Junction at top of hill turn right and walk around headland to end of Bay St, walk Bay St to pick up location at Bridge.

Safety Considerations; Dehydration, heat/cold stress, snakes, other bites/stings, Group separation, walking/swimming injuries.

Program Delivery

Introduction Briefing Points:

- Description of route, distance and duration
- Check participants have adequate clothing and water etc., make sure they have a change of clothing for crossing, to avoid chaffing from walking in wet clothing
- Group management, keeping together, Appoint tail end leader

Activity Delivery:

General NP Park Info

- Adjacent to Aragunnu in the north of the park, the Mimosa rocks are massive blocks of weathered volcanic rock. Named after the Mimosa that was wrecked on them in 1863.
- Mimosa Rock National Park covers 5,802 ha including 20km of coastline/
- The park has grown from the original 1973 reservation of 628 ha through land donations and further reservations
- 90% of Nelsons Creek catchment is contained within the national park, protecting water quality
- The park protects habitat for threatened species such as the Sooty Owl and Hooded Plover.
- The estuaries and lagoons in the NP contain important wetland habitats for a range of local and migratory waterbirds.

Aboriginal Heritage

- The Yuin people (a.k.a. Thurga) are the Australian Aborigines from the South Coast of New South Wales who are considered to be the traditional owners of the land and water from Merimbula to the southern head of the sea entrance of the Shoalhaven River.
- Area of park occupied for at least 6,000 years. Occupation of the area could date back to over 25,000 years. Main evidence of occupation in the park is now in the form of Middens and open campsite deposits
- Settlement by Europeans in the 1840's quickly saw the aboriginal population and culture decline.
- It is understood that coastal people had regular contact with people of the Monaro Tableland, and that there was frequent movement between the coast and tablelands, harvesting different foods in these areas.
- Mogareeka is an Aboriginal name meaning deep-water.

Plant/animal Species and Communities

- Spotted Gum Forest on track to Cowdroys road.
- Sword Grass at junction of track with Cowdroys Road.
- Sea Grass at Nelsons Lagoon
- Nesting Hooded Plovers and Oyster Catchers on Sand dunes at Nelsons Lagoon.
- Banksia Trees, named after Joseph Banks from Capt. Cooks first great Voyage on The Endeavour, 80 species of Plants bear Banks' name from this expedition
- Casuarina trees at Wajurda Point, important food source For Glossy Black Cockatoos.
- Rainforest remnant on steps to Moon Bay, gully holds moisture and blocks length of direct sunlight, this allows warm temperate rainforest species to grow, like the towering Tree Ferns in the gully.

- At track junction after Moon bay, Native Cherry Tree (Exocarpus) are Semi parasitic on other trees (usually Eucalyptus). Produce red fruit with tiny acorn like seed on the end in about October. Red fruit edible and very sweet.
- On Fords Headland note: Legacy Exotic Trees and Garden Plants like the Red-hot Pokers growing along the track. Note the Remnants of buildings and yards of the old Ford property

Debrief Points and Outcomes:

How did people live off the land for thousands of years in the bush?

What new things have you learned about the coastal bush environment?

Discuss Possibility of Ticks and how to deal with them