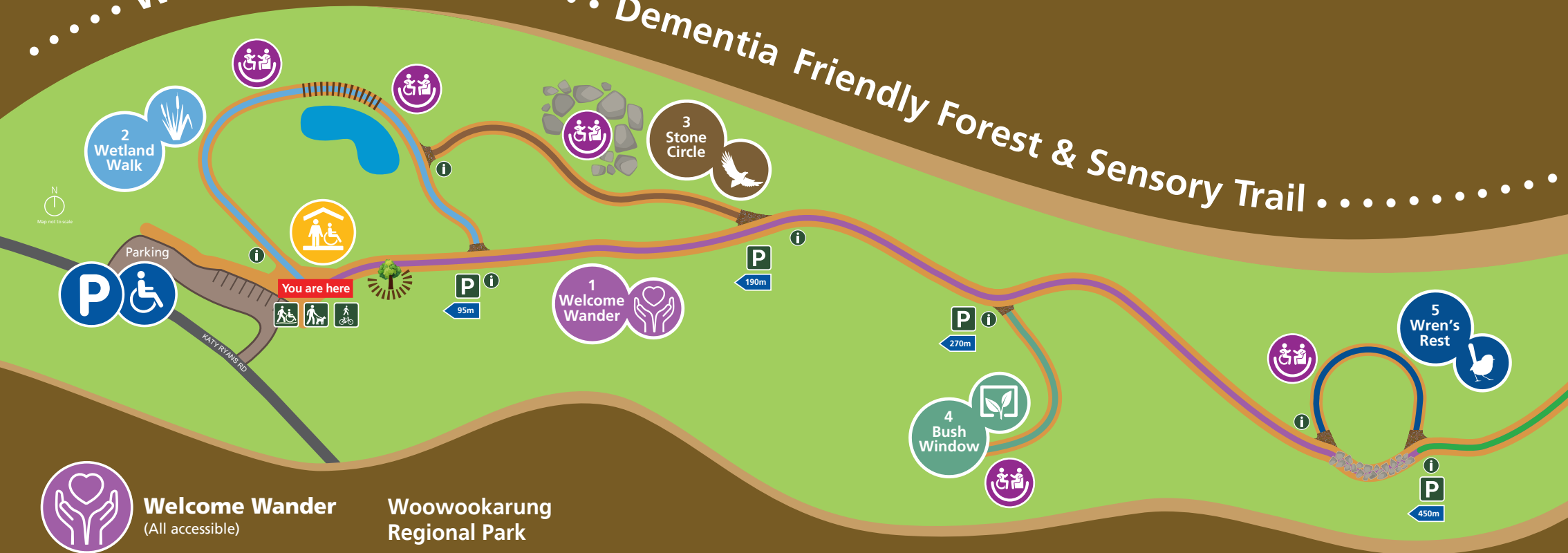


# Welcome Wander . . . . . Dementia Friendly Forest & Sensory Trail . . . . .



## Welcome Wander (All accessible)

## Woowookarung Regional Park

Distance 450m

### Rest, Talk, Listen and Reflect

There are four small, all accessible linked side journeys to explore along the Welcome Wander.

Resting points along the way are spaced, providing a safe, inclusive, sensory experience. You are welcome to wander the trails and connect with nature.

It is suitable for wheel chairs and walking aids.

Dementia Friendly Forest & Sensory Trail

**Welcome shelter**  
A gathering space to plan your wander or trek.

**Conversation Nooks**  
Resting spaces to talk, listen and remember.

All accessible

Shared path

Dogs on lead

Please take your rubbish home

Direction information

Distance to carpark

TrailRider

No horses

Speed limit

**1 Welcome Wander**

Wander up the main central pathway that connects all of the other side journeys or walks.

**2 Wetland Walk**

Feel, see, hear, touch and smell. A short supported walk with resting places within easy distance.

**3 Stone Circle**

A communal place to rest sing, talk, play music with your friends, families and groups.

**4 Bush Window**

You can wander further on the trail to view the forest framed by a canopy of trees. Why not put yourself in nature's 'window'?

**5 Wren's Rest**

Nearly there now. Wren's Rest is a special place to see and hear small birds.

# Forest Trek ..... Dementia Friendly Forest & Sensory Trail



## Forest Trek (Not suitable for wheel chairs)

Distance 650m

Stroll, Stretch, Meander and Observe

Wander a bit further for more of a forest adventure. If you linger longer you will discover the iconic Austral Grass-tree and other features of Woowookarung's heathy dry forest.

Wallabies, lizards and a variety of birds inhabit this park. Walk with a keen eye and sense of adventure, you never know what you may see. This section of the trail is not suitable for wheelchairs and walking aids.

## Woowookarung Regional Park



6 Forest Trek

More of a challenge, the Forest Trek is best done in company.



7 Lounge Lizard  
630 metres

Reclining seats provide the perfect spot to reflect and enjoy the forest environment.



8 Cocoon Corner  
900 metres

Wrap yourself in nature. It is a 'mindfulness' space where nature is your feel good place.



9 Wallaby Walkback  
1100 metres

Congratulations you made it ... This is the trek's end and the point of return. Enjoy, relax and watch quietly to maybe see a wallaby or two before you return.

### The Dementia Friendly Forest & Sensory Trail Design

The trail provides a safe, inclusive sensory experience for those people living with dementia, alongside their carers and families, to allow everyone to experience the health and wellbeing benefits of nature. We thank all those who have contributed and supported this experience.

The design is from people living with dementia, alongside their carers and families, the health sector, community groups and traditional owners.

### The first of its kind in Australia

Parks Victoria recognises the importance of innovative and universal co-design principles and the need to engage the local community to create design.

The trail is co-funded by Parks Victoria in partnership with the community. Dementia Australia has been a strong advocate for the trail's development.

Woowookarung is acknowledged as 'a place of plenty' as bestowed by Wadawurrung Traditional Owners.

### Project Partners



### Supporting Partners



### Community Partners

