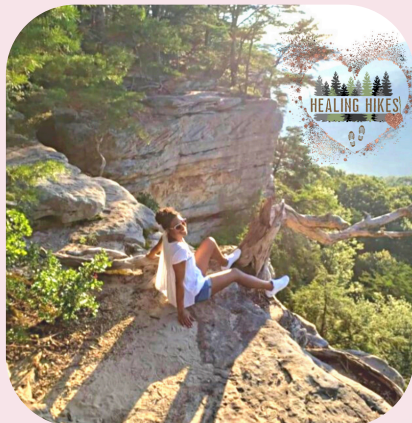




## HEALING HIKES®

JOIN ME ON A GUIDED HIKE THROUGH THE MOUNTAINS AND HILLS OF MIDDLE TENNESSEE. HEALING HIKES OFFERS GUIDED HIKING TOURS OF SOME OF NASHVILLE'S AND SURROUNDING AREAS OVERLOOKED NATURAL GEMS.



GHENE'T LEE-YONG  
5-STAR AIRBNB HOST

## HEALING HIKES® CONT.

THIS GUIDED HIKE INVITES YOU TO LEARN ABOUT LOCAL FLORA AND WILDLIFE, FORAGING, WATER, GEOLOGICAL AND WEATHER SYSTEMS NATURAL TO THE AREA. THEY CHALLENGE YOU TO REMEMBER YOUR CONNECTION TO NATURE AND HOW THAT IMPACTS YOUR BODY, MIND, AND SPIRIT.



*Scan me*

**BOOKED THRU AIRBNB & BY APPOINTMENT**



HEALINGHIKES111@GMAIL.COM

## HEALING HIKES® THE MOSSY RIDGE TRAIL LOOP CALORIE BURNER!



**RETURN TO YOUR NATURAL PATH**



HEALINGHIKES111@GMAIL.COM







HEALINGHIKES111@GMAIL.COM

## HEALING HIKES NASHVILLE THE MOSSY RIDGE TRAIL LOOP

LENGTH: 6.5 MILES

LEVEL: MIXED MODERATE TO STRENUOUS

TIME: 3-4 HOURS

WHERE: WARNER PARKS

WE MEET AT THE EDWIN WARNER PARK NATURE CENTER AND HIKE 2 MILES TO THE MOSSY RIDGE TRAIL LOOP IN PERCY WARNER PARK.



THE BEGINNING OF THE HIKE IS EASY AND SERVES AS A GREAT WARM-UP FOR THE HIKE AHEAD. ALONG THE WAY WE STOP AT UNIQUE GEOLOGICAL AND NATURAL FEATURES, IDENTIFY TREES AND PLANTS AND ANY WILDLIFE WE SEE, DISCUSS INVASIVES, AND TAKE MOMENTS TO FOREST BATH AND CONNECT WITH NATURE. CONSERVATION IS NEAR AND DEAR TO MY HEART SO WE WILL LEARN ABOUT 'LEAVE NO TRACE' AND ACTIVELY PRACTICE THIS ON THE TRAIL AS WELL AS LEARN HOW SUSTAINABLE FORESTRY AIDS IN THE OVERALL WELL-BEING OF OUR PLANET AND US.



### HIGHLIGHTED POINTS OF INTEREST

- THE GRAND OAK TREE
- LOVER'S OVERLOOK
- DRIPPING SPRING AND CAVE
- QUIET POINT
- THE CHIMNEY



### WHO IS THE HIKE GOOD FOR?

INDIVIDUALS, COUPLES, FRIENDS, FAMILY, WORK GROUPS, TEACHER EXCURSIONS AND TOURISTS

### CERTIFICATIONS

- CERTIFIED WILDERNESS FIRST AID AND RESCUE: 2018- PRESENT
- NATURE IMMERSION EDUCATOR: 2013- PRESENT
- ECOTHERAPY CERTIFIED: 2019- PRESENT
- AIRBNB CERTIFIED & INSURED: 2020 - PRESENT



HEALINGHIKES111@GMAIL.COM