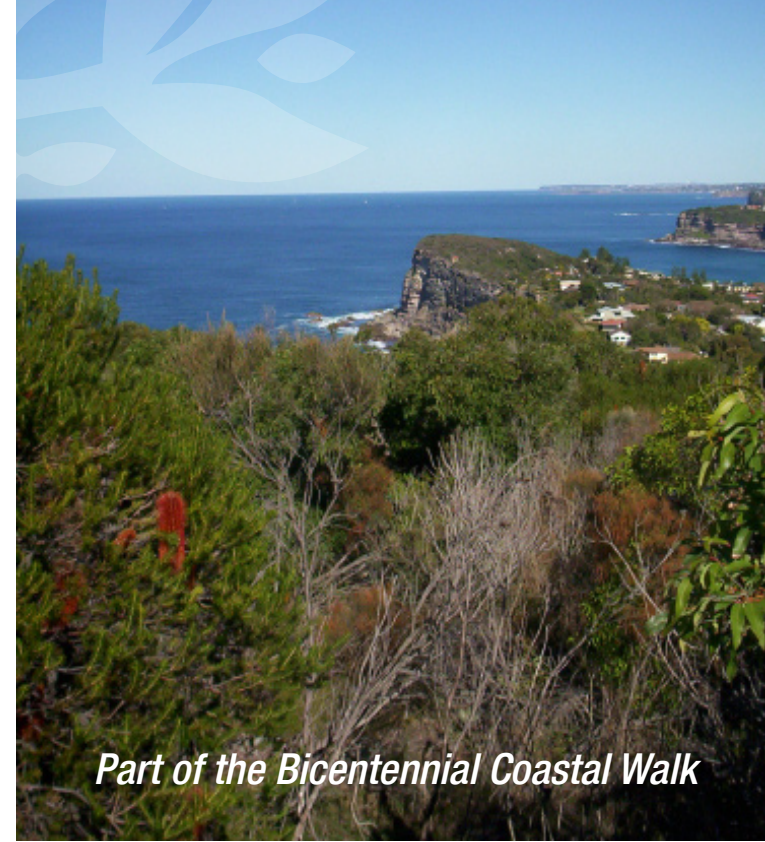


Bangalley Head

Self Guided Walk



Part of the Bicentennial Coastal Walk

Birds: Listen for calls and movement and look up to see raptors hunting overhead

White Cheeked Honeyeater	Black, white yellow	
Variegated Fairy Wren	Blue, brown, upright tail	
White-browed Scrub Wren	Brown, white eye	
Red Wattle bird	Speckled brown, fleshy red wattle on neck	
Little Wattlebird	Speckled brown, reddish wings	
Grey Fantail	Grey & white, long tail	
Brown Thornbill	Brown & speckled	
Australian Kestrel	White and rusty brown, hovers & flutters wings	
Peregrine Falcon	Black head, soars on pointed wings	
Currawong	Black & white, yellow eye	
Spotted Pardalote	Tiny bird of tree tops, high pitched call like <i>sleep baby!</i>	



Grey Fantail



Brown Thornbill



Peregrine Falcon
(Photo by Neil Fifer 2003)



Variegated Fairy Wren



Spotted Pardalote
(Photo by Neil Fifer 2004)



White-browed Scrub Wren
(Photo by Neil Fifer 2003)



Blue Tongue Lizard



Ring-tail Possum

Reptiles: Not so easily seen: various snakes, Bluetongue Lizard and smaller lizards live here.

Marsupials: Nocturnal Ringtail and Brushtail Possum. Holes in old trees are home for these. Large nests of grasses and ferns in thick vines or shrubs may be the drey (shelter) of a Ringtail. Long-nosed Bandicoots hide in dense undergrowth during the day.

It's a great time to get involved!

A volunteer bushcare group works on this reserve. To join contact the Bushcare Officer on 9970 1363. For more information on walking tracks in Pittwater please contact Pittwater Council on (02) 9970 1111 or check out the website:



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(12) Trees can grow tall in the deep soil of this west-facing shale soil slope. Sydney Peppermint (*Eucalyptus piperita*), Rough-barked Apple (*Angophora floribunda*), Burrawang (see stop 9), Hop bush (*Dodonea triquetra*), scented Sandfly Bush (*Zieria smithii*), Soft Bracken, Native Raspberry, Five-leafed Watervine grasses and sedges form a dense understorey and groundlayer.

(13) Whale Beach Rd entrance. Until late 2001 this area was a mass of weeds. Successful bush regeneration helps protect (on going) native species; grasses such as Weeping Meadow Grass, Right Angle grass, small herbs, clumps of Sword Grasses (*Gahnia species*), climbers, shrubs and trees of various ages. Snake Vine (*Stephania japonica*) and the shrub Bleeding Heart Omalanthus populifolius both have large heart-shaped leaves. Cheese Tree (*Glochidion ferdinandi*) and Sweet Pittosporum (*Pittosporum undulatum*) enjoy the deep damp soils of this slope. Canopy trees of Rough-barked Apple (*Angophora floribunda*), Red Bloodwood (*Corymbia gummifera*) and Sydney Peppermint (*Eucalyptus piperita*) also grow here.

