

What's on in parks this week

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What's happening in parks this week



Now is the perfect time to get your friends and family out in nature and get active in our WA parks.

There are so many things to do - whether you enjoy an afternoon picnic, wanting to relax and take in the magnificent surroundings or perhaps you feel like something more organised? We've found some events and activities happening across parks this weekend to help get you started!

Find out [what's happening](#) this weekend.

Benefits of being in our parks



Photo: Nature Play

Winter's over, so it's a great time to get out, explore our parks and soak up some sunshine. Getting out and being outdoors is good for the mind, as well as the body.

Being out in nature provides you with a lot of benefits, and we are highlighting six, to help motivate you out into parks this weekend.

[Find out more.](#)

Listen in to ABC Perth for more parks stories



Mount Augustus National Park (Photo: So Perth)

Last week we heard from WA Parks Foundation Ambassador and award-winning writer, Tim Winton, discussing all things [Ningaloo Marine Park](#).

Today, campground host of ten years, Bill Stevens, will be talking about [Mount Augustus National Park](#) and what it's like to help out at remote campgrounds.

Tune in to ABC radio at 3.30pm to hear some great stories about outback camping.

Don't forget to join in the *Park of the Week* discussion by sharing your favourite park images on our Facebook page or by using #ourwaparks.

Visit the [website](#) to find out more on this week's #ourwapark *Park of the Week*.



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