

## Ottawa Pagoda Sangha

### Day of Mindfulness — Sunday August 26, 2018

#### Mer Bleue

Please join us for a (half) day of mindfulness next Sunday, August 26<sup>th</sup> at the Mer Bleue conservation area for mindful walking, sitting, eating and enjoying this special place.

We will offer two groups: a long walk group and short walk group. Both groups will be together for the short walk, a brief sitting, and lunch.

#### **What is Mer Bleue and why is it special?**

Unique ecosystem to this area — like tundra in the Arctic. Huge peat bog with plants it can support.

(See info pamphlet <http://ncc-ccn.gc.ca/places-to-visit/greenbelt/mer-bleue>). 1.2 km wooden walkway (Mer Bleue Bog Trail) on land & on floats gives comfortable access to place otherwise unreachable.

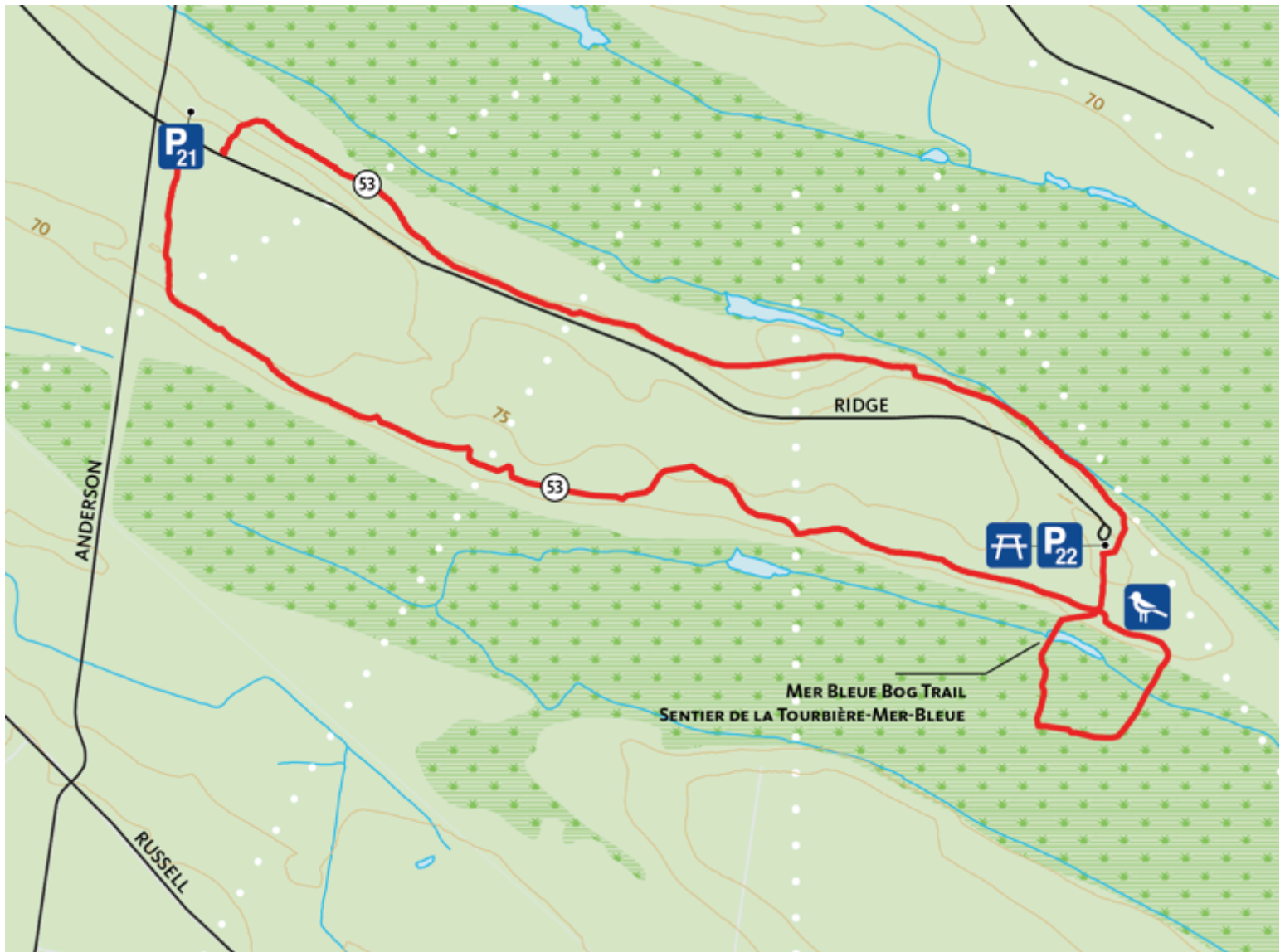


**Longer walk group: Starting at 9:00 am parking lot P21 (on Ridge Rd just east of intersection with Anderson),** this group will walk the 3.4 km trail to the shelter/picnic tables. At about 10:30 am both groups will be together for a brief sitting, the short, circular bog walk (raised wooden walkway), and lunch about 12:00 pm. At about 12:30 pm the long walk group will leave for the walk back to parking lot P22. If someone prefers to ride back to P22, we will try to arrange this. Total time 9:00 am to 2:00 pm. Total km round trip is  $6.7 + 1.2 = 7.9$  km, or about 4.8 km doing the long trail only one way. Bog trail (1.2 km) very smooth and accessible); longer trails appear fairly easy from reviews.

**Shorter walk group: Meet at 9:45 am at parking lot P22** and walk to the shelter/picnic area. Sitting at 10:00 am, break to read signs close by. Very brief sitting about 10:30 am with Long Walk Group, then the short, circular bog walk (raised wooden walkway) and lunch together at about 12:00 pm. Long Walk Group departs about 12:30 pm; Short Walk Group can depart or stay until 1:00 pm for quiet contemplation or writing love letter to the bog. Total km = 1.2 km, VERY smooth and accessible.

#### **How to get there**

From Ottawa, east on Innes and turn right onto Anderson Rd; south on Anderson to Ridge Rd.; turn left onto Ridge Road. — or 417 to Anderson and north on Anderson to Ridge Road, right onto Ridge Road



### **Washrooms**

Outhouses at each parking lot.

