



Robyn Parker MP

Minister for the Environment

Minister for Heritage

MEDIA RELEASE

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MARCH INTO PARKS WEEK AND GET HEALTHY BY NATURE

Environment Minister Robyn Parker today encouraged people everywhere to get involved in one of more than 30 activities on offer as NSW joins in the celebration of Parks Week from today.

Ms Parker said this year's Parks Week events were designed to promote nature and wellbeing.

"While the aim is to encourage being healthy in nature, you don't have to get breathless to see sites that will take your breath away," Ms Parker said.

"From yoga in the rainforest at Dorrigo on the North Coast, to movies at Yanga Lake in outback NSW, Parks Week will see visitors enjoying nature in some really diverse ways.

"The parks on Sydney's doorstep won't be missing out either with a free Family Fun Day adventure at Lane Cove National Park as well as activities planned for Royal National Park, Yellomundee Regional Park and Muogamarra Nature Reserve.

"Many of the activities are designed with families in mind but there's plenty on offer for all ages.

"So whether you're after a mountain biking adventure or a more gentle cultural heritage bush tucker tour, Parks Week has an activity suited to you."

Ms Parker said Parks Week is a Trans-Tasman celebration involving Australia and New Zealand and this is the first time NSW has been involved.

"The NSW Government is committed to finding new ways for people to visit and enjoy our national parks so what better way to see NSW's world class parks system than with some great planned activities?" Ms Parker said.

For more information on all of the exciting activities on offer in NSW national parks for Parks Week along the theme *Get Healthy by Nature* visit:

<http://www.nationalparks.nsw.gov.au/parksweek>

Media Contact: Steve Warnock (0428 968 499)