

# Munibung Hill snapshot from A-Z

**A is for Attributes** of which Munibung Hill has many. A quick glance down this A-Z will reveal just some of the great features that make Munibung Hill a go to place on a regular basis if you are a local, and at least once if you are a visitor to our fine City.

**A is for Appreciate** the wonderful work done by a small number of dedicated people over the last 20 years at the Farm Street Reserve on the Southern end of Munibung—clearing Lantana and planting thousands of native seedlings.

**A is for Awabakal**, the indigenous custodians who lived and farmed around Munibung for tens of thousands of years.

**B is for Beauty** which is in the eye of the beholder – from the flowering gums to the soft leaved ferns, the bright coloured parrots to the less brilliant but none the less subtle colours of the lizards and the shades of brown and grey within the rock formations. From the mottled bark to the variety of leaf shapes. And then the landscape beyond the Hill as far as the distant horizon, there is beauty to behold from sunrise to sunset. We could go on. Sights, sounds, perfumes, and the deep feeling of being at one with nature.

**C is for Community** of wildlife that resides within the Munibung Hill precinct. And **C is the Community** of interest that visits Munibung at all times of the day throughout the year. There are: Children and adults. Those aspiring to be fit and those engaged in fitness maintenance – runners, walkers, bike riders; Adventure loving to those seeking peace and quiet; Locals and visitors from far & wide; Parents and grandparents; Artists and

photographers; Nature lovers and carers; Science and history explorers; Travelers between suburbs or on the Great Northern Walk.

**D is for Damage** caused by one or a few can impact on many others. Be mindful of the effects our behavior will have on other visitors to Munibung.

**E is for Explore** the paths and tracks and try not to disturb the ecology or create additional paths



that can lead to erosion and interfere with wildlife habitat.

**Encourage** Lake Macquarie City Council to prepare a Master Plan for Munibung Hill to preserve her from further harm for the future well-being of this great City.

**F is for Facts & Figures:** Big numbers make Munibung Hill a part of big history. It is representative of the youngest Permian geological series (251 million years ago) before the Triassic terrestrial sediments dominate (199 million) and Dinosaurs come on the scene. Compare this with the age of the Lake—6,000 years, and our occupation of the area, less than 200 years, to get an idea of the importance of this as ‘country’.

**G is for Goannas** that can be seen scrambling up tree trunks.

**H is for Highlands** that are integral parts of healthy catchments. Munibung is the overseer of the Lake. A sense of the expanse of the Lake, is best seen from the ridgelines of Munibung. It is a standout feature that when fully

protected and given its deserved status will come to be of equal value to Lake Macquarie and an asset to the City that has gone under the radar for too long.

**I is for Incredible** array of indigenous plant species to inspire landscape design that requires less water and mowing as well as being more inviting to wildlife in backyard settings.

**J is for Jaunts** around Munibung Hill are never boring, thanks to the ever changing and renewing nature of the varied plant and animal life, the effects of water and heat and cold.

**K is for Keen** observers of native plants; geological formations; and native birds like the Kestrel and Kookaburra.

**K is for Kangaroo** grass that is a native species found on the Hill.

**L is for Leave** the bush such that no-one would know you had been this way before, such as the minimal impact of our visit.

**L is for Locality:** when looking for Munibung Hill on a map, from the North: Macquarie Hills & Cardiff, from the South: Speers Point & Warners Bay, from the East: Cardiff South, Lakelands & Warners Bay, from the West: Speers Point & Boolaroo.

**M is for Magnificent** is a good word to describe the panoramic views from the two lookout points—one on the North-East; one on the Central-West.

**N is for Nightlife** that is best observed with an experienced guide.

**O is for Ogle** at the 100+ year

old veteran trees that due to their age have lost some limbs, exposing hollows that are essential nesting places for 30% of Australia's native wildlife.

**O, for Opportunities** are just waiting to be realised. Nature discovery tours; Aboriginal interpretation posts; sensitively positioned refreshment stations for picnics and BBQs; tourism, photography, school excursions and so much more all adding up to important reasons to visit Lake Macquarie City to **Love the Lake and Love the Hill**. Businesses at Boolaroo, Warners Bay and beyond can't help but benefit from the visitors to Munibung Hill.

And it just so happens that thousands of these visitors will be from Newcastle to take in the views of Newcastle City, its beaches and suburbs.

**P is for Parrot** and Possums. P is also for Plogging, a Swedish word for cleaning up rubbish while jogging or walking. Wear gloves and take a bag. It's the ultimate feel-good trip into nature.

**P is for Powerful Owl** that is threatened due to loss of habitat due to land clearing due to human population expansion.



**Q is for Qualms**. Any qualms about paying a visit to Munibung can be answered by saying there is something for most people who love the great outdoors. There are certainly some steep pinches that require plenty of oomph and steps and stairs in places. There are also gently sloping tracks that go on a circuit. Take a backpack and some water. Tell a friend where you are going and give yourself plenty of time. Early morning in the Summer is best to beat the heat.

**R is for Report** any damage done to trees or harm to wildlife or discarding of packaging that will pollute the gullies and creeks and make its way down-stream into the Lake.

**R, for Relax** and enjoy the ambiance. Catch your breath if you find it heavy going. Just being outdoors in the fresh air can help us get a life outside of the hustle and bustle of daily routines.

**S is for Squirrel Glider** that



is on the threatened species list and deserves special attention to

ensure its habitat is kept intact.

**Share** this knowledge with your network.

**T is for Tracks** in the main that are not for mountain bikes. They are not wide enough to allow walkers and riders to co-exist.

**U is for Upload** an image onto Instagram to share with family and friends.

**V is for Veteran** trees make up a sizeable portion of the life forms that live within the Munibung Hill community. Admire them for their invaluable place within the ecosystem. Just as we honour the veterans within the human community, the veterans of the Munibung Hill community, are precious beyond a dollar value. Munibung Hill is like a huge housing estate, with thousands of native birds and mammals dependent on these veterans for shelter and as nesting places to raise their babies.

**Visit Munibung Hill** as you would any friendly person. Munibung is a generous host but she doesn't like to be taken for granted, so let's consider ourselves as guests and that

way she will welcome us back on a regular basis.

**W is for Whipbird:** The Eastern Whipbird is often heard but rarely seen, except if you go quietly there is every chance you will get a glimpse of this species hopping in the leaf litter and darting along the tree branches. It is a special sight.

**W if for Wax lyrically** about the many features of Munibung Hill. Write a letter to the editor, compose a poem, take a photo and write a caption, tell a story when next speaking with friends over coffee or a meal.

**W is for Who** speaks for Munibung? Who within the human community says that the Munibung community is deserving of a place at the table when decisions are made that effect her welfare. Munibung is not an inert heap of rock and dirt, it is a living breathing part of Australia.

**X if for eXhilarating** is the way to describe a brisk morning walk or a late afternoon jog along the tracks in the Munibung Hill bush.

**Y is for Yahooing** on Munibung Hill is upsetting to other people and it is an unnecessary disturbance to the native animals who live there.

**Z is for aZimuth** surveying the horiZon from the ridge – amaZing.

**Z is for Zonked.** The way you feel after you've had a great day exploring the natural wonders that are Munibung Hill.

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Munibung Hill Conservation Society  
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<http://munibunghill.org>  
[munibunghcs@gmail.com](mailto:munibunghcs@gmail.com)