



# Down BY THE Sea



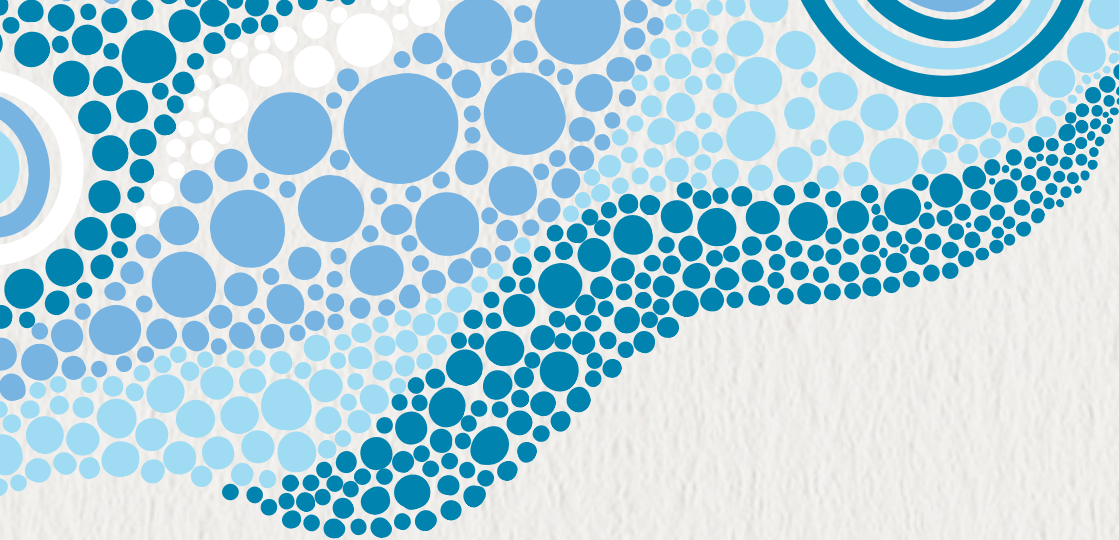
CONNECT, DISCOVER AND ENGAGE  
WITH NATURE IN HOLDFAST BAY

IN PARTNERSHIP WITH NATURE PLAY SA



ISSUE 1





# Marni niina pudni Kaurna yarta-ana

“Welcome to Kaurna Country”

**As you wander and explore the natural spaces within the City of Holdfast Bay we encourage you to learn about the Traditional Owners of the land – the Kaurna people.**

Aboriginal Culture is one of the oldest cultures in the world, dating back more than 60,000 years. When settlers arrived in Holdfast Bay in 1836 the Kaurna way of life changed. Today, there is little left of the rolling sand dunes, freshwater lagoons, natural springs and woodlands that Kaurna people called home. We are now working together to restore the land and reconnect with nature and each other.


*The City of Holdfast Bay acknowledges Kaurna people as the Traditional Owners and custodians of this land. We respect their spiritual relationship with Country that has developed over thousands of years, and the cultural heritage and beliefs that remain important to Kaurna people today.*



## About 'Down by the Sea'


Down by the Sea has been designed to encourage you, your friends and family to spend more time in nature whilst aiming to improve your wellbeing, knowledge and understanding of the natural spaces within your community. Research tells us that time in nature improves our mental, physical, social and emotional wellbeing – and we have so much of it at our fingertips!

Your guide is full of new places, adventures, local plants and wildlife, facts, tips and more to help discover nature throughout the City of Holdfast Bay.



## Looking After Nature

**As you explore nature, here are some ways to be kind and thoughtful:**

- Keep your distance from wildlife as they can easily be scared.
  - Stick to paths to make sure plants and habitats aren't damaged.
  - Keep wildlife wild by not feeding them as it can interrupt their natural diet and make them sick.
  - Be waste conscious; don't leave anything behind and follow the 3 R's (Reduce, Reuse, Recycle).
  - Be a responsible dog owner by reading the signs showing when dogs can be off leads. Also pick up after them. Several of our parks and reserves have tidy bag dispensers (all these bags are compostable and can be placed in your green organics bin at home).
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







