

MIDDLE BEACH LODGE

Tofino

What a Walk in the Forest Can Do for You

**“We invite you at Middle Beach to find wholeness
in the company of trees and to experience the
healing power of nature.”**

In order to provide opportunity for very simple yet safe moments in the retreat of our forests we have commenced (strictly by hand-cutting) a small trail system for you. The intent is for silent slow moments accepting the privilege that nature has bestowed upon us.

The Trails

“Muir Moments” – The easiest walk of all – approximately 100m in length and a 3 minute walk, but please linger as long as you wish (green on map access point...)

“Jason’s Trail” – A more difficult trail with some ups and downs around Big Tree impositions. Approximately 300m in length and a 10 minute walk minimum. Maximum elevation change -25m (blue on map access point...)

“Yana’s Trail” (unfinished a small bridge required) – Again, a little more difficult walk, similar to Jason’s trail and runs as an extension thereof.

Please walk slowly, tread lightly and my sincere hope is that the sounds of the forest, the scent of the trees together with fresh clean air will ease your stress, relax your mind, and warm your heart to the great land we are so privileged to live upon.

Chris Le Fevre
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Tofino, Canada