

Fix your mood Fix your energy Fix your focus

- ✓ Engaging your senses in nature - sights, smells, sounds and touch - stimulates calm and resilience to stress.
- ✓ Being near running water and in sunlight increases relaxation, clears your mind and boosts your immunity and metabolism.
- ✓ Looking at nature's patterns helps you to relax, reducing stress levels and increasing feelings of awe and fascination.
- ✓ Listening to nature sounds restores your attention and reduces your muscle tension.
- ✓ Standing near trees improves your immunity. Looking up and out on nature triggers a range of neurological benefits.
- ✓ Expressing gratitude of nature makes you happier and healthier improving your immune system, reducing blood pressure, improving sleep and pain management.



More than just a walk in the park!

Unlock the health benefits of nature as you venture through the Snowy Valleys. Enjoy short self-guided audio experiences carefully matched with the natural features across this landscape known to improve your wellbeing.



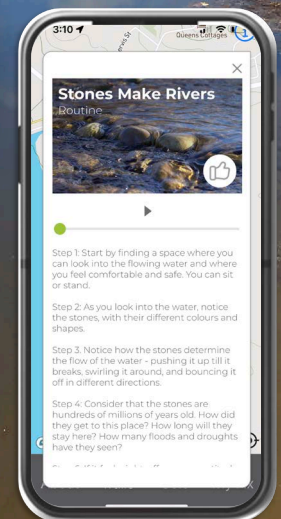
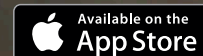
The Nature Wellness Drive consists of a series of trails and stops across the Snowy Valleys

Snowy Valleys Nature Wellness Drive

We invite you to pause, relax and dwell

This drive entices you to linger longer and engage with nature in ways proven to refresh and restore!

Scan the QR code to download the FREE NatureFix app to start your journey at each location. There the app will lead you on a uniquely inspiring experience.



Fix your mood. Fix your energy. Fix your focus.

naturefix

We invite you to pause, relax and dwell.

How it works

Simply download the Naturefix app for FREE and start your journey. The app responds to your location and leads you to a variety of natural and inspiring locations each week.

Benefits include:

- Reduces stress and anxiety
- Improves mood and mental health
- Increases energy and focus
- Enhances creativity and productivity
- Improves physical health and fitness
- Increases awareness of the natural world
- Provides a sense of purpose and meaning
- Helps to build resilience and coping skills
- Encourages a sense of community and connection
- Provides a safe and secure environment
- Offers a variety of activities and experiences
- Is easy to use and accessible to all
- Is free of charge and available on multiple platforms

Forestry Corporation

Note to Nature

Experience the joy of being grateful.

How to use: Simply tap the screen when you're outdoors to record a note to nature. You can then listen to your notes or share them with others.

Forestry Corporation

Wiradjuri Meeting Place

Learn about the Wiradjuri people and their connection to the land.

Forestry Corporation



Includes Listening Pod & Sky Seat installations

Take time to rest & digest

Enjoy nature's art gallery

Feel better with birds

Walk the Labyrinth of Peace

Ready to choose your experience?

Adelong

Leave behind any stress and press the pause button on any mental chatter as you enjoy your walk to the Adelong Gold Mill Ruins. This trail gives you permission to relax, take in the surrounds and give gratitude to nature's health-giving benefits.

Talbingo

The rejuvenating powers of water become the focal point across the Talbingo landscape. Here you will enjoy quiet mindful moments in nature, take in views near and far whilst learning more about the language of birds.

Pilot Hill Arboretum Bago State Forest

Surrounded by sky reaching pine trees, you can expect to enjoy new perspectives as you look up and take in breathtaking canopy views from the Sky Seat, or tune into bird song amplified through the Listening Pod!

Southern Cloud Memorial Lookout

This is the perfect location to pause as you take in the panoramic views of the Maragle Valley. Here you are invited to create your own scene using all your senses as you blissfully enjoy the surrounds.

Tumut

The Labyrinth of Peace sets the tone at the start of the trail as a uniquely meditative experience. Here you are invited to rest by the river and enjoy insights into the healing powers and stories of country from local Wiradjuri knowledge holders.

Batlow

Pause to enjoy the health benefits of awe and beauty from the Batlow lookout, learn three ways to meet a tree, and increase your connection with nature when on the move, as part of a walk, ride or run.

Tumbarumba

As a guided 'nature prescription' experience, this peaceful park walk increases your positive mood, emotional regulation and attention restoration. Providing you with greater resilience to anxiety and stress.

Khancoban

Time to embrace all the elements that naturally invite you to slow down. With childlike exploration you will discover a stillness that delights and enjoy close-up encounters with a babbling brook that captivates.

Learn three ways to meet a tree

Take time to look up!

Share a note to nature

Embrace the views near and far

Listen to the healing of Country

Start your journey here!



Listening pod

Try this routine to break out of your sensory ruts and supercharge your awareness.

This activity takes 2-4 minutes.

