



Natural sounds and quiet spaces are essential parts of the environment. The ability to hear and communicate is critical for Australia's wildlife, allowing them to locate prey, avoid predators, and interact with their surroundings. Likewise, humans benefit from natural soundscapes, which can reduce stress, improve mental health, and create a deeper connection with nature.

Research shows that when we reduce human-caused noise in natural areas, we:

- Experience more wildlife interactions
- Decrease stress and promote restorative health
- Help more visitors enjoy the same area without feeling overcrowded

How to Enjoy and Protect

Australia's Natural Soundscapes

1. Listen

Take a moment to tune in to the sounds of nature. Whether you're exploring the Daintree Rainforest, hiking in the Blue Mountains, or camping in the Outback, being quiet allows you to fully immerse yourself in the natural soundscape.

By embracing the sounds around you, you increase your chances of spotting more wildlife—from lyrebirds mimicking their surroundings to the rustle of echidnas foraging in the bush.

2. Plan Ahead and Prepare

Consider your surroundings and match your noise levels to the setting:

- In remote areas like Tasmania's wilderness or Kakadu National Park, embrace solitude and silence to respect the environment.
- In more developed areas like Royal National Park near Sydney, expect more human-made sounds but still be mindful of reducing unnecessary noise.

3. Be Considerate of Others and Wildlife

The sounds you create can impact both wildlife and fellow visitors. Some animals, like koalas and quokkas, rely on subtle sounds to communicate and detect threats. Loud noises can cause stress and disturb their natural behaviour.

- Avoid shouting or making unnecessary noise, especially in protected areas.
- Keep group conversations at a low volume to avoid overwhelming the environment.
- Be mindful of families, photographers, and birdwatchers who may be enjoying the tranquillity of nature.

4. Be Quiet on the Trail

- Let nature be the soundtrack—leave external speakers at home. If you must listen to music, use headphones and keep the volume low.
- In places known for their unique natural acoustics, like the Jenolan Caves, take extra care to preserve the silence.

5. Plan Ahead by Reducing Noise from Gear

- Before heading out, minimise unnecessary noise from your gear:
- Silence your phone and switch off notification sounds.
- Look for mute options on cameras and watches.
- If using hiking poles or camping gear, try quieter alternatives that don't clatter.

6. Respect Quiet Hours in Campgrounds

In developed campgrounds, follow quiet hour regulations, which typically begin at 9 or 10 PM. This helps protect the peacefulness of national parks and ensures a better experience for everyone.

- If using a generator, soundproof it or choose low-noise models.
- Keep electronic device volumes low, especially in shared camping areas like Wilsons Promontory or Karijini National Park.
- If near waterfront areas like Jervis Bay, sound carries further, so be extra mindful of noise pollution.

7. Reduce Noise from Transportation

Motorised transport contributes significantly to sound pollution in natural areas. When possible:

- Opt for alternative transport, such as bicycles, kayaks, or walking in areas like Freycinet National Park.
- Use shuttles or park-approved transport where available, such as in Cradle Mountain-Lake St Clair National Park.
- If driving, travel at lower speeds and consider using noise-reducing mufflers.
- Be mindful of car alarms and horns, especially in quiet zones.

- If riding motorbikes or off-road vehicles, minimise revving, as low-frequency sounds travel long distances in open landscapes.

8. Wildlife Awareness: When Noise is Necessary

Although Australia doesn't have bears, some wildlife may still need to be alerted to your presence—such as in areas with wild dingoes, particularly on Fraser Island (K'gari).

In dingo zones:

- Speak firmly but calmly if you see one nearby.
- Avoid running or making sudden loud noises, which can provoke curiosity.
- Carry a whistle or personal alarm as a last resort in case of an unexpected wildlife encounter.

9. Consider Quieter Outdoor Behaviours at Home

Even outside of national parks, being mindful of noise helps create a better environment for both wildlife and neighbours.

- Keeping gardening equipment quieter and reducing loud music outdoors can encourage more native birds to visit.
- Minimising noise in coastal areas can help preserve the peace for people enjoying the beach and marine life nearby.

The Beauty of Silence in Nature

Australia is home to some of the world's most unique and fragile soundscapes. From the distant calls of a kookaburra at sunrise to the rhythmic crashing of waves along the Great Ocean Road, every natural sound contributes to the magic of the wild.

By being mindful of our noise footprint, we protect these soundscapes for future generations—allowing both humans and wildlife to thrive in nature's harmony.



We are dedicated to promoting and inspiring responsible outdoor recreation practices to protect the natural world for future generations. Join us in embracing the Leave No Trace Seven Principles for a sustainable future.

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