



# PLANETARY REFLECTIONS

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[@darkskyaus](http://travelogg.com.au)

Travel Ogg

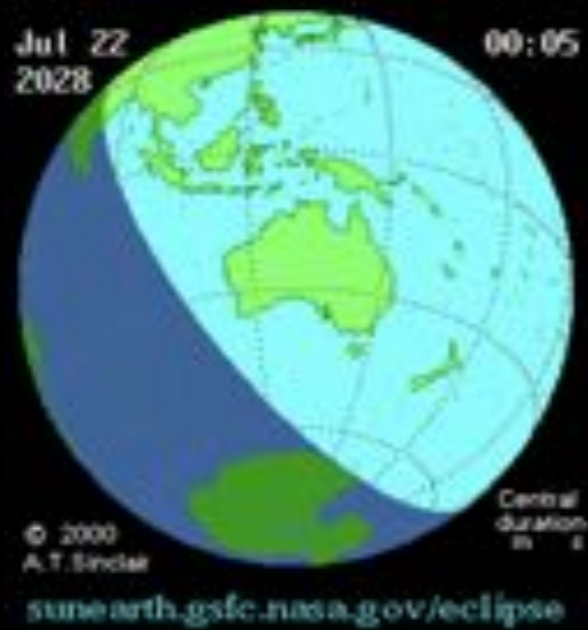
Science.Events



- ▶ 4 YEARS OLD / 75 COUNTRIES
- ▶ 30 YEARS OF TRAVEL EXPERIENCE
- ▶ 13 YEARS FRED WATSON TOURS  
(ASTROTOURISM)
- ▶ 700 PEOPLE TO 37 INTERNATIONAL  
TOURS
- ▶ 100+ OBSERVATORIES AND SCIENTIFIC  
PLACES
  - ▶ ECOPRENEUR
  - ★ DARK SKY CONSULTANT - PLACE CREATION
  - ★ ASTRO TOURISM - STAFF TRAINING,  
PROGRAM DESIGN



# USA Eclipse



NEVER EVER  
LOOK  
AT THE  
SUN











80% population see no more than 27 stars

# WHAT IS A DARK SKY PLACE?

**An International Dark Sky Association  
Dark Sky Place (DSP) is**

a land possessing an exceptional  
or distinguished quality of starry  
nights



a nocturnal environment protected  
for its scientific, educational or  
cultural heritage

\* [darksky.org](https://darksky.org)

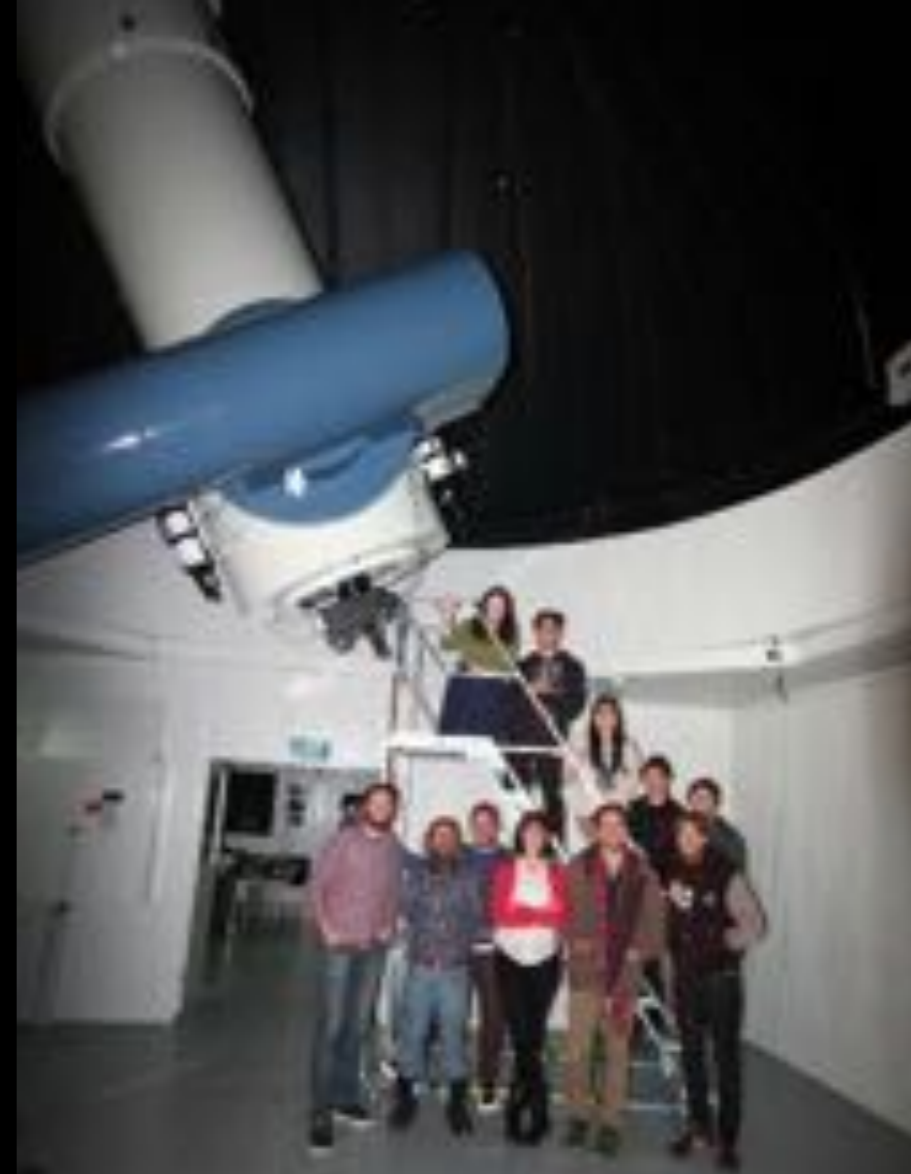
# *Where are Dark Sky Reserves Parks & Communities?*



