







# On the Trail

WITH BRISTOL TRAIL NETWORK

Leave no trace. Two feet on the trail. Have fun on Bristol's trail network!

LOOK FOR:	BASIN	COFFIN	RIVER BEND	BUSINESS LOOP	HIGH SCHOOL	DUMP
						
						
						
						
						
						

## TRY THIS:

1. Draw what you see around you.
2. Close your eyes for 1 minute, what do you hear?
3. Meditate for 1 minute.
4. Hug a tree, how does it smell & feel?
5. Look up, can you spot any fun clouds?