



Information Stops



Bring your phone.

Each information stop has a sign with a QR code. Scan it and watch a short video about what you are seeing.

We are Crowd Sourcing:

We want your opinions . At each stop, you can also contribute your knowledge to help us improve our educational efforts.

Parking is limited and we don't want to crowd the trails, so it is a good idea to call ahead or check us on Facebook.

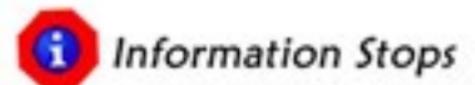
Mindfulness Trail is an educational on-profit organization.

Your donation is appreciated!

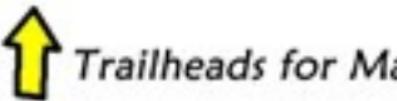
Mindfulnesstrail.org



Trail Map



Information Stops



Trailheads for Maze

The Main Loop Trail is approximately 0.6 miles long and currently includes eleven Information Stops. The trail is clear and well maintained. Our goal is to keep the path mostly natural, with firm ground for safe and comfortable walking. It's an easy hike with plenty of inviting places to pause, sit, and take in the forest. The Maze Trails are a network of interconnected paths that invite exploration into the interior of the woods. There are no dead ends. All Maze Trails eventually reconnect with the Loop.

One fun challenge is to test your sense of direction by choosing a specific trailhead to aim for your exit. It's not as easy as it sounds! Don't worry if you get turned around — many visitors do. The Maze is designed to be playful and forgiving. Whether you're here to explore, discover, learn, wander, or simply relax, we hope you enjoy the peaceful surroundings of the Mindfulness Trail.

Mindfulness Trail is free and open for you!