Celebrate The WOW!

Celebrate Trails Day with the Rails-to-Trails Conservancy, The Compass, and people all across the country by getting outdoors, enjoying a trail, and sharing appreciation for the ways trails positively impact our lives and our communities.

Enjoy the natural wow of walking, running, skating, or riding a trail near you - or check out the Rails-to-Trails Conservancy's website as the update an interactive map of Trails Day's activities taking place across the nation. https://www.railstotrails.org/celebrate-trails

Use The Compass WOW! mindfulness resource included here to make your Trails Day an experience. And follow The Compass on Instagram at #the_compass_point.

NATIONAL TRAILS DAY!

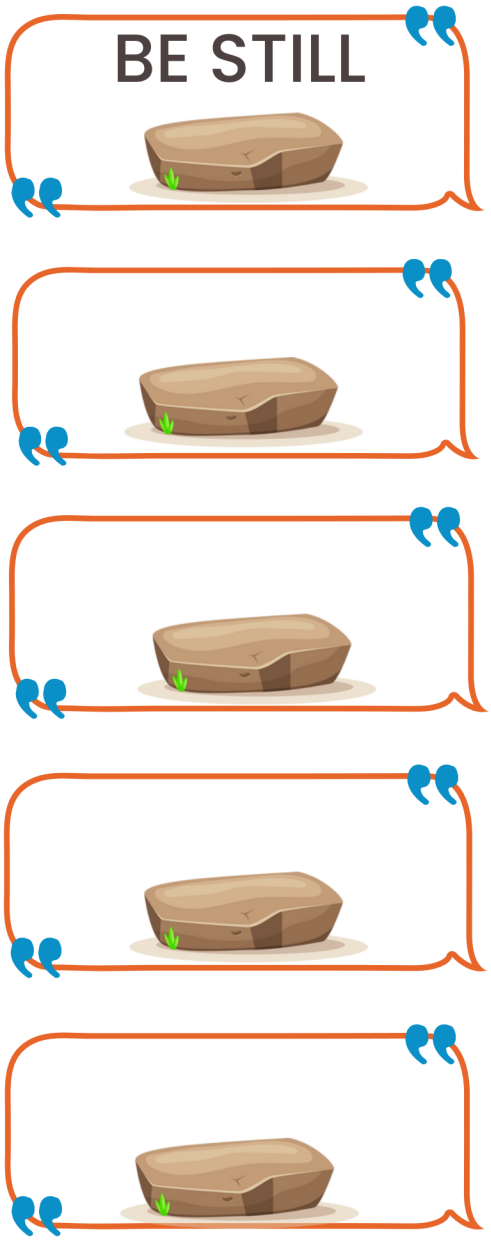
SATURDAY, APRIL 27, 2024

Rails-to-Trails works to preserve the nation's disused railroad corridors by transforming them into trails Conservancy opened its doors. Since 1986, RTC has worked from coast to coast, supporting the development of thousands of miles of rail-trails and multiuse trails for our exploration and enjoyment.

WOW!

WANDER | OBSERVE | WONDER

Spending time with nature can boost mental, physical, and spiritual wellbeing. Use this WOW! reflection to maximize your experiences.



WANDER. Take time to wander a trail, yard, park, garden or beach. If you cannot get outdoors, try this practice when looking out a window or viewing nature photographs.

OBSERVE. Spend time observing an aspect of nature that captures your attention. If your mind wanders, gently return your focus to observing nature. Be attentive to if it leads to a mental, physical, or spiritual lift or shift for you.

WONDER. As you wander — or at a later time — consider what life-affirming messages nature spoke to you and its relevance to your life.

WRITE. Free write about your wandering experience, generously describing what you observed, what messages you received, and how they may have impacted your sense of wellbeing. For example, did the feel of sand between your toes ground you? Did chirping birds make you feel as if you were among chatting friends? Or did a colorful sprig of flowers boost your creative spirit? Review what you wrote, circling any core value words you used, e.g., peace, truth, joy, compassion, belonging. Write the four most meaningful words to you in the bubble next to each grounding stone.

RECALL. Recall or repeat these grounding stone words as a positive practice in a chaotic world.

The COMPASS
It's Vegas, naturally!

The Compass promotes the renewal of mental, physical, and spiritual energies and attentiveness to the wellbeing of the natural world. Compass Point sites will feature large natural grounding stones engraved with core value words that echo what we may need to extend or receive to find hope and healing in a chaotic world.