What did you see?...

Plants:		
<i>Banksia serrata</i>	Old Man Banksia	
<i>Banksia ericifolia</i>	Heath-leaved Banksia	
<i>Banksia integrifolia</i>	Coastal Banksia	
<i>Banksia oblongifolia</i>	Fern-leaved Banksia	
<i>Banksia spinulosa</i>	Hairpin Banksia	
Burrawang (cycad)	Like a small palm	
Jacksonia	Foliage like She-oak	
Pink Spider Flower	Flowers in warmer months	
Red Bloodwood	Urn-shaped gumnuts	
Scribbly Gum	Scribbles on bark	
Hyacinth Orchid	Flowers in summer	



Banksia integrifolia



Burrawang (cycad)



Scribbly Gum flowers



Pink Spider Flower

Bangalley Head Walk

This is a relatively hard walk with many steps taking around 45 leisurely minutes, returning on a loop route. Alternatively, around one hour from each main entrance, including returning to the starting point by road (Whale Beach Rd, Milga and Watkins Rds).

Highlights: a rugged climb to the highest point on Sydney's northern coastline, with spectacular views and an abundant variety of native wildlife.

Bangalley Head stands as the highest point and one of the largest bushland reserves on Pittwater's coastline. Its slopes face all directions, offering many mini habitats for plants and animals. Its large size together with the great variety of native plants in the reserve, makes Bangalley Head a virtual paradise to many forms of wildlife.

Five species of Banksia grow on the headland. Watch out for them as you walk. Banksia flowers are shaped so that their nectar - which is produced throughout the day and night - is easily reached by most mammals. Hundreds of the tiny flowers occur in spectacular spikes. Birds that visit the Banksias and flowering Eucalypts on the headland include Little Wattlebirds, White Cheeked Honeyeaters and sometimes Scarlet Honeyeaters. Honeyeaters have long curved beaks and long tongues.



Above: White Cheeked Honeyeater
Opposite: *Banksia ericifolia*

Begin the walk at either the Marine Pde or the Whale Beach Rd entrance. The loop at the top is worth exploring with many plant species growing on the more protected western side.

Numbers on low posts beside the track correspond to map numbers and information in this brochure. If you are entering from Whale Beach Road, your first stop will be No 13 on this map

Map of Bangalley Head

(1) Marine Pde entrance lookout. Bangalley Head presents a sedimentary rock sandwich. The many layers of mudstone, shale and siltstone were laid down in ancient estuaries during Triassic times about 251 - 205 million years ago. The top most and youngest layer is like a cap of massive sandstone.

(2) Heathland - clay soils and sandstone rocks. Heathleaved Banksia (*Banksia ericifolia*) and Coast Banksia (*Banksia integrifolia*). Heath She-oak (*Allocasuarina distyla*): male She-oaks may have a rusty look (minute flowers with pollen), and females bear little cones containing seeds. Pink Spider Flower *Grevillea sericea* and Coast Rosemary (*Westringia fruticosa*).

(3) Lilly Pilly (*Acmena smithii*) - grove looking south east over deep crevasses between sandstone rocks. Ferns and moisture-loving shrubs such as Watergum (*Tristania laurina*) and climbers grow on this slope, protected from hot sun and winds.

(4) Dogwood (*Jacksonia scoparia*). With grey foliage rather like She-oak, this large shrub has pale orange pea flowers in late spring. An uncommon plant in the Pittwater area.

(5) Drumsticks (*Isopogon anemonifolius*). A relative of the Banksias, its flower spikes have hundreds of tiny yellow flowers and foliage like anemone leaves. Low growing *Banksia oblongifolia* likes damp spots and has spectacular brown-felted new foliage and lemon-yellow flowers.

