

## 5. Walling Cudgen Creek

The first stage was completed in 1968 in an effort to keep the creek mouth from becoming silted, and flooding upstream farming lands.

## 6. Dredging of the Creek.

In the early 1900's, the Cudgen Creek's constantly moving sea outlet was regularly dredged by local farmers, whose land was often flooded owing to the silting of the mouth. Locals would shovel and scrape sand by hand or by horse power. Thanks to the construction of the training walls, the creek has seldom had to be dredged over the past forty years.

## 7. Fishing.

The Cudgen Creek foreshore has been a favourite fishing spot for all those who have lived in the area, from the Aboriginal people to early European settlers, and for residents and visitors today. In those days, there was an abundance of prawns, fish, oysters and mud crabs. Sadly, this abundance has diminished somewhat today.



*Aborigines sharpening axes on a foreshore area of a typical NSW North Coast beach*

## Make walking a part of your day

**For good health, the Australian Heart Foundation recommends that adults participate in physical activity such as brisk walking, for at least 30 minutes a day, on most days, preferably all days of the week.**

There are many ways you can fit walking into each day – for recreation, transport or pleasure. The recommended 30 minutes or more of physical activity a day can be built up in amounts of 10 minutes or more. Here are some suggestions to help get more Australians walking:

- **Walking for transport** is an easy way to get the recommended amount of physical activity you need for good health. Australians take many short car trips in their local neighbourhood. Many of these, like driving to a friend's house, bus station, the shops, to work or to return a rented DVD, can be replaced with walking.
- **Walking with friend** is a great way to make walking social and fun. Having a friend who is comfortable walking at the same speed can help keep you both motivated.
- **Walking the dog.** Just like their owners, dogs need physical activity for good health. Dogs are never too busy, so plan times in your day to take your dog for a walk – you will both feel the benefits!
- **Walk with your family** can be fun and an easy way to keep active and healthy. It is an activity that the whole family can enjoy together. It is a great opportunity to hear the latest news and spend time together in your local neighbourhood.
- **Walking to unwind** can also improve your mood, mental health and well being. Our lives can get busy, so it is important to make time to unwind. Walking amongst nature is particularly beneficial
- **Walking at work.** Most of us spend a large part of our day at work, and for many, the majority of this time is spent sitting. Often we forget that there are plenty of opportunities during our working day to keep active.
  - ✓ go for a walk during your day to get lunch or enjoy a chat with a work friend
  - ✓ walk to a meeting or take public transport instead of driving
  - ✓ get off your chair once in a while and speak to a work colleague instead of emailing them
  - ✓ take the stairs at every opportunity

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Produced by North Coast Area Health Service – Health Promotion  
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Every effort has been made to assure the information contained herein is correct.  
In the case of any errors noted please contact 02 6674 9500

# Cudgen Creek Estuary

Walk or Cycle through History



**STAY TRIM & KEEP FIT  
WITH EASY EXERCISE**

The series of brochures on Historic Walks of Tweed Shire are for information purposes only. Please consult your doctor or health professional before undertaking any historical walk to ensure the activity is appropriate for you.

