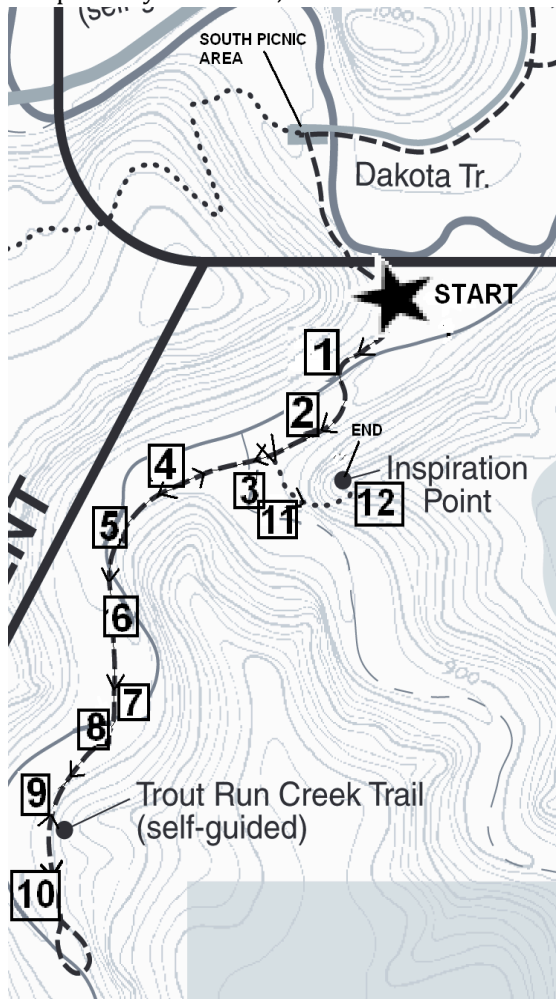


Song Path is a compositionally guided listening tour of natural spaces. The Song Path at Whitewater starts just before the first concrete stepping bridge on the Trout Run Creek Trail, follows Trout Run Creek Trail to the loop, and then backtracks to the steps leading to Inspiration Point. The steps up to Inspiration point are optional. Song Path is designed to be a silent tour in which you can listen to the natural and man made sounds in the park as a piece of music as you hike. I have marked a few spots along the trail that I found interesting while hiking. You will have the most satisfying experience if you follow your own ears as you hike so follow these suggestions as needed.

Start by hiking in on the trout run creek trail until you are about half way between the Whiteater river and trout run creek and can faintly hear both bodies of water. Once you have reached a comfortable place to start, close your eyes and engage in the following listening meditation.

1. Begin by taking slow, deep breaths in and out. Focus on the sound, contour, and pace of your breath, do this for around a minute.



2. Listen to the sound of water in the distance both behind and in front of you. Focus only on this sound and try to tune other sounds out. Do this for around a minute.
3. Turn your head from Side to side and focus your attention on different parts of the valley. Notice how the sound of the water in the valley seems to change as you do so.
4. Shift your attention to the sound of the wind blowing through the trees. Notice how it rises and falls at irregular rhythms and how the sound blends in with the sound of the water at times. Also, notice how it moves from left to right and front to back and up the hills of the valley. Listen for about a minute.
5. Listen to the sounds of birds, insects, and other animals in the park. Pay special attention to rhythms that begin to emerge and notice how each bird or animal sounds different depending on how close or far from you it is. Do this for a minute.

6. Now open your ears to the entire space and listen to how all of these sounds work together. Listen for the distant sound of the creek, planes flying overhead, and cars passing by. All of these noises make the music along the Song Path.
7. Open your eyes and begin following the song path but keep all the sounds that are present around you in your in your ears and as you move, listen to how all of these sounds seemingly shift and change as you hike through different landscapes.

### Points of Interest

1. **Just before the concrete bridge.** Listen to the sound of two different rapids.
2. **Bench on the right.** Listen again to the sound of two different rapids at this quieter listening area.
3. **Two Wooden Foot Bridges.** As you hike, you will encounter two foot bridges. Stand near the end of the first and listen to the trickling stream. Then stand at the beginning of the second and listen to the fuller sound in this small valley.
4. **Curve Between two rapids.** This is another place where the sound of two rapids balance each other. There are generally good bird and animal sounds here as well. This location is half way between the second small foot bridge and the first large one.
5. **First Large Foot Bridge.** Stand just before this larger bridge and listen to the sound of two different rapids before you mount the bridge.
6. **Rapids to the left and right.** Pass the bench on your left and walk into the area with trees to the left and tall prairie grass to the right. Stop when you can hear a good balance between the creek rapids on the left and the hidden rapids on the right. Listen to the interplay of the two sounds.
7. **Just before the Second Large Foot Bridge.** Just before you reach the second foot bridge, there is a place where the sound of water is more quiet. A good place to hear birds when present.
8. **Second Large Foot Bridge.** Once you mount the large foot bridge, listen to the sound of the creek on both sides and try to make the two sounds balance.
9. **Mysterious Valley.** This location is around a corner from the second foot bridge and surrounded on all sides by fields of lush watercress with a large hill to the right and open valley to the left. When birds are present, this is a great place to listen and really get a sense of the larger valley.
10. **Just before the loop.** When you start to leave the mysterious valley and hear the sound of water in the distance clearly, stop and listen with the sound of water in your left ear and the open valley in the right ear.

*After you round the loop. Walk back towards the inspiration point stairs more quickly and listen to everything you passed on the way in at a faster tempo.*

11. **Stairs up to inspiration point.** Listen to all the sounds in the valley as you ascend the stairs and notice how they change as you round each corner and climb higher.
12. **Inspiration Point.** Just sit here and take in the sound of the entire valley. If you are lucky, one of the hawks that live in the park will give you a little performance. Also, make loud sounds with your voice down into the valley and listen to the animals respond. A really fun experience.