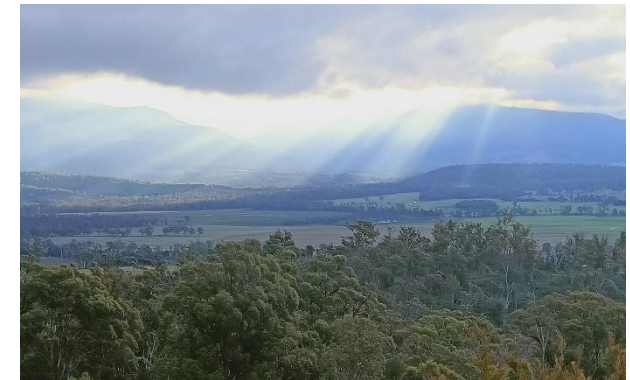


Trail of Reflection



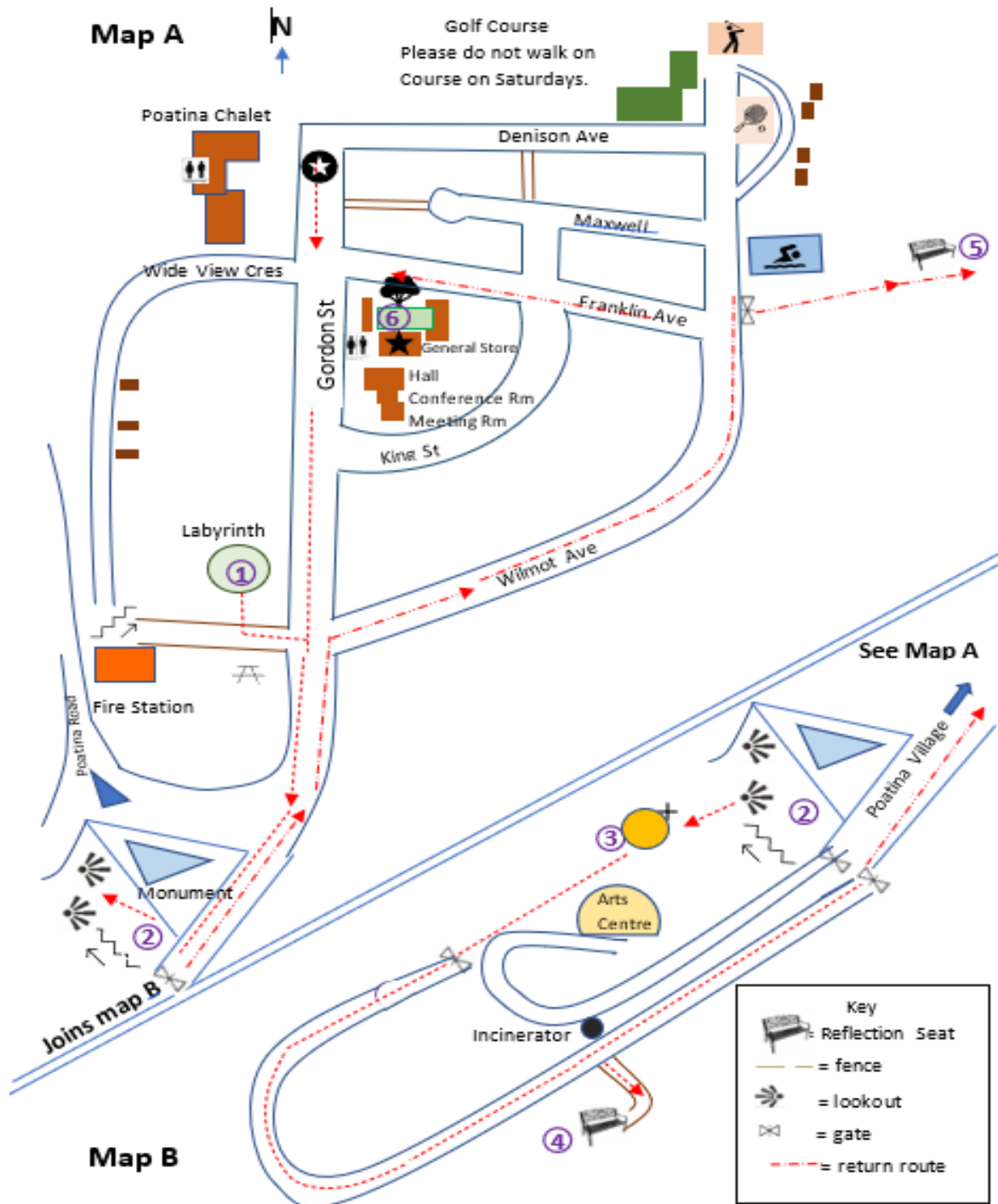
Take a leisurely walk as you pause and contemplate in this beautiful location.