Step 1: Take a moment to notice the natural sounds.

Step 2: Now try this count how many different kinds of bird sounds you can hear. If you hear two or more birds making the same noise just count them once.

Step 3: How many did you hear?

Step 4: Now try this count how many different kinds of bird sounds you can hear. If you hear two or more birds making the same noise just count them once.

Step 5: Take your own "pod" anywhere.

Step 6: Take your own "pod" anywhere.

Step 7: Take your own "pod" anywhere.

Step 8: Take your own "pod" anywhere.

Step 9: Take your own "pod" anywhere.

Step 10: Take your own "pod" anywhere.

Step 11: Take your own "pod" anywhere.

Step 12: Take your own "pod" anywhere.

Step 13: Take your own "pod" anywhere.

Step 14: Take your own "pod" anywhere.

Step 15: Take your own "pod" anywhere.

Step 16: Take your own "pod" anywhere.

Step 17: Take your own "pod" anywhere.

Step 18: Take your own "pod" anywhere.

Step 19: Take your own "pod" anywhere.

Step 20: Take your own "pod" anywhere.

Step 21: Take your own "pod" anywhere.

Step 22: Take your own "pod" anywhere.

Step 23: Take your own "pod" anywhere.

Step 24: Take your own "pod" anywhere.

Step 25: Take your own "pod" anywhere.

Step 26: Take your own "pod" anywhere.

Step 27: Take your own "pod" anywhere.

Step 28: Take your own "pod" anywhere.

Step 29: Take your own "pod" anywhere.

Step 30: Take your own "pod" anywhere.

Step 31: Take your own "pod" anywhere.

Step 32: Take your own "pod" anywhere.

Step 33: Take your own "pod" anywhere.

Step 34: Take your own "pod" anywhere.

Step 35: Take your own "pod" anywhere.

Step 36: Take your own "pod" anywhere.

Step 37: Take your own "pod" anywhere.

Step 38: Take your own "pod" anywhere.

Step 39: Take your own "pod" anywhere.

Step 40: Take your own "pod" anywhere.

Step 41: Take your own "pod" anywhere.

Step 42: Take your own "pod" anywhere.

Step 43: Take your own "pod" anywhere.

Step 44: Take your own "pod" anywhere.

Step 45: Take your own "pod" anywhere.

Step 46: Take your own "pod" anywhere.

Step 47: Take your own "pod" anywhere.

Step 48: Take your own "pod" anywhere.

Step 49: Take your own "pod" anywhere.

Step 50: Take your own "pod" anywhere.

Step 51: Take your own "pod" anywhere.

Step 52: Take your own "pod" anywhere.

Step 53: Take your own "pod" anywhere.

Step 54: Take your own "pod" anywhere.

Step 55: Take your own "pod" anywhere.

Step 56: Take your own "pod" anywhere.

Step 57: Take your own "pod" anywhere.

Step 58: Take your own "pod" anywhere.

Step 59: Take your own "pod" anywhere.

Step 60: Take your own "pod" anywhere.

Step 61: Take your own "pod" anywhere.

Step 62: Take your own "pod" anywhere.

Step 63: Take your own "pod" anywhere.

Step 64: Take your own "pod" anywhere.

Step 65: Take your own "pod" anywhere.

Step 66: Take your own "pod" anywhere.

Step 67: Take your own "pod" anywhere.

Step 68: Take your own "pod" anywhere.

Step 69: Take your own "pod" anywhere.

Step 70: Take your own "pod" anywhere.

Step 71: Take your own "pod" anywhere.

Step 72: Take your own "pod" anywhere.

Step 73: Take your own "pod" anywhere.

Step 74: Take your own "pod" anywhere.

Step 75: Take your own "pod" anywhere.

Step 76: Take your own "pod" anywhere.

Step 77: Take your own "pod" anywhere.

Step 78: Take your own "pod" anywhere.

Step 79: Take your own "pod" anywhere.

Step 80: Take your own "pod" anywhere.

Step 81: Take your own "pod" anywhere.

Step 82: Take your own "pod" anywhere.

Step 83: Take your own "pod" anywhere.

Step 84: Take your own "pod" anywhere.

Step 85: Take your own "pod" anywhere.

Step 86: Take your own "pod" anywhere.

Step 87: Take your own "pod" anywhere.

Step 88: Take your own "pod" anywhere.

Step 89: Take your own "pod" anywhere.

Step 90: Take your own "pod" anywhere.

Step 91: Take your own "pod" anywhere.

Step 92: Take your own "pod" anywhere.

Step 93: Take your own "pod" anywhere.

Step 94: Take your own "pod" anywhere.

Step 95: Take your own "pod" anywhere.

Step 96: Take your own "pod" anywhere.

Step 97: Take your own "pod" anywhere.

Step 98: Take your own "pod" anywhere.

Step 99: Take your own "pod" anywhere.

Step 100: Take your own "pod" anywhere.

Forestry Corporation