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Relax in the Dandenong Ranges by Kirk

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If you are looking for some relaxation accommodation to recharge your batteries and to enjoy a more relaxed and peaceful way of life, then looking for Dandenong ranges accommodation might just be the right answer for you.

The Dandenong ranges are mounts that are rise to a maximum of 633 meters at the top of Mount Dandenong. The ranges are beautiful consisting of wonderful vistas of rolling hills as well as deep allies and lots of thick forest â€“ mostly of the mountain ash trees variety.

Today over 100,000 residents call the Dandenongs home, though you can also find a whole variety of Dandenong ranges accommodation for holiday making and visiting. There are many sites and things to see from the Puffing Billy Railway to the variety of walks and wildlife.

Staying in the mountains is the perfect way to relax and to benefit both your mental and physical health. Of course the mountain ranges are incredibly quiet and scenic and this makes them ideal for relaxing in the mornings with a cup of tea and the morning newspaper. At the same time they are just as perfect for shutting yourself away to write a novel or to write a grand piece of music. The peace and quiet here provides the perfect solitude in which to think and in which to let your creative juices flow.

At the same time you can also benefit from the incredibly scenery which is also very atmospheric and great for helping you to relax and unwind. Nothing quite gets things in perspective like the view from the top of a mountain â€“ and if you find Dandenong ranges accommodation then you can enjoy this view every morning. Of course returning to art for a moment this is the perfect inspiration for that novel â€“ or for some paintings and it will also make an ideal muse for your photography.

If you are a fan of the stars then having somewhere quiet and secluded like this to relax is perfect. If you live in the big city, or even a small town, then you won't realize the effect that the environment of thick smog, coupled with the bright lights, can have on the night sky. Come here though away from the light pollution and suddenly you'll notice a world of difference as you see all the constellations in incredible detail and clarity â€“ it's also of course perfect as a romantic getaway with a loved one.

Of course there are also countless health benefits to this kind of living. Being away from the stress and hustle and bustle will right away reduce the stress hormones that are normally coursing around our bodies and this is ideal for heart health and mental health of course. On top of this though, the thinner air caused by the high altitude is perfect for improving your VO2 max and your general breathing, and furthermore it is perfect for breathing without filling your lungs with toxins â€“ great if you have asthma or if you just want to add a few years onto your lifespan. And up here, you probably will.

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a Dandenong Ranges accommodation or something like it has incredible advantages. Follow the links to start looking for your own a accommodation Dandenong Ranges.

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