

Thanks to Castlereagh Public School stage 2 students who shared their experience in November 2017:
Lena, Caitlin, Bethany, Mulie, Madison, Andreanna, Scarlett, Janai, Bryce, Nicholas, Dominic, Donovan, Tyrone, Krystion, Jacob, Andrew, Noah, Amy, Lily, Katie, Mary, Zanya, Hailey, Sharnee, Emily, Koleka, Anthony, Matthew, Malachi, Asim, Salim, Cy, Lochlan, Andre, Ethan, Kasjan, Taylan and Zak

Special thanks to Lucy Haynes from Conservation Volunteers Australia for her wonderful introduction.

AGNES BANKS NATURE RESERVE WALK

AGNES BANKS
1 KM RETURN
Easy grade
1 hour

This project has been assisted by the NSW Government through its Environmental Trust
Special thanks to project partners for support and funding



PENRITH CITY COUNCIL



Bush Trackers
explore the bush
with guides for kids by kids



AGNES BANKS NATURE RESERVE WALK • 1km return - Easy grade - 1 hr

WHAT TO BRING IN YOUR BACKPACK

- a bottle of water
- plenty of snacks
- a raincoat
- pencils for drawing
- warm clothes in winter
- small bag for rubbish
- wear a hat, sunscreen and
- a small first aid kit could be useful
- enclosed walking shoes
- small torch
- camera

BUSH TRACKER SAFETY

Safe Bush Trackers are prepared and

- know your track and take your map
- ask permission from an adult and let them know where you are walking and when you return
- don't go near cliff edges and stay behind safety fences.

MINIMAL IMPACT BUSH TRACKING

means you try to do no damage at all to the environment so that someone following you could not tell you had been there.

Take nothing but photos. leave nothing behind:

- always keep to the track & tread softly & quietly
- don't pick the flowers or plants in the bush
- be gentle and careful if you touch things (don't touch snakes and spiders!)
- carry your rubbish out with you
- Bush Trackers walk in small groups (4-15 people)

To help us find out about your experiences of the Bush Trackers Guide please visit www.surveymonkey.com/r/BushTrackers. The survey should take you around 5 mins & will help us evaluate the impact of the program.

The Bush Trackers program helps engage children and families in nature. Bush Trackers helps create a child friendly community and grew from support of the Stronger Families Alliance (www.strongerfamilies.net.au). Bush Trackers is currently funded by the NSW Environmental Trust. The Bush Trackers team worked with NSW National Parks and Wildlife Service Discovery Rangers to guide school kids aged 8-10 years old on a local bushwalk, enjoying nature play, learning about natural and cultural heritage and encouraging the kids to share their experience through words, poems, drawings and photos. PerformingDesign use these to create the map and guide to encourage other kids and families to safely enjoy the bush.

For more information, tips and maps go to: www.bushtrackers.com.au; www.wildwalks.com; www.nationalparks.nsw.gov.au; or www.penrithcity.nsw.gov.au

We respectfully acknowledge the Darug Traditional Custodians of this place.

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Do you feel like you are on the coast and not in Western Sydney? These Aeolian sand dunes, are ancient wind-swept sands that overlay the alluvial deposits from ancient river systems up to 65 million years old, where uniquely coastal vegetation can be found many kilometres from the sea. The six different vegetation communities, or forests, and several plant species are only found here at Agnes Banks and many of the animals are rare also. There is plenty of bush tucker that Darug Aboriginal people must have feasted from. And who lived here in the 1920's, in what is now old house ruins? Look out for giant scribbly gums, banksias, rare geebung, and abundant bird life. Enjoy a walk here, but leave only footprints.



Bushtrackers learning about trees - bird sounds - ants on the ground - I love hush

