



Topknot Pigeon

4 GALGABBA POINT RESERVE

Galgabba Point is a popular fauna and flora reserve on the eastern shore of Lake Macquarie, south of Swansea. Its walking tracks can be accessed from the Old Pacific Highway, near the intersection with Marks Street Swansea. More than 120 species have been recorded here including many types of honeyeater especially when the Swamp Mahogany is flowering. When that happens, Regent Honeyeaters and Swift Parrots sometimes arrive too.

The main track passes through a variety of habitats including forests of Smooth-barked Apple, Swamp Mahogany, Cabbage Tree Palms, Paperbarks and Littoral Rainforest. It offers views of waterbirds in Galgabree Creek and at a large lagoon (Margarets Bay) near the lake.

While autumn and winter provide the best show of migrating honeyeaters, there is something to see all year round. Summer-flowering mistletoes attract a range of nectar-feeding birds including Scarlet Honeyeaters. Topknot Pigeons may be seen periodically when the Cabbage Tree Palms are in fruit. Satin and Regent Bowerbirds have been observed in the littoral rainforest.

Both the Osprey and the White-bellied Sea-Eagle nest in the area and are often seen flying over. Watch for Bassian Thrush which is sometimes seen near the start of the walk. Rufous Fantail (in summer) and Rose Robin (in winter) are also possible in this vicinity. **There are no toilet facilities.**

www.visitlakemac.com.au



Australasian Gannet

5 WALLARAH COASTAL WALK

The Coastal walking track links Caves Beach with the headland just south of Pinny Beach. It takes in coastal heathland, eucalypt forest and a stand of palm gully rainforest. Park at the end of Spoon Rocks Road at Caves Beach, and follow the track south along the coast. This walk is one of several tracks through Wallarah National Park – it is recommended that you check the National Parks website for maps before heading out.

There are numerous heath-frequencing honeyeaters especially when the heath is in flower. Other bush birds can be observed in woodland south of Pinney Beach. White-bellied Sea-Eagle and Whistling Kite are often overhead and calls from a Bell Miner colony can be heard from an adjacent ridge. Look seawards for gulls, cormorants, gannets, and shearwaters. **There are no toilet facilities.**

www.nationalparks.nsw.gov.au

Factfile Scarlet Honeyeater (*Myzomela sanguinolenta*)



Scarlet Honeyeaters are small delicate birds that feed mainly on nectar and sometimes on fruit and insects. They are found in forests and open woodland high up in the tree canopy and also in understorey and low shrubs. Adults males (as shown here) are a vivid red colour while the females and juveniles are dull brown with a red wash under the chin.

Prepared (April 2019) by Mandy McDonald for:
Hunter Bird Observers Club Inc.
PO Box 24 New Lambton NSW 2305

Birding Routes are available to download from
the HBOC website
www.hboc.org.au

HBOC meets at 7:00pm on the second Wednesday
of each month (except January) at the Hunter
Wetlands Centre, off the roundabout at Sandgate
Road, Shortland. Also, monthly outings on first
Tuesday and third Sunday of each month –
check our website for details.

