



# Adventure guide.

## Cudgen creek facts sheet

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**Guru!**

# Kayak route

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## KINGSCLIFF

Kayak launch or pick up

## CUDGEN LAKE

Kayak launch or pick up



# Cudgen Creek fast Facts

- The creek is approximately 9kms from the Pacific Ocean (Kingscliff) to Cudgen Lake (Bogangar)

- It contains both salt water running in from the ocean and fresh water from the lake, fed by the river systems of Australia's Green Cauldron

- The creek reaches 8m deep in parts and on low tide will have exposed sand banks and rocky outcrops

- The mountain you can see to the west is Wollumbin Mt Warning – the remnant core of an ancient shield volcano. Its 1157m summit is the first place on mainland Australia that the sun's rays touch each morning.

- From the half-way point at Tweed Coast Bridge up to Cudgen Lake, the creek travels through subtropical rainforest

- Due to the creek's mangrove communities and seagrass areas it is a nursery for both estuary and pelagic fish life



# Tweed Valley 3

The Tweed Valley and coastline was once a massive shield volcano stretching over 5000km<sup>2</sup>.

Over the past 22 million years, it has been eroded by wind, rain and rivers, leaving the central plug of Wollumbin Mt Warning and the surrounding Tweed Valley encircled by an almost perfect ring of mountain ranges to form a volcanic 'caldera'.

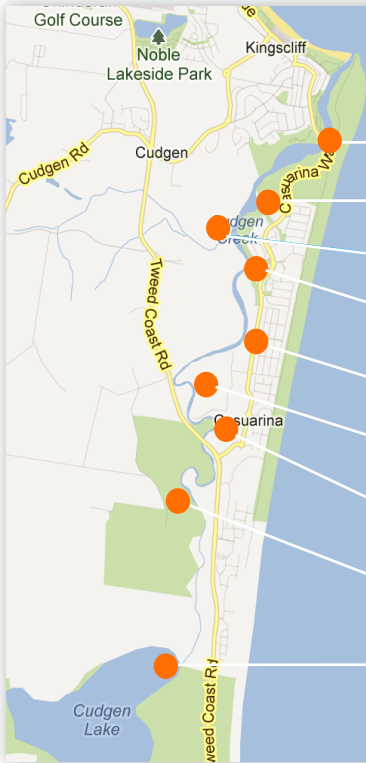
These mountain ranges and the foothills of Wollumbin Mt Warning are cloaked in subtropical rainforests which received World Heritage listing in 1986 as part of the Gondwana Rainforests of Australia.

In 2008, the Wollumbin Mt Warning Caldera was declared a National Landscape and is now known as Australia's Green Cauldron. It encompasses 14 National Parks which provide a home to many plant and wildlife species found nowhere else on the planet.

Cudgen Lake is fed by run-off from the caldera which then flows along Cudgen Creek to the Pacific Ocean at Kingscliff.

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# Paddle by numbers



1

Watersports Guru tent

2

The Boathouse

3

Estuary – Shoots through to the end of the farmer's weir. Take the right at the cross-roads.

4

Osprey nest – Look for the large telegraph pole

5

Sunlovers' rock – Found on a straight stretch on the right

6

Start of scenery change

7

Tweed Coast Bridge – Half way mark (5km from Kingscliff Bridge)

8

After bridge, vegetation becomes subtropical rainforest

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Cudgen Lake - A massive expanse of water surrounded by hills (9km from Kingscliff Bridge)

# Bird life

Kingfisher



White-bellied  
Sea Eagle



White Heron



Brahminy Kite



Osprey



# Marine life

Bream



Mullet



Flathead



Whiting



Stingray



# Ecology of Cudgen Creek

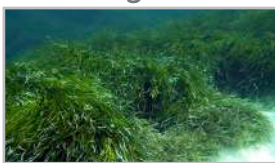
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## Mangroves



Mangroves are uniquely adapted trees and larger shrubs that inhabit the tidal sea edge. Food obtained from mangrove environments includes boring bivalves, clams, mud crabs, mangrove worms and fish including Mangrove Jack. Mangrove plants are also a source of medicines. The ashes burnt are used to heal sores and infections, while the bark of *Avicennia marina* is used to treat stingray stings

## Seagrass



Seagrasses are the only flowering plants that can live underwater. They are the main diet of dugongs and green turtles and provide a habitat for many smaller marine animals, some of which, like prawns and fish, are commercially important. They also absorb nutrients from coastal run-off and stabilise sediment, helping to keep the water clear.

