

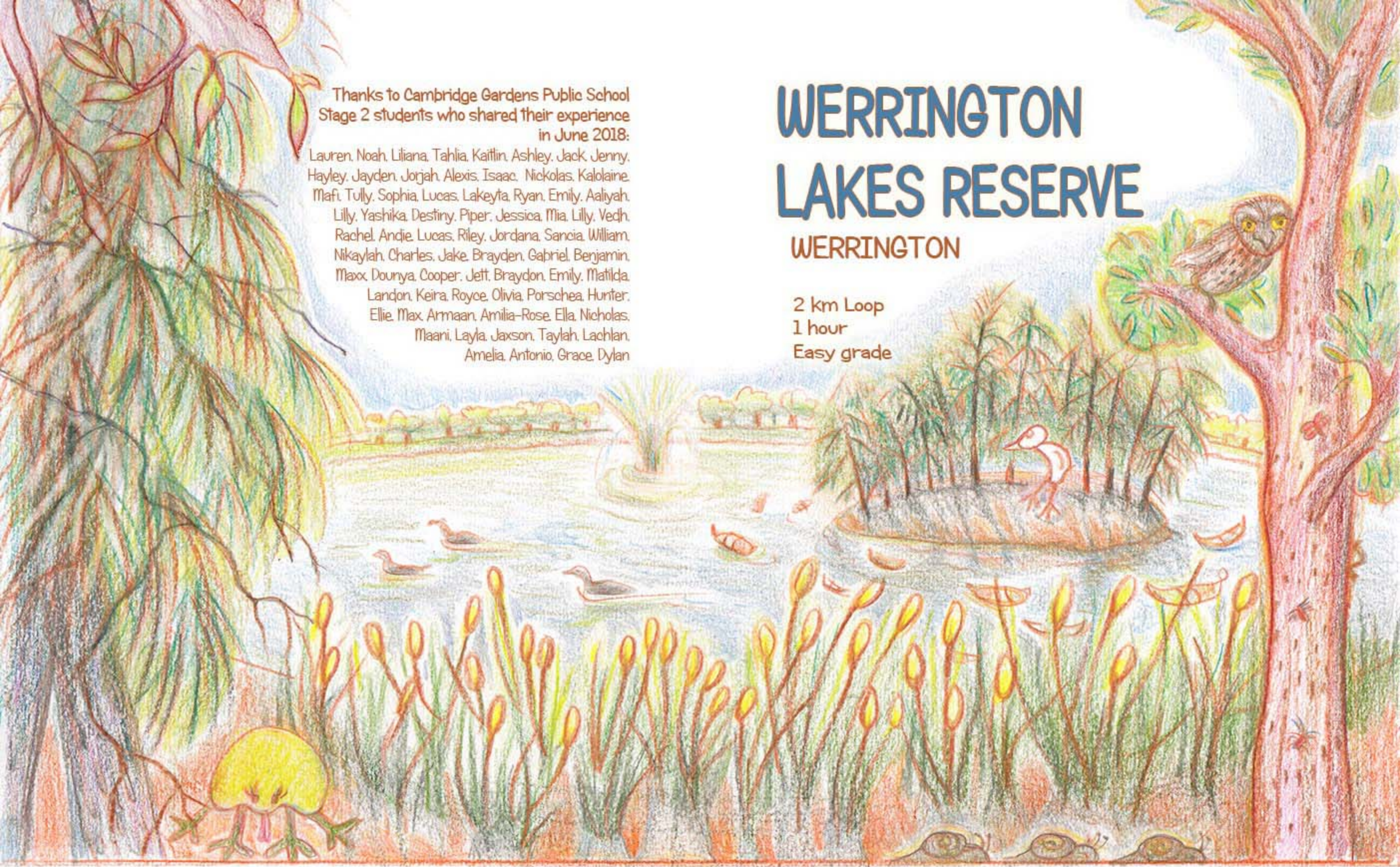
Thanks to Cambridge Gardens Public School  
Stage 2 students who shared their experience  
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Hayley, Jayden, Jorjah, Alexis, Isaac, Nickolas, Kalolaine,  
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# WERRINGTON LAKES RESERVE

WERRINGTON

2 km Loop  
1 hour  
Easy grade



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



**Bush Trackers**  
explore the bush  
with guides for kids by kids





## WERRINGTON LAKES TRAIL • 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](http://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](http://www.bushtrackers.com.au); [www.wildwalks.com](http://www.wildwalks.com); [www.nationalparks.nsw.gov.au](http://www.nationalparks.nsw.gov.au) or [www.penrithcity.nsw.gov.au](http://www.penrithcity.nsw.gov.au) We respectfully acknowledge the Darug Traditional Custodians of this place.



Werrington Lakes Reserve • Distance: 2km loop • 1 hour • Grade: Easy

This gentle walk or bike ride takes you around Werrington Lake, along Werrington Creek and through forest of remnant endangered Cumberland Plain Woodland. Water birds are plentiful but look closely for other creatures that live here, such as Tawney Frogmouths, Eastern Rosellas, Cumberland Land Snail, and tree hollows for sugar gliders. Werrington Lake was created in the 1980's to prevent flooding. The fountain in the middle of the lake helps to aerate the water. Bass and carp live here and fishing is allowed. A Gross Pollutant Trap captures litter from the surrounding catchment area. But Werrington Lake needs your help by not littering here or elsewhere, as many stormwater drains lead to this lake. There are plenty of shaded places to sit and enjoy the views of the fountains and a water splash pad for summer fun! The educational trail through Werrington Park creates points of interest for visitors that highlight the biodiversity values, stormwater quality and catchment health issues of the park e.g. through opportunities for observation, listening and reflection. A self-guide information booklet with activities for young families that link to each trail marker is available by contacting Penrith Council on 4732 8055.

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



We learnt about Aboriginal people - a demonstration of clapping sticks and didgeridoo -



We made boats out of Paperbark trees.

Look  
can you find  
these plants?



We sailed the paperbark boats we made - so much fun!



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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

We saw tree homes

For possums

Listen, how many  
different bird calls  
can you hear?



Feel the rock  
is it warm or cool?



Insect that looks like a leaf



Can you guess  
which animals  
live here?

and yellow berries



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

that you can eat

Touch

bark, leaves, rocks, moss  
rushes and sedges. Hug a tree  
Things not to touch  
spider & snake holes, fungi,  
spiders, insects



We found interesting bugs - jumping spiders



Find these  
and tick the box