



October 2021



Valley of Giants, Walpole-Nornalup National Park | credit: DBCA
[@valleyofthegiantstreetopwalk](#)

Immersing in forest calm

“The forest is the therapist”, says Belinda Rowland when introducing her Forest Bathing groups to a mindful nature experience in the Ancient Empire Walk within Walpole’s famed Valley of the Giants.

“Quietly acknowledge everything the forest gives you – the invitations of bird song, gratitude for the signs of the forest Quokka. The tingle trees for their age and beauty. The wildflowers for their colour and the leaf litter for its shapes and recycling.”

Inspired by the Shinto reverence (indigenous belief system) for nature, Japanese government-backed research in the 1980s looked at measurable health benefits of walking in the forest. A formal therapy was called Shinrin-Yoku (forest bathing). Already widely popular in Japan, Europe, UK and the USA, it's becoming increasingly popular in Australia, including here in WA.

[Read more](#)

In praise of Cape Le Grand



Lucky Bay, Cape Le Grand National Park | credit: Richard Smyth - Wild Earth Images

By David de Vos, Parks Ambassador

It's the middle of October. The south west is damp and the wheat just loves it with the endless fields showing endless gold. Midas-touched is a fair description.

There's the blackest of blacks too. Look at them - Angus with glistening hides, up to their hocks in grass.

Of course, the gold and black of agriculture disappear as you get close to the coast. But there's another color to mention - an electric, blue-green flash between the hills. Is it turquoise or aqua or teal? No, I'll go with cyan!

Welcome to Cape Le Grand National Park, 45 minutes from Esperance, with heathlands, granite peaks, the whitest beaches in Australia and fringing shallows in the color called cyan. The tropics are envious.

[Read more](#)

Blue Roo 4 You



Valley of Giants, Walpole-Nornalup National Park | credit: DBCA
@valleyofthegiantstreetopwalk

A blue kangaroo paw resulting from ground-breaking plant hybridisation research at the Botanic Gardens and Parks Authority will be available for commercial release in early 2022.

The 'Masquerade' kangaroo paw, the only blue variant world-wide, is the result of almost a decade of development by BGPA plant breeders.

True blue flowers are rare in native plants and the commercial development of the *Anigozanthos* 'Masquerade' kangaroo paw required controlled cross-pollination between green and red-and-green varieties over many years.

[Read more](#)

Island haven for Swan River birds



New haven for waterbirds on the Swan River. The project was a recommendation in the State Government's 2000 report, "Bringing Back the Swans". | credit: City of South Perth

Djirda Miya, or 'home of the birds', is a new artificial island on the Swan River for waterbirds to nest away from people, bikes and dogs.

Local waterbirds are preparing to move into their new home as work on the Black Swan Habitat nears completion. It's hoped the iconic black swan will nest there.

The \$1.5 million project funded by the City of South Perth and the WA Government is repairing damaged river walls and creating vital habitat for wildlife along the South Perth foreshore.

[Read more](#)

Astro Rocks Fest a winner!



Sunset over The Granites, Mount Magnet. | credit: Shire of Mount Magnet

The WA Parks Foundation was well represented at the 2021 Astro Rocks Fest at Mount Magnet and feedback confirms that this popular event gets better year by year.

Distinguished plant conservationist , Professor Stephen Hopper AC who is a Park Ambassador was a contributor. With Michael Wingate from the Geological Survey of WA, he provided a tour of The Granites “Life on Granite Outcrops: Layers of Meaning”.

[Read more](#)

Comment invited on Walpole Wilderness Management Plan proposed amendment



Monastery Landing on the Frankland River, Walpole-Nornalup National Park | credit: Department of Biodiversity, Conservation and Attractions (DBCA)

A proposed amendment of the *Walpole Wilderness and Adjacent Parks and Reserves Management Plan 2008* is now available for public comment.

It has been prepared on behalf of the Conservation and Parks Commission by the Department of Biodiversity, Conservation and Attractions (DBCA), in accordance with the *Conservation and Land Management Act 1984* (CALM Act).

[Read more](#)

#springintoparks



credit: Ways To Nature

Spring into Parks Night Ramble Tour

Enjoy a night ramble nature walk with Ways to Nature on Saturday 6 November from 7pm.

Search for nocturnal wildlife and learn about their fascinating adaptations while exploring Yalgorup National Park's woodlands after dark.

Numbers are limited, so book your place early!

[Book here](#)



credit: Kanyana Wildlife Rehabilitation Centre

The 2021 Wildlife Show!

The WA Gould League and the WA Naturalists' Club will be hosting a special Wildlife Show at the Herdsman Lake Discovery Centre and

surrounds on Sunday 7 November from 11am – 4pm.

Throughout the day there will be wildlife & nature related exhibits, hands-on nature-based activities, community mural painting, as well as food stalls and coffee.

[Book here](#)

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