



NORTH SOUTH WAY PEACE CAMINO

REFLECTIVE PEACE CAMINO WALKING PLAN

Walking • Reflection • Connection • Peace

The North South Way Peace Camino is more than a walking route. It is an opportunity to slow down, connect with the landscape, connect with each other, and reflect on what peace means in our own lives, communities and society.

This reflective guide has been developed to support groups walking the route independently. The activities and discussion prompts can be used throughout the journey to encourage conversation, mindfulness, personal reflection and shared learning.

Groups are encouraged to adapt the guide to suit their own interests, pace and experience.

The Peace Camino Approach

Throughout your walk, we encourage groups to follow a simple WALK – TALK – SHARE approach.



Walk

Take time to notice the landscape, waterways, wildlife, heritage and people around you.



Talk

Engage in meaningful conversations with fellow walkers.



Share

Share experiences, ideas, reflections and hopes for the future.



Section 1 – Connecting With The Landscape



Pause, notice and take a few minutes to reflect on:

- What can I see, hear and smell?
- What do I notice that I may normally overlook?
- What makes this place special?
- What stories might this place hold?
- How might previous generations have experienced this place?
- How am I connected to this landscape today?



Section 2 – Connecting With Yourself Personal Reflection Prompts



As you walk, reflect on:

- What brings me peace?
- What helps me feel connected?
- What am I grateful for today?
- What would I like to let go of?
- What gives me hope for the future?
- What small action could I take to create more peace in my daily life?



Mindful Walking Exercise

Walk quietly for five minutes. As you walk, take a slow, gentle breath in and out. Allow your breathing to find a comfortable rhythm.

Notice:

- Your breathing
- Your footsteps
- The sounds around you
- The landscape around you
- The feeling of the ground beneath your feet

Allow yourself to slow down and be fully present in this moment and ask yourself:

What brings me a sense of peace?

There is no right or wrong answer. Simply notice whatever thoughts come to mind.

Take a deep breath and continue your journey.



Section 3 – Connecting With Others Walking Conversation Prompts

Discuss with another walker:

- What helps people feel connected to one another?
- What helps people feel they belong?
- What do different communities have in common?
- What lessons can we learn from each other?
- What would help create stronger connections between people?



Section 4 – Conversations About Peace Peace Dialogue Prompts

- What does peace mean to you?
- How do we build trust between people?
- What brings communities together?
- What kind of future would we like future generations to inherit?
- What role can ordinary people play in creating peace?



Section 5 – Our Peace Camino Message For Peace

At the end of your walk, as a group you are invited to create a collective Message for Peace. This could be one sentence, a short paragraph or a collective statement.

Our Group Peace Message



Section 6 – Sharing Your Peace Message

Groups are invited to submit their Peace Camino Message for Peace to become part of the North South Way Peace Camino Messages for Peace Series.

Messages may be shared through:

- The North South Way Peace Camino website
- Social media platforms
- Community exhibitions
- Peace Camino events
- Future research and peacebuilding initiatives

Together, these messages will create a growing collection of voices for peace from across our community and beyond.



To share your Peace Camino Message for Peace, please email your message to northsouthwaypeacecamino@gmail.com

Thank you for walking as a Pilgrim for Peace.
Walking Together As One For Peace