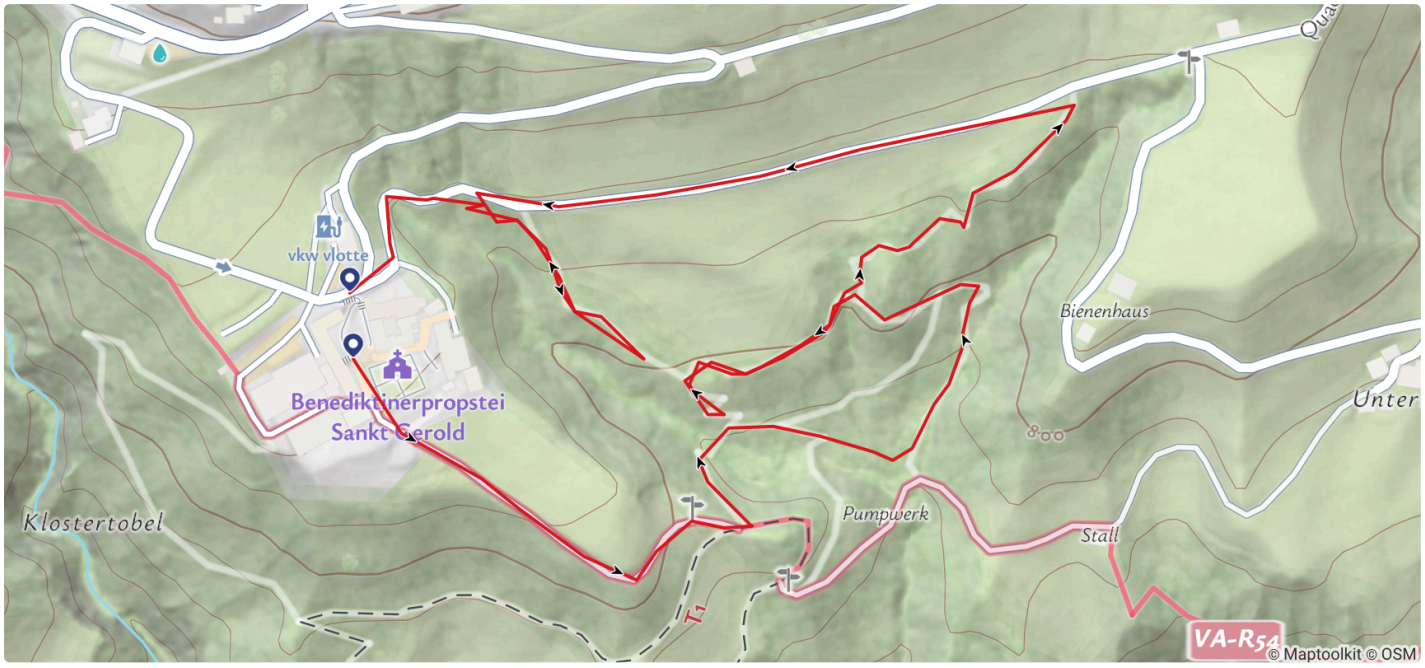
Way of the Senses - Way of Silence | St. Gerold

EASY | CULTURAL / HISTORICAL | ROUND TRIP



Tour description

A meditation path with gently landscaped paths, ponds, benches to rest on.

Below the Provostry of St. Gerold, the **meditation path „Path of the Senses - Path of Silence"** leads along lovingly created ponds through the soothing forest. It leads past the Geroldsruh, the monastery pond and the labyrinth and invites you to become still and to reflect on nature and creation. We are well acquainted with the visible world. But most people do not know the invisible world, although it permeates everything and is more real than the visible world. Human life succeeds when we can connect the two worlds. For this purpose, the path of the senses and silence wants to offer us help.

Over the years, a **wonderful nature reserve** has been created in the forest below the provost's house, with thirteen ponds, small paths leading over bridges, surrounded by flowers, shrubs, trees and with benches that invite us to linger and meditate. In addition, numerous panels inspire with meaning sayings and poet's words of mystics of different religions, which speak of the mystery of the invisible world. When we look at a flower, a tree, a plant and perceive its silence, we ourselves become silent. Silence is the dwelling place of God. God is a God of silence. If we want to meet Him, we have to get out of the hustle and bustle and the noise for a while. This is the real reason why this place of silence has been created in the Provost's Office.

Labyrinth
The path ends in the labyrinth - an ancient, fascinating symbol for the human path of life, which is designed for the one great goal, the center of our lives. Winding paths turn towards this center and deviate from it again and again, only to finally reach it. The idea that there should be a very clear path for us in life is not promised to us. God is able to write straight even on crooked lines. We are led over ups and downs. But at the end of life we reach the great goal, the center, which is God Himself.

Dates: way can be committed at any time itself
Hiking guide: available on request (Request: propstei@propstei-stgerold.at)
Catering: Refreshment in the restaurant of the Provostry of St. Gerold
Contribution: free of charge, guided upon request

Directions

Provostry - Way of the Senses, Way of Silence - Provostry

01:00 h duration	2,44 km Length
850 m Highest point	763 m Lowest point
100 m Ascent	100 m Descent

Start	Parkplatz Propstei St. Gerold
Finish	Parkplatz Propstei St. Gerold
Tour type	Thematic trail
Difficulty	Easy

Elevation profile



Condition	
Technique	
Difficulty	
Result	
Landscape	

Best time of year

JAN	FEB	MAR	APR	MAY	JUN
○	○	○	○	✓	✓
JUL	**AUG**	**SEP**	**OCT**	**NOV**	**DEC**
✓	✓	✓	✓	○	○

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Equipment

Ankle-high mountain boots with tread sole, sun and rain protection, snack, filled water bottle and first aid kit. Cell phone for emergencies.

Public transport

Bus line 570, stop St. Gerold Gemeinde
Timetable enquiry online at www.vmobil.at

Parking

Parking lot Propstei St. Gerold

Safety instructions

EMERGENCY CALL
140 Alpine emergencies Austria-wide
144 Alpine emergencies Vorarlberg
112 Euro-emergency call (works with any mobile phone/network)
www.alpenregion-vorarlberg.com/sicherheitstipps-wandern

Safety in the mountains

EN NOTRUF:

EN 140 - Alpine Notfälle österreichweit

EN 144 - Alpine Notfälle Vorarlberg

EN 112 - Euro-Notruf (funktioniert mit jedem Handy/Netz)

further information