Design & artwork by
Conservation Matters 0420 821460

South East Lake Macquarie Birding Route



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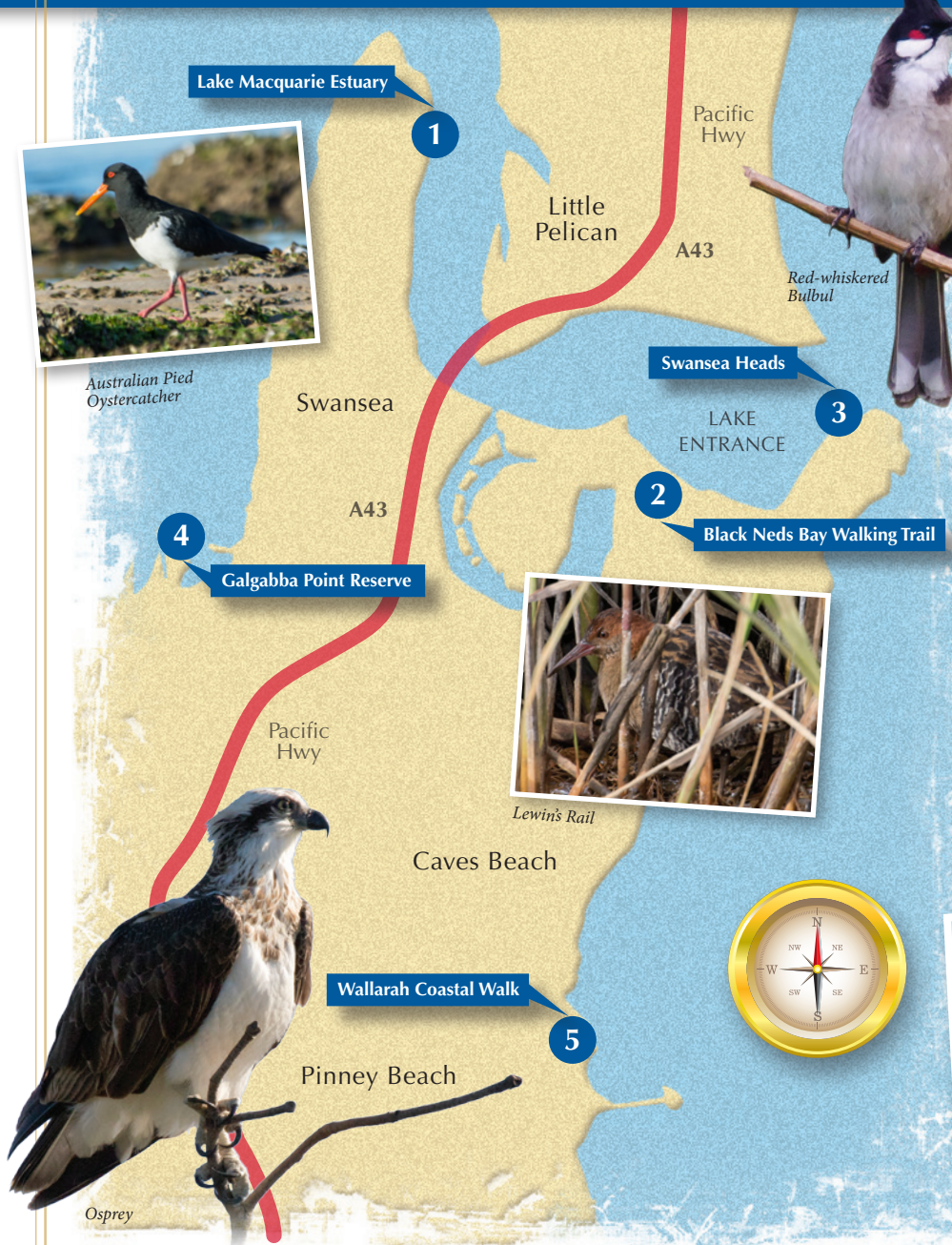


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South East Lake Macquarie Birding Route

This map is not to scale and is for illustrative purposes only



1 LAKE MACQUARIE ESTUARY: SWANSEA AND SURROUNDS

Swansea Channel and surrounds support a mosaic of habitats such as estuarine sandbanks, mudflats, saltmarsh and mangroves. High tides offer the best birdwatching opportunities as the birds congregate on the exposed sandbanks.

Viewing points in Swansea include the small carpark at the end of Dobinson Drive (look north-west to the large sandbank), from the viewing platform at the end of Coon Island, and from about half-way along Channel Street (looking east towards the sandbank near Swansea Bridge).

Bar-tailed Godwits, Australian Pied Oystercatchers, cormorants, Australasian Darters and several tern species are often present. Eastern Curlews may be seen in the Saltmarsh vegetation on Coon Island. Little Terns are often observed fishing in the Lake during the summer months.

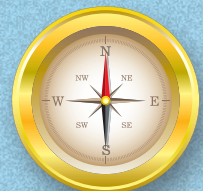
Other shorebird sites in the area include Black Neds Bay (park at the end of Peel Street and look across to the mangroves, keeping an eye out for the resident Striated Heron) and the Marks Point Sandspit (park at the end of Naru Street, look out for Osprey fishing in the Lake and returning to their nest at Baxter Oval).



Red-whiskered Bulbul



Lewin's Rail



Striated Heron



Bar-tailed Godwit

2 BLACK NEDS BAY WALKING TRAIL

A walking track wends its way through wetlands and littoral rainforest to Black Neds Bay. Access is from the end of Ross Street, where off-street parking is permitted. Alternatively you can park at the other end of the walk, at the end of the spur road that leads off Lambton Parade. The wetlands near Ross Street are a known site for Lewin's Rail and the walk offers encounters with a variety of rainforest birds and waterbirds.

There are no toilet facilities.



3 SWANSEA HEADS

There is parking at the end of Lambton Parade, from where it is possible to walk to the beach at Reids Reserve. Sooty and Pied Oystercatchers and other waterbirds can be seen in this area and there are views across to Moon Island Nature Reserve, a nesting and roosting site for many gulls and terns. The headland near the Marine Rescue station also offers views of Moon Island; it can be accessed from a dirt track running off Pacific Drive. New Holland and White-cheeked Honeyeaters frequent the area. Look for Red-whiskered Bulbuls in any of the bushland patches or in nearby gardens and powerlines.

There are picnic facilities, toilets and a playground at Reids Reserve.

The area around Swansea in south-eastern Lake Macquarie provides good opportunities for viewing many estuarine and coastal birds. This guide describes birding sites around the Lake Macquarie Estuary entrance and south to the Wallarah Peninsula.