# Cudgen Creek Estuary

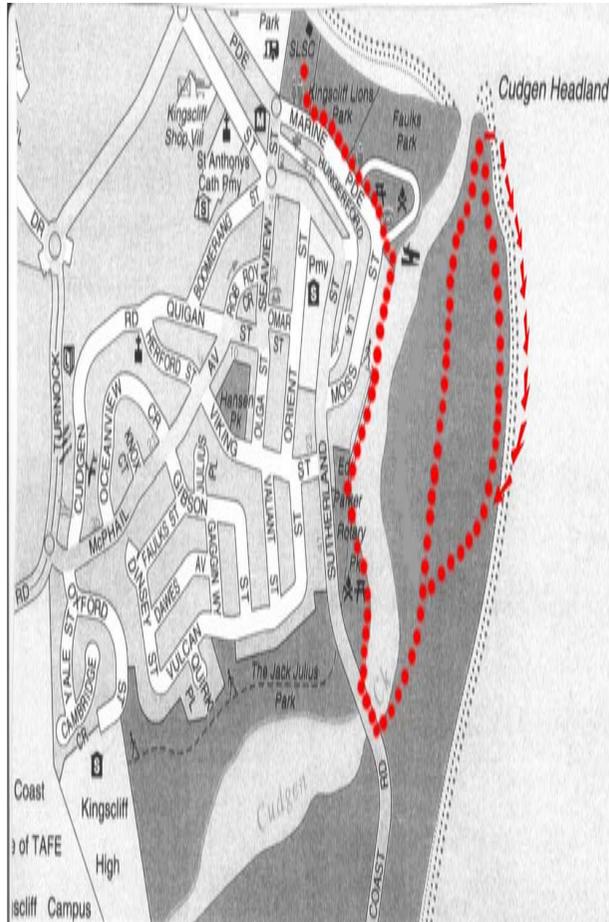
## Walk or Cycle

**Grade: Flat**

**Time: One hour return**

### Directions

- Start at Surf Life Saving Club and head south along Marine Parade, through Ed Parker Rotary Park.
- Cross Cudgen Bridge and turn left towards Cudgen Headland.
- Return either by heading south following the coastline or, at low tide, walk back along the beach.



## Points of Interest

### 1. Faulks Park

An early resident of the area, Mrs. Faulks bought several allotments beside the Cudgen Creek and fronting Marine Parade. Neither time nor money were spared in preserving the little picnic reserve on the corner near the creek. The stone wall was erected at Mrs. Faulks' expense, and she had the area levelled and grassed, planted trees and preserved surviving native species. She not only had most of the tables and chairs placed there, but was also responsible for having a creekside bitumen car park constructed.

### 2. Kingscliff Coast Guard

Originally operating out of a room in the Cudgen Headland Surf Life Saving Club in 1981, the transition to the present location has been the result of true community spirit, with locals and volunteers and clubs giving their time, expertise and donations. The present Coast Guard lookout building on the northern wall of Cudgen Creek took 14 months to build with much help from local builders. It was officially opened on 9<sup>th</sup> June 1990. The new tower has a 360° view and is two storeys high with a view straight out to sea, with clear visibility of the Kingscliff Bar and sea conditions. Its radar covers up to 36 nautical miles and has 12 radios covering all marine frequencies.

2.

### 3. The Creek Shore

For thousands of years before white settlement, Aboriginal people lived around the foreshore, where they fished, hunted, collected food and conducted their ceremonies. The foreshores were abundant in native flora and fauna. However, as European settlement progressed, the foreshores became popular camping and fishing spots with hundreds of campers' tenets and caravans crowding the camping reserves at Christmas and Easter. Although the mouth of the creek constantly moved before the training walls were constructed, the creek and its mouth became a popular holiday fishing spot, and a holiday at "Kingy" also

meant dances, concerts and movies at the local Marine Parade cinema. Sand mining operations in the mid-twentieth century also transformed much of the foreshore, which was levelled and replanted by the mining companies. Norfolk Island pines were planted and today the foreshores provide an extremely pleasant recreational area, with safe swimming and excellent fishing.



*Kingscliff Coast Guard*

### 4. Sand Mining

Along with other districts of northern New South Wales and south-east Queensland, the Tweed Coast profited from the boom in mineral sands mining which developed after 1939 and continued well into the 1970s. Rutile, zircon and titanium, amongst other minerals, were initially highly valued defence industry minerals during World War II and were mined by dredging operations between Fingal and Kingscliff, and along the beach south of Cudgen Creek. Much of the coastal dune country was transformed by this industry. In its wake also came an influx of population, roads, bridges, electricity, reticulated water supply, stores, civic amenities, and perhaps most importantly, the Kingscliff Public School, which opened its doors in 1957.