

Hospice Niagara Mindfulness Hike

I had only walked a few minutes and as I paused to look back at my tracks, it overcame me ~ a sense of simple calmness. A warm embrace of the morning sun as you reach a clearing, the sounds of a forest on a breezy fall day or the welcome sight of new life that spring displaysallow yourself a moment (or several) to take it all in. My name is Terry and I'd like to be your hiking buddy.

I'd love to share with you the peace and tranquility I've discovered (along with countless others) as we walk our local forests. After much reading on the subject and many conversations with fellow hikers over the years, it is widely believed that this common phenomenon is due to our origins. Our fascination with the woods is truly primal and takes every one of us back to our roots. A place where all our ancestors lived, played, hunted and raised their families. With our senses heightened, we are often able to observe such amazing creatures as snakes, fox, deer, rabbit, coyote and many bird species that otherwise go unnoticed in life's daily hustle and bustle. Please join us and see what mother nature has to offer. A moderate walk at a leisurely pace with a group of friends, some who walk in quiet solitude and others who engage in conversation. And no matter what..... Nobody gets left behind.

I hope you can join us on one of our hikes. Just a simple walk in the woods.....with friends.

Cheers

Terry

terryhill@live.ca



Details of the Mindfulness Hike

This hike will be an opportunity for bereaved individuals to connect with nature, embrace solitude and be mindful of their natural surroundings. In Japan, this is referred to as shinrin-yoku or “Forest Bathing”. It has nothing to do with water, but rather the immersion of oneself in nature. By registering for the Mindfulness Hike, you are agreeing to understanding the difficulty level, the risks and to forwarding on your contact info to Terry in the event that the hike is cancelled etc.

Intensity Level: Moderate to Difficult.

Location: Various locations each month to showcase the beautiful Niagara escarpment and Bruce Trail.

Time: Saturday mornings from 8:00 am to 10:30 am from spring to fall.

Length: 2 to 4 km

How will I know the group: The volunteer leaders of the Mindfulness Hike will be holding a Canadian Flag to identify themselves in the parking lot.

What to Wear: Hiking clothing, hiking shoes – dress appropriate for the weather.

Please Bring:

- Bottled water
- Required medications, epi-pens
- Snack
- Sunscreen
- Insect repellent
- Sun hat
- Walking stick (optional)
- Binoculars/cameras (optional)
- Cell phone (optional)
- Small folding stool (optional)

Serving Families in Niagara

Hospice Niagara - The Stabler Centre

403 Ontario Street, Unit 2
St. Catharines, ON L2N 1L5
T: 905-984-8766 | F: 905-984-8242



Hospice Niagara - Welland Office

555 Prince Charles Drive
Welland, ON L3C 6B5

Potential Risks to Participants: Despite all the planning and preparation and recognition of the risk factors, there is an inherent risk of a trip or fall or other injury when wilderness walking. Every effort will be made to traverse only established trails whenever possible.

- Caridac event
- Trips and falls
- Sprains
- Insect stings/bites
- Getting poked by branches
- Fatigue

Restrictions & Cancellations:

- Please do not bring your pet, as this may be a distraction.
- There will be no hikes on statutory holiday weekends: May 20, July 1, August 5, September 2 and October 7.
- There will be no hikes on days with high winds and potential thunderstorms. The hike may also be cancelled with high heat.

Registration is required through Melissa Penner, Bereavement Advisor at 905-984-8766 ext 233. This includes: signed consent and waiver.

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