

30 WAYS TO *connect with* *nature* in the City of Marion

Time in nature is good for our health and well-being.

Luckily, in the City of Marion, you needn't go far to enjoy the outdoors. From yards and parks, to community gardens and the coast there's many places to connect, be active, observe, learn, or lend a hand.

Use these ideas and try something new today!



- ① Watch a coastal sunset at Marino Rocks
- ② Protect and restore native bush with local conservation groups
- ③ Look up at the old red gums in Oaklands Wetland
- ④ Explore the Tjilbruke Gateway at the entry to Warriparinga and the Living Kaurna Cultural Centre ¹
- ⑤ Grow food and make friends at a community garden

- ⑥ Grab a friend and try 'plogging' (picking up litter while jogging)

- ⑦ Ride the mountain bike trails at O'Halloran Hill Recreation Park

- ⑧ Kayak the Marion coastline on a fine day



- ⑨ Get involved in citizen science activities like bird counts, frog surveys or reef monitoring

- ⑩ Discover Marion's world-famous geology at Hallett Cove Conservation Park

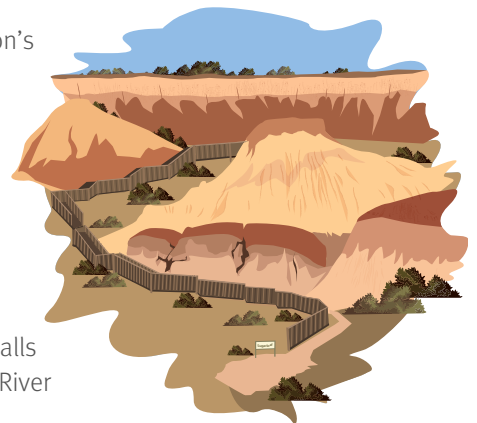
- ⑪ Listen to morning bird calls at Lower Field River

- ⑫ Find glow-in-the-dark plants and animals on the Coast to Vines Trail at night ²

- ⑬ Go for a wildflower walk along Hallett Headland in spring (remember to look and leave them wild)

- ⑭ Watch a winter storm roll over the sea from Hallett Cove beach

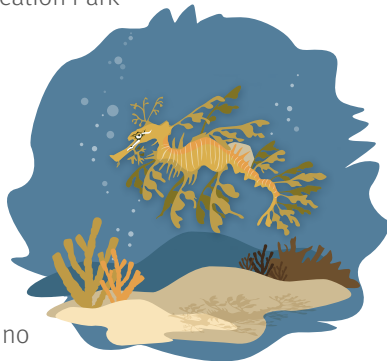
- ⑮ Identify native plants using guideposts along the Botanical Trail in Marino Conservation Park



Fast Facts!

Did you know studies⁵ have shown just five minutes in nature can improve mood and vitality? Spending time outdoors can help reduce stress levels, boost concentration and support a positive outlook.

- 16 Start a compost or worm farm for food waste (try a Bokashi Bucket if you don't have a garden)
- 17 Grow native plants to provide habitat for local animals like butterflies, birds, frogs and lizards
- 18 Enjoy a picnic or BBQ with family and friends at Oaklands Wetland
- 19 Let the kids play outdoors (see '30 ways to nature play in the City of Marion' for ideas)
- 20 Listen to 'Stories of the Sturt River' on YouTube or along the Sturt River Linear Park Trail ³
- 21 Attend a nature event at one of Marion's community centres or natural spaces
- 22 Go horse-riding along the fire tracks in O'Halloran Hill Recreation Park
- 23 Join a local walking group to keep active and meet new people
- 24 Dive or snorkel Hallett Cove or Marino Reefs (see if you can spot a leafy seadragon)
- 25 Walk your dog on a lead in O'Halloran Hill Recreation or Marino Conservation Parks
- 26 Photograph native birds foraging in Glade Crescent wetland
- 27 Look for signs about the coast and Kaurna heritage along the Hallett Cove coastline ⁴
- 28 Adopt A Tree – ask council how you can help care for a street tree
- 29 Sign up to 'Green Thymes' on Council's website for latest nature and sustainability news, events and information
- 30 Volunteer at a tree planting or revegetation event in your local area



This list is part of a series of 100 ways residents can connect with nature in the City of Marion. Find out more information, ideas, and news on up-coming nature events at marion.sa.gov.au



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¹ Tjilbruke Narna arra 'Tjilbruke Gateway' created by Margaret Worth, Sherry Rankine, and Gavin Malone | ² 'Locally Indigenous', by artist Aurelia Carbone, is located between Hallett Cove Railway Station and Capella Drive | ³ Located along 3km of walking and cycling trail between Warriparinga and Oaklands Reserve | ⁴ Created by artist Barbary O'Brien with input from local schools, resident groups, and Kaurna Aboriginal community members | ⁵ Calum Neill, Janelle Gerard & Katherine D. Arbuthnott (2018) Nature contact and mood benefits: contact duration and mood type, The Journal of Positive Psychology