



Along THE River

Karrawirra Parri
'red gum forest river'


CONNECT, DISCOVER AND ENGAGE
WITH NATURE IN THE CITY OF
NORWOOD PAYNEHAM & ST PETERS

IN PARTNERSHIP WITH NATURE PLAY SA



City of
Norwood
Payneham
& St Peters

ISSUE 1



Niina Marni Marni naa pudni Kaurna yarta-ana

“Hello,
it’s good you came,
you are on Kaurna Country”

As you wander and explore
the natural spaces within the
City of Norwood Payneham & St Peters,
we encourage you to learn about the
Traditional Owners of the land
– the Kaurna people.

The City of Norwood Payneham & St Peters acknowledges Kaurna people as the Traditional Owners and custodians of this land. We respect their spiritual relationship with Country that has developed over thousands of years, and the cultural heritage and beliefs that remain important to Kaurna people today.

About ‘Along the River’

Along the River has been designed to encourage you and your friends and family to spend more time in nature whilst improving your wellbeing, knowledge and understanding of the natural spaces within your community. Research tells us that time in nature improves our mental, physical, social and emotional wellbeing – and we have so much of it at our fingertips!

Your guide is full of new places, adventures, local plants and wildlife, facts, tips and more to help discover nature throughout the City of Norwood Payneham & St Peters.

Looking After Nature

As you explore nature, here are some ways to
be kind and thoughtful:

- Keep your distance from wildlife as they can easily be scared;
- Stick to paths to make sure plants and habitats aren’t damaged;
- Keep wildlife wild by not feeding them as it can interrupt their natural diet and make them sick;
- Be waste conscious; don’t leave anything behind and follow the 3 R’s (Reduce, Reuse, Recycle);
- Be a responsible dog owner by reading the signs showing when dogs can be off leads. Also pick up after them: Several of our parks and reserves have tidy bag dispensers. They are compostable (take them home for your green bin) or place in the Council waste bins provided.



Locations

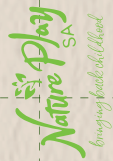
- 1** Felixstow Reserve
Langman Grove, Felixstow
J1
- 2** Drage Reserve, Felixstow
Riverside Drive, Felixstow
H2
- 3** River Torrens Linear Park
Various access points
F2
- 4** Dunstan Adventure Playground
Winchester Street, St Peters
C4
- 5** St Peters River Park & Billabong
River Street or Goss Court, St Peters
B5
- 6** Twelftree Reserve, College Park
Corner Richmond Street & Torrens Street, College Park
B6

Landmarks

-  Norwood Town Hall F9
-  St Peters Library D7
-  Norwood Library E10
-  Payneham Library H2

Icon Key

-  Public Toilets
-  Bike Trails
-  Walking Trails
-  Disability Access
-  Sporting Facilities
-  Electrical Barbecues
-  Dogs off Lead
-  Play Equipment



1 Felixstow Reserve



The award-winning Felixstow Reserve is nestled along the *Karrawirra Pari/River Torrens*. The wetland system treats and stores stormwater through Aquifer Storage and Recovery (ASR). On any given day the wetlands are teeming with wildlife. The Reserve features sporting and picnic facilities and a Kurna Interpretive Trail with art by Kurna/ Ngarrindjeri artist Paul Herzich.

Adventures

Reflect on culture: Head to the 'Canoe tree' and take a few moments to acknowledge the Kurna people who cared for the land and sea for many thousands of years.

Wander a trail: Stroll the Kurna Interpretive Trail, read the signs, observe the wildlife and tell your family or friends something you learnt.

DID YOU KNOW: The Kurna people used many of the plants within the Reserve for making tools, canoes, shelter, food and medicine. Some of these include wattles, reeds, and gum trees.

Nature you may encounter



White-faced Heron
Egretta novaehollandiae
Distinctive white face
and grey body



Karra/River Red Gum
Eucalyptus camaldulensis
Small gumnuts are distinguishing features

Nature observations

Write or sketch your findings



2 Drage Reserve, Felixstow



Drage Reserve is nestled along the *Karrawirra Pari/River Torrens* and shaded by magnificent *Karra/River Red Gums*. Equipped with a playground, shared bike and running trail as well as historic farm equipment (along OG Road), it provides an ideal space of slowing down.

