



# 40 THINGS TO DO IN ADELAIDE INTERNATIONAL BIRD SANCTUARY NATIONAL PARK - WINAITYINAITYI PANGKARA

*The Adelaide International Bird Sanctuary (AIBS) encompasses over 60km of coastline north of Adelaide, adjacent to Gulf St Vincent, from the Barker Inlet to the township of Parham. Within the bird sanctuary sits the Adelaide International Bird Sanctuary National Park - Winaityinaityi Pangkara (pronounced 'Wee-nay-chi-nay-chi Pan-ker-a) meaning 'country belonging to all birds' encompasses 2457 hectares of land.*

The AIBS is at the southern end of the East Asian-Australasian Flyway (EAAF) and is one of the key feeding and roosting sites for migratory birds that use the flyway each year. Birds fly from as far as Siberia and the Arctic and pass through 22 countries before reaching South Australia. The area acts as a crucial habitat on this migratory route used by more than 5 million birds a year, 27,000 of which permanently call the Bird Sanctuary home.

The mangroves, samphire communities, wetlands, dunes and creeks of the Bird Sanctuary support thousands of shorebirds including Black-winged Stilts, Sharp-tailed

Sandpipers, Common Greenshanks, Red-capped Plovers, Oystercatchers, and Great Knots. The sanctuary is also home to Sleepy and Bluetongue Lizards, Bitter-bush Blue butterflies, Euros, Black Kites, Sacred Kingfishers, Honeyeaters, and Parrots.

The Park is maintained and cared for by Rangers, NRM staff, Coastal Officers and the Friends of AIBS.

For more information such as Park maps visit [environment.sa.gov.au/parks](http://environment.sa.gov.au/parks)

Front cover (GE)

## PARK PROFILE

**Name:** Adelaide International Bird Sanctuary.

**First established:** March 2014.

**Size:** 37,000Ha (National Park 2,457Ha).

**Location:** 30km North of Adelaide CBD.

### Some endangered or rare species:

Curlew Sandpiper, Sharp-tailed Sandpiper, Red Knot, Eastern Curlew, Great Knot, Bar-tailed Godwit, Red-necked Stint, Beach Stone-curlew.

# AUTUMN



*Autumn is a wonderful time to see the migratory shorebirds on show*

*Some birds will change colour as their breeding plumage grows*

- 1 Follow the Magazine Road Wetlands walking track and try to spot Red-kneed Dotterel foraging on the water's edge.
- 2 Discover the thousands of waders that feed along the St Kilda foreshore during high tide.
- 3 Whilst at St Kilda explore the playground and do something brave.
- 4 Find out more about the importance of AIBS and consider becoming a member of the Friends of the AIBS and attend one of their monthly working bees.
- 5 Stroll along the Garden Island Boardwalk and try to spot dolphins and pelicans.
- 6 Walk along the Thompson Beach North trail towards Barker Creek outlet and try to spot different Butterflies such as the Bitter-bush Blue.
- 7 Take a coastal walking trail you haven't yet explored and look for the bright pink-purple flowers of the Pigface plant.
- 8 Using binoculars try to spot the Pied Oystercatchers prising apart molluscs with their specially adapted red bills.
- 9 Explore the Mangroves Trail and spot the seeds beginning to germinate in the tree. This helps the seeds quickly establish in the mud. See if you can spot some (but remember not to pick them).
- 10 Take a trip along the Port Wakefield Road and look out for the Protest Statues. Then drive into Thompson Beach and hike south along the interpretive trail to look for euros, sleepy lizards and bush birds like White-winged Fairywrens and White-browed Babblers.

# WINTER



*In winter the storms arrive with wind, rain thunder and rough seas*

*The beaches fill with searack, shells, sponges and unique things to see*

- 1 Take a walk at Thompson Beach as high tide recedes and see the tiny Red-cap Plovers darting around while feeding.
- 2 Explore any of the beaches after a storm and see what shells, seaweed and other treasures have washed up.
- 3 Learn about the importance of samphire flats when you walk the Middle Beach Samphire Discovery Trail and read the signs.
- 4 Climb to the top of the pirate ship at St Kilda Playground and try to count the Black Swans feeding in the deep water beyond the tide line. Listen carefully as they take flight – it sounds like clapping.
- 5 Download a Geocaching app and try hunting down some of the 100 geocaches hidden within the AIBS.
- 6 When exploring Port Gawler try to find a Red-necked Avocet with its distinctive upturned bill feeding in the salt evaporation pans.
- 7 Take your dog for a walk along the beach at Parham. Remember to keep them on a lead.
- 8 Research the East Asian-Australasian Flyway, and learn how the birds fly from the Arctic Circle back to South Australia for summer.
- 9 Try to spot a Royal Spoonbill at the Greenfields Wetlands. You will find them feeding in shallow water on the mud flats, using their bills to scoop up small fish and crustaceans.
- 10 Walk along the Parham Beach at high tide and look in the shallows for schools of bait fish that the shorebirds feed on.

