

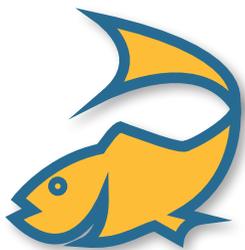
Go Fishing



Featured Locations:
**Sydney's Middle
& North Harbour
Parks & Reserves**

Big City
Hot Spots!

Foreword from NSW DPI



Contents

Overview	3
Check out the app: FishSmart	5
Middle & North Harbour	
Land-based locations	6
Fish responsibly!	7
Key target species	8
Eating your catch: dietary advice	10

Cover image: Ben Coombes. Page 7 image: Andrew Di Bartolo.
All other images: Chris Cleaver. Fish illustrations: Pat Tully.

16518 08/2022

This fishing location guide is produced by the NSW Department of Primary Industries (NSW DPI) LMB 3020 Nowra NSW 2541, for and on the behalf of the state of New South Wales. This guide is produced using funds from the Recreational Fishing Trust as part of our commitment to providing recreational fishers with comprehensive, user-friendly information.

© State of New South Wales through Department of Regional NSW [2022].

Disclaimers

This publication may provide assistance or information but NSW DPI and its employees do not guarantee the publication is without flaw or is wholly appropriate for any particular purpose and therefore disclaims all liability for any error, loss or other consequence which may arise from relying on any information in this publication. This publication is a guide only, it does not replace the *Fisheries Management Act 1994* or other acts and statutory rules applying to or affecting recreational fishing. It is a summary of laws and regulations at the time of publication and cannot be used as a defence in a court of law.

Recreational fishing regulations may change during the lifetime of this publication. It is the responsibility of fishers to ensure they are acting within the law at all times. Check regulations with your local NSW DPI fisheries office or www.dpi.nsw.gov.au/fisheries.

The product trade names in this publication are supplied on the understanding that no preference between equivalent products is intended and that the inclusion of a product name does not imply endorsement by the department over any equivalent product from another manufacturer.

No material matter in this publication may be reproduced, stored in a retrieval system, or transmitted in any form by electronic or mechanical means, photocopying or recording without the written permission of NSW DPI.

Throwing a line in at a new spot always makes for a great fishing adventure, whether it's on a family holiday or just somewhere new close to home. No matter your fishing expertise, NSW boasts a wide range of fish species and great places to catch them, including in our many inland rivers, impoundments and streams to the productive estuaries, lakes, beaches and rocky headlands on the NSW coast. There are also many inshore and offshore fishing opportunities from your boat or if using one of the many experienced charter fishing services available.

There are many reasons to go fishing, including to unwind and relax, spend time with family and friends, enjoy nature and of course to catch a tasty meal of fresh fish. Over a million people in NSW enjoy this fantastic lifestyle and the great news is that you are never too old or young to take up fishing so get out there and give it a go! Getting into fishing is easy. If you don't know where to start, just head into your local tackle store where the friendly staff can provide tips on tackle, bait and techniques plus point you to a safe, convenient spot to throw a line in.

NSW DPI has developed these *Go Fishing* guides as a snapshot of popular NSW fishing locations in both fresh and saltwater to help improve your recreational fishing experiences. For more information on other locations, fish species, size and bag limits and permitted gear not listed in these guides, visit the NSW DPI website or download the **FishSmart App** from the App store on your Android or iPhone.



Overview

Middle and North Harbour go largely unnoticed in the shadow of Sydney Harbour's more famous and iconic tourist attractions.

While the two smaller waterways might not spark the interest of the average tourist or sightseer, to keen fishos they're very interesting!

Despite being part of the same catchment as Sydney Harbour and the Parramatta and Lane Cove rivers, Middle and North Harbours are both very different systems.

Middle Harbour is much like a river, being relatively deep throughout with many arms and bays. It boasts a well-deserved reputation for producing quality yellowtail kingfish, mulloway, bream and squid.

In contrast, North Harbour is more akin to a large bay branching to the north from the main entrance. While its fishing popularity does not live up to other more frequented areas in Sydney Harbour, it has developed a name for quality luderick, silver trevally and bream.

Fishing access in both areas is generally pretty good and there are doubtless many more spots to be discovered and explored than are highlighted in this guide.

While this *Go Fishing* guide provides details on some of the better known locations, take the opportunity to find your own fishy spots. A bit of exploration and discovery can make your fishing experience more satisfying, as not much beats finding a productive location after a little investigative homework.

Before you plan a trip to either of the harbours, make sure you do your homework as several fishing closures are in place. These closures exist to preserve unique environments and a variety of other reasons. Most of these closures are signposted. Be aware that penalties apply for not complying with the relevant rules and regulations.