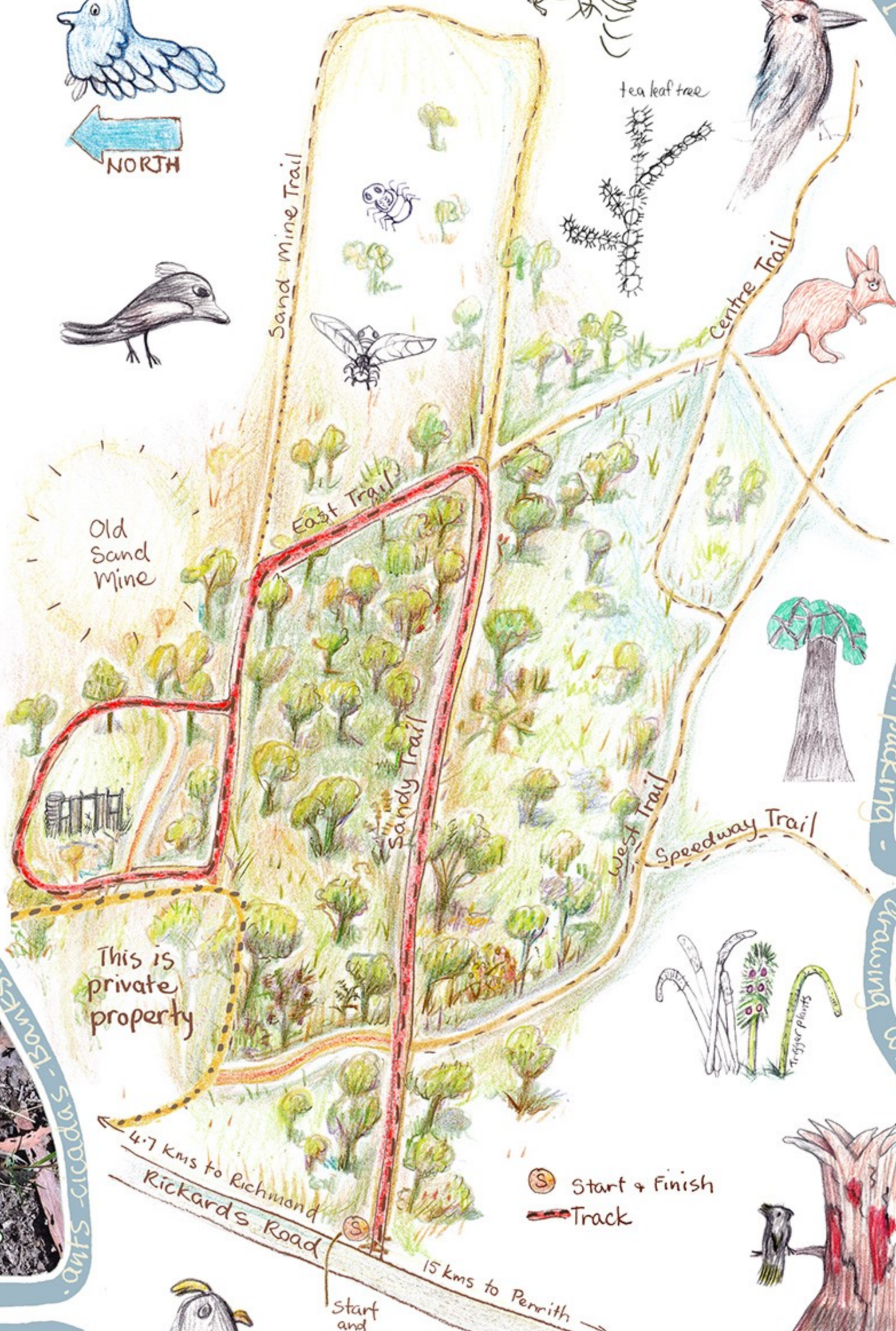
What is a Nature Reserve?

This is an area of high conservation value and protected under NSW and Australian federal law. These areas conserve outstanding, unique ecosystems, plants and animals and are used for scientific research and education. Please walk only and keep to the tracks. Do not disturb the area.

Look
can you find these plants?



Trigger plant - Xanthorrhoea - Black Cockatoos high above



Write words that describe what you see, hear or feel (adjectives)

Listen, how many different bird calls can you hear?



Can you guess who lives here?



Feel the ground is it warm or cool?

ants - cicadas - sand - banksias - banksia



Look
If you are quiet & look carefully you might see some creatures.

Touch
bark, leaves, rocks, moss, rushes and sedges. Hug a tree

Things not to touch
spider & snake holes, fungi, spiders, insects

so many insects

Be aware of the ants that live here!
They can bite.



Find these and tick the box

Agnes Banks Nature Reserve

Phone 02 4572 3100 for enquiries

Aboriginal artefacts - we walk through smoke