

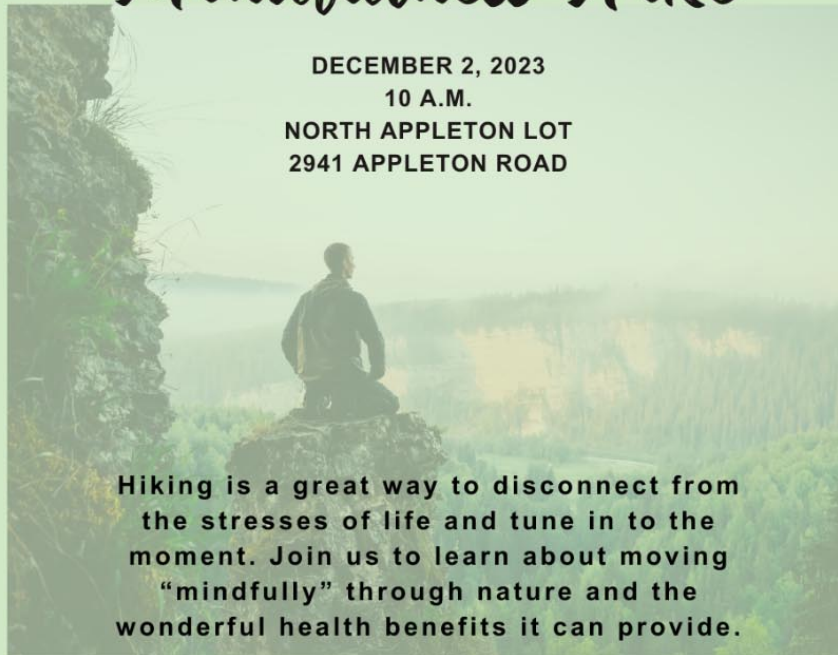
Mindfulness Hike

DECEMBER 2, 2023

10 A.M.

NORTH APPLETON LOT

2941 APPLETON ROAD



Hiking is a great way to disconnect from the stresses of life and tune in to the moment. Join us to learn about moving “mindfully” through nature and the wonderful health benefits it can provide.

Hike is free, park day use fees apply.

For information, call 410-398-1246 or email FairHillDutyRanger.dnr@maryland.gov

Due to uneven terrain this hike is not suitable for strollers. Approximately 3.5 miles round trip.

Take a break this holiday season to step outside and be present in the gentler sun and muted shades of the winter landscape.

This hike is specifically designed to demonstrate techniques which can be used over and over again to pause and focus on the moment at hand, and to connect with the space around you.

- Parking Lot #3 (2941 Appleton Road) - Also known as the North Appleton Parking Lot. From the Rt. 273/Rt. 213 intersection: Drive east on Rt. 273 until the intersection with Appleton Road. Turn left on Appleton Road, drive approximately one mile to the intersection of Appleton Road and Black Bridge Road. Parking lot is located on your left.