Along with Sydney Harbour and the Parramatta and Lane Cove rivers, Middle Harbour and some of North Harbour are listed as Intertidal Protected Areas. This means take of any seashore animals is strictly prohibited, this includes crabs, snails, cunjevoi, octopus, sea urchins, anemones, pipis, cockles, mussels, oysters and nippers (saltwater yabbies). For more information on Intertidal Protected Areas and the Port Jackson Shellfish closure, please check <https://www.dpi.nsw.gov.au/fishing/recreational/resources/info/local-fishing-guides/sydney-harbour>.

Continued on page 4

*Middle & North
Harbour*

Continued from page 3

Much of North Harbour is an aquatic reserve established to conserve important habitat, species and nursery areas, such as seagrasses, other marine plants, cunjevoi and invertebrates. Aquatic reserves are also important places for research and education. You can line fish for finfish only (fish with a backbone) in this reserve; the taking of squid, octopus or cuttlefish by any method is prohibited in the reserve. Spearfishing is not permitted in all the waters of North Harbour including the aquatic reserve.



For more information on aquatic reserves, visit www.dpi.nsw.gov.au/fishing/habitat/protecting-habitats/mpa or download the 'FishSmart' app from the app store for all NSW marine park maps, local weather and tides, bag and size limit information and more.



North Harbour is also subject to Little Penguin critical habitat areas from sunset to sunrise July 1 to February 28 inclusive. For more info visit: www.environment.nsw.gov.au/animals/TheLittlePenguin.htm

As anyone who has ever spent time on their foreshores or out on the water will know, Middle and North Harbours are extremely busy waterways with significant boat traffic, industry, tourism and recreational/commercial use. The key to enjoying this shared resource is for recreational fishers to fish responsibly and make sure we present a positive image by cleaning up any fishing related mess (even if it's not yours!), keeping the noise down (especially at night) and to show respect and courtesy to other users such as commuters, residents and workers.

Following these commonsense suggestions will help ensure we all enjoy continued access to the fantastic land-based fishing locations on offer along these waterways, both now and into the long-term.

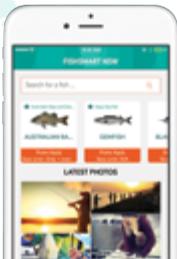
This guide to *Middle & North Harbour Parks & Reserves* is the final instalment of a three-part series of Sydney land-based DPI *Go Fishing* Handbooks.



Check out the app: **FishSmart**

NSW DPI has created an app that provides recreational fishers with 24/7 access to essential information they need to know to fish in NSW, such as:

- ❑ a pictorial guide of common recreational species, bag & size limits, closed seasons and fishing gear rules
- ❑ real-time maps to locate nearest FADs (Fish Aggregation Devices), artificial reefs, Recreational Fishing Havens and Marine Park Zones
- ❑ local weather, tide, moon phase and barometric pressure to help choose best time to fish
- ❑ guides on spearfishing, fishing safely, trout fishing, regional fishing
- ❑ DPI contact for reporting illegal fishing, fish kills, pest species etc. and local Fisheries Offices
- ❑ DPI Facebook news.



Search for a fish, weather info and gallery



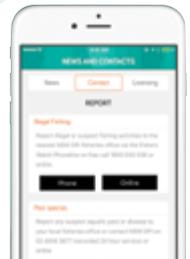
See your location in relation to FADs, Marine Park Zones, RFHs & more



