

SACRED HEART TRAIL



This charming, short trail begins at St. Theresa's Garden, near the pond bridge, and meanders through a peaceful forest of old, gnarled trees. As you walk, you'll spot birds nesting, squirrels darting about, and plenty of fallen tree trunks perfect for pausing and soaking in the serenity of the woods. The trail culminates at Sacred Heart Grove, where visitors can either loop back to St. Theresa's Garden or continue on to the tranquil Contemplative Trail.



**ONLY LEASHED
DOGS ALLOWED!**



WALKING TRAILS

on Bethany Property



**CONTEMPLATIVE
TRAIL**

**SACRED HEART
TRAIL**



Sisters of St. Martha

75 Marian Drive
Antigonish, Nova Scotia
B2G 2G6 Canada

The Contemplative Trail, created by Peter Jackson in 2003, opens into the heart of the forest, inviting us to step away from the noise of everyday life and enter nature's quiet rhythm — a sacred unfolding of birth, life, death, and renewal. At its centre lies a serene lake, gently cradled by trees, offering refuge to a rich variety of birds, animals, and plants.

CONTEMPLATIVE TRAIL



As you walk, benches thoughtfully placed along the path offer moments to pause — to breathe, to listen, to simply be. Here, the trail becomes more than a path; it is a quiet invitation to stillness, reflection, and connection with the sacred — both within us and all around us.