# Down BY THE Sea

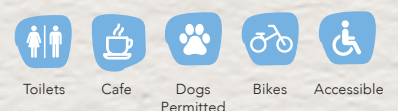
## Locations

- 1 Glenelg 'Pathawilyangga' Beach  
Glenelg Foreshore  
**C4-6**
- 2 Minda Dunes  
Repton Road, Somerton Park  
**C9**
- 3 Seaclyff to Brighton  
'Witawaringga' Beach  
Esplanade  
**C10-11, D11-14**
- 4 Gilbertson Gully  
Gilbertson Road, Seaclyff Park  
**F15**
- 5 Kingston Park 'Tulukutangga'  
Strickland Avenue, Kingston Park  
**D15**
- 6 Barton Gully  
Barton Avenue, Kingston Park  
**D15-D16**

## Landmarks

-  Brighton Jetty  
**C11**
-  Glenelg Jetty  
**C4**
-  Tjilbruke Monument  
**D15**
-  Civic Centre/Library  
**E11**
-  Old Gum Tree  
**E2**
-  The Patawalonga  
**C1-3**

## Icon Key

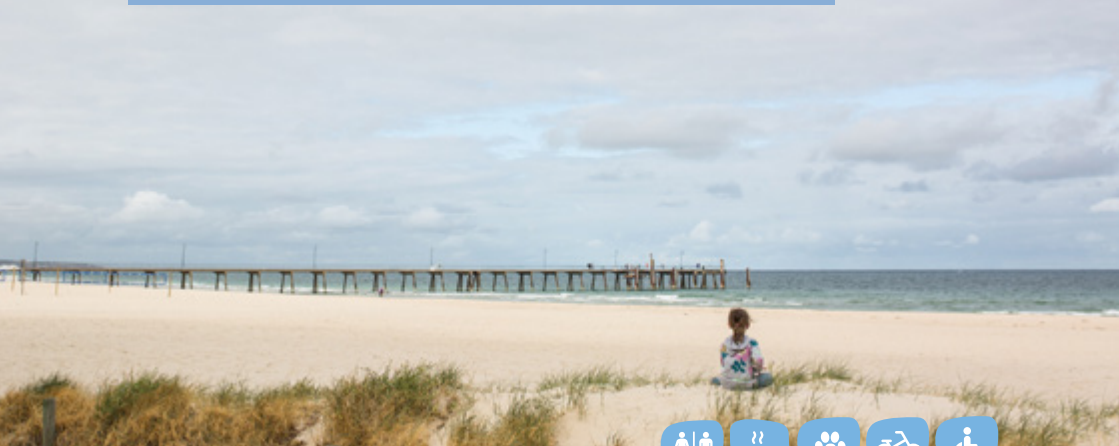


Kaurna place names and language sourced from  
City of Holdfast Bay Cultural Map Kaurna yarta-ana



# ① Glenelg / *Pathawilyangga* Beach

*Pathawilyangga meaning swamp gums and foliage, young branches, brushwood*



In 1836 Colonel William Light arrived on The Rapid in search of a place for settlement. Whilst The Rapid stood off-shore near the mouth of the Patawalonga, a storm blew in and the anchor held. Light consequently named the bay 'Holdfast Bay'. Glenelg beach is now a much-loved state icon with colourful seashells dotted along its shoreline.

## Adventures

**Share your knowledge:** Find two of the most common traditionally-used plants, such as Pigface/Karkalla and Knobby Club-rush, and teach someone about their uses and how to identify them. *TIP: There are some great books and online resources that can help you identify coastal plants along the coastline.*

**Spend time with a friend:** With a friend, find a place to sit and chat on the beach while the sun sets. You may see silhouetted seagulls or cormorants as they fly across the ocean.

*Note: The Glenelg foreshore precinct features suitable surfaces and lookouts ideal for bikes, prams and wheelchairs.*

**DID YOU KNOW:** The first Glenelg Jetty was built in 1859 and stretched 380m! Over time the jetty was modified and featured an aquarium, kiosk and lighthouse. The current Jetty was built in 1969 and stretches 215m.

# Nature you may encounter



**Knobby Club-rush**

Provides valuable habitat for butterflies (some known as '*pilyapilya*' by the Kurna people). The Kurna use this plant for weaving baskets for fishing and various other practical purposes.



