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

Welcome Wander
(All accessible)

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.

Woowookarung Regional Park

- 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 (P, m)
- TrailRider
- No horses
- 5 Speed limit

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

2 Wetland Walk
95 metres
Feel, see, hear, touch and smell. A short supported walk with resting places within easy distance.

3 Stone Circle
190 metres
A communal place to rest sing, talk, play music with your friends, families and groups.

4 Bush Window
270 metres
You can wander further on the trail to view the forest framed by a canopy of trees. Why not put yourself in natures' window?

5 Wren's Rest
450 metres
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

CDC VICTORIA
'linking people, places and communities'

Supporting Partners

CMV TRUCK & BUS

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FINDEX

POBOX DESIGNS

Community Partners

#BiggerHearts
DEMENTIA ALLIANCE BALLARAT

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