Adventures

Relax and eat together: Pack a completely litter free adventure lunch and spend a morning or afternoon exploring the Reserve and venturing along the river.

Reflect on the future: Sit down under the tree by the river and write down some goals that you would like to achieve. Take some time to think about your strengths and how you will achieve them.

DID YOU KNOW: Spending time outdoors has positive effects on our mental and physical health. Research has shown that we are happier and healthier when we have active lifestyles that include time in nature.

Nature you may encounter

Australian White Ibis
Threskiornis molucca

Distinctive black head and beak



Cumbungi/Narrow-leaf
Bulrush
Typha domingensis

Seed heads shaped like
brown sausages



Nature observations

Write or sketch your findings



3 River Torrens Linear Park



The iconic *Karrawirra Pari*/River Torrens is home to many plants and animals including the Rakali/Native Water Rat. The linear trail meanders along reed-filled banks and beneath towering trees to the sound of frogs and birds. It is an ideal place to walk, run, cycle and observe nature.

Adventures

Exercise along the river: Ride your bike (or run) along the Linear Park trail with your family or friends. Go a little further each time and build up your fitness.

Learn about nature: Find two common native plants such as Karra/River Red Gum and Golden Wattle. Learn something about them such as their Kaurna name, traditional use or which animals use them.

DID YOU KNOW: The Linear Park trail extends 47 kilometres which is equivalent to a line of 335 buses!

Nature you may encounter



Rakali/Native Water Rat
Hydromys chrysogaster
Has a white-tipped tale

Eastern Banjo Frog
Limnodynastes dumerilii

Makes a 'bonk' sound,
usually after rains



Nature observations

Write or sketch your findings



④ Dunstan Adventure Playground



One of our community's favourite playgrounds, Dunstan Adventure Playground offers a fun, relaxing and memorable experience. It has walking and cycling trails, picnic areas and a nearby river home to many waterbirds. The ideal setting for connecting with nature whilst having fun.

Adventures

Reflect with gratitude: Find a quiet place and reflect on things you are grateful for - ask your friends or family to do the same and share with one another.

Imagine a different time: Stroll down to the river and watch the waterbirds, insects and think about what the river may have once looked like. Write some thoughts down, sketch or have a conversation about your wonderings.

DID YOU KNOW: The *Karrawirra Pari*/River Torrens was once home to the platypus amongst many other creatures that have since disappeared. As the water quality and habitat improves more animals can begin to return.

Nature you may encounter



Emerald Tau Dragonfly *Hemicordulia tau*

Damselflies are similar to dragonflies, but hold their wings pointed over their back instead of out like a plane



Australian Wood Duck
Chenonetta jubata

Males have a darker head with a mane and different patterns on their wings

Nature observations

Write or sketch your findings



5 St Peters River Park & Billabong



The St Peters Billabong is a favourite for those seeking some relaxing nature time. It's a local treasure created in 1978 as part of the straightening and weir construction of the *Karrawirra Pari*/River Torrens. Since that time, it has become a thriving ecosystem home to many plants and animals. It's ideal for picnics, birdwatching, cycling, and taking time to slow down.

Adventures

Tune in with the seasons: Each season visit St Peters Billabong and journal what changes you see. Consider what is flowering or emerging from the soil.

Practice mindfulness: Find a place to sit, taking in the sounds, sights and smells of your surroundings. Try doing this regularly in the same spot throughout the year.

DID YOU KNOW: The Friends of the Billabong are a dedicated volunteer group that has worked for many years to improve the water quality and native flora and fauna around the billabong. New volunteers welcome.

Nature you may encounter

Australasian/Purple Swamphen
Porphyrio melanotus

Distinctive red bill



Eastern Water skink
Eulamprus quoyii

Golden brown back and pale stripe along body

Nature observations

Write or sketch your findings



6 Twelftree Reserve, College Park



Twelftree Reserve is only a short walk from the *Karrawirra Pari*/River Torrens and features a number of amenities such as a basketball court, gas BBQs, shaded areas for family picnics, and a path that meets the Linear Park bikeway extending from Tee Tree Gully down to Henley Beach (ideal for cycling and walking).

