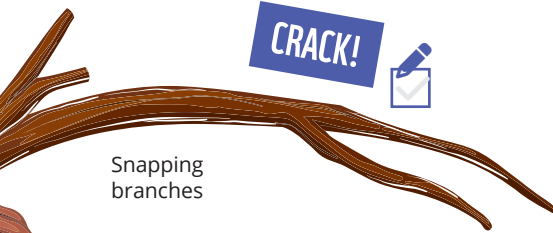




LISTEN TO NATURE

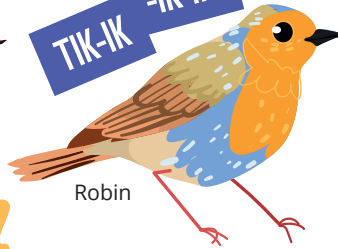
Listening to the sounds of nature can de-stress and boost wellbeing in a natural way. While on your walk, take a few calming minutes to listen and check off what you can hear around you...



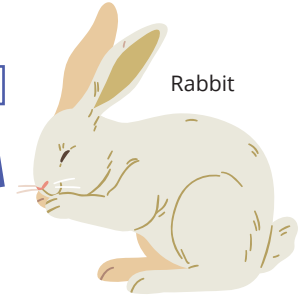
CRACK!



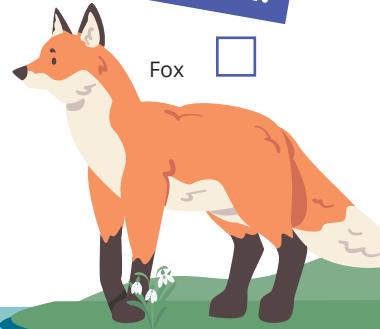
TIK-IK -IK-IK



SNIFF!
SNIFF!



SCREECH
SCREECH!



Running water

TRICKLE
TRICKLE