TRIP DESCRIPTION: We’ll begin our day at Outdoor Rec (Campus Recreation), and make sure everyone has directions to the trailhead, and or coming with us in the vans. Once we arrive, we’ll gather and set intentions for the day. Our day will include mindful, silent hiking, taking in the vistas, and noticing with all of our senses, what our experience is as it unfolds. Included in our activities are options for journaling during lunch or silently centering and grounding.

After lunch, we will engage in some fun exercises. Included will be a contemplative reading (we explore a nature poem and our place in nature), and in pairs, we’ll explore what it means to be fully mindful in the process of receiving and extending care in a fun guided exploration.

We’ll close the day by identifying what you are mentally, spiritually or emotionally taking with you from the day, and what you would like to leave behind, no longer to carry.

EQUIPMENT LIST:

- Lightweight hiking boots/shoes
- Hiking shorts/pants, loose fitting comfortable for hiking (long pants will provide protection from brush)
- Shirt
- Wool/fleece sweater or jacket
- Wool/fleece hat
- 2 water bottles, 1 quart each*
- Day pack*

*May be borrowed from Outdoor Recreation at no additional cost

REGISTER ONLINE AT:

rec.arizona.edu/wilderness-contemplative-hike

PROVIDED BY OUTDOOR REC:

- Transportation
- Snacks
- Guides and equipment
- Trip cost does not include personal clothing

TRIP DATE: November 3rd, 2018

TRIP TIME:

8:00am Outdoor Recreation
5:00pm Return to Outdoor Rec

TRIP COST:

Member: $20
Non-member: $20