Adventures

Spend time with friends: Invite a friend to explore the Reserve and see what you can discover together. You may notice some steep steps – they lead to a bridge crossing over the *Karrawirra Pari*/River Torrens.

Share some memories: With a digital camera or smart phone find interesting things to photograph and share them with friends.

DID YOU KNOW: The Reserve was named after George Newman Twelftree (1861-1933) - a highly regarded and respected builder in St Peters. He was Mayor of the Town of St Peters from 1918 to 1919.

Nature you may encounter

Dusky Moorhen *Gallinula tenebrosa*

Has a yellow-tipped bill when breeding, red at other times of the year



Karku / Drooping Sheoak
Allocasuarina verticillata

Female trees have seed pods sought after by cockatoos

Nature observations

Write or sketch your findings





Summer nature observations

DECEMBER, JANUARY, FEBRUARY

Draw or write about nature encounters throughout summer

Autumn nature observations

MARCH, APRIL, MAY

Draw or write about nature encounters throughout autumn



Winter nature observations

JUNE, JULY, AUGUST

Draw or write about nature encounters throughout winter

Spring nature observations

SEPTEMBER, OCTOBER, NOVEMBER

Draw or write about nature encounters throughout spring



10 things to do in the City of Norwood Payneham & St Peters

- 1 Volunteer with Friends of the Billabong or another Council program
- 2 Visit the Payneham, Norwood or St Peters Library and borrow a book to read in nature [H2, F9, D7](#)
- 3 Visit Linde Reserve to see the sculptures in the trees [E7](#)
- 4 Visit the Cultural Heritage Centre and learn about the culture and heritage of Norwood Payneham & St Peters [D7](#)
- 5 See what you can discover at St Peters River Park Oval (a perfect spot for dogs) where you can visit the wetlands and walk along the St Peters Billabong [B5](#)
- 6 Download [historical signage trail maps](#) and/or the [Public Art map](#) and be introduced to many different sites that depict the history and diversity across the City of Norwood Payneham & St Peters (such as the famous Parade Cultural Walk)
- 7 Watch water birds and picnic on the banks of the River Torrens at Church Street Reserve [G2](#)
- 8 Take a visit to the Tree of Knowledge in Evandale [G4](#)
- 9 Visit the heritage listed Gilberton Swing Bridge located within the River Torrens Linear Park (used by pedestrians for almost 100 years) [B5](#)
- 10 Find out about more of our native plants at Borthwick Park [H11](#)

Did you know?

Karrawirra Pari is the Kaurna name for the River Torrens meaning 'red gum forest river'. The river was a favourite camping site and a rich source of food and resources.

The City of Norwood Payneham & St Peters provides habitat for many common and unique plants and animals. These include Rakali/Water Rat, Eastern Water Skink, ancient River Red Gums and countless butterflies that glide throughout backyards and Reserves.

There was a time when the *Karrawirra Pari*/River Torrens held swimming competitions.

Sir Donald Bradman and May Gibbs are some of the famous people that have lived in the City of Norwood Payneham & St Peters.


There are 4 creeks that originate in the Mount Lofty Ranges and run through the City of Norwood Payneham & St Peters before joining with the *Karrawirra Pari*/River Torrens. *Mariyarta Pari*/Fourth Creek (Felixstow Reserve) features a large River Red Gum that provides an important historical link to the traditional use of the tree. It was used to make a yuku (bark canoe) over 200 years ago. Although the tree has fallen over, it is still connected to the land and will be preserved for future generations by the Council in consultation with the Kaurna Nation.

One of the biggest ways we can adapt to impacts of climate change as a community is by increasing the amount of shade in our backyards, streets and neighbourhoods. More shade means a cooler house (lower electricity use) and cooler soils (lower water use). Currently the City of Norwood Payneham & St Peters has 24% tree canopy cover with a 30% target set by 2045 - you can help reach it!

