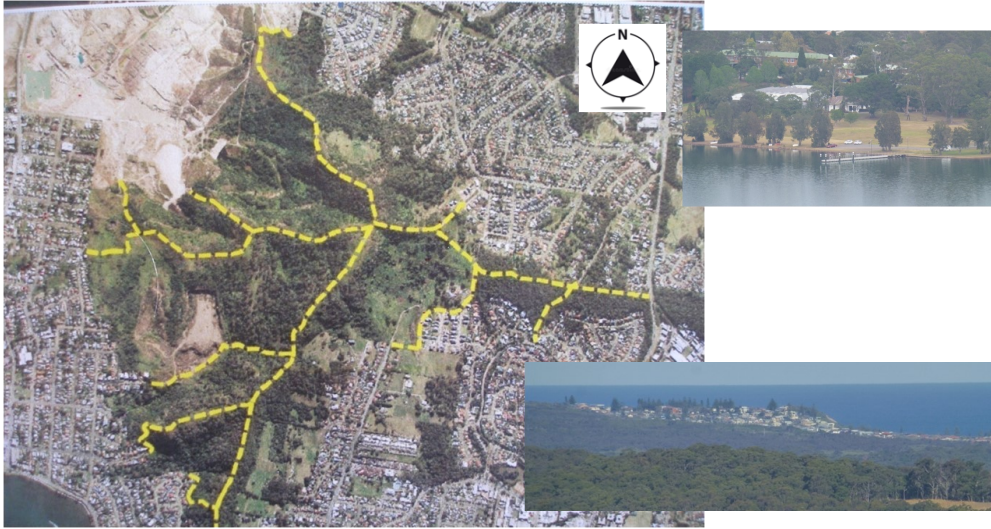


Munibung Hill proposed trails



Situated between Macquarie Hills / Cardiff to the north and Warners Bay to the south.

Entry points from three sides are easy to find but they are not marked ...

North: Macquarie Hills from Lucilla Ridge* or Kuraman Close off Delaware Street.

East: Macquarie Hills from Macquarie Road* or Blaxland Road*
Lakelands from Grasmere Way*, or Ambleside Drive*

* NOTE: *Be aware that there are a couple of steep badly eroded sections within the last 200 metres of the central track before reaching the ridge at the top.*

South West: Speers Point from Hopkins Street or Quarry Road**

**NOTE: *Be aware that there is a very steep rocky section before reaching the ridge at the top.*

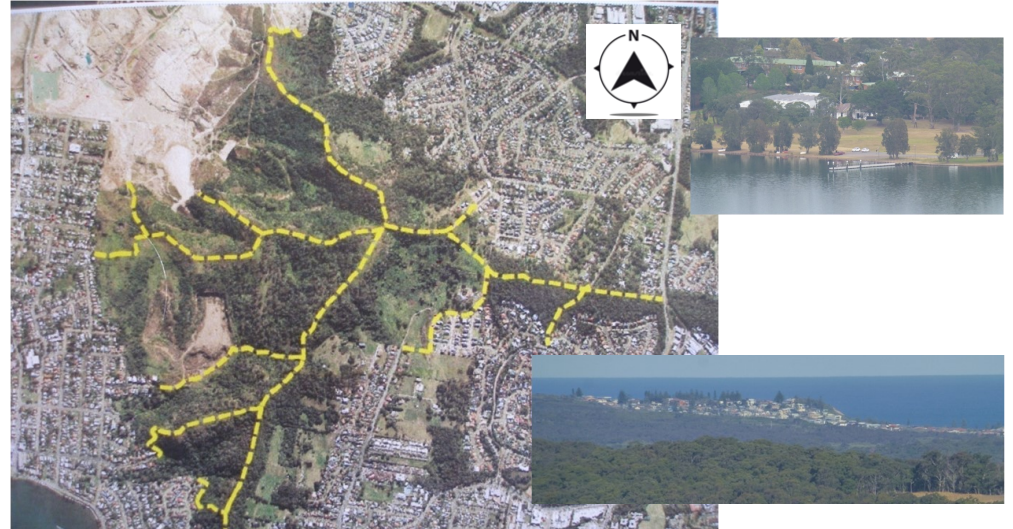
Distances range from 300 metres to 2km, with a total of 4.5km all up.

Grades range from easy to hard going depending on one's level of fitness.

There and back as the map indicates describes most tracks, but there are **some circular** walks on the south-west side. Enjoy the visit.

Wear covered in sturdy shoes or boots; take a bottle of water; wear a hat and take some insect protection. Older walkers might find trekking poles handy. Prepare to be 'on the track' for an hour or two at least (there is so much to explore, so many interesting sights and sounds, so many lookout points to find and take pictures from, so much natural beauty to soak up).

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Walking and jogging with an ulterior motive.

'Plogging' is a Swedish fitness trend that combines running with picking up litter



While visiting Munibung Hill consider doing some Plogging as

a way of saying thank you for having us.

Please respect that Munibung Hill is not vacant land or unoccupied. It is home to many millions of creatures large and small all of which deserve to go about their business within their patch of country as they and their ancestors have done for millions of years. We are in fact entering into their world without knocking or asking permission. So ...

As the signs say —

- No camping
- No dumping
- No littering
- No dogs off leash
- No horses
- No trail bikes
- No golf
- No unauthorised vehicles.

Thank you.

Munibung Hill predates Australia

Munibung Hill emerged way back 251 m.y.a. in the days of the Gondwanaland supercontinent, before the land-mass we know as Australia broke away some 180 million years ago to form an island 'country'. That is more than 10 million generations ago.



How the valley filled and became the lake we love

Lake Macquarie started after the end of the most recent glacial period 26,000 years ago.

Sea levels stabilised after rising 168 metres, reaching current sea levels approximately 6,000 years ago.

The oral tradition of local Aboriginal people of the era tells us they witnessed the valley as it became inundated with water, creating the lagoon we know as Lake Macquarie—at its deepest point 15-20 metres. At the north end it has an average depth of only 6-12 metres.

With the compliments of the Munibung Hill Conservation Society.
E: munibunghcs@gmail.com
W: www.munibunghill.com.au

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