



NEWS RELEASE

FOR IMMEDIATE RELEASE

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**CONNECT WITH NATURE ON MEDITATIVE HIKE
AT THE CHAPMAN DEMARY TRAIL ON JULY 25**

PURCELLVILLE, Va., July 16, 2021 — Join the Purcellville Parks and Recreation Advisory Board at the Chapman DeMary Trail on Sunday, July 25 at 1 p.m. for a meditative hike. The guide, Cathy Norman, will help participants connect with nature using all five of their senses and encourage quiet relaxation through deep breathing at different points on the trail. The walk will also include interpretive guidance about flora and fauna. Ms. Norman is a Virginia Master Naturalist, a registered yoga instructor, and has been trained in Mindfulness Based Stress Reduction through the University of Massachusetts Medical Center. [Register online to attend!](#)

Meditative hiking helps relax mind and body as it involves consciously engaging the senses while hiking and stopping to pay attention to things in nature that may often be overlooked. Those who join us on the July 25th walk will learn how to go on a meditative hike on their own to help relieve stress and enjoy nature.

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 Catoclin 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 and parking for the Chapman DeMary Trail is behind the building at 205 East Hirst Road in Purcellville.

Learn more and register online on the Monthly Nature Walks page in the Events and Activities section of the Town of Purcellville's website at www.PurcellvilleVa.gov.

The Town of Purcellville, Virginia

"Purcellville-your small Town, where history and progress intersect and people prosper," is an award-winning town of over 10,000 residents located in Loudoun County, approximately 50 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 13th year. The Town was reaffirmed as a AAA rated community by S&P Global Ratings, the highest credit rating possible, and is ranked "Safest City" in Virginia in 2020. Once a stop along the W&OD rail line, which has been converted to a multi-use trail from Alexandria, VA to Purcellville, the Town 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, equestrian activities, farmer's markets, wineries, breweries, distilleries and restaurants. More info at www.purcellvilleva.gov.

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