



CONCLUSION

THE OL' COUNTRY HIKE IN THE JOHN NOEL NATURAL AREA IS A DELIGHTFUL OPPORTUNITY TO CONNECT WITH NATURE AND HISTORY. WHETHER YOU ARE A SEASONED HIKER OR A BEGINNER, THIS ACCESSIBLE AND EDUCATIONAL HIKE OFFERS SOMETHING FOR EVERYONE. ENJOY THE SCENIC BEAUTY, LEARN ABOUT THE LOCAL FLORA AND HISTORY AND TAKE A MOMENT TO RELAX AND REJUVENATE IN THE PEACEFUL SURROUNDINGS OF MIDDLE TENNESSEE.

JOIN US FOR THIS UNFORGETTABLE EXPERIENCE AND DISCOVER THE HIDDEN GEMS OF THE JOHN NOEL NATURAL AREA. WE LOOK FORWARD TO SHARING THE JOURNEY WITH YOU AND CREATING LASTING MEMORIES ALONG THE TRAIL.



GHENE T LEE-YONG
5-STAR AIR BNB HOST

CERTIFICATIONS

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



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HEALING HIKES®

OL' COUNTRY HIKE - JOHN NOEL NATURAL AREA, HICKMAN COUNTY



RETURN TO YOUR NATURAL PATH



OL' COUNTRY HIKE - JOHN NOEL NATURAL AREA, HICKMAN COUNTY



AN INVITATION TO EXPLORE NATURE AND HISTORY

COME HIKE THE JOHN NOEL NATURAL AREA. THIS SCENIC HIKE THROUGH THE WOODS TAKES YOU TO RUSTIC MIDDLE TENNESSEE, OFFERING A GLIMPSE INTO HISTORY. THIS EASY HIKE WILL AWAKEN YOUR SENSES AND PROVIDE YOUR MIND AND BODY WITH THE RESET FROM THE BUSY DAY-TO-DAY LIFE THAT YOU HAVE BEEN SEARCHING FOR. DURING OUR HIKE, WE WILL LEARN ABOUT TREE AND PLANT IDENTIFICATION, AND WE WILL DELVE INTO THE RICH HISTORY OF THE AREA. THIS IS A WONDERFUL SHORTER HIKE THAT IS GREAT FOR FAMILIES, BEGINNER HIKERS, NATURE ENTHUSIASTS, AND HISTORY BUFFS.

HIGHLIGHTS OF THE HIKE

- **CREEK:** THE HIKE FEATURES A PICTURESQUE CREEK THAT MEANDERS THROUGH THE WOODED LANDSCAPE, PROVIDING A SERENE AND CALMING AMBIANCE. THE SOUND OF FLOWING WATER ADDS TO THE TRANQUILITY OF THE EXPERIENCE.
- **OLD FOUNDATION OF CONFEDERATE-ERA HOME:** THIS RELIC OF THE PAST OFFERS A TANGIBLE CONNECTION TO THE HISTORY OF THE AREA, SPARKING CURIOSITY AND REFLECTION.
- **NATIVE FLORA:** THE JOHN NOEL NATURAL AREA IS HOME TO A DIVERSE ARRAY OF NATIVE FLORA. HIKERS WILL HAVE THE OPPORTUNITY TO LEARN ABOUT AND IDENTIFY VARIOUS TREES AND PLANTS, ENRICHING THEIR UNDERSTANDING AND APPRECIATION OF THE LOCAL ECOSYSTEM.
- **EASY TERRAIN:** THE HIKE IS CHARACTERIZED BY ITS EASY TERRAIN, MAKING IT ACCESSIBLE TO INDIVIDUALS OF ALL AGES AND FITNESS LEVELS. THE GENTLE SLOPES AND WELL-MAINTAINED PATHS ENSURE A COMFORTABLE AND ENJOYABLE EXPERIENCE FOR EVERYONE.

WHAT TO EXPECT

AS YOU EMBARK ON THIS HIKE, YOU CAN EXPECT TO BE SURROUNDED BY THE BEAUTY OF NATURE. THE DENSE WOODS PROVIDE A CANOPY OF SHADE, WHILE THE FOREST FLOOR IS ADORNED WITH A VARIETY OF PLANTS AND FLOWERS. THE SIGHTS, SOUNDS, AND SMELLS OF THE NATURAL ENVIRONMENT WILL ENGAGE YOUR SENSES AND CREATE A SENSE OF PEACE AND RELAXATION. OUR KNOWLEDGEABLE GUIDES WILL LEAD YOU THROUGH THE TRAIL, SHARING INSIGHTS ABOUT THE TREES AND PLANTS YOU ENCOUNTER ALONG THE WAY. YOU WILL LEARN TO IDENTIFY DIFFERENT SPECIES AND UNDERSTAND THEIR IMPORTANCE TO THE LOCAL ECOSYSTEM. THIS EDUCATIONAL ASPECT OF THE HIKE ADDS DEPTH TO THE EXPERIENCE, MAKING IT BOTH ENJOYABLE AND INFORMATIVE.

IN ADDITION TO THE NATURAL BEAUTY, THE HIKE OFFERS A WINDOW INTO THE PAST. THE OLD FOUNDATION OF THE CONFEDERATE-ERA HOME SERVES AS A REMINDER OF THE AREA'S HISTORICAL SIGNIFICANCE. OUR GUIDES WILL PROVIDE CONTEXT AND STORIES ABOUT THE PEOPLE WHO ONCE LIVED HERE, PAINTING A VIVID PICTURE OF LIFE IN MIDDLE TENNESSEE DURING THAT PERIOD.

PLANNING YOUR VISIT

BEFORE SETTING OUT ON THE HIKE, IT IS IMPORTANT TO PLAN YOUR VISIT TO ENSURE A SMOOTH AND ENJOYABLE EXPERIENCE. HERE ARE SOME TIPS TO HELP YOU PREPARE:

- **WEAR COMFORTABLE CLOTHING AND FOOTWEAR:** CHOOSE CLOTHING THAT IS SUITABLE FOR THE WEATHER AND COMFORTABLE TO MOVE IN. STURDY HIKING SHOES OR BOOTS ARE RECOMMENDED TO PROVIDE SUPPORT AND TRACTION ON THE TRAIL.
- **BRING WATER AND SNACKS:** IT IS IMPORTANT TO STAY HYDRATED DURING THE HIKE, SO BRING PLENTY OF WATER. PACKING SOME LIGHT SNACKS CAN ALSO HELP KEEP YOUR ENERGY LEVELS UP.
- **CHECK THE WEATHER:** BEFORE HEADING OUT, CHECK THE WEATHER FORECAST TO ENSURE YOU ARE PREPARED FOR ANY CONDITIONS. BRINGING A RAIN JACKET OR SUNSCREEN MAY BE NECESSARY DEPENDING ON THE WEATHER.
- **RESPECT THE ENVIRONMENT:** HELP PRESERVE THE NATURAL BEAUTY OF THE JOHN NOEL NATURAL AREA BY FOLLOWING LEAVE NO TRACE PRINCIPLES. STAY ON DESIGNATED TRAILS, DISPOSE OF WASTE PROPERLY, AND RESPECT WILDLIFE AND PLANT LIFE.

