







-  Mindful Forest Trail Entrance (1.5 km)
-  Wildflower Meadow Trail Entrance (1.5 km)
-  Bridges
-  Full trail is 5 kilometers (The average walking time is 15 minutes per 1 km.)



WELCOME TO KINGBRIGE

CONTEMPLATION & MEDITATION AREAS

We invite you to explore our contemplation areas, thoughtfully designed for deep reflection or to restore harmony between mind and body.

WHISPERING GROVE

At some level of intuition, most of us already know who we should be and what we should do. But modern life, with its constant noise and demands, cloak our inner knowing and mask the voice of our inner wisdom. As you sit on the rocks, take a moment and allow yourself to experience some quiet tranquility and stillness.

What aspect of your life is most in need of guidance?
 How does inner wisdom come to you?
 Is it a feeling? A thought? A vision?

ZEN GARDEN

A body of water has both surface and depth. There is always unperceived activity in the deep, when we cannot see. Integrity can be seen as the art of having our inner selves, our private thoughts and emotions, align with our visible behaviour. Choose an important element in your life. Ask yourself how you truly feel about what is happening?

How can you take this inner truth and express it in a way to create a positive outcome?
 How can you make waves?