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who shared their experience in May 2018

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CASTLEREAGH NATURE RESERVE

BERKSHIRE PARK

3.2 km Loop
Easy grade

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



CASTLEREAGH NATURE RESERVE • 3.2 km loop • Easy grade

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)

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 Traditional Custodians of this place.

Castlereagh Nature Reserve Grade • Easy • 3.2km loop

Stepping into Castlereagh Nature Reserve, feels like entering the Australian outback, with red soils and low woodland forest. Formally a State Forest for harvesting ironbark from 1917-1996. This loop walk follows trails named after two influential people of this site. 'Herb' trail is named after Herb Luxford, the oldest licenced timber cutter in NSW who felled timber in this reserve from the age of 13 until well into his 90's. 'Barbara' trail is named after a volunteer ranger who helped preserve this site. You may observe multi-stemmed gum trees that were coppiced to harvest the timber for power poles. The Cumberland Plain Woodland vegetation is an endangered ecological community, with beautiful scribbly gums and woollybutts. Look out for kangaroo's. This reserve is also home to goanna's, sugar gliders and green tree frogs.

Did you know? Nature Reserves differ from National Parks. Nature Reserves contain many rare and threatened species and are managed for conservation and research. Enjoy a walk, bicycle ride or picnic but there are no facilities other than fire trails.

• Waramai wellamabami bunn Darug ngorah - 'brother welcome to Darug land'



fire - trees burn - regrowth on branches - seeds drop - new seedlings - ironbark 300yrs old



Look can you find these plants?



Aboriginal people ate termites. they taste of mint -



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

ant nests - many entrances

Listen. how many different bird calls can you hear?



ants come out to find food on sunny days

Can you guess who lives here?



Goebung - a medicine tree -

Can you spot the coppiced trees?



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

moaning wind -

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

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



special leaves for soap -



Find these and tick the box



glistening puddles and trees swaying above -