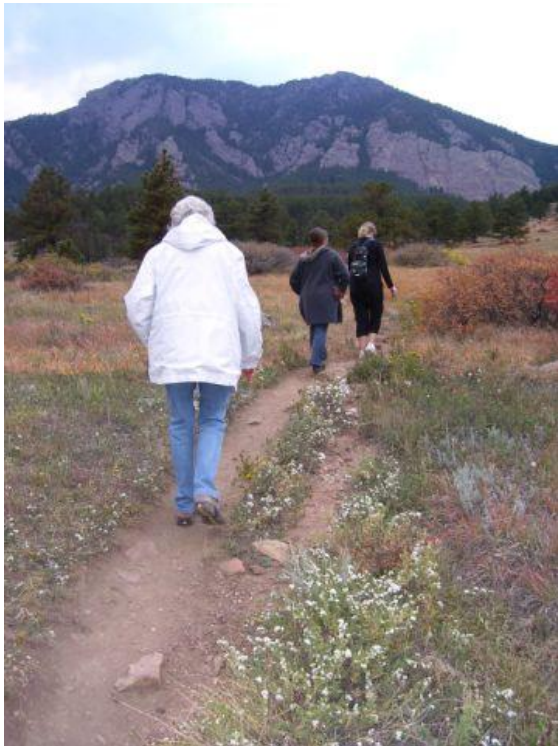


Step by Step Group

Boulder Hiking Group May 2012



"We meet to walk trails in the quiet, healing presence of others who understand. We may not even talk about our losses, grief and struggles, or perhaps we do. We let the beauty of these hills and hillsides, this sky, do its work on our hearts, walking in beauty, walking on." –

Hiking group participant

HospiceCare of Boulder and Broomfield Counties offers a hiking group for caregivers and those grieving a loss. This group is designed to be a safe place to get some gentle exercise and have a quiet time with supportive companions.

Meets: **4 Wednesdays in May 5:30-7:00**
 May 9, 16, 23, 30th

Location: **Boulder Montessori School**
 (map & directions on back)

Registration is required.
Please call Julie Thomas to register at (303) 604-5213 or
juliethomas@hospicecareonline.org



Where to Meet: Boulder Montessori School, 3300 Redstone Rd, South Boulder. Please park on the streets close to the parking lot. These are: Redstone Rd., (bordering the lot) Galena Way (across the street) and Lehigh St. (before the median begins).

Directions: Take Broadway (south) to Greenbriar (west). Follow Greenbriar past Fairview High School and up the hill where it turns into Lehigh. Make a right onto Redstone Rd. The Boulder Montessori School will be on your right. We meet in the grassy area under the trees on the west end of the parking lot.



Hike description: This hike starts directly across from the parking lot and goes from a single trail and connects with a wider trail. The grade is gentle and the hike meanders through the forest and open terrain with beautiful mountain views. The hike will be approximately 1 and 1/4 hours long and we will plan to stop along the way for a short time to drink in the peace and beauty of our surroundings.

Please Bring:

- * Hat
- * Sunglasses
- * Sunscreen/bugspray
- * Water bottle
- * Good Hiking/Walking Shoes
- * Snacks