Check the bag and size limits for popular species



Check the rules for different gear types

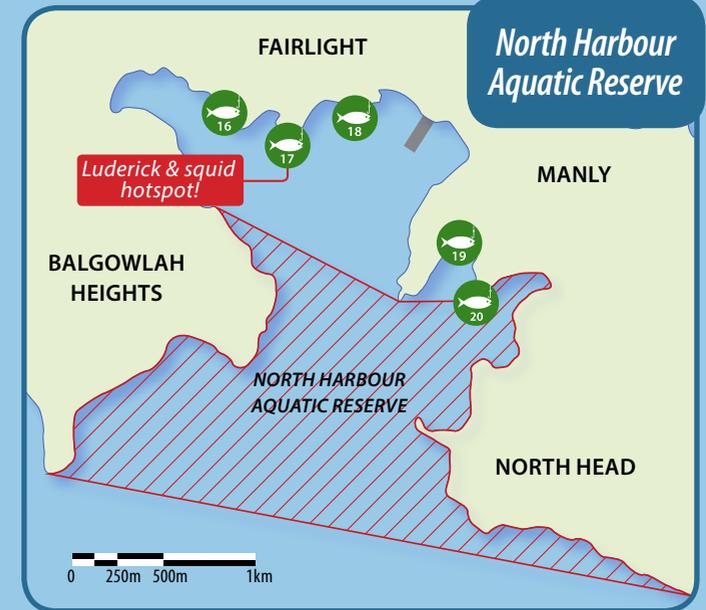


Contact Fisheries – Report illegal fishing & more

Middle & North Harbour Land-based locations

Site No. & name

1. Killarney Drive Point
2. Tunks Park
3. Sugarloaf Bay
4. Folly Point Reserve
5. H.C. Press Park
6. Clive Park
7. Pickering Point
8. The Spit Reserve
9. Burran Avenue Rocks Rosherville Reserve
10. Fisher Bay Reserve Avona Avenue
11. Rosherville Reserve
12. Bradys Point
13. Clontarf Park
14. Rocky Point Balmoral Park
15. Balmoral Beach/Baths
16. Esplanade Park
17. Kay-Ye-My Point
18. Federation Point
19. Little Manly Point
20. Manly Point Park



*Line fishing for finfish only is permitted in North Harbour Aquatic Reserve (All other fishing methods and taking of invertebrates and marine vegetation is prohibited, including taking squid, octopus and cuttlefish).

Note: Spearfishing is prohibited in all the waters of North Harbour.

Please see overview on pages 3 and 4 for more information about North Harbour Aquatic Reserve, or visit <https://www.dpi.nsw.gov.au/fishing/marine-protected-areas/aquatic-reserves/north-harbour-aquatic-reserve>.

FISH RESPONSIBLY!

- ✓ Leave no litter
- ✓ Be respectful
- ✓ Minimise noise (especially at night)
- ✓ Promote safe and responsible fishing

NOTE: This fishing map is only to be used as a general reference overview.

See <https://www.dpi.nsw.gov.au/fishing/recreational/resources/info> for regional fishing and crabbing guides.

See www.dpi.nsw.gov.au for details on fishing regulations.

See www.rms.nsw.gov.au/maritime/using-waterways/public-ferry-wharves/clean-safe-wharf.html on ferry wharf fishing regulations.

Not for navigation.



Fish responsibly!

Do the right thing on Sydney's ferry wharves



While most anglers fishing the wharves do so responsibly, a minority continue to do the wrong thing. It is vital all fishers do the right thing as these wharves are simply too good to lose!

If you enjoy fishing from Sydney's ferry wharves, make sure you:

- ✓ Be considerate of nearby residents and keep the noise to a minimum, especially after 10pm.
- ✓ Be considerate of nearby businesses.
- ✓ Remember vessels and passengers have priority, clear your lines and tackle when they approach and move aside.
- ✓ Do not block access or leave tackle on commuter seating and be respectful to passengers.
- ✓ Always dispose of all rubbish, bait and unwanted tackle responsibly even if it is not yours.
- ✓ Always clean up any fishing mess like scales, blood, ink or bait with a bucket of water before you leave.
- ✓ Follow recreational fishing rules.

Report suspicious fishing activity to the **Fishers Watch Phonenumber on 1800 043 536** and contact NSW Police to report any anti-social behaviour.



NSW DPI has produced an educational video providing more info and handy tips about safely and responsibly fishing the ferry wharf network.

Check it out on the **DPI YouTube channel!**

Help maintain your access to the Sydney ferry wharves network by always doing the right thing. **Encourage your fishing mates to behave responsibly.**



Key target species



Luderick

PEAK SEASON: Year round.

TECHNIQUE: Bait fishing with cabbage and green weed and occasionally as by-catch targeting bream and whiting with marine worms.

There is also a growing number of anglers targeting luderick with fly fishing outfits and weed flies.

TACKLE: 3-4kg spin outfits generally using longer 3m slow action rods. Standard luderick rigs incorporate a stem float weighted by a split shot terminating in a 6-8 sneck hook baited with strands of green or cabbage weed. Some anglers are also having success using artificial weed flies in place of actual weed.

HOT SPOTS: Federation Point, Yeoland Point, Spit Bridge.

BAG & SIZE LIMITS: 10 per day 27cm and over.



Yellowtail Kingfish

PEAK SEASON: Year round.

TECHNIQUE: Middle Harbour has established a reputation for producing good numbers of quality kingies in the metre-plus size. The most productive techniques for these "hoodlums" involve using fresh squid and yellowtail fished into the deeper water off many of the rocky outcrops and reserves.

Smaller kingfish can be targeted with soft plastics and poppers cast off from these same locations; fresh squid strips and pilchards also account for plenty of "rat" kings when they are about.

TACKLE: Spinning reels in the 8000-20000 size loaded with 25-40kg braid matched to a popping style rod teamed with 30-60kg fluorocarbon leader is the required tackle for chasing metre-plus kingies when jigging and popping.

For casting poppers and soft plastics or floating some squid and pilchards around the deeper wharves and piers, a 4-8kg 2.1-3m spin stick and a 4000-6000 size spinning reel loaded with 8-15kg braid and 10-20kg fluorocarbon leader will be well suited to chasing the school sized fish.

