

Take a Walk on the Wild Side

Conservation and Forest Alliance
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HUMAN wellbeing is linked to the natural environment in many ways and understanding of these links is deepening.

We see many “natural” playgrounds being established in schools and parks around our cities and towns at great cost.

Toodyay has 28,000 hectares of natural playground on its doorstep – the Julimar Conservation Park – one hour’s drive from Perth for all to benefit from with no cost except to take a leisurely trip along a beautiful tree-lined road.

Being out in nature, among the trees, listening to the birds singing, wandering through the environment looking at the flora and fauna has excellent health benefits.

Not only physically but mentally.

Being in nature lifts the veil of depression, bringing a euphoric feeling of wellbeing and peace.

National parks bring many benefits to people in our fast-paced world.

The feeling of freedom when among the giant trees and bush, whether for camping or just a day’s picnicking, has enormous benefits for people.

It takes us out of the environment of work, bills and struggles with everyday life, and allows us to be as we once were – at one with nature.

We are free from mobile phones, computers, TV and the likes – the hustle and bustle of life.

Camping among the trees with the birds, insects, flora and animals gives the body and mind time to slow down and appreciate the excellent values of nature at its best.

Discovering that wild orchid or encountering a kangaroo while on a walk through the forest

is such a special moment.

Hiking or mountain bike riding is another benefit of a forest.

One can take a backpack, water and snacks and go for a long or short hike or ride through the trees and shrubs.

Following the paths of animals that take them off the beaten track and into other areas not often traversed by people.

There is a sense of adventure, strengthening the body and mind, releasing endorphins with that feeling of happiness and joy at the beauty of the environment.

It brings emotional and physical wellbeing to a person.

Going in groups is great fun, exploring looking at different aspects of the forest, discovering that orchid you may have been hoping to find is such joy.

Fresh air and exercise, the colour of the trees, the flowers, even the insects going about their daily activities is fascinating and brings mental stimulation and peace.

Children can learn and benefit so much from nature.

The practice of photography is a way of enjoying the forest whilst upholding the “Leave No Footprint” principle.

This gives a person solitude to enjoy time in the forest with the benefit of sharing the experience while socialising with friends and family.

Whether spending time in solitude while in the forest or joining more sociable activities with like-minded people, these experiences have been shown to lead to positive outcomes, including spiritual well-being as well as enhanced coping skills in today’s busy world.

Take a ‘Walk on the Wild Side’ and treat yourself to time in the Julimar Conservation Park.