



Spirit of the Bison Walk

🌿 Welcome to Sacred Ground

You are about to step into a space where time slows down and the ancient presence of the bison can be felt.

This walk is not about sightseeing—it is about sensing, grounding, and reconnecting.

The bison have roamed this land for thousands of years. At Lindsay Lake Farms, we walk in deep respect for their spirit and their role as keepers of balance and wisdom.

🚫 How It Works

- Please stay on the trail at all times.
- Walk at your own pace. No rush. No pressure.
- Pause, breathe, observe. This is your moment of stillness.
- You will find reflection signs along the way to guide your thoughts and deepen the experience.

👁️ Please Note: The Bison may not always be visible

Our bison roam freely across large pastures, living as naturally as possible.

There may be times during your walk when the herd is not in view. This is part of the experience — an invitation to slow down, wait, and observe with patience.

Sometimes, the most powerful moments happen in the stillness of not-knowing.

🧘♀️ Before You Begin

- Turn your phone on silent
- Take a deep breath and set an intention:
What are you hoping to feel, learn, or let go of today?

🌿 Bison Etiquette

- Do not approach, feed, or try to interact with the bison
- Speak softly or walk in silence
- Be aware that you are near wild animals
- Keep children close and respect the fence boundary

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What to Observe

- The stillness of the land
- How the herd moves
- Their connection to the environment
- The sounds of nature — wind, birds, the heartbeat of the Earth

Reflection Points

- What does strength look like when it's quiet?
- How does nature speak to me today?
- What am I learning by simply being here?

Bison Teach Us...

- To stand our ground
- To move with purpose
- To give and receive in balance
- That freedom often means disappearing into the landscape

When You Return

We invite you to carry this energy with you.

You are welcome to:

- Visit our Farm Store
- Book a Clydesdale Healing Session or stay at Moose River Cottage
- Share your reflections with us — we'd love to hear what moved you

Final Reflection

"This walk is not just a path through pasture. It's a walk back to yourself."

Thank you for walking gently on this land with us.

Tickets available on-site Mon-Fri 10 am - 4 pm, Sat-Sun 12 pm - 4 pm