



The Prompts



Designed to encourage slowing down, noticing, and connecting more deeply with the poems, landscape, and your own experience of the trail.

Can be used during or after your walk - there are no rules!

What do you notice when you slow down?

What sounds do you hear around you?

What does this place remind you of?

Which poem or line stays with you?

Where do you feel most connected to nature?

What details might you normally miss?

What emotions or memories arise as you walk?

What does this trail teach you?

What are you carrying with you today?

What beauty exists in this moment?

What helps you feel grounded here?

What small wonder catches your attention?

How does poetry change the way you experience the trail?

What are you grateful for in this moment?

What does “connection” feel like to you here?

Thank you for joining us today!
We hope you enjoyed your time and will return soon.