Reflective Walks
Path

Each reflective walk has a theme, this was the third of six reflective walks being completed in 2017 and was on the theme: Path.

For this walk we parked at Fell Gate, Walna Scar carpark (Postcode LA21 8HD grid reference: SD288970) and walked up Walna Scar Road to Goats water Tarn just up behind Coniston.

For this walk we used the metaphor of path and journey to explore the themes of past, present and future. As you make your way to your destination, reflect back on the past: what things have resourced you? On reaching the destination of Goat Tarn we paused in the present and listened to a poem being read: 'For the Traveler' by John O Donohue from his book 'Benedictus: A book of Blessings', it can also be found online here: https://solotravelerworld.com/for-the-traveler-the-sunday-travel-poem-is-by-john-odonohue/.

As you make your return journey think about the things you need to resource you in the future.

The Roman's built straight roads that would get them from A to B in the quickest time, but in a place like the Lake District there are many winding roads to accommodate the mountains, fells and lakes. Life is not always straight and true, sometimes there are twists and turns or obstacles to overcome, or we might even lose sight of where we are going. Although the path we walk is our own, it is good to know that their are others walking beside us, and as pilgrims together we can support one another on life's journey.

You should ask people to dress appropriately for the time of year and wear suitable footwear. Apart from the discussion and utilising the natural surroundings, we didn't need any specific equipment for this reflection. This activity can be done on any walk.

 For reference see: Ordnance Survey Explorer Map OL6 The English Lakes South Western Area.

Please follow the *Countryside Code*. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.