The Two Valley Trail explores two very different inner-city valleys and their waterways:

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 indigenous vegetation. Here the Trail runs on a shared bicycle path through attractive parklands and playing fields, close to the river.

The Wolli Creek Valley includes the 50 ha of remnant bushland of the Wolli Creek Regional Park, with rugged sandstone escarpments. A combination of native heath and forest provides shelter for many native birds, insects and lizards. The Trail runs along easy bush tracks and across grasslands, and gives occasional glimpses of the creek.

Train lines and bus services in both valleys give access at a large number of points. See map inside.

Grey-headed Flying-foxes
A view down Cooks River

The Two Valley Trail is an initiative of:

- Cooks River Valley Association: www.crva.org.au; info@crva.org.au
- Wolli Creek Preservation Society: www.wollicreek.org.au; info@wollicreek.org.au; PO Box 270 Earlwood 2206
- Mudcrabs: Cooks River Eco-volunteers: munropete@ozemail.com.au
- Friends of Ewen Park: ewenpark@hotmail.com
- Riverlife Interpretive Tours (supported by Canterbury, Marrickville, and Strathfield Councils): rlproj@marrickville.nsw.gov.au

The Two Valley Trail Project also receives support from:

Wolli Creek Reflections - Barry Porter
Boat Harbour, Cooks River - John Wright

The Two Valley Trail in Sydney's inner South-West

A thirteen-kilometre walk from Campsie to Bexley North via the valleys of the Cooks River and Wolli Creek

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.

Guided Walks along various sections of the Trail are available. For information on these contact the Wolli Creek Preservation Society and Riverlife Interpretive Tours.

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/resources.

Volunteers and new members are welcomed by all the Two Valley Trail groups. See contact details overleaf.

Wolli Creek Regional Park is under the management of the National Parks and Wildlife Service (part of the Department of Environment and Climate Change).

- Dogs must be on a leash and droppings collected and removed
- No bicycles or motorised vehicles 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

Corridors of Green

The Wolli Creek section of the Two Valley Trail already forms a vital vegetation corridor, of regional significance. Such vegetation corridors are important for the survival of native plants because they provide the continuous or closely spaced tree cover needed by native insects and birds, which in turn pollinate many of the plants and spread their seeds.

Gaps remain along Wolli Creek, notably at Turrella Reserve. Major funding from the Australian Government's Natural Heritage Fund via the Sydney Metropolitan Catchment Management Authority, contributions by NPWS and Canterbury City Council staff, and work by volunteers from WCPS and elsewhere, enable major plantings to be made to close gaps using local seed sources. Similar work is underway in parts of the Cooks River section, particularly at Rosedale Reserve, where the Mudcrabs are regular planters.

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

The Wolli Creek section of the Two Valley Trail is also an important wildlife movement corridor. Although cut off from the Cooks River section by an extensive suburban area, the Wolli Creek Trail has been included in the project because it forms a vital link between remnant bushland in the two valleys. This corridor is being restored and maintained by the Wolli Creek Preservation Society and the Mudcrabs to provide more extensive, continuous vegetation for both native plant and animal species.
Some points of interest

A. The Sugar House was originally built as a sugar mill in 1840-42, and converted to residential units from 2002.
B. The Boat Harbour was built in 1864 for use by Sea Cadets, but sits empty within five years.
C. The Sugar House is a popular picnic area, situated on one of the most beautiful bends in the river.

D. Decaying boatshed built much earlier and occupied by the Club in 1955.
E. The Boat Harbour is a popular picnic area, situated on one of the most beautiful bends in the river.
F. The Sugar House was originally built as a sugar mill in 1840-42, and converted to residential units from 2002.

G. The Boat Harbour was built in 1864 for use by Sea Cadets, but sits empty within five years.

H. The Sugar House is a popular picnic area, situated on one of the most beautiful bends in the river.

I. Canterbury Velodrome opened in 1982, but there appears to have been a cycling venue here since at least the 1930s.
J. Wollongong is a prominent landmark and the eastern end of Wollongong Regional Park.
K. Jackson Place is a historical stone cottages from the 1920s are heritage listed.
L. The MSE tunnel ventilation stack is subject to fish spawning access.
M. The weir below Wollongong is a prominent landmark and the eastern end of Wollongong Regional Park.
N. The MSE tunnel ventilation stack is subject to fish spawning access.

* These points of interest were also covered in the previous leaflet sponsored by: Canterbury Velodrome. Some of the points of interest were removed from the new leaflet.