

KNOWING YOUR PLACE

WHAT'S INTERESTING IN 3214

Knowing your place is about connecting with your neighbourhood and finding places of interest along the way. You can do this by walking, riding, skipping, skating, pram pushing, jogging, scootering and roller blading.

WALKING FACTS

- Walking is **FREE**
- Walking is not only good for physical health but for mental health as well
- For every kilometre we walk we save approximately 1 kg of carbon
- Walking is a lifelong activity that begins when we are toddlers
- Walking provides opportunities for social interactions
- Walking connects us to people and our environment

JOIN A WALKING GROUP

If you would like a fun, social and easy way to get active, why not join or start a local walking group. To find out where your nearest walking group is, or if you have some interesting stories to tell about the history of your neighbourhood please contact Amanda Stirrat at the City of Greater Geelong:
astirrat@geelongcity.vic.gov.au
Telephone: **5272 5272**.

'WALKING RESPECTFULLY'

We must always remember that this land is, was and will always be the Wadawurrung Peoples traditional land.



CITY OF GREATER GEELONG
PO BOX 104
GEELONG VIC 3220
GENERAL ENQUIRIES:
5272 5272
www.geelongaustralia.com.au

DOWNLOAD A FREE APP TO MAP YOUR WALK

Mobile device Apps provide a fun and interactive way to monitor your fitness activity. You can map walks, monitor speed, duration, pace and keep track of distance travelled and calories burnt.

Check out some of these great **FREE** Apps for mobile devices and start exploring your neighbourhood today!



Map my Walk
For Android and iphone/ipad/ipod.



Just Start Walking
For Android and iphone/ipad.



Geelong Arts & Cultures Trails
Unearth art studios and galleries, striking public artworks, creative spaces and exciting performing arts locations, and find new ways to connect with our Indigenous and post-settlement histories.
For Android and iphone/ipad.

Check out this link to find the City of Greater Geelong walking and riding trails:
<http://www.geelongaustralia.com.au/parks/paths>

WWW.GEELONGAUSTRALIA.COM.AU



Drawing students from Geelong and surrounding regions Covenant College is a vibrant, active Christian school with a diverse cultural and denominational base. Catering for students from three year old kindergarten through to VCAL/VCE, Covenant College also features a Trades Skills Centre. The students who participated in the Cowies Creek Environmental Loop Walk project are currently working toward their Foundation and Intermediate levels of the Victorian Certificate of Applied Learning (VCAL). The City of Greater Geelong wishes to acknowledge the efforts of Kelly McKenzie and Jackson Smith, VCAL teachers and all of the students from Covenant College who participated in this project.

ABOUT COVENANT COLLEGE



COWIES CREEK ENVIRONMENTAL LOOP WALK PROJECT

The 'Knowing your Place School Active Transport' project is facilitated by the City of Greater Geelong and provides local students with an opportunity to participate in a range of community based projects. Working directly with a City project officer, VCAL students from Covenant College assisted in researching flora, fauna and points of interest in the Cowies Creek area to develop a walk/cycle trail. The students were required to conduct an audit of the loop to assess the walkability of the track. In addition to gaining knowledge and skills around developing a walk/cycle trail, the project also provided an insight into how the Wadawurrung people used plants and water at Cowies Creek as a source of food and medicine for survival.



COWIES CREEK ENVIRONMENTAL LOOP WALK

Take this journey along the creek and discover the rich diversity of the native flora and the natural habitat it provides for many species of fauna, as well as how this area was a valuable resource for the Wadawurrung people.

DISCOVER COWIES CREEK

Knowing your place is about connecting with your neighbourhood, discovering places of interest and finding new ways to associate with our Indigenous and post-settlement histories.



COWIES CREEK - A BRIEF HISTORY

The First Nation people ‘Wadawurrung people’ used the creek as a source of fresh water, food and medicine. Post settlement the creek was named after John Cowie, a saddler from Scotland who made his fortune during the gold rush years and one of the earliest settlers in the area. The creek was primarily used for landing stores and shipping out wool as it meanders from the Moorabool farming area to the mouth at Corio Bay. The mouth of Cowies Creek was excavated to become Corio Quay.

By 1849 most of the land surrounding the creek had been sold and there is some evidence of the land being used for farming.

