

Nature-based activities, Mother Nature's Medicine, Bushwalking,
Stirling Ranges hiking and more...

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Happy World Wildlife Day! (3 May). There are many ways to get involved in Citizen Science to help our WA wildlife. WA's community based [turtle conservation](#) projects invite volunteers to assist with monitoring and recording turtle breeding and hatching activities. (Photo: Live Ningaloo)

Welcome to the WA Parks Foundation News, where you can find updates from the WA Parks Foundation as we celebrate Our WA Parks and work to increase community appreciation and involvement in the stewardship of our incredible national parks and conservation estate.

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Man on a mission – exploring all of WA’s Parks



(Exploring Esperance. Photo: Griffin Longley)

Park Ambassador Griffin Longley is a man on a mission. His mission is to explore all 100 of WA’s National Parks and write about his experiences. The WA Parks Foundation is pleased to share these stories with you. Here is the first instalment.

Mission 1 - Fitzgerald River, Stokes and Cape Le Grand National Parks, by Griffin Longley.

A young Frenchman waved us down as we drove from Cape Le Grand National Park

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Mother Nature's Medicine



(Forest Bathing in Golden Valley Tree Park. Balingup. Photo: Colin Ingram)

From the University of Michigan to Japan's national health program, studies are showing that time spent in nature directly correlates with people living longer, happier lives.

WA Parks Foundation Ambassador Professor Lyn Beazley AO said just being in nature has many benefits.

“The positive endorphins your body produces while exercising, or because you are away from your computer screen, or simply because you were distracted from life's challenges for a fleeting moment - we can all gain both physically and mentally from connecting with our natural environment,” she said.

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south-west



Looking for ideas for getting your kids outdoors? There are a number of opportunities providing the community with unique, enjoyable activities that help participants discover marvellous natural areas in and around Perth and the south-west. Specially designed activities are offered for schools, holiday periods and the general public.

There are several organisations that offer a range of nature-based activities...

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Meet Park Ambassador David Flanagan AM

David Flanagan has worked in the resources sector for 25 years and achieved recognition for several corporate and community achievements. David is currently a Director of

Murdoch University. He is Patron of Many Rivers Microfinance, Kalparrin and the Bunbury Museum Foundation. David was awarded Western Australian of the Year and Business Leader of the Year in 2014, an Eisenhower Fellowship in 2013, the Governors Award for Giving in 2011, an EY Australian Entrepreneur of the Year award in 2010 as well as the WA Business News First Among Equals in 2009. During his time as Managing Director at Atlas Iron it was also recognised with Restructuring Deal of the Year in 2016 and Digger of the Year 2009.



Why do I love WA Parks?

"I just love the bush, the peace and sense of connecting with nature. Something really good happens when you do it. It just helps me deal with whatever is on my plate. Preserving and promoting access our parks is such a great initiative for our community"

Feature National Park: King Leopold Ranges Conservation Park



Photo: C Ingram

(Bell Gorge. Photo: Colin Ingram)

[King Leopold Ranges Conservation Park](#), located off the Gibb River Road, 240 kms east of Derby, in Western Australia's Kimberley region is known for its spectacular Bell Creek and [Lennard gorges](#), swimming holes, hiking trails and the peaceful campsite at [Silent Grove](#).

This Park is home to rare plant and animal species (Northern Quoll, Golden bandicoots, Northern Brush-tailed Possum) and is a haven for birds, including nationally threatened species (Gouldian Finch, Purple-crowned Fairy-wren, Red Goshawk). The area supports high floral and faunal diversity because it has a number of different biogeographic regions and has not been disturbed.

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Feature Urban Park: Beelihar Regional Park



(North Lake. Photo: Urban Bushland Council)

[Beeliar Regional Park](#) is located in the south west of the Perth metropolitan area. The Park comprises 26 lakes and many other associated wetlands in two main chains located parallel to the coast.

Beeliar Regional Park provides for a range of passive and active recreation opportunities, including [bushwalking](#) and bird watching including strategically positioned bird hides. This park is of particular significance for providing the opportunity to recreate in natural environments that are relatively undisturbed yet close to urban areas. A wide variety of natural features such as the lakes, wetlands and bushland areas as well as coastal environments, provide visitors with a variety of recreation opportunities and experiences.

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What to do in Parks – Bushwalking



(Bushwalking in Julimar Forest on the Pilgrim Trail. Photo: L-A Shibish)

You can go hiking, rambling, trekking and tramping in our parks, but we don't use those terms. In Australia it's called bushwalking and it includes everything from short walks on flat, well-formed tracks to multi-day expeditions that should only be attempted by the fit, experienced and skilled.

Western Australia is huge and at around twice the size of Western Europe, it offers amazing opportunities to explore on foot. Established bushwalking trails give you the chance to discover yourself and explore local culture, jaw-dropping outback landscapes, old growth forests, pristine white beaches, wildflower meadows, and stunning ancient red gorges.

[Bushwalking trails](#) are listed on [TrailsWA](#), which is a comprehensive collection of information on locations, directions, safety tips, and amenities near-by.

[Read more...](#)

Video: Talyuberlup Peak, Stirling Range Western Australia



The beauty of the mountain landscape, its stunning, diverse and colourful wildflowers and the challenge of climbing [Bluff Knoll](#) have long drawn bushwalkers and climbers to the Stirling Range National Park.

Walking is an ideal way to discover the rugged beauty and enchanting wildflowers of the Stirling Range. There are established walks up [Bluff Knoll](#), [Mt Trio](#), [Mt Toolbrunup](#), [Mt Hassell](#), Talyuberlup Peak and [Mt Magog](#).

Enjoy this [video](#) of the stunning scenery of Talyuberlup Peak, Stirling Range Western Australia.

Tell us what you think!

We'd love to hear from you about what you think of *WA Parks Foundation News*, what you would like to see and if you have any questions about the WA Parks Foundation.

[Contact us at info@ourwaparks.org.au](mailto:info@ourwaparks.org.au)



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