



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 #3: Jones Falls & Pottawatomi

• Hiking Rocks! - September 26, 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 Jones Falls & Pottawatomi Conservation Area! (717875 Hwy 6, Springmount)

Join GSCA and the Sydenham Bruce Trail Club 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 26, 2020: Hiking Rocks! - Ages 8+ (10:00am - 12:00pm)

Have you ever wondered about the landscape under your feet? If so, this guided hike is for you! Come along for a time-traveling-trek of Jones Falls & Pottawatomi Conservation Area with the Sydenham Bruce Trail Club. Learn about how the unique landscape of the Niagara Escarpment was formed thousands of years ago and what shaped the iconic falls on this property.

This geology-focused hike will be a rocky one, so be sure to wear your sturdy footwear!

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.