**Title:** Friday – QUIET hike at Shenipsit State Forest - moderate

**Date:** Friday, March 24, 2023 **Time:** 9:30 AM **End Time:** about 12:00 PM

**Description:** A "quiet hike" is one in which a hiker instead of talking focuses, using slow deep breaths, on experiencing  nature to calm a busy mind. By immersing oneself in the serenity and solitude of the outdoors, a hike becomes a mindfulness exercise, creating a "vibrant calmness". We agree to chat quietly only on breaks. Maximum of 6 hikers.

4-5 mile moderate hike with one steep section up to an observation tower.

**\*\*\*Please refer to** <https://www.wilbraham-ma.gov/304/Wilbraham-Hiking-Club> for things to keep in mind on all hikes. Remember that no dogs, except service dogs on leash, are allowed on town-sponsored hikes.

**Length:** 4 -5 miles **Pace/Duration:** about 2 hours

**Terrain:** rocks and roots **Cumulative Elevation:** about 600 feet

**Difficulty:** 10 – moderate as calculated at <http://www.nwhiker.com/HikeEval.html>

**Gear:**  Poles advised; traction gear depending on conditions.

**Leader/Contact:** Jay Taylor mrjayt0701@gmail.com 413-726-4374

**Where to meet:** On Gulf Road in Somers, Ct; park on Right side of road by "Soapstone State Forest" sign.

**Info about the site:** <https://portal.ct.gov/DEEP/State-Parks/Forests/Shenipsit-State-Forest>