## DID YOU KNOW?

- The Red Knot (one of the migratory birds in the AIBS) is often called the Moon bird because its migratory journeys each year from Aust through Asia to the Siberian islands in the Arctic twice a year equates to Red Knots flying same distance as to the Moon and back during its lifetime. A one way trip to the moon is about 400,000km.

# SPRING



*Spring sees flowers such as Sea box and Old Man's Beard in full bloom*

*Birds nest whilst coastal plants come to life along the wetlands, scrublands and dunes*

- 1 Watch for Ruddy Turnstones as they fly back to Thompsons Beach to feed after living in the Arctic Circle for the past 6 months.
- 2 Camp at Port Parham and watch the night sky to see if you can spot a shooting star.
- 3 Walk to the end of the St Kilda breakwater with your fishing rod and try to catch a squid.
- 4 Grab some binoculars or a camera and zoom in on the different types of bird beaks at Magazine Road Wetlands.
- 5 Photograph some wildlife such as the nationally threatened Eastern Curlew, the largest wader bird to migrate to Australia.
- 6 Download a species list for the Greenfields Wetlands, Mawson Lakes, from the Birds SA website and see how many birds you can recognise.
- 7 Have a picnic on the beach at Port Prime and use the seaweed to make pictures on the sand.
- 8 Spot a bird with a colourful band on its leg. They are used as identification and help to track the birds when they migrate north to breed in winter.
- 9 Hike along any of the trails to see all the native plants beginning to flower after a long winter such as the small white Sea Box that has a delicate scent.
- 10 Having just migrated back to Australia, look for the Curlew Sandpiper spiking its curved bill into the sand at Thompson Beach as the tide goes out, trying to catch worms.

# SUMMER



*In summer thousands of shorebirds search for food at the waters edge along the beach*

*Whilst flowering grey mangroves fill the air with sweet smells along the creeks*

- 1 Go to Port Gawler and discover what birds shelter and feed in the mangroves such as Kingfishers, Egrets, Ibis, Thornbills and Superb Fairywrens.
- 2 Head to Thompson Beach and spot crabs, or if you have a rake see how many you can find (don't forget to check your bag limits).
- 3 Stroll along the St Kilda Mangrove Trail and see the Grey Mangrove "Snorkel-roots" "breathing" out of the mud.
- 4 Launch a kayak from Garden Island and see if you can spot the local dolphins (or spot them from the land).
- 5 Take the walking trail south of Webb Beach, listen to the seabreeze rustle through the Native Pines and look for the five different types of samphire that grow there (a low growing plant, thick-leaved plant).
- 6 Explore the southern walking trail at Thompsons Beach that leads to Third Creek and try your hand at a spot of fishing when the tide is running.
- 7 Drive along St Kilda Road late in the day and spot the large groups of stilts and avocets wading in the evaporation pans.
- 8 Go wading in Baker's Creek south of Webb Beach. Discover what plants and animals live beneath the water. The incoming high tide is a good time to spot small fish and crabs.
- 9 Grab your oldest pair of sandshoes and drive to Recreation Drive carpark at Port Gawler. Walk out beyond the mangroves to the sea where you may spot Kingfishers, Oystercatchers and Red Capped Plovers.
- 10 Take a late afternoon walk along Middle Beach and see what natural treasures have washed up on the beach and watch the sun set.

L: Black-winged Stilt (JG)  
R: Bitter-bush Blue butterfly (AY)



L: Euro (TL)  
R: Red Capped Plover (MAVT)



L: Bar-tailed Godwit (PW)  
R: Eastern Curlew (DI)



L: Grey Mangroves (JG)  
R: Sharp-tailed Sandpiper (TL)



LOOKING AFTER THE PARK

- 1 **Keep wildlife wild:** We must never feed wildlife as it can be unhealthy for them and impact their natural behavior. If you encounter wildlife always keep a safe distance so you don't frighten them and always keep your dog on a leash.
- 2 **Leave things as you found them:** If you look under any rocks on the beach be careful not to squash anything and put them back as you found them.
- 3 **Care for Wildlife:** Protect wildlife by not removing living things from the beach or storing them in any containers as they may dry out and die.
- 4 **Leave nothing but footprints:** Always take your rubbish with you or even better pack a litter-free

- 5 **Be prepared:** If you are going to swim, snorkel, kayak or paddleboard it's a good idea to check the tides. If you are going to explore the mangroves or rocky areas wear sturdy shoes and always keep an eye on the tide movements. Take lots of water and sun protection.

*The Park is closed on days of Catastrophic Fire Danger and may be closed on days of Extreme Fire Danger and Severe Weather.*

*This resource is part of the Park of the Month, an initiative run in partnership between Nature Play SA and the Department of Environment, Water and Natural Resources. Photos by Tammy Legget (TL), Dean Ingwersen (DI), Jeremy Gramp (JG), Paul Wainwright (PW), Mary-Ann van Trig (MAVT), Andy Young (AY) and Glen Ehmke (GE).*