

# A Day of Mindful Hiking

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**Adventure Dates: July 9<sup>th</sup> & Sept 29<sup>th</sup>, 2017**

**Mindfulness Expert: Tracey Delfs**

**ACMG Hiking Guide: Jenna Nodding**

## **WELCOME!!!**

I would like to thank you for signing up for A Day of Mindful Hiking. It is going to be an adventure! Tracey and I are looking forward to getting out with all of you. We recognize that everyone is coming with his or her own unique experiences and fitness level and we feel confident that everyone will enjoy this trip. Mindful walking, mini-guided meditations and silent reflection time will be some of the experiences we will have.

Although we cannot control the weather, these dates in the past have proven to be an ideal time to hike, less bugs, and beautiful scenery and, we hope, larches in September!

Practicing meditation and mindfulness brings our dispersed mind back to the now, so that we can fully embrace and live each moment of our life.

## **Cost:**

C\$95 plus GST. This includes:

- An amazing day hike in the beautiful National Parks
- First aid and excellent safety response network
- Passionate local and experienced facilitators
  - Mindfulness expert and life coach – Tracey Delfs
  - ACMG hiking guide – Jenna Nodding

## **Payment:**

We will require a deposit of %25 of the total trip costs to reserve your spot and the remaining two weeks prior to the camp start. Payments can be made through email money transfer to [jenna@getoutsideadventures.ca](mailto:jenna@getoutsideadventures.ca) or a cheque can be mailed to:

Jenna Nodding  
102-1040 Railway Ave  
Canmore, AB  
T1W 1P4

***Please use the password “mindful” for e-transfers***

## **Transportation:**

Once we have an idea where people are coming from, we can organize a car pool to make sure we all have transportation. We will meet at the downtown Beamer’s in Canmore, AB for 8:45am

## **Cancellation & Medical Insurance:**

The deposit is non refundable. Once the balance has been paid it too is non refundable. Please consider trip cancellation insurance. Please also have medical insurance if you are coming from out of country.

## **Park Vehicle Pass:**

If you are driving please ensure you have a valid National Park vehicle pass. This covers you for rescue insurance while in the Park.

## **Waivers:**

Waivers will be handed out at the start of the course. Each participant is required to read and sign the waiver.

## **Equipment:**

Personal gear such as a daypack, 2L of water, lunch, layered clothing are required. Please do not hesitate to contact Jenna if you have any questions about your equipment - we want to be sure that you have all the right gear.

*Blisters can be a problem. Please ensure your boots fit properly and have been tested out prior to your hike. Alert Jenna or Tracey at the first sign of a blister – blisters will only get worse if you wait.*

## **Suggested Clothing List**

- Lightweight synthetic or merino shirt for hiking if warm
- Durable hiking pants (e.g. Schoeller or quick dry)
- Synthetic jacket/sweater
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Waterproof shell pants (Gore-Tex or equivalent, preferable full side zip)
- Wool or synthetic socks
- Hat
- Light gloves

## **Personal Equipment**

- Daypack
- Journal and pen
- Something to sit on

## **Contacts:**

### **Jenna Nodding**

102-1040 Railway Ave  
Canmore, AB  
T1W 1P4  
(403) 478-1331

[jenna@getoutsideadventures.ca](mailto:jenna@getoutsideadventures.ca)  
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### **Tracey Delfs**

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