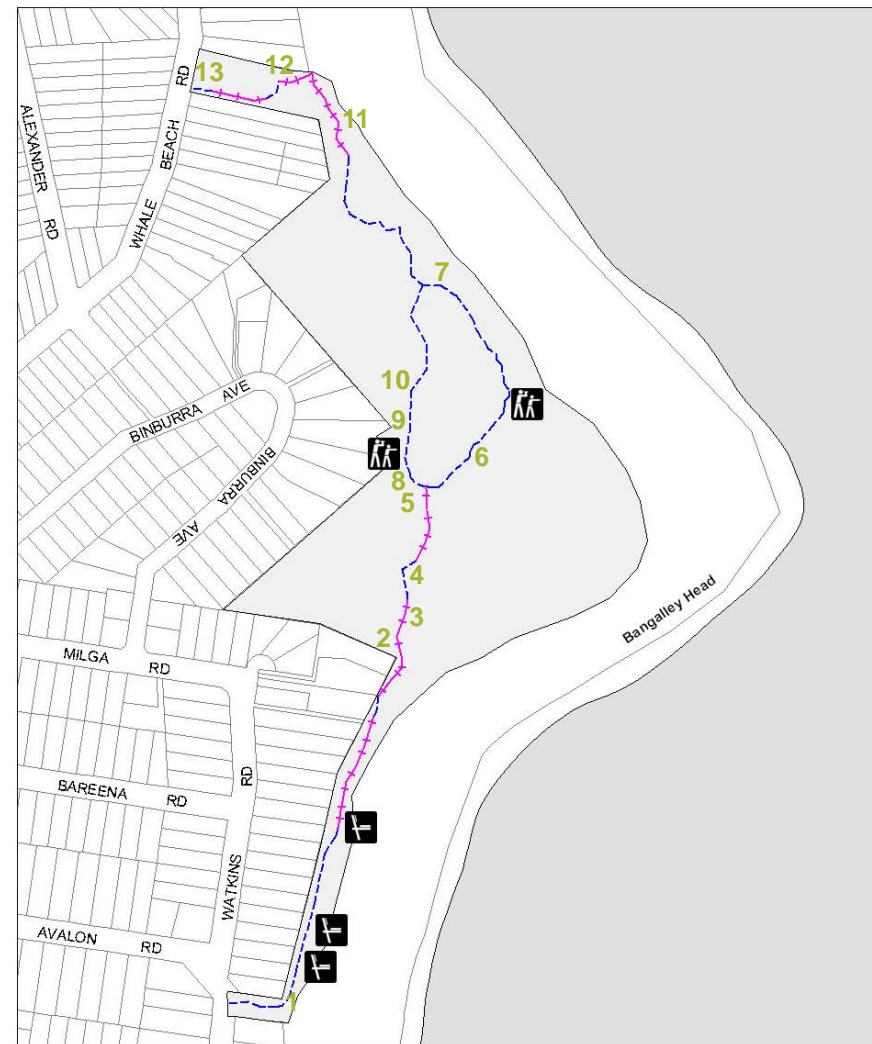
On eastern side of loop:

(6) A fire in October 2000 here led to regeneration of the heathland including the locally rare groundcover plant *Rulingia hermannifolia*. Sandstone rocks form the topmost layer in the Bangalley sandwich. Look for Old Man Banksia (*Banksia serrata*). The old Trig Station here is 116m above sea level, the highest point on the coast between Manly and Broken Bay.

(7) Flannel Flowers and Bastard Mahogany, the not-very-polite common name for *Eucalyptus umbra subsp umbra*. Plants take advantage of cracks in the massive sandstone. Eucalypts are stunted in this shallow dry sandy soil. At northern most end of the loop, look for a little sandstone cave beside the track. In the sandy soil you may find a funnel-shaped hole, about 5 centimetres wide. The home and food trap of an insect called an ant-lion. It's the juvenile of the delicate Lacewing.

On western side of loop:

(8) Sandstone rock caps Bangalley Head. Stunted gums, Red Bloodwood (*Corymbia gummifera*) grows in a rock fissure, flowering in February. Hyacinth Orchid flowers about Christmas. Flying Duck orchids flower in spring.



Walking Track Steps Scale: 1 cm = 45 m Map: Bangalley Head Walking Track

(9) Burrawang (*Macrozamia communis*) looking like a small palm, is one of the group of primitive plants called Cycads, which were evolving at the time of the dinosaurs, before flowering plants existed. Its large seeds (which are poisonous) develop in a structure like a pineapple on the female plants. Aboriginals discovered a way to leach the poison and use for food. Burrawangs are pollinated only by certain beetles and thrips.

(10) Hairpin Banksia (*Banksia spinulosa*) and native pea shrubs with yellow flowers, Handsome Flat pea (*Platylobium formosum*), Pultenea daphnoides and Broadleaved Wedge Pea (*Gompholobium latifolium*) grow in dappled shade. In autumn delicate Carrot Tops (*Platysace linearifolia*) has lacy white flowers.

(11) Scribbly Gum (*Eucalyptus haemastoma*) - scribbles are made by a moth caterpillar. We can see last year's tunnels. Another generation is now tunneling below this year's bark. Barbed Wire Grass (*Cymbopogon refractus*) is the first cousin to the herb Lemon Grass. Devils Twine (*Cassytha sp*) is a type of mistletoe with stems like green threads. It is a foodplant to a blue butterfly but can become a pest in the bush. Watch for the black and white Jezebel butterfly (*Delias nigrina*) which feeds on various Mistletoes on Eucalypts and Banksias on the headland.