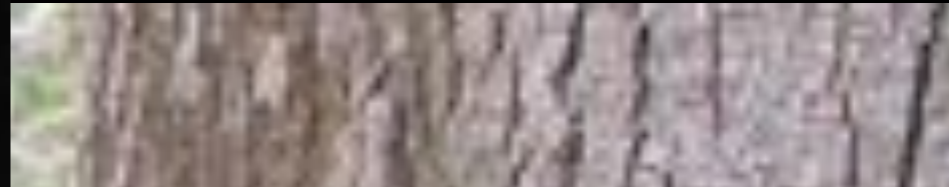
# Warrumbungle dark sky park: Where is it?



Figure 1 The Dark Sky Region











OLD-STYLE  
LODGE STAYS IN  
THE

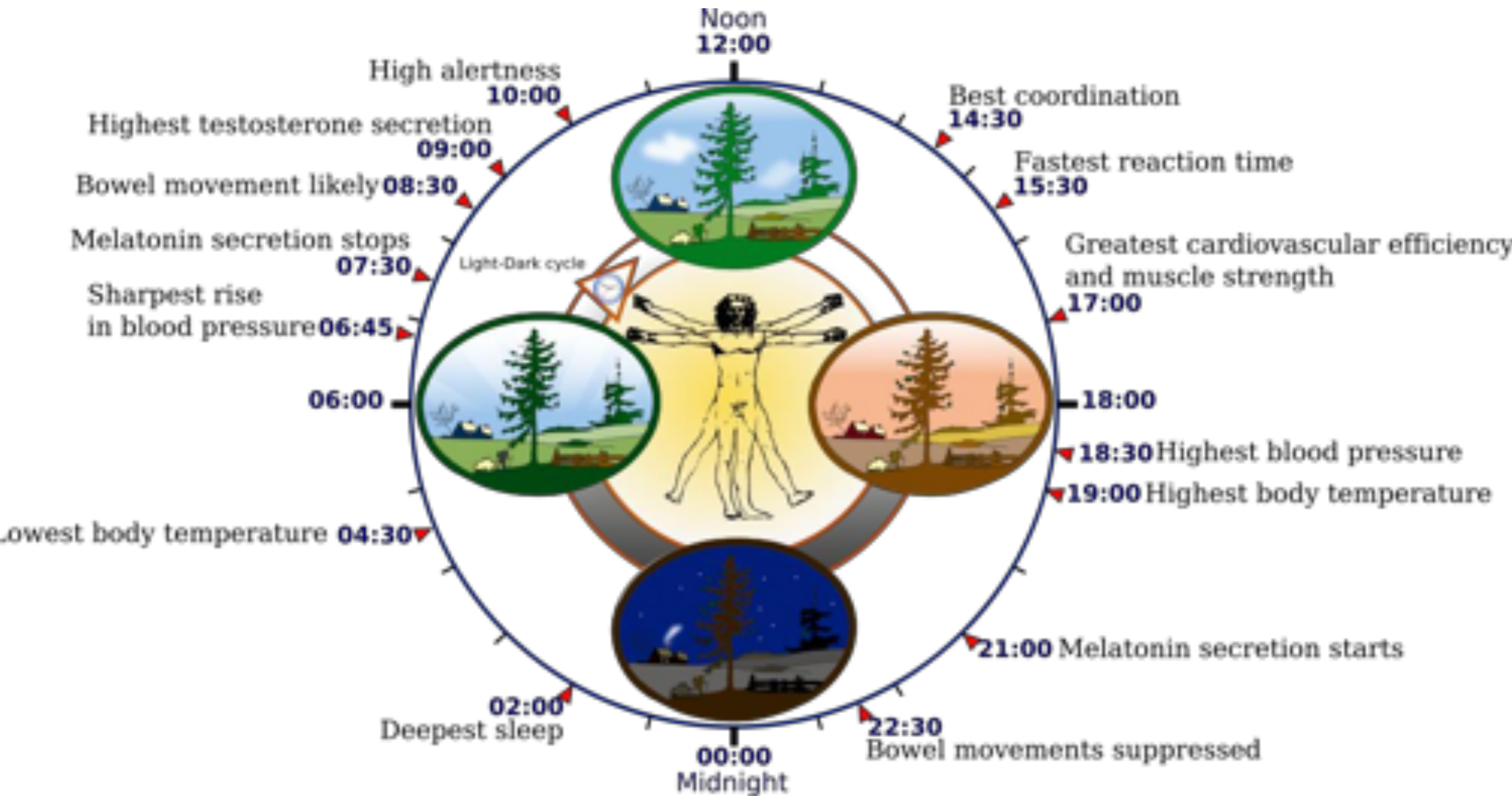
Dark Sky  
Park

# Why visit A Dark Sky Park ?

- ▶ question why we're here
  - ▶ experience the natural world - stars, wildlife, flora and fauna
- ▶ learn what night sky friendly means
- ▶ absorb night sky heritage
  - ▶ get grounded
  - ▶ reset our body clock



# Circadian Rhythm



reduced sleep times, dissatisfaction with sleep quality,  
excessive sleepiness, impaired daytime functioning and obesity

# MICHAEL ROSBASH, JEFFREY HALL & MICHAEL YOUNG



“the circadian system has its tentacles around everything. Because everything on Earth is affected by the Sun, the circadian rhythm is ticking away in almost every tissue in the human body.”

Rosbusch







THE SKY = 50% OF  
OUR NATURAL  
ENVIRONMENT

.... How sustainable are  
you really?

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