

END THE EVENING WITH A BONFIRE

AFTER A NIGHT OF EXPLORATION AND WONDER, WE WILL GATHER AROUND A BONFIRE TO RELAX AND SHARE STORIES. ENJOY A SELECTION OF SMORES AND OTHER CAMPFIRE TREATS AS YOU BASK IN THE WARMTH AND GLOW OF THE FIRE. THIS IS THE PERFECT WAY TO CONCLUDE A WONDERFUL EVENING UNDER THE STARS.



WHAT TO BRING

TO ENSURE A COMFORTABLE AND ENJOYABLE HIKE, PLEASE BRING THE FOLLOWING ITEMS:

- HEADLAMP OR FLASHLIGHT: ESSENTIAL FOR NAVIGATING THE TRAILS IN THE DARK.
- WALKING STICK OR TREKKING POLE: PROVIDES SUPPORT AND STABILITY ON UNEVEN TERRAIN.



GHENE'T LEE-YONG
5-STAR AIRBNB HOST

CERTIFICATIONS

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

WHETHER YOU ARE AN AVID STARGAZER OR SIMPLY LOOKING FOR A PEACEFUL ESCAPE FROM THE HUSTLE AND BUSTLE OF DAILY LIFE, WE LOOK FORWARD TO SHARING THIS ENCHANTING JOURNEY WITH YOU.

BOOKED THRU AIRBNB & BY APPOINTMENT



HEALINGHIKES111@GMAIL.COM



HEALINGHIKES111@GMAIL.COM

HEALING HIKES®

STARRY NIGHT HIKES IN HICKMAN COUNTY



EXPLORE THE CELESTIAL WONDERS
ON A PRIVATE 70-ACRE WOODED PROPERTY





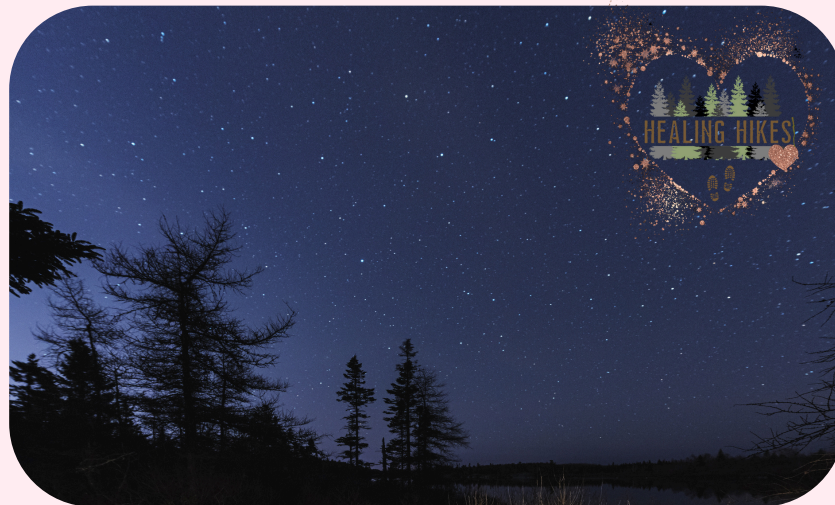
HEALINGHIKES111@GMAIL.COM

AN ENCHANTING JOURNEY THROUGH THE WOODS

EMBARK ON AN UNFORGETTABLE ADVENTURE THROUGH THE NEW AND MIDDLE GROWTH FORESTS OF HICKMAN COUNTY. OUR STARRY NIGHT HIKES OFFER A UNIQUE OPPORTUNITY TO IMMERSE YOURSELF IN THE SERENE BEAUTY OF NATURE AND THE CAPTIVATING ALLURE OF THE NIGHT SKY. AS YOU TRAVERSE THE PRIVATE 70-ACRE WOODED PROPERTY, YOU WILL REACH A CLEARING WHERE THE WONDERS OF THE COSMOS UNFOLD BEFORE YOUR EYES.



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, TAKE MOMENTS TO FOREST BATHE, 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.



WHAT TO EXPECT

OUR STARRY NIGHT HIKES ARE DESIGNED TO PROVIDE AN ENRICHING AND EXCEPTIONAL EXPERIENCE. UNDER THE GUIDANCE OF KNOWLEDGEABLE EXPERTS, YOU WILL:

- **STUDY THE STARS:** USE BINOCULARS AND SCOPES TO OBSERVE CELESTIAL OBJECTS AND GAIN A DEEPER UNDERSTANDING OF THE NIGHT SKY.
- **LEARN ABOUT NATIVE PLANTS AND ANIMALS:** ALTHOUGH VISIBILITY IS LIMITED DURING THE NIGHT, YOU WILL LEARN ABOUT THE LOCAL FLORA AND FAUNA AND IDENTIFY ANIMALS BY THEIR SOUNDS.
- **DISCOVER THE PROPERTY'S HISTORY:** DELVE INTO THE RICH HISTORY OF THE PROPERTY AND THE SURROUNDING AREA.
- **ENJOY THE EVENING SKY:** CAPTURE STUNNING PHOTOGRAPHS AND REVEL IN THE TRANQUILITY AND SILENCE OF THE DEEP COUNTRY OF MIDDLE TENNESSEE.
- **EXPLORE THE NATURE OF SOUND:** EXPERIENCE THE UNIQUE SOUNDS OF THE FOREST AT NIGHT AND TO IDENTIFY THEM.



HEALINGHIKES111@GMAIL.COM