**Pigface/*Karrkala***

The Kurna people know Pigface as '*karrkala*' and eat the reddish fruit (known as '*multyu*'). Sleepy Lizards (known as '*kalta*') also feed on the '*multyu*' of '*karrkala*'.

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## Nature observations

Write or sketch your findings





## ② Minda Dunes



Minda Dunes are one of the last remaining remnant (original) dunes in Adelaide and support an array of plants and animals.

A boardwalk has been installed so the community can respectfully experience the dunes. It now forms part of a 9km shared pathway between Kingston Park and Glenelg North which is ideal for walking, running, riding or scooting.

### Adventures

**Gain a sense of place:** Meander along the boardwalk to the viewing platform to take in the coast and surrounds. Sit down at the *Ngadlu Padnithi Kumangka* - A place to come together - seating area and take time to find the Kaurna cultural elements and language.

**Interpret what you see:** Spend some time walking on the beach and along the boardwalk through the dunes. Create a poem, story or other artistic interpretation. Once you have finished, share it with someone. *TIP: Starting a nature journal can encourage you to try different forms of art such as writing, sketching and painting.*

**DID YOU KNOW:** Minda is a Kaurna word meaning 'a place of shelter and protection'.

# Nature you may encounter



Singing Honeyeater

Can be heard singing and chatting in the early morning.

Cushion Fanflower

Glossy green serrated leaves with a flower that looks like a fan.



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## Nature observations

Write or sketch your findings





### ③ Seacliff to Brighton / *Wituwartingga* Beach

*Wituwartingga meaning in the midst of reeds (witu 'reed')*



These sand dunes were once part of a larger dune system that stretched in an unbroken line for 30km from Kingston Park to Outer Harbor.

Before European settlement the dunes ranged up to 300m inland and up to 20m in height. Although not as extensive today, the dunes provide the perfect backdrop for some nature time!

## Adventures

**Wander and reflect:** Walk from Seacliff to *Wituwartingga* in barefeet without saying a word. Let the waves wash over your feet, glancing out over the horizon as you walk.

**Create something beautiful:** With a friend create a giant sand mandala. Smooth out an area and see what intricate patterns you can come up with together. *TIP: After stormy weather there are usually more natural treasures to discover on the shoreline.*

**Note:** *Coast Park Trail features boardwalks and lookouts suitable for bikes, prams and wheelchairs.*

**DID YOU KNOW:** Hooded Plovers are one of Australia's most endangered shorebirds. Since 2017 when they unexpectedly arrived at Seacliff, they have, for the first time in decades, bred successfully on the beach.

## Nature you may encounter



Tapeweed Seagrass

Dry Tapeweed Seagrass forms small 'fibre balls'. Washed up seagrass provides important habitat for small invertebrates that are food for shorebirds.



Hooded Plover (Endangered)

Hooded Plovers can lay and raise several clutches of eggs in one breeding season. To help protect these beautiful birds observe the signs along the beach.

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## Nature observations

Write or sketch your findings





## 4 Gilbertson Gully within Seacliff Park / *Witawartingga*

*Witawartingga meaning in the midst of peppermint gums (wita 'peppermint gums')*



Home to towering trees, nesting birds, frogs, reptiles and the odd koala – Gilbertson Gully is a favourite nature spot for many locals. In winter the creek flows and as spring approaches, Golden Wattles begin to bloom, filling the air with a beautiful scent.

### Adventures

**Observing nature:** Quietly stroll among the trees searching the ground and canopies for signs of life. You may find blue and black feathers from Adelaide Rosellas or black and yellow ones from New Holland Honeyeaters. You may spot nests, tree hollows or hear birds and frogs calling. *TIP: Spotting wildlife can take time; find a spot to just listen and watch the canopies.*

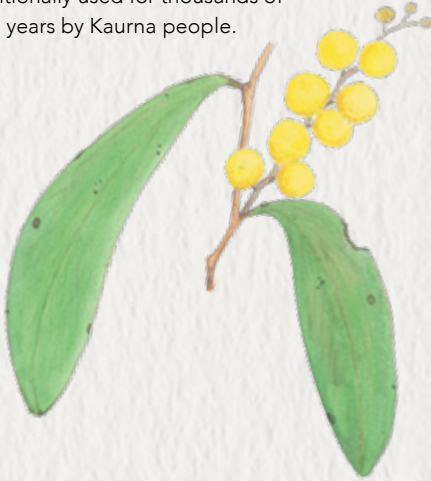
**Read in nature:** Find a log, rock, bench or set up a picnic rug and spend a sunny morning reading. When you pause, take a few moments to look around at what the breeze is doing to the leaves. Take in the smells and sounds.