HOT SPOTS: Spit Bridge.

BAG & SIZE LIMITS: 5 per day 65cm and over.





Squid

PEAK SEASON: Year round.

TECHNIQUE: Commonly targeted using squid jigs. Squid will often attack live or dead bait used for kingfish or mulloway.

TACKLE: 2-4kg spin outfits with 3kg braid and 3-4kg leaders. Try an array of jigs in different colours and sizes (colours including pink, orange, natural and purple can be effective).

HOT SPOTS: Exist throughout both harbours, look around shallow sea grass beds and rocky weed covered shoreline.

SIZE & BAG LIMITS: 20 per day (single or combination of species).

Note: Taking of squid, octopus or cuttlefish by any method in the North Harbour Aquatic Reserve is prohibited.



Bream

PEAK SEASON: Year round.

TECHNIQUE: Bait fishing with fresh prawns, fish strips (i.e. mullet, striped tuna), marine worms; lure fishing with soft plastics, vibes and small hard-bodied divers.

TACKLE: 2-4kg spin outfits, 2kg braid or mono and 2-5kg leader. For bait fishing, use size 2-1/0 non-offset circle hooks unweighted or with a small running "00" ball sinker. Circle hooks are preferred for catch & release. The use of berley is effective when targeting bream on bait. Use 1-2 gram jig heads on size 1-2 hooks teamed with 3-8cm "wiggler" style tails when targeting bream on plastics. Use a slow "lift and drop" retrieve.

HOT SPOTS: Clontarf Park, Folly Point Reserve, Kay-Ye-My Point.

BAG & SIZE LIMITS: 10 per day 25cm and over.

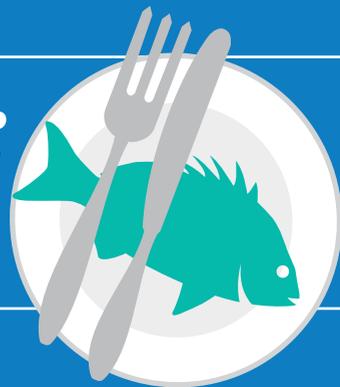


Other species

Other common species including **dusky flathead, Australian salmon, tailor, flounder, mullet, garfish, silver trevally and whiting** can be encountered in both Middle and North Harbour. Whiting can be prolific at times and provide excellent sport and eating qualities. If you'd like to catch a few whiting, try casting small surface poppers and stick baits on a light outfit over the shallow flats and weed beds, especially around the entrance to Middle Harbour.

Both Harbours also have unique trait of offering up tropical visitors, especially during the summer months. Sportfish such as cobia, samson fish, amberjack, spangled emperor and Watson's leaping bonito are encountered at these times. While not in large numbers, catches of these species happens with enough regularity each year to be the best possible chance at one of these northern species in the Sydney region.

Eating your catch: dietary advice



Previous test results have revealed elevated levels of dioxins in fish and crustaceans across Sydney Harbour, including the Parramatta River and other connected tidal waterways. A ban was consequently placed on commercial fishing in 2006 as a precautionary measure.

Recreational fishing in these waterways has not been banned, but fishers are urged to follow dietary advice on the consumption of seafood from Sydney Harbour, the Parramatta River and other connected tidal waterways. Fishers can also continue to practice catch and release.

Based on advice from an expert panel, the Government is recommending that:

- No fish or crustaceans caught west of the Sydney Harbour Bridge should be eaten. You should release your catch.
- For fish caught east of the Sydney Harbour Bridge generally no more than 150 grams per month should be consumed.

Recommended maximum intake based on eating a single species caught east of the Sydney Harbour Bridge

Species	No. of 150 gram serves per month	Amounts per month	Species	No. of 150 gram serves per month	Amounts per month
Fanbellied leatherjacket	24	3600 g	Crab	5	750 g
Dusky flathead	12	1800 g	Silver trevally	5	750 g
Flounder	12	1800 g	Prawns	4	600 g
Kingfish	12	1800 g	Squid	4	600 g
Luderick	12	1800 g	Bream	1	150 g
Trumpeter whiting	12	1800 g	Silver biddie	1	150 g
Sand whiting	8	1200 g	Tailor	1	150 g
Yellowtail	8	1200 g	Sea mullet	1 every 3 months	50 g

Testing of popular species has allowed for more accurate dietary advice.

<https://www.dpi.nsw.gov.au/fishing/recreational/fishing-skills/fishing-in-sydney-harbour>

Sydney's wharves, piers and parks are too good to lose!



- ✓ Leave no litter
- ✓ Minimise noise
- ✓ Be respectful
- ✓ Follow fisheries rules and regulations
- ✓ Promote safe and responsible fishing