During the mid 1970’s revegetation along Cowies Creek began. There was not many remnants of native vegetation remaining so the best place to find some of these plants were along railway lines and in cemeteries as they were never used for grazing.

COWIES CREEK ENVIRONMENTAL LOOP WALK - PLACES OF INTEREST

FOUNTAIN OF FRIENDSHIP PARK



A Hotel formerly on this site provided patronage to bullock transport that took a day to reach this point and workers constructing the Geelong Ballarat Railway line. The Hotel closed in 1869 and became a family homestead.

BULL RUSH – (*Cumbunji typha*)



A semi aquatic reed plant with edible roots (rhinzones). The roots were ground and used by Aborigines as flour but needed to be treated carefully as it contained toxic elements. The leaves were also woven into many products.

MOONAH TREE – (*Melaleuca lanceolata*)



Having a life span of 200+ years the trunks of these trees become knarled and twisted creating fascinating shapes. This tree is an endangered species and provides shelter for many understory plants and habitat for birds and insects.

CORIO LEISURETIME CENTRE



Leisuretime is Geelong’s largest indoor open spaced stadium with facilities for basketball, netball, squash, volleyball, badminton, futsal and much more.
HOURS: Mon-Thurs 9.00am-10.45pm, Fri 9.00am-5.00pm, Sat 8.30am-3.00pm.

DROOPING SHEOAK TREE – (*Allocasuarina verticillata*)



This medium sized tree has a male and female variety. The male tree has yellowy gold drooping flowers that act like salt and pepper shakers and the female tree has red pom pom like flowers on branches.

HEDGE WATTLE – (*Acacia Paradoxa*)



A small fast growing shrub often called Kangaroo Thorn as it has thorns along it’s stems with small globular yellow flowers. Being thorny it provides a nesting place and shelter for many small birds like the Superb Blue and White Brown Scrub Wren.

SEABERRY SALT BUSH – (*Rhagadia candolleana*)



A dense scrambling plant with a spray of white flowers and bright red berries which provide food for birds.
Aboriginal people also used the berries to dye materials.

YELLOW GUM – (*Eucalyptus leucoxylon*)



This tree is great for honey production and reaches 10-20 metres in height.
Flowers may be white, cream, pink or red.

TUSsock GRASS – (*Poa labillardieri*)



Tussock Grass grows in clumps with inrolled hairless leaves. It also has flower heads in spring and summer and is a common grass found along freshwater streams.
A good plant to revegetate areas.

SILVER WATTLE – (*Acacia dealbata*)



A large shrub with feathery silver-grey or bluish leaves.
Produces a small yellow golden fluffy flower balls and a fruit pod that contains several seeds.

LATE BLACK WATTLE – (*Acacia mernsii*)



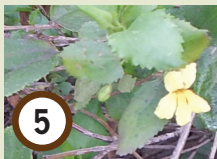
In the early 1900’s tannic acid was extracted for use in tanning hides and plywood adhesives. Aborigines soaked the bark in wooden waddies next to an open fire to extract antiseptic. They also ground the wattle seeds to create a high protein flour rich in polysaccharides.

CORIO BOWL SKATE PARK



The oldest skate park in the region with three concrete bowls; beginner, intermediate and a 10ft advanced bowl for the more experienced skaters. The bowls have always been a hot spot for professional skateboarders since the 1980’s.

HOP GOODENIA – (*Goodenia ovata*)



Small shrub with glossy green oval shaped leaves and yellow flowers. Aboriginal women would rub the leaves with their fingers for the baby to suckle to induce peacefulness and sleep while on their long journeys.

WATERFERN – (*Azolla*)



A native aquatic plant found in slow moving water. It is high in protein and minerals and fixes nitrogen.
It can appear red or green depending on the exposure to the sun.

GOLDEN WATTLE – (*Acacia pycnantha*)



The flower of this tree has become our National Floral emblem and was formerly adopted in 1988, the year of Australia’s Bicentenary.

WETLAND – Growing Grass Frog (*Litoria raniformis*)



Cowies Creek and the adjoining wetland areas within the creek reserve provide an important habitat for a range of aquatic fauna including six frog species, one of which is the Growing Grass Frog.

IMAGE ABOVE: Opening of the Corio Bowl March 1980.