



Mindful Birding and Nature Journaling

G26090402

With Holly Thomas and Cheryl Fallstead

September 27–October 3, 2026

Welcome Mindful Birders and Nature Journalers!

We look forward to spending time with you exploring the beauty and wonder of Ghost Ranch with nature as our guide! Join us as we co-create this week with a blend of birding walks, sit spots, journaling, sketching, kayaking or canoeing, poetry, and conversation.

On the day you arrive, we will meet after dinner to get to know each other a little and discuss the coming days' activities. During our week together, we will explore the many trails and sit spots of Ghost Ranch while making our own nature journals and having many opportunities to pause and reflect — see the sample schedule for our plans for your Mindful Birding and Nature Journaling experience.

We will be tuning in to the sights and sounds of the birds and other elements of nature we encounter, inviting opportunities for creative expression, sharing, and appreciation, all in the dazzlingly beautiful setting of Ghost Ranch. No need to go art-supply shopping: Journaling materials will be provided!



Suggested items to bring

Binoculars

Folding chair or camp stool

Comfortable, layered clothing, raingear, water shoes for kayaking

Sunscreen, hat, sunglasses

Footwear for hiking

Trekking poles

Flashlight and/or headlamp (with red setting)

Refillable water bottle and/or coffee/tea thermos

Special snacks or food items

Curiosity, sense of humor, and openness to awe and wonder!

Please email Holly at htbern1@sbcglobal.net and/or Cheryl at fallsteadarts@gmail.com directly to let us know if you have any questions or if there is any way we can accommodate you to make this weekend a better experience for you.

We can't wait to meet you at Ghost Ranch!

Holly & Cheryl



Sample schedule:

(The actual schedule may vary depending on weather and other factors.)

Sessions may include birding, hiking, sit spots, journaling, sketching, poetry or other creative expression, stargazing, and sharing.

Sunday

5:30 – 6:30 p.m.: Dinner
7 – 9 p.m.: Evening session — welcome, intros, overview, journal making, and options

Monday

7:30 – 8:30 a.m.: Breakfast
8:45 – 11:45 a.m.: Example activities could be morning birding walk to Box Canyon and sit spots, journaling
12 noon: Lunch
Free time – enjoy other ranch activities: rest, hike, nature journal, whatever you like
3 – 5 p.m.: Optional birding wander or sit spot
5:30 – 6:30 p.m.: Dinner
7 – 9 p.m.: Evening session. Seeing through different eyes and how to draw a soundscape

Tuesday

7:30 – 8:30 a.m.: Breakfast
8:45 – 11:45 a.m.: Example activities could be morning birding walk to Rio Chama, journaling
12 noon: Lunch

GHOST RANCH



Free time – enjoy other ranch activities: rest, hike, nature journal, whatever you like
3 – 5 p.m.: Optional bird walk and sit spots
5:30 – 6:30 p.m.: Dinner
7 – 9 p.m.: Evening session — Nature journaling creatures of the night: moths, etc.

Wednesday

7:30 – 8:30 a.m.: Breakfast
8:45 – 11:45 a.m.: Bird walk on property or kayak Lake Abiquiu
12 noon: Lunch
Free time – enjoy other ranch activities: rest, hike, nature journal, whatever you like
2 – 5 p.m.: Bird walk on property or kayak Lake Abiquiu
5:30 – 6:30 p.m.: Dinner
7 – 9 p.m.: Evening session: Observing night sky and constellations

Thursday

7:30 – 8:30 a.m.: Breakfast
8:45 – 11:45 a.m.: Bird walk/journaling on property
12 noon: Lunch
Free time – enjoy other ranch activities: rest, hike, nature journal, whatever you like
3 – 5 p.m.: Optional journaling time
5:30 – 6:30 p.m.: Dinner
7 – 9 p.m.: Evening session: Night prowling

Friday

7:30 – 8:30 a.m.: Breakfast

GHOST RANCH



8:45 – 11:45 a.m.: Bird walk/journaling on property along riparian area
12 noon: Lunch
Free time – enjoy other ranch activities: rest, hike, nature journal, whatever you like
3 – 5 p.m.: Optional journaling or activities
5:30 – 6:30 p.m.: Dinner
7 – 9 p.m.: Evening session: Closing circle and sharing

Saturday

7:30 – 8:30 a.m.: Breakfast
10 a.m.: Checkout