

Come for a Walk with Us!

Pinelands Pathways

Guided Nature Connection. Let Nature Strengthen You!

Our guided nature walks incorporate the Japanese practice of shinrin yoku, which means nature immersion and translates as “forest bathing”. Forest Therapy is a research-based framework for supporting well-being through immersion in natural environments. During our walks we guide participants by sensory and awareness invitations. The practice of Forest Therapy is a path to being present in the moment, and has been shown to reduce stress, lower blood pressure, improve mood, boost the immune system and improve sleep. This practice is also a path to deepening our relationship with the forest, outdoor places, and all Earth.

Roni Detrick, Forest Therapy Guide

Roni has many years’ experience as a clinical social worker working with groups and using natural settings as a tool for therapeutic intervention. Roni and Paul have a Pick your Own Blueberries farm. Roni is certified in Nature and Forest Therapy Guiding, Ecotherapy, and Wilderness First Aid. Roni truly finds pinecones irresistible.

Paul Detrick

Paul is born and bred in the Pine Barrens. He grew up farming blueberries, which gives him a special bond with the local land. Paul is endlessly curious as to where the next trail will take us and looks with intention for the surprises nature brings to each walk. Paul also is a retired attorney, a Township Councilman, and Treasurer of the Whitesbog Preservation Trust.