

# 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:**

Secure payment can be made at [www.GetOutsideAdventures.ca/mindful-hikes.html](http://www.GetOutsideAdventures.ca/mindful-hikes.html)

## **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:**

Notice of cancellation is required 72 hours before the scheduled tour time in order to receive a full refund. If you have any questions or concerns please contact us!

Cancellation by Get Outside results in a full refund

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.

## **Weather:**

We operate in all sorts of weather and mountain conditions. Sometimes the weather causes us to change plans, be prepared to modify trip plans

## **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**

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### **Tracey Delfs**

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