

# Murray Valley National and Regional Parks



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Home of the river red gums and the mighty Murray River, the opportunities for adventure are endless in the Murray Valley National Park and Murray Valley Regional Park found in southern NSW. For keen fishermen, avid birdwatchers and devoted bushwalkers, there's an array of hidden gems nestled within these river red gum precincts.

## ABOUT THE AREA

The unique ecosystem of the parks teem with wildlife and are filled with tracks and waterways waiting to be explored, hosting over 60 threatened native species and an abundance of resources used by its Aboriginal people.

Its tranquillity and serenity is irresistible, especially at dawn when the Murray River sits perfectly still and mirrors the shadow of its guards: the towering and dominant red gums that crowd its banks.

## GETTING THERE

The Murray Valley National Park is hidden in the Riverina along the New South Wales side of the Murray River as it stretches along the Victorian border. Accessible from any of Riverina towns between Deniliquin and Mulwala, and south down to Moama, there are many access points to the park.

If you're a little further away, it's definitely worth making the trip.

## CARING FOR YOUR PARK

Camping is free in the river red gum forests, and there's no need to book. Just pull

up your caravan or car and pick a spot. Cooking outdoors is part and parcel of the camping experience, and it's a good idea to pack a gas or liquid fuel stove for your trip. Unlike many other bush camping spots, small campfires are allowed in the river red gum forests outside of the solid fuel ban period.

A solid fuel fire ban applies between 31 October and 31 March each year. Park management may vary this if local conditions change.

If you do have a small campfire, make sure you completely extinguish all fires before leaving an area or going to bed. A small amount of glowing embers can start a bushfire.

Please don't feed native animals – it can damage their health and make them dependent on campers for food. To avoid attracting scavengers, store food and garbage in a secure container.

Don't forget, dogs are only allowed in regional parks, so it's best to check before you bring Fido along for the ride!

## SAFETY INFORMATION

As beautiful as they are, river red gums are also habitat trees. They provide important tree hollows for a range of animals. As a result of the tree hollows, sometimes branches do fall, so it's important to be aware of what's happening above you.

Many NSW parks are rugged places, weather can change quickly and conditions in the bush or on the water may be unpredictable. When visiting a national park, be aware of the risks and take responsibility for your own safety and the safety of any children in your care. Remember to plan ahead, choose your activities to match your stamina and fitness level, ensure you take enough fresh drinking water and food for your trip, and tell someone where you're going and when you'll be back. Road conditions can also be hazardous when wet.



Relaxing in one of the regional parks

## TOP EXPERIENCES

### Reed Beds Bird Hide

A haven for birds and bird-watchers alike, the Reed Beds Bird Hide at Mathoura offers views to the wetlands without disturbing the local wildlife. Walking along the interpretive boardwalk, look out for yellow rosellas, superb wrens or purple swamphens along the water's edge and flip the bird panels to discover more about the birds that call the wetlands home. Stay in the nearby Edward River Bridge campground, an ideal place to set up camp, enjoy a barbecue and explore the forest around you.

### Pepe's Bridge

For an 'up-close' view of the Reed Beds Swamp and its inhabitants, take the bike and hike tour of the wetland and nearby forest. The trail follows the northern bank of the Gulpa Creek cutting with plenty to see including a variety of birds and the occasional kangaroo.

### Quicks Beach campground

Slow things down a little at Quicks Beach, just a short distance from the Barooga day use area (otherwise known as Ski Beach). Boasting sandy beaches, shady forests and stunning Murray River frontage, there's a site to suit all visitors as well as day-trippers. Fishing, boating and swimming are all on the 'to-do' list or just settle back for a quiet afternoon by the river.

### Moama – Five Mile

Ideal for picnics along the riverside, Five Mile has something for everyone, offering a picturesque setting to cast a line under the

shade of the river red gums or the perfect vantage point to watch the annual Southern 80 Ski Race in February. Home to world class mountain bike tracks and easy boating access, Five Mile is a great spot to enjoy all the mighty Murray has to offer.

### Swifts Creek

Walk, run or ride the riverside trails and experience the beauty of this forest setting. Follow the river as it flows toward a unique wetland and enjoy a stroll along the local walking trails, before making use of the gas barbecues for a quick bite and sitting back for a night under the stars.

### Gulpa Creek walk

Starting at Crane's Bridge off the Cobb Highway in Mathoura, the Gulpa Creek walk in the Murray Valley Regional Park is a great stroll to enjoy with your dog.

### Willoughby's Beach

Hugging the banks of the Edward River, experience the natural beauty of Deniliquin's river red gum forests with the 'beach to beach' walk. Willoughby's Beach is a hub for recreation whether it's a cycle or hike along the many forest tracks, a spot of fishing in the waterways or a refreshing swim at a sandy beach.

### Benarca campground

Get away from it all and enjoy magnificent views while waiting for the fish to bite. Swim from the sandy beach or stroll through the forest before settling in for the night under the stars. Whether it's a tent, caravan or campervan, there's a site to suit them all. Dogs are welcome too.



Mountain biking in the region

### Moira Lakes

Home to the Moitheriban Indigenous people, the Moira Lake is the meeting point of three inlets that flow from the Murray River and a rich resource of food, medicines and materials once relied on for fish, yabbies and mussels. Make sure to visit the Moitheriban Bird Hide before venturing on through the park.

## TO FIND OUT MORE

For further information, including detailed maps and directions, visit:

[nationalparks.nsw.gov.au/murrumbidgee-valley-national-park](http://nationalparks.nsw.gov.au/murrumbidgee-valley-national-park)

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