

Mountain Biking

Whether your preference be road, forest, downhill, single track or cross country, you'll find the Mary Valley has it all! "Ride On Marys" bike hire includes mountain bikes, comprehensive maps of tracks for all levels and styles, and safety gear, with a Drop Off and Pick up Service for hired kayaks and bikes. This service is also available for those with their own kayaks and bikes.



Photography -

Paradise Riflebird (Male) - R.Monks (Birds Queensland)

Wompoo Fruit Dove - A. Nielsen

White-eared Monarch - A. Nielsen

Noisy Pitta - B & V O'Leary

Your "Ride On Mary" Experience

"Ride On Mary" offers over a 100 kms of waterways to explore. From flat water to grade 1-2 rapids, your Host Ian will find you a stretch of water to suit, with safety gear supplied. Benefit from Ians' extensive local knowledge of the river systems, including updates on river flows and heights.

Guided Kayak Tours are also available with a Qualified Instructor on hand. This offer includes Basic Kayak & Safety Instruction with an Ecological Tour of Beautiful Yabba Creek.

For your comfort, an accommodation & Kayak Package is also offered.



Enjoy the magical, invigorating experience of a Dawn Chorus on the water accompanied by the tinkling call of the Bell Miner, or the peace of an evenings' Sunset.

Marvel at the orange and blue flash of the Azure Kingfisher skimming fast and low over the waters' surface giving its' shrill whistle, or perching, bobbing its' head, before diving for prey of small fish, crustaceans and insects.



Photography -

Bell Miner - Kev Bowring

Azure Kingfisher - B & V O'Leary

RIDE ON MARY - KAYAK & BIKE BUSH ADVENTURES Along the "Bird Trails of Cooloola"

MARY VALLEY • SUNSHINE COAST HINTERLAND

Ride On Mary...

Kayak & Bike Bush Adventures

0400 297 678



Rainbow Bee-eater (A Nielsen)



Produced by K & A Nielsen

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*For more information on "Bird Trails of Cooloola" visit www.birdingcooloola.org.au



While enjoying your “Ride on Mary” Experience, consider the vegetation lining the banks of the Waterway as you do.

This vegetation is “Riparian”, a term applied to any vegetation lining a dam, river, stream, lake, or shoreline.



In fact, any Wetland.

The Great Barrier Reef is a Wetland.

Yes, the Waterway you are travelling along is a Wetland!
Wetlands are habitats that are temporarily or permanently covered by water, being natural or artificial.
They are rich in a great variety of lifeforms!



Wetlands act as settling ponds trapping sediment,



Wetlands slow water flowing from higher ground.

Watch for Mary Icons (Mary River Cod & Mary River Turtle)

Wetlands are filters for pollutants.

You may even see a Platypus or Queensland Lungfish!



The Importance of Riparian Zones

Riparian Zones -

Stabilise banks, minimising Erosion

Filter Pollutants & Sediment from entering the Waterway

Regulate Water Temperature through shade from overhanging vegetation

Bank undercuts provide shelter & breeding sites for Fish & Frog species



Provide food for Aquatic Fauna through fallen insects, fruit, & plant matter, eg pollen & flower parts



Fallen plant parts sink to decompose through Aquatic Worms & Benthic Fauna, providing food & nutrients for further Aquatic Fauna; & Flora too such as Algae & other Aquatic Plants

Fallen branches, limbs & trunks form “Snags”, important for shelter & breeding of fish, shrimp, yabbies etc; & as roosting sites for turtles & birds such as Cormorants



Well established Riparian Zones provide essential Corridors for Birds & other Terrestrial Fauna

Some Birds you may see with “Ride on Mary”



Little Pied Cormorant



Little Black Cormorant



Eurasian Coot



Pacific Black Duck



New Holland Honeyeater



Eastern Osprey



Eastern Yellow Robin



Scarlet Honeyeater (Male)

Photography by A. Nielsen

Ride On Mary - Kayak & Bike Bush Adventures

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