



WALKING PRAYER DAY -MT MACEDON

Walking with God in Nature

Saturday 24 March 2018

Start: 9.30am at McGregors Picnic Ground off Cameron Drive, not far past The Camels Hump Carpark in the Macedon Regional Park (80km northwest of Melbourne)

Finish: 4.00pm

Walk: The Prayer Day Walk is in two loops returning to McGregors Picnic Ground for lunch and finish. The morning walk is approx. 8km; the afternoon walk is approx. 7km. There are some short steep climbs and descents so a moderate level of fitness is required

This is an opportunity for you to spend some reflective time walking in silence within a faith community in Nature. It offers you the experience of listening to God speaking to you in Nature.

'In every walk with Nature one receives far more than he seeks. Take a walk to feed the soul.' (John Muir)

Cost: \$35

BYO: Lunch, water, a day pack, snacks to carry, hat and sunblock, wet weather gear, hiking poles.

Wear hiking boots or solid shoes with good tread.

Grade: 4 - Medium/Hard.



To make a booking, contact:
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