



hostile communities do not.” Dr Busch says there has been research into the impact of outdoor blue spaces — bodies of water such as rivers, lakes and the ocean — with a range of studies finding positive associations between greater exposure to outdoor blue spaces and mental and physical wellbeing.

He adds that studies have found therapeutic benefits of swimming with a positive impact on mood and a recent study by Denton and Aranda (2020) based on swimmer experiences found that ocean swimming was transformative, producing changes in mind, body, and identity.

“The swimmers also reported that swimming allowed a sense of belonging and connection to nature, place and others as well as re-orientating them to see different perspectives about themselves and their world,” he says.

An avid Cold Nips attendee, Halley Argue, who found them through Instagram, says the sunrise swimming crew has resulted in the “introduction of many beautiful, engaging, different, conscious, amazing humans”.

“It has added to my cementation of connection in Perth and has provided me a place to play and experience so much joy,” Halley

adds. The dynamic duo of Ryan and Jian, who both share an affinity for the ocean and getting more out of life, met in Berlin in 2015 at a hostel — their paths crossing for merely 24 hours.

Their grand plan is to focus on the dips in WA and then go nationwide and ultimately worldwide.

“We want to focus more on the wellbeing side; maybe providing a seminar or workshop where people can put things into practice,” Ryan says. “A set of tools to get more out of life, to be happier,”

“We want to have more fun. We need to feed that inner child. Running into the ocean is very

playful and fun, we want more activities like that, more creativity.”

Cold Nips is also a great way to appreciate and experience the splendour of the beaches in our own backyard. Travel doesn't always mean four-hour drives to country towns or flights to seaside paradises. We have so much beauty at our doorstep, so make the most of it!

When I ask the boys how they have created something so extraordinary they humbly reply: “We are normal people. Everyone is the same, with so much potential. It's just unlocking that and opening yourself up to it.”

Ready, set and they are off. Cold Nips run to the water.

travel in WA

To advertise please contact
Emily Tipton on 9482 2398
emily.tipton@wanews.com.au

BOOK A BEACHSIDE BREAK AT
Moore River
GUILDEBERTON

BOOK ANZAC DAY LONG WEEKEND
CHECK OUR WINTER SPECIALS

VARIOUS SIZE HOMES, SLEEPS 4-12 PEOPLE

Phone: 9577 1321 • Mobile: 0429 969 889
Web: mooriveraccommodation-BranchysHolidayHomes
Email: branchys@bigpond.com

SIESTA PARK HOLIDAY RESORT eco CERTIFIED Nature Tourism

BUSSELTON/DUNSBOROUGH

Absolute beachfront haven with self contained accommodation nestled between Busselton and Dunsborough

20% SENIORS DISCOUNT

Hideaway Villa Park Chalet 1 Bedroom

Conditions- *Maximum of two people (seniors)
* Minimum of two nights
*Excludes School holidays and public holidays

PH-9755 4016 | www.siestapark.com

ALBANY

EMU BEACH CHALETs
self contained & pet friendly
9844 8889
emubeachchalets.com.au

EMU POINT MOTEL - Studios
s/con, near beach 9844 1001
info@emupointmotel.com.au
www.emupointmotel.com.au

BUSSELTON

BUSSELTON - PEPPY BEACH
2 storey house, sleeps 10,
ocean views! 200m to beach
0438 986 407

OCEAN SIDE VILLA

Modern 3 bed / 2 bath
matt-saunders@bigpond.com
0417 918 612

DWELLINGUP

DWELLINGUP FOREST Lodge

Luxury s/c chalets. Enjoy a peaceful break. Beautiful lake.
Social dogs welcome
9538 0333 www.dwell.com.au

MANJIMUP

PET Friendly - on Donnelly R.
secluded 2 brm chalets in
Karri Forrest fr \$140 bookings:
www.onetreebridge.com.au

MOORE RIVER

BEACH HOUSE on the River
2 Storey home with panoramic views, ideal for family (sleeps 10) 1x K/Bed + 1x DB upstairs, 1x QB + 4 single beds in dorm. No wheelchair access upstairs, stairway access, pet friendly but no security fencing. Min 4 nights - \$250pn 0417 903 523

NORTHCLIFFE

ROUND TU-IT CHALETs and Caravan Park. Ph: 9776 7276
E: roundtu-it@westnet.com.au

For all your equine needs, see
Equestrian
in
The West Australian