

# Enjoy a walk in the forest

Story ANN GRAEME, illustrations TIM GALLOWAY.

Foreign travel may or may not have broadened my mind, but it did rekindle my appreciation of the natural glories of our country. We don't have cathedrals, or castles, or crowds, but how splendid are our native forests! They are so varied, so beautiful, so WILD after the tame, impoverished relics of the forests in Europe and the United Kingdom. Our forests are our natural cathedrals, so let's visit and enjoy them, and — stretching the metaphor — listen to the choristers singing in the tree tops.

Even for city dwellers, the New Zealand forest is not far away. It is benign, with no

dangerous plants or animals and plenty of water, but the forest is still primeval and perhaps even forbidding to walkers more accustomed to pavements. Yet, with common sense and simple precautions, we can enjoy the special heritage that forest walking in our country offers — and it's free!

For your first forest walk:

- Take advice — DoC, your local council, or your Forest and Bird friends can tell you of an attractive local walk, not too long, not too steep, on a good path.
- Take a map. (Try DoC, councils, guide books and leaflets).
- Take a friend, and tell someone where

you are going.

- Take a day pack with parka, food and drink.
- Wear stout, comfortable shoes.
- Stick to the path.

Go with a group like Forest and Bird. The company and knowledge of friends will make the walk even more enjoyable.

Our picture story makes some suggestions to enhance a walk in the forest.



ANN GRAEME is the co-ordinator of Forest and Bird's Kiwi Conservation Club.

## TIPS FOR FOREST WALKERS:

