

Media Release

3 March 2021

Explore a myriad of outdoor options during Parks Week 2021

There will be no shortage of outdoor options to explore and be involved with as Gladstone Regional Council celebrates Parks Week 2021.

Parks Week 2021 will run from 6-14 March and focusses on how spending time in parks and open spaces positively influences our wellbeing.

Parks Week 2021 events will be hosted at Tondoon Botanic Gardens and at other parks and open spaces located across the Gladstone Region.

Activities on offer include guided tours of Tondoon Botanic Gardens, a health and fitness bootcamp, outdoor yoga, outdoor play events designed for children, coffee in the park and much more.

Gladstone Region Mayor Matt Burnett said parks and open spaces are valuable to our region and help support physical and mental wellbeing through healthy and active lifestyles.

“Visiting parks can be very beneficial to your physical and mental wellbeing and there is plenty of parks and open spaces to visit in our beautiful region,” Councillor Burnett said.

“Our location gives us diversity in our parklands ranging from beach locations to river foreshores, bush reserves and botanical collections.

“Parks can also help in building stronger and more connected communities by providing places for people to gather for business or leisure.

“We hope to see you out and about enjoying our beautiful parks and gardens during Parks Week 2021.”

Please visit <https://www.gladstone.qld.gov.au/parkswEEK> to view the full list of activities on offer during Parks Week 2021.

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