



*Earth has no sorrow that earth cannot heal.  
~ John Muir*

# Walking Through Grief: Trail Walking Group

A trail walking group for caregivers or  
anyone who is grieving a loss

There is something deeply soothing in the simple, repetitive act of walking. Sharing with others while walking is a healthy, active way to receive and give support. This group is designed to be a safe place to get some gentle exercise and have a quiet time with supportive companions.

**Dates:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday mornings  
**Time:** 10:00-11:30am  
**Location:** South Boulder Trails  
**Registration:** Contact Julie Thomas at 720-325-2987 or [griefsupport@myhalcyon.org](mailto:griefsupport@myhalcyon.org) to register

This group is sponsored by **Halcyon Hospice & Palliative Care**  
[www.halcyonhospice.org](http://www.halcyonhospice.org)



# Trail Walking Group

## Where to Meet:

**Boulder Montessori School, 3300 Redstone Rd, South Boulder.** Please park on the streets close to the parking lot. These are: Redstone Rd., (bordering the lot) Galena Way (across the street) and Lehigh St. (before the median begins). We meet in the grassy area under the trees on the west end of the parking lot.

## Directions:

Take Broadway (south) to Greenbriar (west). Follow Greenbriar past Fairview High School and up the hill where it turns into Lehigh. Make a right onto Redstone Rd.

## Weather

In Colorado we know that there is often a threat of thundershowers or severe weather. We will use email to communicate cancellations due to weather. Safety is number one priority so we will assess in the moment at times to decide if the group will continue when weather is severe.

## Hike description:

This hike starts directly across from the parking lot and goes from a single connector trail that is rocky and connects with a wider trail. The grade has gentle elevation gain and the hike meanders through the forest and open terrain with beautiful mountain views. There are some routes that are wide forest roads while other routes have some single track and rocky terrain. Please be prepared for these factors and bring hiking poles for stability if needed. The hike will be approximately 1 1/2 hours long and we will plan to stop along the way for a short time to drink in the peace and beauty of our surroundings so plan for 2 full hours

## Please Bring:

- Hat
- Sunglasses
- Sunscreen/bug spray
- Water bottle
- Good Hiking/Walking Shoes
- Snacks

## Absences

We will be expecting you at the scheduled group there unless you call or email to let us know you will not be attending. We really appreciate your willingness to let us know of your absences so the other group members and the leaders do not worry about you!

## Bathrooms

**There are no bathroom facilities in the area of the hike** so please come prepared. Please do not use the Montessori school facilities as they are a preschool.