

The logo for 'MINDing the gap' is centered at the top. It features the words 'MINDing the' in a white, sans-serif font above the word 'gap', which is in a larger, lowercase, white, sans-serif font. The letter 'i' in 'MINDing' has a small dot. The letter 'a' in 'gap' has a simple smiley face (two dots for eyes and a curved line for a mouth) integrated into its upper loop. The entire logo is set against a dark green, rounded rectangular background.

MINDing the
gap

GREEN PASSPORT

The title 'GREEN PASSPORT' is centered in the middle of the page. 'GREEN' is on the top line and 'PASSPORT' is on the bottom line, both in a bold, dark green, sans-serif font. The background behind the text is a light green color with stylized green leaves and branches at the top and bottom edges, and a pattern of small, yellow-green, oval shapes scattered across the lower half.

BEING IN NATURE HELPS KEEP US PHYSICALLY, EMOTIONALLY AND PSYCHOLOGICALLY HEALTHY

Our region offers stunning wetlands, tranquil scenery and exquisite bushland, providing the perfect opportunity to get outdoors and connect with nature.

Walking and spending time in nature has been shown to:

- Reduce feelings of stress, anxiety and depression
- Enhance emotional wellbeing
- Improve sleep and concentration
- Reduce fatigue

If you or someone you know needs support, contact:

Lifeline: 13 11 14

Beyond Blue: 1300 224 636 or beyondblue.org.au

Black Dog Institute: blackdoginstitute.org.au



VICTORIA PARK LAKE WALK SHEPPARTON

A leisurely 2km walk in the centre of Shepparton, meander along the lake's edge and enjoy the wetlands, boardwalks and jetties.

Easy



MOUNT MAJOR WALKING TRAILS DOOKIE

These trails offer spectacular views with signs along the 4.6km walk providing a fascinating insight into the area's rich cultural history. Choose the north or south walk (allow approx. 1.5 hrs).

Intermediate



REEDY SWAMP WALK SHEPPARTON

Follow a signed walk through beautiful flora and fauna learning about the traditional owners and their connection to country. This is a stunning short walk with guided signage.

Easy



CUSSEN PARK SOUNDWALK TATURA

Follow the 2.3km perimeter trail or select a shorter trail exploring the park's bird hides and observation areas. QR codes along the pathway allow you to access the soundwalk.

Easy

OPEN UP FOR MAPS AND MORE INFORMATION



VICTORIA PARK LAKE WALK SHEPPARTON



Wheelchair
accessible



Dogs
permitted



Suitable for all
fitness levels

2

REEDY SWAMP WALK SHEPPARTON



Not wheelchair
accessible



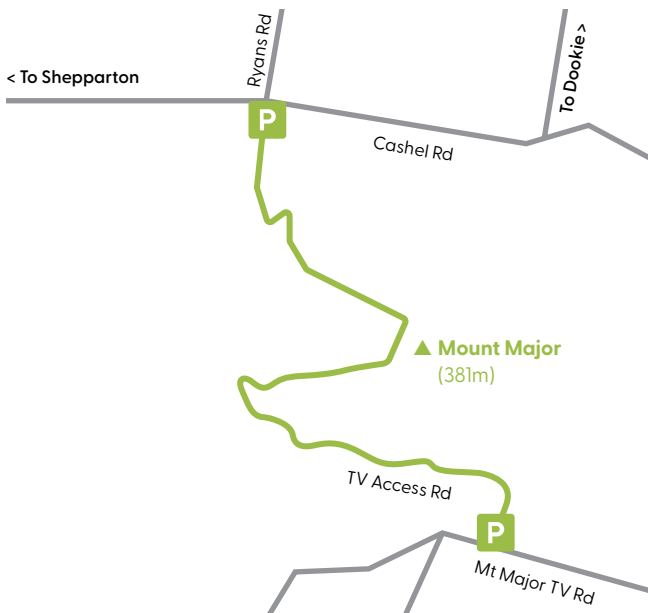
Dogs not
permitted



Suitable for all
fitness levels

3

MOUNT MAJOR WALKING TRAILS DOOKIE



Not wheelchair
accessible



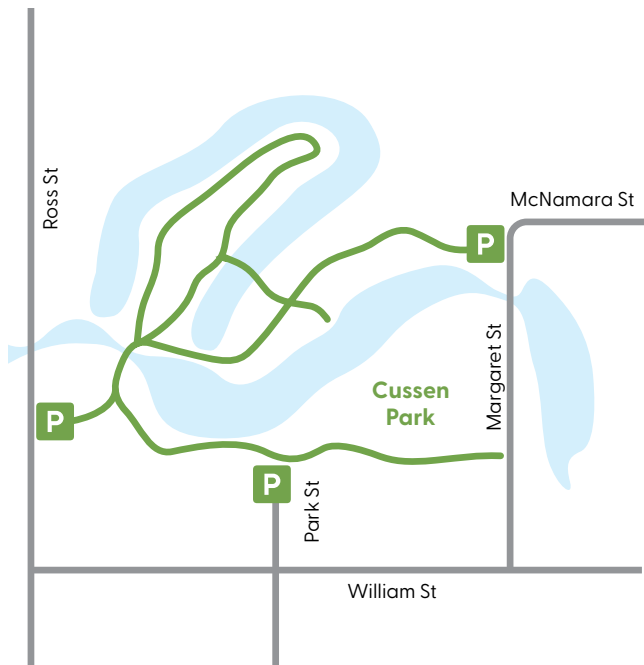
Dogs not
permitted



Good fitness
required

4

CUSSEN PARK SOUNDWALK TATURA



Limited wheelchair
access



Dogs
permitted



Suitable for all
fitness levels



GVHealth



**GOULBURN
BROKEN**
CATCHMENT
MANAGEMENT
AUTHORITY



**Fairley
Leadership
Program**



**Goulburn Murray
Community Leadership**