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WA Parks Foundation | Connecting people to parks.

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Spring 2022



## Go Wild!

Spring into Parks celebrates our spectacular wilderness and access to nature through a diverse range of events and activities – from forest bathing to stargazing, hut building to flag making, nature journaling, and yoga in an ancient cave.

Supported by Lotterywest, the WA Parks Foundation has created a special program of community-based activities. Visit the online calendar and find your inner wilderness warrior.

[Read more](#)

# Highlights



## Family Nature Day - Sunday 4 September and 2 October

Spend a relaxing afternoon with family and friends this Father's Day, surrounded by the natural wonder and beauty of Herdsman Lake in Wembley. This popular monthly event features aquatic net scooping, guided nature walks and nature craft activities, and often includes special extras such as storytelling, book launches, games and more.

Explore the Discovery Centre, its live animal exhibits and interactive displays, Grab something special from the gift shop or enjoy a barista coffee. Family Nature Days are the perfect way to round out your weekend!

[Read more & book here](#)



## Retreat to the Sanctuary - Sunday 11 September

Retreat into the Paruna Wildlife Sanctuary for a slow and relaxing day forest bathing amongst spectacular woodland, wildflowers, creeks and waterfalls.

Your certified forest therapy guide will take you on a journey to recharge and connect with nature. The experience involves a series of reflective practices, sensory exploration and slow movement to help relax, become more present and connect with the natural world

The experience concludes with a Japanese inspired tea ceremony followed by a delicious picnic.

[Read more & book here](#)



## Tunnels, Falls & Eagle Views - Wednesday 14 September



## Mt Magnet Astro Rocks Fest - Friday 16 to 18 September

Experience the impressive and historic Swan View Tunnel, the delightfully scenic National Park Falls, and views of the Swan Coastal Plain from the Eagle View Lookout on this "Tunnels, Falls & Eagle Views Hiking Experience".

Join Off The Beaten Track WA as they guide you on a 10km hike in John Forrest National Park, through tunnels, past waterfalls and cascades, and then following the ridge until you reach awe-inspiring views of the Perth city skyline!

[Read more & book here](#)

From ancient Aboriginal observations to futuristic radio astronomy projects in the Murchison GeoRegion, the Mount Magnet Astro Fest is a weekend event that celebrates the importance of astronomy and rocks.

Family-friendly, this three-day event observes and educates visitors about the ancient land, cultural connections (particularly with local Badimia people), the associated biodiversity and the vastness of the night sky.

[Read more & book here](#)



### **Nature Journaling with wildflowers in Kings Park - Sunday 18 September**

Express your creativity using words, pictures and numbers through observing the natural environment around you. Following a meditation, the group will take a gentle wander with nature to notice, inspire creativity or just be.

You will then be encouraged to allow your creativity to flow through a series of guided nature journaling activities. There will be opportunities for insight, through reflection and discussion with



### **Morning Birdwalk - Sunday 18 September & Wednesday 26 October**

Spot native bird species on a walk around parts of picturesque Herdsman Lake, guided by the experts from Birdlife WA.

Immerse yourself in the world of birdwatching and meet like-minded people in the local community.

The session begins with a visual presentation on Herdsman Lake, birdlife, bird watching techniques, and how to use binoculars effectively.

others. The nature journaling workshop will conclude with afternoon tea.

[Read more & book here](#)



### Night Ramble in Yalgorup National Park - Saturday 24 September, 1 & 5 October

Explore the bush after dark with a Ways To Nature Night Ramble spotlighting tour in the beautiful Yalgorup National Park.

Learn about the fascinating adaptations of our nocturnal wildlife as we experience curious hoots, croaks and eye-shines.

You may even catch a glimpse of the Bindjareb region's most threatened marsupial, the Western Ringtail Possum!

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Binoculars can be provided for those needing to borrow a pair.

[Read more & book here](#)



### Walk on Country at Cape Le Grand - Thursday 29 September to 1 October

Walk on Country at Cape Le Grande National Park along Hellfire Bay track, where [Dabungool Cultural Experiences](#) will share cultural uses of plants as well as Dreamtime stories about the area. A Bush Tucker morning tea experience will be included.

Dabungool Delivers Cultural Awareness, Education and Experiences in Kepa Kurl Nyungah Boodja (Esperance), sharing their cultural knowledge with the community and emerging leaders.

[Read more & book here](#)



## Walpole Wilderness BioBlitz - Saturday 1 & 2 October

Survey the species at the Walpole Wilderness BioBlitz (WWBB) and join volunteers in this popular citizen science project. Last year, this highly rewarding bioblitz event, attracted over 150 citizen scientists and other conservationists.

This year, the focus of the bioblitz is on the secrets of the ancient Tingle Forest in WA's Southwest and its associated ecosystems. Within each group there will be experienced volunteers/experts who will guide the group as to how best to capture the species in the area.

It is essential to register in advance.

[Read more & book here](#)

## Cabaret Cave Yoga in Yanchep National Park - Sunday 2 October

Experience the wilderness and wonder of Yanchep National Park in this unique yoga & guided hike experience and get in touch with your inner yogi in a beginner-friendly 45-minute yoga session in the depths of the Cabaret Cave.

After yoga, explore the sights and sounds of pristine wetlands and bushland that hold an abundance of natural and cultural history.

Settle in for a refreshing cold-pressed juice and a calming moment to reflect at the end.

[Read more & book here](#)

**#springintoparks for more adventures!**

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Uniting the community through a shared love for our WA Parks to protect and conserve them for our physical and mental health, and so they can be enjoyed into the future.

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Get in touch with us  
[info@ourwaparks.org.au](mailto:info@ourwaparks.org.au)



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