

Walking Pilgrimage is about:

- 👣 Nourishing your spirituality
- 👣 Enjoying the great outdoors
- 👣 Getting great exercise - 20-30 km per day!
- 👣 Having fun and enjoying good company



Leaving the Ignatius Jesuit Centre, Guelph

to arriving at the Martyrs' Shrine, Midland



Ignatius Jesuit Centre
A Place of Peace

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Guelph Walking Pilgrimage

August 3-10, 2019



**Ignatius Jesuit Centre, Guelph to
Martyr's Shrine, Midland**

*From a place of peace
to a home of peace*

From a Place of Peace to a Home of Peace

What is a pilgrimage?

A pilgrimage is a journey to a holy place of importance to one's faith and beliefs. This could mean a journey to holy sites connected to the life of Jesus; to shrines dedicated to our Blessed Mother or tracing the routes taken by the disciples. Our walking pilgrimage is a spiritual journey from a *Place of Peace* at the Ignatius Jesuit Centre in Guelph to a *Home of Peace* at the Martyr's Shrine in Midland.

What are the dates?

The dates for the Pilgrimage 2019 are August 3-10.

How far do we walk each day?

The distance travelled varies from day to day, usually from 19-26 km a day. The total distance from Guelph to Midland is 180 km.

How fast do I have to walk?

Since we need to cover approximately 25 km/day and we always walk as a group, it is important to be able to walk a minimum of 4 km/hour.

What is the best way to prepare for the walk?

If you walk 30-60 minutes each day at a good pace for at least one month before the Pilgrimage, you should have no difficulty walking this distance each day.

What if I can't keep up to the group?

We have support vehicles that drive by to

pick up and assist anyone who is having difficulty or who would like a rest. We also have a rest stop in the morning and afternoon, break for lunch and stop for the day by 4:30pm.

How many people will be walking?

Seventy (70) or more pilgrims walk from Guelph. We meet other groups from surrounding cities along the way.

What will I have to carry?

Just your personal items such as a water bottle, sun-screen, and toilet paper. The support vehicles carry all other supplies.

Where do we sleep?

In tents at host sites such as church yards, retreat centers and conservation parks.

Will we be walking on trails or roads?

A lot of both. We will walk many beautiful rail trails and lovely country roads.

How do I get home?

You need to arrange your own transportation home from Midland.

What ages can participate?

Individuals under 18 must be accompanied by a parent or guardian. Children requiring a car seat must be accompanied by two adults, a car seat and a vehicle. Please contact the organizing committee to ensure your plans adequately allow for the road safety of all children.

Do we have to be a Catholic to participate?

No. Anyone seeking to nourish their spirituality is invited to come.

What is the cost?

The fee is \$250 (youth \$100) for the eight-day Pilgrimage. Cost per day is \$50. Limited bursaries available on request. **Please register early and no later than July 19, 2019, as space is limited.**

What should I bring?

A tent, a sleeping bag, camping chair, personal items and two pairs of shoes that are broken in. Pack all items (excluding tent) into duffel or hockey bags, **not suitcases** for safety reasons. Refer to the website "Trip Planner" for suggestions on what to pack and safety instructions.

Can I come for just a weekend or day?

Yes. You are welcome to walk any part of the eight-day Pilgrimage.

Check out our website for more information, to register or find out how you can help.

Website:

ignatiusguelph.ca (under Programs)

Contact:

guelphwalkingpilgrimage@gmail.com or the registrar at 519 824 1250 ext 266