



**Activity Name:** Bushwalking Interpretation

– Hobart Beach to Bournda Lagoon

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**Recommended Age Group:** Year 7+

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**Activity Description (clear & concise):** Bushwalk/Beach walk from Hobart Beach Campground to Bournda Lagoon with swim at Lagoon

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**Equipment Required:** First Aid Kit, Weather appropriate clothing ie hat and/or jumper, Water bottle, Mobile phone, Maps, SPOT tracker, Radios

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**Number of Coastlife Staff Required:** Bushwalking 1:10, Teachers can add to this ratio

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**Duration of Activity (provide breakdown if necessary):** 3hrs

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**Suitable Location/Setting:** Bournda National Park. Beach walk one way, bushtrack via field studies huts back to Hobart Beach campground

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**Safety Considerations; Bites/Stings, Sun protection, dehydration, heat/cold induced conditions**

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### **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 if they are swimming, to avoid chaffing from walking in wet clothing
- Group management, keeping together, Appoint tail end leader
- Procedures for walking on road, snake encounter, numbering off

**Activity Delivery:**

At beach: Discuss action of surf, rips – Discuss walking on sand; try to walk between high tide mark and the water on firm sand.

At Lagoon: Discuss the lagoon underwater terrain / steep drop off and safety consideration of swimming in deep water.

**Activity Delivery:**

**General NP Park Info**

- Bournda National Park and Bournda Nature Reserve are located on the far south coast of NSW between Tathra and Merimbula, approximately 15 km southeast of Bega. Together they have an area of 8678 ha and protect a range of environments including coastal range, hills, plain, dissected plateau and estuaries.
- Much of the forest of the park and reserve was logged and regularly burnt prior to reservation and there are few large trees. The most intensively affected area was north of Wallagoot Lake, where species such as tree ferns have been largely removed and in places dense stands of *Allocasuarina* (sheoaks) have replaced eucalypts (gum trees). Protection from frequent fire will be important in encouraging return of these areas to a more natural condition and improvement of their habitat value.
- The variety of habitats in the park and reserve has resulted in a diverse range of plant and animal communities and the area supports a number of rare, threatened and geographically significant species such as the Blue Box (*Eucalyptus Baueriana*)
- The walk passes the freshwater Bondi Lake is the largest fresh water lake situated behind coastal dunes in the region and is an important habitat for waterbirds. The lake's entire catchment is contained within the park and is relatively undisturbed. The lake provides a scientific reference point for ecological research.
- The park wetlands and lagoons protect habitat for threatened species such as the Little Tern, Hooded Plover and Pied Oystercatcher.
- Dissected rhyolite cliffs along the Kangarutha coast and elevated boulder beaches which indicate previously higher sea levels are geologically interesting features.

## 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 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.

## Plant/animal Species and Communities

- Milk Vine, oozes white sap (milk) that deoxygenates still water and stupefies fish when leaves placed in a pool or dammed section of flowing stream. This was one form of traditional fishing, when the fish floated up to the surface, the best/biggest fish could be selected to eat, after the catch was removed, the dam could be broken down to flush the area and revive small or unwanted fish.
- Lomandra Grass – this grass /sedge grows as a tussock like clump next to the track, the white base of the stem is edible, high in carbohydrate
- Sword Grass, serrated edges on leaf blade, be careful!
- Nesting Hooded Plovers and Oyster Catchers on Sand dunes Bournda Lagoon, this year there was a confirmed nesting pair of Hooded Plovers at this site (only 46 birds in NSW).
- 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, important food source For Glossy Black Cockatoos.
- Native Cherry Tree (Exocarpus) is 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.
- Honey Myrtle (Melaleuca armillaris) (often called tea tree –although it is quite different) (grows in thick stands and looks like 'eerie skeleton trees) discuss how trees grow into even stands to protect each other from wind, and shade the ground so much not many other plants grow underneath them, thick stands of trees like this can also change the soil they are growing on, by sucking up all the nutrients or creating more acidic soil other plants can't grow in. Look for signs of fresh damaged mid tree trunk on these trees, you will notice the grub hole inside the fresh damage, this is foraging by Yellow-tail Black Cockatoo's. The birds put their ear to the tree and listen for the movement of the grub inside and then tear the bark and wood open with their strong beak to get to the protein rich grub inside.

**Debrief Points and Outcomes:**

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