

Clarington Cycle Club minus the wheels



Submitted by Terry Kelsey, Clarington Cycling Club

We have been walking twice a week during this COVID-19 fall, winter and likely spring. We especially like the Orono Crown Lands and want to thank and compliment the group of friends that oversee its management. How blessed we are to have this beautiful place right in our own backyard. Clara Hughes, a Canadian Olympic Medal winner spoke in January this year at the Farm Credit Canada Annual Meeting. She is a marathon walker everywhere and states that trails are healing. Clara says native people believe trees are our relatives and we should pay respect to the land as we walk along the way. Hiking forest trails gives awareness, mindfulness, presence and patience that help you recognize the everyday stress you are under. Walking calms the parasympathetic nervous system. Clara says "Find a trail, get out there and walk!"