



GSCA Guided Hike Series

Back to Work? Back to School? Back to Nature!

**Experience the benefits of being in nature
during stressful times**

Hike Location #2: Inglis Falls Arboretum

• **Tree Talk Arboretum Walk - September 12, 2020**

If you're feeling unsettled about the return to work/school or are just interested in learning about GSCA properties and how being in nature can help during stressful times, this hike series is for you!

Next up in the hike series is the Inglis Falls Arboretum!

(237897 Inglis Falls Road, Owen Sound)

Join GSCA and the Inglis Falls Arboretum Alliance to explore the trails, take deep breaths, and enjoy all the physical and mental health benefits of being in nature at a GSCA property.

**September 12, 2020: Tree Talk Arboretum Walk - All ages are welcome
(10:30am - 12:00pm)**

Join members of the Inglis Falls Arboretum Alliance for a walk around the peaceful Arboretum trails. You'll learn about the history of the Arboretum itself and the amazing trees that make this area so special. The trees of the world section is a highlight where you can experience species from all over the globe! During this serene adventure we'll also chat about some interesting tree facts – Did you know trees can talk to each other? You “wood” not believe some of this stuff!

Advanced registration is required

Please RSVP at explore@greysauble.on.ca (space is limited to ensure physical distancing). More information will be provided upon registration.