**DID YOU KNOW:** Many frogs call Gilbertson Gully home including the Banjo Frog who lay foamy eggs on the water surface in spring.

# Nature you may encounter

## Golden Wattle

Australia's floral emblem.  
The sap, seeds and wood have been  
traditionally used for thousands of  
years by Kurna people.



## New Holland Honeyeater

If a predator such as a bird  
of prey is in the area these  
birds have an 'alarm' call to  
warn others.

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## Nature observations

Write or sketch your findings





## 5 Kingston Park / *Tulukutangga*

*Tulukutangga a Kurna form of the Ngarrindjeri name 'Tulukudangk'*



Kingston Park is home to the Tjilbruke monument. Tjilbruke is an important Dreaming ancestor to Kurna people. The Tjilbruke Springs, along with the Dreaming Story, remain sacred to the Kurna people today. With walking trails and lookouts, Kingston Park provides the perfect spot for recreational and reflective experiences.

### Adventures

**Exercise with nature:** Build your endurance by walking or jogging along the trails at Kingston Park/*Tulukutangga* including the challenging stairs. Keep an eye out for the local Nankeen Kestrels.

**Practice mindfulness:** Find a place to sit so you can listen to the birds, waves and wind through the trees. A place to feel the sun on your skin, calm your mind, reflect and take in your surroundings. *TIP: The more you spend time in a 'sit spot' the more benefits you'll receive for your overall wellbeing.*

*Note: The terrain of the cliff face is not accessible to wheelchairs, prams and bikes. However, there are lookouts, seating and pathways along the top of Kingston Park, as well as at the base along the Coast Park.*

**DID YOU KNOW:** Tjilbruke Springs is a sacred Kurna site. It is one of many springs along the southern coastline that was formed by the tears of Tjilbruke as he mourned the death of his nephew Kulultuwi.

# Nature you may encounter



Nankeen Kestrel

These birds often perch on the two Norfolk Island Pines seen from the lookout.



Ruby Saltbush

Colourful fruits are an Aboriginal bushfood and sought after by many birds.

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## Nature observations

Write or sketch your findings





## ⑥ Barton Gully



Barton Gully is a small and diverse patch of nature. In spring, butterflies sun their wings whilst skinks warm themselves on the paths. The gully traverses down to Kingston Park where a rocky beach lines the coastline (an ideal location to spot crabs and other marine life).

### Adventures

**Tune in to the seasons:** Visit Barton Gully each season and record what changes you see. Look at what is flowering, what areas are green, dry or damp. Observe which birds are calling and which butterflies are visiting. *TIP: Winter and summer offer a good contrast of how much the gully can change.*

**Explore and observe:** Pack a healthy litter-free lunch and spend some time exploring Barton Gully. Head down to the rocky shoreline where you can gaze into the rock pools for signs of life.

*TIP: The best time for exploring the rock pools is low tide (head to [www.bom.gov.au](http://www.bom.gov.au) for tide times).*

**DID YOU KNOW:** Barton Gully has a range of native plants that attract butterflies including: Kangaroo Grass which is ideal for Southern Grass Darts; Native Lilac which is ideal for the Common Grass Blue; and Common Everlasting which is ideal for the Painted Lady.

# Nature you may encounter



**Southern Grass Dart**

Can be seen flitting about from spring to autumn and lays its eggs on Kangaroo Grass.

**Red Wattlebird**

Will often be seen chasing away other birds, particularly in open areas.



