

Guelph Virtual Walking Pilgrimage

July 31-August 7, 2021

Ignatius Jesuit Centre, Guelph to



Martyr's Shrine, Midland

*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.

PLEASE NOTE: Martyr's Shrine is closed for the 2021 season.

How far do we walk each day?

Virtual pilgrims plan their own distance and hike locations. Explore a rail trail, country road or city trail. You decide how far and at what rate you walk daily. We suggest as rest stop in the morning and afternoon, break for lunch and end by 4-5pm.

Respecting local Covid restrictions, small group hikes may be arranged.

The total distance from Guelph to Midland is 180 km or 25 km/day.

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 the distance you choose daily.

What will I have to carry?

A day pack with your personal items such as a water bottle, sun-screen and snacks.

Do we have to be a Catholic to participate?

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

Guelph Virtual Pilgrimage

- ☞ Nourish your spirituality
- ☞ Enjoy the great outdoors
- ☞ Great exercise while having fun

2020 left a legacy of virtual events and the Guelph Walking Pilgrimage is no exception. If you are able to walk the Pilgrimage, there is nothing better.

However, it has been decided that 2021 must again be a virtual pilgrimage.

Virtual Pilgrims will receive daily invitations to the following: Daily Mass, a reflection, Canadian Martyr of the Day, tourism information on the route and evening Sacred Circle as well as new and exciting ways to engage in a virtual community.

What is the cost?

The 2021 fee for the "virtual" Pilgrimage is \$75. **Registrations will be open May 1 to July 17, 2021 as space is limited.**

Payments can be made by cheque or e-transfer.



Ignatius Jesuit Centre
A Place of Peace

5420 Hwy 6 N
Guelph, ON N1H 6J2
519 824 1250 ext 266

Questions: guelphwalkingpilgrimage@gmail.com
Registration: registration@ignatiusguelph.ca
ignatiusguelph.ca (under Programs)