

All Hikes are within 30 minutes of Denver. Register or email info@lightmvmt.com for trailheads!



HIKING FOR HEALING

SAVE THE DATE

OCTOBER 12TH 1-2:30 PM
ROCKY MOUNTAIN ARSENAL

OCTOBER 27 10-11:30 AM
ROCKY MOUNTAIN ARSENAL

NOVEMBER 16TH 10-11:30
AM SOUTH VALLEY PARK,
LITTLETON

WITH YVE HARROLD

Grief Hikes are an opportunity to experience movement in a natural setting. Nature is a potent source of comfort and healing. Together we will experience a variety of ways to reflect on grief and living with others who are also grieving. Walks will range from 2 to 3 miles on easy paths or trails.