



NEWS RELEASE

FOR IMMEDIATE RELEASE

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**ENJOY FOREST BATHING DURING THE MARCH 25 NATURE WALK
AT THE CHAPMAN DEMARY TRAIL**

PURCELLVILLE, Va., March 15, 2018 — The Purcellville Parks and Recreation Advisory Board invites you and your family to join them for the third in their series of free monthly nature walks that will be held Sunday, March 25 from 1 to 3 p.m. at the Chapman DeMary Trail. The guide for this month is Gem Bingol with the Piedmont Environmental Council. She will lead participants in “forest bathing.” The goal of forest bathing is to slow down and become immersed in the natural environment. We will experience nature with our senses by tuning into smells, textures, sounds, and sights of the forest to cultivate deep awareness, look for signs of spring, and take time to appreciate the value of this floodplain area.

The Chapman DeMary Trail is a 10-acre area considered to be the last stand of old-growth forest in the Town of Purcellville. It runs along the South Fork Catoctin Creek, part of the Chesapeake Bay Watershed. The area is open to the public for environmental recreation, exploration, and education. The Town of Purcellville holds the conservation easement for this privately-owned property. The entrance for the Chapman DeMary Trail is behind the building at 205 East Hirst Road in Purcellville.

The Discover Nature’s Secrets guided nature walks are held the last Sunday of each month at the Chapman DeMary Trail. Throughout 2018, walks will be led by experts from the Virginia Department of Forestry, Loudoun Watershed Watch, Loudoun County Tree Stewards, the Piedmont Environmental Council, Loudoun Wildlife Conservancy, and an Environmental Explorations Teacher from Loudoun Valley High School. Topics will include water quality, pollinators and monarchs, wildflowers, birds, water quality, tree identification, and more.

Mark your calendar to join us the last Sunday of each month to walk with experts and discover nature’s secrets! Rain or shine. Bring your family. Learn more and RSVP on the Events and Activities page of the Town of Purcellville’s website at www.PurcellvilleVa.gov.

The Town of Purcellville, Virginia

Purcellville is an award-winning town of over 9,000 residents located in Loudoun County, approximately 40 miles west of Washington, DC. Having received the prestigious Siemens Sustainability Award for Small Communities, Purcellville continues to be honored for its green initiatives with most recently being the Tree City USA recipient for the 10th year. The Town was reaffirmed as a AAA rated community by S&P Global Ratings, the highest credit rating possible, and is recognized as one of the safest towns in Virginia. Once a stop along the W&OD rail line, Purcellville has maintained its historic old-town feel through the restoration and maintenance of its many downtown structures, reflecting the Victorian architecture popular during the early 1900s. Today, Purcellville is the economic hub of western Loudoun County and a popular weekend destination for antiquing, entertainment, farmer’s markets, wineries, breweries, distilleries and restaurants. More info at www.purcellvilleva.gov.

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