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John Forrest National Park renewal, Health Benefits of Camping,
National Tree Day events, Mountain Biking and more...

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New universal access pedestrian bridge across Jane Brook in John Forrest National Park, part of a major renewal of WA's first and much loved national park. (Photo: Melanie Wilshin)

Welcome to the WA Parks Foundation News, where you can find updates from the

national parks and conservation estate.

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Renewal at John Forrest National Park



Reconstructed walls and new picnic facilities at John Forrest National Park (Photo: L-A Shibish)

Western Australia's oldest national park, [John Forrest National Park](#) was established in 1900. Named after the State's first premier, it is and remains one of Perth's favourite day trip and picnic destinations. Now 118 years old, the park is getting a much-needed makeover.

iconic Jane Brook pedestrian bridges located at the base of the Grand Staircase.

During a recent visit to John Forrest National Park, WA Parks Foundation chair Hon Kerry Sanderson AC remarked, "It is wonderful to see the area around Jane Brook being restored, with the rock walls rebuilt, the picnic area transformed with new tables and sympathetic landscaping, and with paths upgraded. This important national park will again become a showcase of how national parks can help us to re-connect with our natural heritage. The work being undertaken by the Department in this first stage of the restoration means that the Park can become a symbolic Gateway to our national parks as the work is completed over the next few years".

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10 Health Benefits of Camping



Children playing during camping trip to Silent Grove (Photo: L-A Shibish)

Whether you enjoy bushwalking, mountain biking, wildflower viewing or any other outdoor activity, [camping](#) offers you a way to focus completely on a hobby for a few days without external distractions. Waking up to the sounds of nature - birds singing, leaves rustling, water lapping - sure beats the sound of an alarm clock. For most, camping may simply be a short escape from the daily grind and the urban jungle. What you might not realize is that camping can help you live a longer, healthier life.

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National Tree Day



Planting trees is good for the environment and good for our health and well-being (Photo: National Tree Day)

National Tree Day is an opportunity for you to do something positive for your community and the environment by reconnecting with nature. National Tree Day started in 1996 and since then more than 3.8 million people have planted 24 million trees and plants and the event is still growing.

This year, [National Tree Day](#) is 29 July 2018 and School Tree Day is 27 July. Planet Ark oversees the initiative and for the past four years, have commissioned research on the implications of contact with nature on an individuals' health, wellbeing and development. Research shows that time in nature helps us thrive as individuals - physically, intellectually, emotionally, mentally, and ethically. The results present a compelling business case regarding the value of nature and the multitude of benefits associated with green time including enhanced learning, concentration, healing, relaxation and recovery, to name a few.

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Janet Holmes à Court is Chairman of the Australian Children's Television Foundation and long-standing former Chair of the West Australian Symphony Orchestra. She is a Board Member of Australian National Academy of Music, Australian Major Performing Arts Group, Chamber of Arts and Culture WA, Australian Urban Design Research Centre, Australian Institute of Architects Foundation and the New York Philharmonic International



Advisory Board. She is also a member of the Centenary Trust for Women Board of Advisors at the University of Western Australia and State Buildings Advisory Board, Western Australia. Janet is the owner of the Holmes à Court Collection which started in the early 1960s from the family's interest in Australian and Indigenous art. It has steadily developed over time into an internationally renowned collection that documents many areas of Australian cultural significance.

Why do I love WA Parks?

"My love for Parks dates back to my childhood. I was lucky enough to live close to John Forrest National Park and have the wonderful memories of exploring and playing in the bush. Parks have always been an important part of my life."

Feature National Park: Mirima National Park



Mirima National Park (Photo: Parks & Wildlife)

Home to the mini Bungle Bungles - Mirima, also known as Hidden Valley, is an ancient limestone range that has been eroded over centuries by wind and the waters of Lily Creek into a broken series of gorges and twisted valleys. Spectacular rock formations in parts of the national park bear a resemblance to the more famous and larger Bungle Bungles in Purnululu National Park. Regarded as a site of special significance, Mirima is the name given to the area by the local Aboriginal people, the Miriwoong. Rock paintings and engravings have been found here, and at Lily Pool visitors can see indentations in the rocks where axes and spears were once sharpened.

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Feature Urban Park: Rockingham Lakes Regional Park



bushlandperth.org.au | Urban Bushland Council WA Inc

Lake Richmond boardwalk in Rockingham Lakes Regional Park (Photo: Urban Bushland)

[Rockingham Lakes Regional Park](#) is a network of environmentally significant lands containing coastal, wetland and upland ecosystems that together form a significant recreation and sanctuary zone in what is otherwise a highly urbanised area. The park covers a total area of 4270 Ha.

The park stretches from Port Kennedy to Cape Peron along the coast and reaches inland to the wetlands of Lakes Coo loongup and Walyungup, Tamworth Hill, Tamworth Hill Swamp, Anstey and Paganoni Swamps.

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What to do in Parks – Mountain Biking



Munda Biddi mountain bike trail is popular for all ages. (Photo: Trails WA)

Mountain biking is one of the most rapidly growing recreational and sporting activities in Western Australia, following similar trends worldwide. WA is blessed with some of the best riding conditions in the world and with more and more people taking up mountain biking the [network of trails](#) is expanding.

[Read more...](#)

Video: Mountain Biking

Adventure and riding come naturally in Australia's South West, with an outstanding network of trails that take casual riders and serious mountain bikers into the heart of the region's wildflower country and stunning forests.

Enjoy this Kalamunda Mountain Biking [Video](#) produced by Periscope Pictures and the WA Museum.

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.

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