

| FileName | Time | Format | Channels |
|----------------------------------------------------------------------------------------------------------------------------------------|-------|--------|----------|
| 1 Ambience, Nature, Mount Ida, Before Dawn, Deep High Woodland, Distant River, Frogs, Nightingale, VADI.wav | 07:45 | 96 24 | 2 |
| 2 Ambience, Nature, Mount Ida, Before Dawn, Woodland, Distant Stream, Frogs, Nightingale, VADI.wav | 02:06 | 96 24 | 2 |
| 3 Ambience, Nature, Mount Ida, Dawn Chorus, Woodland, Birdsong, Bees, VADI.wav | 02:09 | 96 24 | 2 |
| 4 Ambience, Nature, Mount Ida, Dawn Chorus, Woodland, Nightingale And Blackbird, Bees, 02, VADI.wav | 00:38 | 96 24 | 2 |
| 5 Ambience, Nature, Mount Ida, Dawn Chorus, Woodland, Nightingale And Blackbird, Bees, VADI.wav | 02:54 | 96 24 | 2 |
| 6 Ambience, Nature, Mount Ida, Dawn Chorus, Woodland, Two Nightingales, Bees, VADI.wav | 02:53 | 96 24 | 2 |
| 7 Ambience, Nature, Mount Ida, Day Time, Deep Woodland, Distant Medium River Flow, Crickets, Mild Wind, VADI.wav | 02:15 | 96 24 | 2 |
| 8 Ambience, Nature, Mount Ida, Day Time, Deep Woodland, Distant River Flow, Crickets, Constant Wind, VADI.wav | 01:07 | 96 24 | 2 |
| 9 Ambience, Nature, Mount Ida, Day Time, Deep Woodland, Distant River Flow, Crickets, Insects, Constant Wind, VADI.wav | 02:03 | 96 24 | 2 |
| 10 Ambience, Nature, Mount Ida, Day Time, Deep Woodland, Medium Flow, Loud Crickets, Increasing Wind, VADI.wav | 02:02 | 96 24 | 2 |
| 11 Ambience, Nature, Mount Ida, Dusk, Woodland, Close-up Nightingale Birdsong, Jackalls Howl, VADI.wav | 01:21 | 96 24 | 2 |
| 12 Ambience, Nature, Mount Ida, Early Evening, Woodland, Close River, Distant Birdsong, VADI.wav | 02:39 | 96 24 | 2 |
| 13 Ambience, Nature, Mount Ida, Early Evening, Woodland, Distant River, Birdsong, VADI.wav | 02:32 | 96 24 | 2 |
| 14 Ambience, Nature, Mount Ida, Early Evening, Woodland, Distant River, Eager Birdsong, VADI.wav | 01:57 | 96 24 | 2 |
| 15 Ambience, Nature, Mount Ida, Early Evening, Woodland, Distant River, Nightingale Birdsong, Distant Jackalls, VADI.wav | 01:58 | 96 24 | 2 |
| 16 Ambience, Nature, Mount Ida, Early Evening, Woodland, River, Close Nightingale, VADI.wav | 06:16 | 96 24 | 2 |
| 17 Ambience, Nature, Mount Ida, Early Evening, Woodland, River, Distant Birdsong, VADI.wav | 01:43 | 96 24 | 2 |
| 18 Ambience, Nature, Mount Ida, Early Morning, Woodland, Distant River, Birdsong, VADI.wav | 01:42 | 96 24 | 2 |
| 19 Ambience, Nature, Mount Ida, Early Morning, Woodland, River, Birdsong, VADI.wav | 05:15 | 96 24 | 2 |
| 20 Ambience, Nature, Mount Ida, Early Morning, Woodland, River, Close Birdsong, Thunder, VADI.wav | 01:01 | 96 24 | 2 |
| 21 Ambience, Nature, Mount Ida, Evening, Deep Woodland, Strong Distant River Flow, Loud Crickets, Increasing Strong Wind, 02, VADI.wav | 04:43 | 96 24 | 2 |
| 22 Ambience, Nature, Mount Ida, Evening, Deep Woodland, Strong River Flow, Close Distance, Bubbles And Crickets, VADI.wav | 01:42 | 96 24 | 2 |
| 23 Ambience, Nature, Mount Ida, Evening, Deep Woodland, Strong River Flow, Close Distance, Increasing Wind, VADI.wav | 01:30 | 96 24 | 2 |
| 24 Ambience, Nature, Mount Ida, Evening, Deep Woodland, Strong River Flow, Crickets, Increasing Strong Wind, VADI.wav | 01:24 | 96 24 | 2 |
| 25 Ambience, Nature, Mount Ida, Evening, Deep Woodland, Strong River Flow, Loud Crickets, Increasing Strong Wind, 02, VADI.wav | 00:59 | 96 24 | 2 |
| 26 Ambience, Nature, Mount Ida, Evening, Deep Woodland, Strong River Flow, Loud Crickets, Increasing Strong Wind, 03, VADI.wav | 08:28 | 96 24 | 2 |
| 28 Ambience, Nature, Mount Ida, Evening, Deep Woodland, Strong River Flow, Loud Crickets, Increasing Strong Wind, VADI.wav | 01:56 | 96 24 | 2 |
| 29 Ambience, Nature, Mount Ida, Evening, Woodland, Distant River, Distant Nightingale And Blackbirds, VADI.wav | 01:01 | 96 24 | 2 |
| 30 Ambience, Nature, Mount Ida, Evening, Woodland, Mild Stream, Close Distance, Crickets, 02, VADI.wav | 03:07 | 96 24 | 2 |
| 31 Ambience, Nature, Mount Ida, Evening, Woodland, Mild Stream, Close Distance, Crickets, VADI.wav | 03:34 | 96 24 | 2 |
| 32 Ambience, Nature, Mount Ida, Evening, Woodland, Mild Stream, Close Distance, VADI.wav | 02:38 | 96 24 | 2 |
| 33 Ambience, Nature, Mount Ida, Evening, Woodland, Strong River Flow, Close Distance, VADI.wav | 02:38 | 96 24 | 2 |
| 34 Ambience, Nature, Mount Ida, Evening, Woodland, Strong River, Close Distance, VADI.wav | 02:36 | 96 24 | 2 |
| 35 Ambience, Nature, Mount Ida, Morning, Woodland, Tiny Waterfall, Close Distance, 02, VADI.wav | 03:51 | 96 24 | 2 |
| 36 Ambience, Nature, Mount Ida, Morning, Woodland, Tiny Waterfall, Close Distance, VADI.wav | 02:24 | 96 24 | 2 |