For more information on things to do within the City of Norwood Payneham & St Peters head to npsp.sa.gov.au

 [@cityofnpsp](https://www.facebook.com/cityofnpsp)





Attracting more nature to your backyard

Planting a range of local plants can create much-needed habitat for birds, lizards, butterflies, beetles, native bees and other invertebrates. Here are some common wildlife-attracting plants that naturally occur throughout the City of Norwood Payneham & St Peters.

Trees: Mirnu / Golden Wattle (*Acacia pycnantha*) and Drooping Sheoak (*Allocasuarina verticillata*)

Shrubs: Lavender Grevillea (*Grevillea lavandulacea*) and Christmas Bush (*Bursaria spinosa*)

Climbers: Native Lilac (*Hardenbergia violacea*) and Sweet Apple-berry (*Billardiera cymosa*)

Grasses and Lilies: Black-anther Flax-lily (*Dianella revoluta*), Kangaroo Grass (*Themeda triandra*)

Groundcovers: Karkalla (*Carpobrotus rossii*) and Creeping Boobialla (*Myoporum parvifolia*)

To provide more habitat add rocks, logs, bug hotels, nest boxes and have a combination of bare and covered soil. Bird baths with pebbles for animals to rest on provide important water points.

For more on local plants download the [Common Local Native Species of the Adelaide Plains poster](#) from www.npsp.sa.gov.au

Living more sustainably

The smallest changes can make the biggest difference when it comes to living more sustainably and caring for our planet.

Here are some ways to get you started:

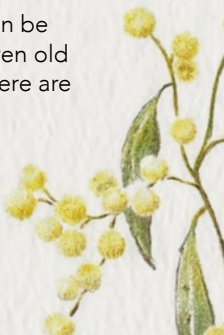
Grow veggies in your backyard. By growing your own veggies, you can cut down food miles, packaging, and have healthier snacks on hand. If space or experience is an issue, try herbs in pots or leafy greens in a raised garden bed. To complement your homegrown efforts, try buying local seasonal produce as lots of energy is used to transport fruit and vegetables outside of their natural season.

Compost food and garden organics. When food and garden waste goes to landfill it produces greenhouse gas emissions and prevents their nutrients from being fed back into soil for plants to grow. Using your kerbside green bin or your own compost system is a sustainable alternative. Both methods reduce greenhouse gas emissions – and if you compost at home it can have enormous benefits for your home garden (as it is the perfect fertiliser.)

Reduce your packaging. Buying foods in bulk (once home, store and consume in reusable containers) and using reusable bags wherever possible can reduce unnecessary food packaging. Single-use plastics along with excess packaging, are a key source of pollution in our oceans and rivers and we can all play a role in keeping these environments healthy.

Recycle as much as you can by utilising your kerbside three-bin system. Place your food scraps in the green organics bin via your kitchen organic basket and compostable bags.

Reuse as many household items as possible. Items such as old clothes can be used for creative projects or jars and containers for storing bulk foods. Even old boots or shoes can be planted in for a quirky approach to gardening – there are endless creative possibilities for reusing or donating household items.



Featured Artists

The front cover artwork and artistic elements featured throughout has been used from this original piece created by Hannah Nguyen.

The illustrations of plant and animal species on 'Nature you may encounter' pages are by Jason Tyndall. A South Australian artist and author. His works are centred around ecology and nature connection.

Artist Biography - Hannah Nguyen

My name is Hannah Nguyen and I am 17 years old. I have been making art for as long as I can remember. I've always enjoyed drawing people, as well as animals, and places which would only exist in my imagination until they were transferred from mind, to pencil, to paper.

Art is about having the ability to translate imagination into a visual, aural and/or tactile form. For me, the excitement of picking up a pencil or a paintbrush and having the ability to create anything I want on a piece of paper or a canvas is something I find to be incredibly empowering and cathartic.

I currently work mostly with graphite or acrylic impasto and enjoy exploring all kinds of subjects.





Along THE River

THIS GUIDE BELONGS TO

For more resources and information see:

www.npsp.sa.gov.au

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natureplaysa.org.au



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