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## Nature observations

Write or sketch your findings







# Summer nature observations

DECEMBER, JANUARY, FEBRUARY

Draw or write about nature encounters throughout summer



# Autumn nature observations

MARCH, APRIL, MAY

Draw or write about nature encounters throughout autumn





# Winter nature observations

JUNE, JULY, AUGUST

Draw or write about nature encounters throughout winter



# Spring nature observations

SEPTEMBER, OCTOBER, NOVEMBER

Draw or write about nature encounters throughout spring






# 10 things to do in Holdfast Bay

- 1 Visit the Bay Discovery Centre at the Glenelg Town Hall and learn about the cultural heritage of South Australia [C4](#)
- 2 Picnic on the banks of the Patawalonga and see which water birds you can spot such as pelicans and cormorants [C1-4](#)
- 3 Sign up for Council's nature volunteer program or get involved in National Tree Day and/or Clean up Australia Day. Head to [holdfast.sa.gov.au/communities/volunteering](http://holdfast.sa.gov.au/communities/volunteering)
- 4 Visit the Brighton or Glenelg Libraries to explore books about the history and culture of Holdfast Bay [C4](#) / [E11](#)
- 5 Take some time out at Angus Neill Reserve and relax to the backdrop of Seacliff Beach, barbecues, shelters, toilets and a natural playground [D13](#)
- 6 Visit the Old Gum Tree, the historic place of the Proclamation of South Australia in 1836 [E2](#)
- 7 Find a quiet place to sit or slowly meander through the Partridge House gardens. You might like to borrow a book from the Free Little Library [D4-5](#)
- 8 Lend a helping hand at one of our community gardens at Glenelg North or North Brighton [E1-2](#) / [E8-9](#)
- 9 Pick up a City of Holdfast Bay Cultural Map *Kurna yarta-ana* at one of our libraries, Civic Centre or Bay Discovery Centre [C4](#) / [E11](#) / [D11](#) / [C4](#)
- 10 Head to Colley Reserve or the neighbouring Wigley Reserve for a picnic, some exercise or to just soak up some sunshine [C4](#) / [C3](#)

Check out the *Holdfast Bay events calendar* ('What's On') and attend an event. Popular events include: *Glenelg Christmas Pageant*; *Brighton Jetty Sculptures Festival*; *History Month*; and *Glenelg Sunset Markets*

For more information on things to do within the City of Holdfast Bay head to

**[holdfastbay.sa.gov.au/downbythesea](http://holdfastbay.sa.gov.au/downbythesea)**

 **City of Holdfast Bay**

 **@holdfastbay**

## Did you know?

Holdfast Bay provides habitat for many common, unique and rare native plants and animals – whilst many live here, some also pass through. These include: the *endangered* hooded plover; the *vulnerable* yellow-tailed black cockatoo; the elusive lesser long-eared bat; the shy Adelaide snake-lizard; and playful dolphins and sea stars (some the size of dinner plates!).

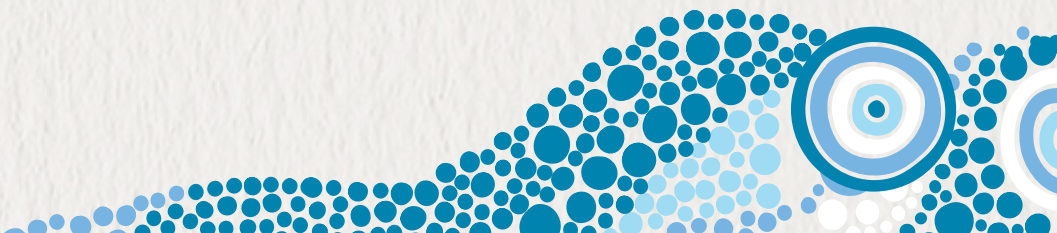
Glenlelg/*Pathawilyangga* was a place where the Kurna people would frequent and camp during the summer months. Old records, oral histories and shared memories provide us with an insight into the landscape and the connection the Kurna people had with the land. *Pathawilyangga* was also known as a meeting place for cultural celebrations, ceremony and trade.

Kurna people observed the changes in nature and weather patterns to determine what season it was. For example, in autumn, *Parna*, a star near the moon's left side, appears and in spring, reptiles come out of hibernation\*.


