



## **MOUNTAIN SAFETY SESSION & WALK**

Take a guided walk with a Volunteer Ranger and learn how to pack a kit and stay safe hiking in the mountains.

#### WILDFLOWER WANDER

Familiarise yourself with the botanic wonders of the park on a guided botany tour with naturalist Paul Donatiu from Queensland Threatened Plant Network.



## **SOAK IN THE SERENITY** OF THE FOREST

Use all of your senses as you explore the meditative, grounding calm of Japanese Shinrin-yoku, or "forest bathing" in this experience with Jay Ridgewell from Held Outside Nature Connections.

#### ROAM & LEARN

"Roaming" CADET RANGERS will explore the park and take a guided walk to learn how to record important data to aid conservation.



**CULTURAL WELCOME** 

**GUIDED BUSHWALKS** 

**CREATIVE ARTS & CRAFT** 

JUNIOR RANGER STATION

**CADET RANGER WALK** 

Book online below

**SCAN TO BOOK** ONLINE



# PARKS CONNECT

npaq.org.au/parks-connect



Parks Connect is proudly supported through funding from the Queensland Department of the Environment, Tourism, Science and Innovation.