

Wellspring Mindful Mountain Hiking Program

What you may expect on a typical day

Your day will begin by meeting your facilitators at one of two locations. Once the group at the Carma House is assembled, you'll car pool out to the Petro-Canada station at the junction of the Trans-Canada Highway and Highway 22. Here the entire group will meet and sign the Association of Canadian Mountain Guide (ACMG) waiver. The group will then car pool to the trailhead.

At the trailhead, the facilitators will give a brief introduction to the hike by talking about some risk management matters, leader's capabilities, pace, objectives and meditative hiking. Throughout the gentle walk, there will be periodic checks from the leaders to ensure that everyone is doing OK. The pace is such that the group is always reasonably close together and conversation is not impeded by having to catch your breath.

Along the way, there will be some discussion about interesting aspects of natural history. As well, we will engage in two or three sessions of meditative hiking. These consist of short stretches of walking in silence, during which you are encouraged to be more deeply enmeshed in your thoughts and senses than in outward conversation.

Lunch is generally held at the hiking objective for the day, but we may stop earlier if the group is hungry. There will also be opportunities to stop for water and snacks along the way. Back at the trailhead, there's a short debrief before heading back home.

Although the hikes are not difficult, you should look carefully at the individual descriptions to help you determine whether the distance, elevation gain and nature of the terrain are appropriate for your physical condition.