### **What to bring**

Lunch, sun hat (Bog trail is in open space), sitting mat, sun screen, bug spray, suitable footwear, sunglasses, cell phone.

**Please contact us in advance so we know to wait for you; and please indicate which group (long or short walk) you plan to be with, so we know which parking lot you will be coming to, and how many are in each group.**

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# MER BLEUE

The Mer Bleue sector in Ottawa is one of the most outstanding natural features of the Greenbelt. The 6,742-hectare conservation area has a northern ecosystem that is more typical of the Arctic than of the Ottawa Valley.

At Mer Bleue you will find interpretive boardwalks, sand ridges, cross-country ski trails and forests. Mer Bleue is the largest bog and natural area in Canada's Capital Region and the second-largest bog in southern Ontario.

## A NORTHERN BOREAL LANDSCAPE

Mer Bleue provides a unique opportunity to see a northern boreal landscape located within minutes of a large city. This 7,700-year-old bog provides habitat for many species of regionally rare and significant plants, birds and other wildlife. It also supports plant and wildlife populations that are typical of northern boreal bogs.

## CLIMATE RESEARCH

The Mer Bleue Bog plays an important part in stabilizing the climate. It is one of the most studied bogs in the world. A permanent research station at the centre of the bog measures the amount of carbon dioxide and methane that is released by the wetland. For more information, read about the [Peatland Carbon Study](#).

Mer Bleue is recognized in Canada and abroad under the following designations:

- a wetland of international importance under the [Ramsar Convention on Wetlands](#)
- a provincially significant wetland
- a provincially significant life and earth science area of natural and scientific interest

## FACILITIES



### Washrooms

There are outhouses by trail 51 and the Mer Bleue Bog Trail.



### Parking

Free, year-round parking is available at the P20, P21, P22 and P23 parking lots.



### Picnic Areas

There are unsheltered picnic areas at the P20 and P21 parking lots and a sheltered picnic area by the Mer Bleue Bog Trail, at the P22 parking lot.



### Universal Accessibility

The Mer Bleue Bog Trail has a boardwalk that is universally accessible.