## Tea Tree Tannin



The amber colouring in the water is tannin that leaches from tea trees (*Melaleuca*) further upstream. It is said to have health and beauty benefits with its natural process of nourishing the skin.



# Kayak tours

## Cudgen Lake to Kingscliff

Take the self-guided paddle from Cudgen Lake to Kingscliff. This **3-hour** tour will have you meandering through subtropical rainforest, past mangrove estuaries and witnessing the many species of wild life in and around Cudgen Creek.

### The low down

All fitness levels welcome  
Double kayaks with seats  
Transport included

### Price

\$85 per double kayak (2ppl)

### Bring

- Hat
- Sunscreen
- Water
- Snacks
- Camera!



# Hire

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## HIRE EQUIPMENT

Bikes \$10 p/h or \$30 per day

Fishing rods \$20 per day

Paddleboards \$20 per hour

Surfboards \$20 half day or \$30 full day

Bodyboards \$20 half day or \$30 full day

Snorkeling equipment \$10 half day

Kayak hire \$25 single \$30 double or  
\$40 for triple per hour

## EXPERIENCES

Snorkel with the Turtles \$99 pp

Learn to Surf \$55 pp

Kayak Tours \$35 adults \$25 kids under 12

Whale Watching \$85 pp

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# JAG – Junior Adventure Guru

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## JAG TERRAIN

**Who:** Kids between 7-12

**What:** 90min junior adventure program that sees Junior Gurus engaging in a number of land/beach activities as well as creek/rockpool exploration, beach-combing, beach art, challenges, orienteering and much more. The activities are designed to incorporate environmental education, problem-solving, communication, co-operation, exploration, awareness, adventure and lots of fun!

**When:** 10.30 to 12noon (NSW time) - or straight after JAG H20. Every Saturday year-round. See timetable for QLD/NSW school holidays

**Where:** Meet at red tent (HQ) next to Kingscliff Bridge, Cudgen Creek.

**Investment:** \$25 per child for JAG TERRAIN, or \$50 for a combined JAG H20 and TERRAIN session.  
(Enrol in three sessions and receive a FREE Watersports Guru hat, sticker and smile)

## JAG H2O

**Who:** Kids between 7-12

**What:** 90min junior adventure program that sees Junior Gurus learning water safety skills by engaging in fun activities such as stand-up paddleboarding, kayaking, fishing, snorkelling, creek exploration, challenges and free play.

**When:** 9.00 AM (NSW time) Every Saturday year round. See timetable for QLD/NSW school holidays.

**Where:** Meet at red tent (HQ) next to Kingscliff Bridge, Cudgen Creek.

**Investment:** \$30 per child  
(Enrol in three sessions and receive a FREE Watersports Guru hat, sticker and smile)

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action**  
conservation society

Marine

Action

Conservation

Society

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cares**

Conservation

Research

Sustainability

Activism

Education

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# MACS

Litter from this creek system will run out into the Pacific Ocean towards Cook Island where plastic bags are mistaken for jellyfish and digested by the local Green Turtles. Please help us protect our Green Turtles and pick up rubbish along the way. MACS is a not-for-profit agency improving coastal ecosystems through Conservation, Activism, Research, Education and Sustainability (CARES).

## Top tips to be an Eco Warrior

1. Throw your rubbish in the bin and recycle
2. Buy environmentally safe and recycled products
3. Walk rather than drive when possible
4. Take re-usable bags grocery shopping
5. Turn off the lights when you leave the room
6. Instead of watching TV, save electricity, go outside with your friends and enjoy nature
7. Hang your clothes instead of using the dryer
8. Fix dripping taps

# Green X

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Green X (Green Exercise) is shining the light on the positive health benefits that exercising in nature has on your mental and physical health. Research is proving that combining physical activity and exposure to nature is not only fun but is also beneficial to your health.

And guess what? **You're doing it right now !**

## Health benefits

1. Reduces stress, depression and anxiety
2. Improves self-esteem and mood
3. Decreases heart rate and blood pressure
4. Exposure to vitamin D reduces the risk of chronic disease
5. Reduces the risk of premature death from cardiovascular disease and certain cancers and significantly diminishes the risk of developing Type 2 diabetes
6. Helps you to concentrate and think more clearly
7. Improves eyesight
8. Encourages the adoption of an overall healthier lifestyle



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**Life is for living!**  
Have an awesome paddle

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