**From the Hills to the Beach**

Ever wondered what to do on a sunny day in Perth? How about do some bushwalking?

Walking through natural bushland is a pleasurable experience. To be surrounded by sounds, colours, smells and different types of life forms in and around Perth is both enlightening and exhilarating. Few capital cities are blessed with such a variety of natural areas right on their doorsteps.

Walking is good for you and your family. It is one of the least expensive forms of exercise and one of the most beneficial. It can ease stiffness, improve cardiovascular fitness, reduce stress, help control weight and is especially beneficial if done regularly. Walking is probably the most important form of physical activity for many people and it is enjoyable too.

Perth is surrounded with the forests and woodlands, wetlands of lakes, streams, rivers and the coast and marine environment. So you can bushwalk in two ways: by using walk trails or trekking through wild bush. Some of the walks cross or form part of the Bibbulum Track. This is a

650 kilometre long-distance walk track from Kalumanda, in the Darling Range east of Perth, to Walpole, on the south coast.

You can choose some of the easy short walk trails with family and friends that are usually safe and relaxing or if you are a more experienced and fit walker you can do some trekking through wild bush.

If you are not a walker and the hills of Perth do not inspire you, how about going to the beach? Perth is famous for its endless coastline and beaches and waves that are every surfer’s dream.

Even if you are not a surfing person, you can just settle at any beach and enjoy the freshness of the water and the clean beaches. Unlike the beaches in Europe where the famous holiday spots are overcrowded and the water is polluted by the overflow of tourism. Not here in Perth! There is

always enough space for everyone at the beach, being on the grass or sand.

After a refreshing swim you can enjoy a barbeque with family and friends at the beach as barbeque facilities are provided at most of the beaches.

Alternatively if you feel like spending some time at the rivers, you can pack up your bike and just cycle along the Swan Lake from Perth to Fremantle. The cycling paths are clearly marked and are designed for everyone to use, regardless of age.

So next time you are bored, you might consider taking up one of the above options and lose yourself in the OUTDOORS OF PERTH.



*Monika Kissling*