Susan Grace Benny (1872 – 1944) was the first woman in Australia to enter Local Government (the Seacliff Ward). She was described as a courageous and energetic woman who stood for equality. There is a reserve named after her in Seacliff and a bronze sculpture near the entrance of the Brighton Library.

Sir Douglas Mawson (1882-1958) was a famous explorer known for his exploration of Antarctica and amazing feats of strength and endurance. The Mawson family home, *Jerbii* on King Street, Brighton was built in 1919 and designed by Mawson during his Antarctic winter. Mawson died at his home in 1958. A state funeral was held in St Jude's Church, Brighton and he was buried in the St Jude's Cemetery.

*\*adapted from: The Kurna Calendar: Seasons of the Adelaide Plains, Heyes, S. (1999).*







## Attracting more nature to your backyard

Planting a range of local plants can create much-needed habitat for birds, lizards, butterflies, beetles, native bees and other invertebrates.

Here are some common wildlife-attracting plants that naturally occur throughout the City of Holdfast Bay.

**Trees:** Drooping Sheoak (*Allocasuarina verticillata*) 5 to 8m high  
Mallee Box (*Eucalyptus porosa*) to 10m high

**Shrubs:** Ruby Saltbush (*Enchylaena tomentosa*) to 1m high  
Round-leaf Wattle (*Acacia acinacea*) to 2m high

**Climbers:** Native Lilac (*Hardenbergia violacea*)  
Sweet Apple Berry (*Billardiera cymosa*)

**Grasses and Lilies:** Kangaroo Grass (*Themeda triandra*) to 1m high  
Short-stem Flax-lily (*Dianella brevicaulis*) to 1m high

**Groundcovers:** Pigface/Karrkalla (*Carpobrotus rossii*) to 3m wide  
Creeping Boobialla (*Myoporum parvifolium*) to 5m wide

To provide more habitat add rocks, logs, a bird bath, bug hotels, nest boxes and have a combination of bare and covered soil.

For more on local plants and habitat creation head to  
**[holdfastbay.sa.gov.au/downbythesea](https://holdfastbay.sa.gov.au/downbythesea)**

**DID YOU KNOW:** Holdfast Bay residents can get subsidies for items such as rainwater tanks, bee hotels and more! See **[holdfast.sa.gov.au/services/green-living](https://holdfast.sa.gov.au/services/green-living)** for more information.

# Living more sustainably

The smallest changes can make the biggest difference when it comes to living more sustainably and caring for our planet.

Here are some ways to get you started:

**Grow** veggies in your backyard. By growing your own veggies, you can cut down food miles, packaging and have healthier snacks on hand. If space or experience is an issue, try herbs in pots or leafy greens in a raised garden bed. To complement your homegrown efforts, try buying local seasonal produce as lots of energy is used to grow fruit and vegetables outside of their natural season.

**Reduce** your packaging by buying foods in bulk (once home, store and consume in reusable containers) and using reusable bags wherever possible. Also reduce single-use plastics as they, along with excess packaging, are a key source of pollution in our oceans and natural environments.

**Recycle** as much as you can by utilising the three-bin system. Place all your food scraps in the green organics bin with the use of your kitchen organic basket and compostable bags.

**Reuse** as many household items as possible, such as old clothes for creative projects or jars and containers for storing bulk foods. Even old boots or shoes can be planted in for a quirky approach to gardening – there are endless creative possibilities for reusing or donating household items.

**Improve your knowledge** on living sustainably by attending workshops and information sessions run by Council, or check out what subsidies are available for Holdfast Bay residents.








## Featured Artist

The artwork featured throughout this resource has been used from this original piece created by Allan Sumner a *Ngarrindjeri - Kurna - Yunkunytjatjara* man and Director of Aboriginal Contemporary Arts, SA.

The piece depicts Allan's representation of Holdfast Bay that includes sacred springs and Dreaming stories.








# Down BY THE Sea


THIS GUIDE BELONGS TO

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For more resources and information see:

**[holdfastbay.sa.gov.au/downbythesea](http://holdfastbay.sa.gov.au/downbythesea)**

 City of Holdfast Bay

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**[natureplaysa.org.au](http://natureplaysa.org.au)**

