







Many hours of work by community volunteers go into maintaining and improving the Trail and its environment.

Please don't make their work harder. Take your rubbish with you and leave the plants as you find them.

Education Resources have been created so that the Two Valley Trail can be used as an outdoor classroom.

Teachers' notes and activity sheets cover both the natural and built environments and a wide range of issues, including biodiversity and historical themes. For information on these contact the Cooks River Valley Association or the Wolli Creek Preservation Society or access the materials online at www.wollicreek.org.au/activities/school

Volunteers and new members are encouraged to join the Two Valley Trail groups (contact details overleaf). Volunteers help to maintain and enhance the Trail and surrounding bushland. Volunteers are also involved in bird surveys, bat counts and turtle protection in the area.

Wolli Creek Regional Park is under the management of the National Parks and Wildlife Service (NPWS) and Regional Park rules apply:

Dogs must be on a leash and droppings collected and

- - removed
- No bicycles or motorised vehicles are allowed Please keep on the track Do not cut, remove or trample any plants, even weeds Help by removing litter on or adjacent to the Trail



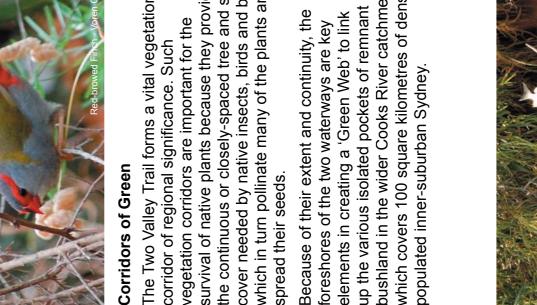


survival of native plants because they provide the continuous or closely-spaced tree and shrub cover needed by native insects, birds and bats, which in turn pollinate many of the plants and

bushland in the wider Cooks River catchment, pockets of remnant elements in creating a 'Green Web' to link foreshores of the two waterways are key up the various isolated









The Two Valley Trail forms a vital vegetation vegetation corridors are important for the corridor of regional significance. Such

Because of their extent and continuity, the spread their seeds.

which covers 100 square kilometres of densely



The **Cooks River Valley** is part of Sydney's multicultural heartland. Although the area is densely populated, the river frontage provides a welcome corridor of green space, flanked in sections by mangroves and native vegetation. Here the Trail runs on a shared bicycle path through attractive parklands, revegetated areas and playing fields, close to the river.

The **Wolli Creek Valley** includes the 50 ha of the Wolli Creek Regional Park, with its remnant bushland and rugged sandstone escarpments. A combination of native heath and forest provides shelter for many native birds, insects and lizards. The Trail Train lines and bus services in both valleys give access at a large number of points. See map inside. runs along easy bush tracks and across grasslands, and gives occasional glimpses of the creek. The Two Valley Trail explores two very different inner-city valleys and their waterways: Sydney CBD Cooks River Valley Association www.crva.org.au info@crva.org.au Wolli Creek Preservation Society www.wollicreek.org.au info@wollicreek.org.au Mudcrabs – Cooks River Eco-volunteers mudcrabs.cooksriver@gmail.com The Two Valley Trail partners are