Time: 1 – 2 hrs Choose one or two elements or meander through all. Complete Trail is 3km.

Please note:

- This accessible walking trail does not involve stairs but there is a reasonable slope at point 5.
- Parts of the trail are denoted by white markings on the ground or around trees.
- Enjoy our lovely wildlife: echidnas, wallabies and birds but watch out for snakes (rarely seen) and Jack Jumper ants in warmer weather.

Bring: Wear covered in walking shoes. Notebook, pen, water bottle, hat, camera.



1. Labyrinth - Come

Located near the entrance to the village, (see map) enter through the gate. Take a stick to swat the cobwebs as you walk. *Please close the gate when you are finished.*



This labyrinth is a single winding path, without obstacles or dead ends, leading to a central place of rest. The convoluted route to the centre is a metaphor for life.

As you walk reflect on these three elements: Releasing (the journey within), Receiving (at the centre) and Returning (entering fully into life.)

2. Platform - See

Walk to the monument (damaged by wind) & behind it you will find a platform, providing two different and unique views.

- Toward the mountains, and
- Over the plains.

Perspective shifts when we step back from the details right in front of us to look at life from different angles. Perhaps time in Poatina may provide that for you. Look around and soak up the sights.



What differences do you observe between the views?

To your right is a pedestrian gateway between two roads. Walk through it taking the road on your right and follow it as it curves right. Turn right again at the T onto a short bitumen road.

Step onto the grassy area on your left and walk forward beside the powerlines lines till you come to a circle of wooden logs. Take a seat.

3. The Circle - Community

As you look at the circle it reminds us that we do not walk our journey alone. There are significant others that are part of our lives.

As you sit in this place who comes to mind that you are thankful for?



4. Bush Reflection Seat – Peace

Follow map, walking back along the grassy track (powerlines on your right and Arts Centre on your left), then step through the gate straight in front of you into Old Poatina. Follow the path as it curves left twice till you are once again heading back toward Poatina Village.



Look for a white painted T symbol on the ground, and an old incinerator is on your left. To the right there is a short path to a reflection seat hidden amongst the vegetation. Head down the path, turn right and enjoy.

Soak up the peace. Notice the colours, shapes, and sounds of the surrounding bush. What stands out?

Continue back to the Village taking the first turn right into Wilmot Ave. and walk to the silver guard rail on your right, just past the Franklin Street intersection.

5. Norfolk Plains Seat - Expand

This reflection seat is located down a dirt road behind the silver guard rail. It is a steepish climb on your return.



Please open (and close) the silver gate. Follow the road down until you see a dirt track on your right leading to a single tree. Just beyond it you'll see the reflection seat.

This is an expansive view. Enjoy. What are you drawn to? Mountains, farmlands, plains, valleys?

Return the same way.

6. Village Green – Marvel

Walk left up Wilmot Ave and turn right into Franklin Ave. Head along till you pass the garage and come to the park at the centre of the Village Green. Time to relax with a snack or coffee from the Tea Lounge or General Store if you like. Choose a seat. Dominating the landscape of the Green is the special 300-year-old Poatina Gumtree.

Think about all it has seen of life and eras. As you take note of the tree: its bark, branches, trunk, and leaves which element speaks to you?



Poatina Trails of Reflection Seats

For more views and seats see separate maps available from the Chalet front desk.

Poatina Labyrinth

For more time just at the Labyrinth pick up the brochure at the Chalet front desk.