



WELLNESS TRAIL MAP

*We hope you are enjoying our Wellness Trail.
We recommend the below exercise to add to your
adventure to find peace & wellbeing.*

STEP 1: Find a comfortable flat area to enjoy with good views preferably

STEP 2: You can do this practice standing, sitting, or lying down

STEP 3: Allowing the eyes to close or with a soft gaze, bring your attention inward

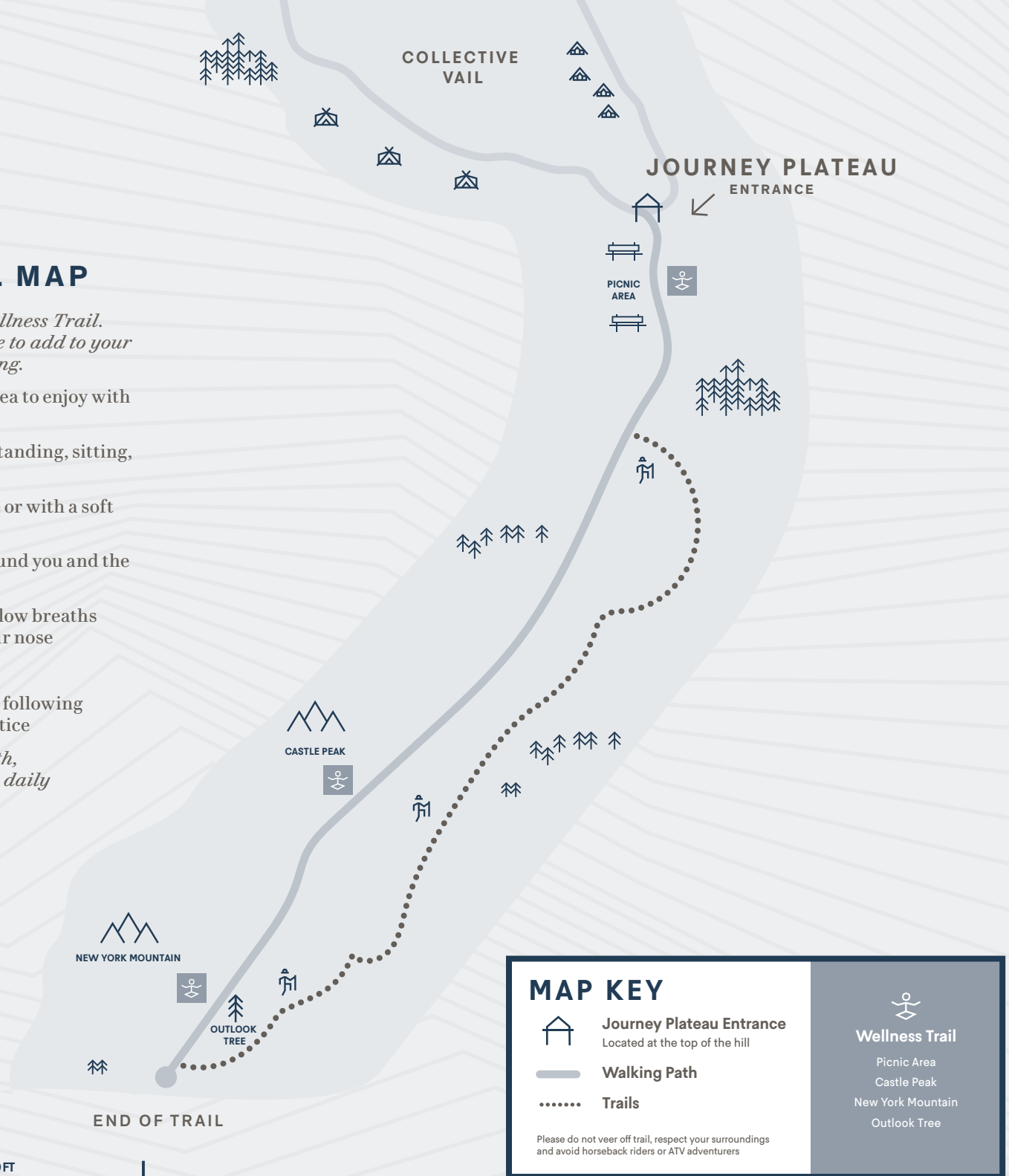
STEP 4: Notice what you hear around you and the sensations in your body

STEP 5: Take three to four deep, slow breaths inhaling and exhaling through your nose

STEP 6: Slowly open your eyes

STEP 7: Lastly, thank yourself for following through on your mindfulness practice

*May you experience greater health,
wisdom, and wellbeing through a daily
practice of mindful living!*



600FT

MAP KEY



Journey Plateau Entrance
Located at the top of the hill



Walking Path



Trails



Wellness Trail

Picnic Area

Castle Peak

New York Mountain

Outlook Tree

Please do not veer off trail, respect your surroundings
and avoid horseback riders or ATV adventurers