

A Pilgrimage  
to the  
Trees

Thankful Poem - to be read to a tree

Hello Tree.

I have come to thank you.

Thank you for your springtime gift of bright green leaves and lovely blossoms,  
reminding me to look for joy in my life.

Thank you for the shade of your wide branches in summer's heat  
and your great roots that balance the deep waters and the earth.  
I remember that we are all kin and we all matter.

Thank you for the magnificence of your blazing autumn beauty,  
and your generous bounty of nuts and fruit, may I be as generous  
and remember to share my most beautiful self with others.

Dear Tree, thank you for your graceful stillness  
and winter quiet, reminding me to value peace and calm  
and the gift of a good nights sleep.

Science has proved  
that walking among,  
or even just looking at trees  
improves our mental health,  
lowers blood pressure  
and helps sick people  
heal faster.



written & illustrated by ...kruse

Walk instruction 6: Stop and look  
around you. Do you see any trees? If  
yes, go to the tree that calls to you...  
If no, repeat instructions from 1.

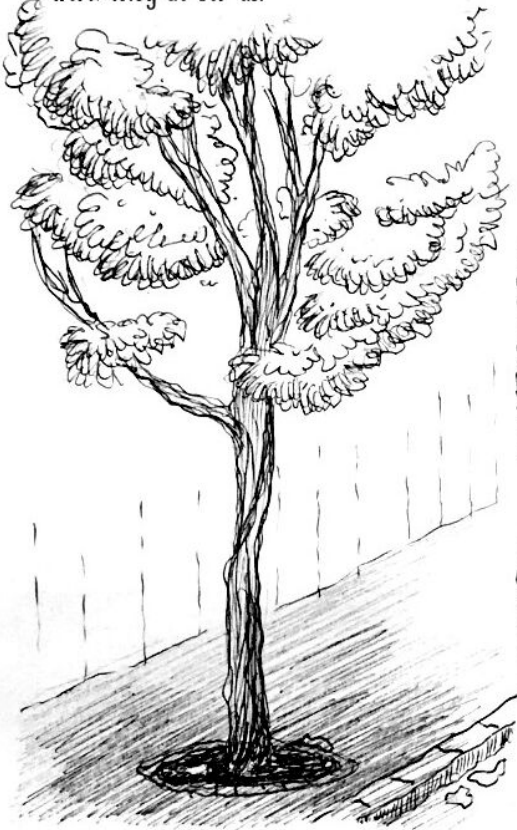
Looking instruction 1:  
Is your tree large or small? Are you  
standing in its shade? Does it have  
leaves? If not, where are they?

Looking instruction 2:  
Are there any fungi or mosses on  
your tree? Can you see any of its  
roots? Is this tree alone or with others?

Walk instruction 1:  
Standing on a pavement, if it is  
Monday or Thursday turn right,  
otherwise turn left. Start walking

In the city every tree, no matter its age or size, is a vitally important citizen.

A Pilgrimage to the Trees invites you to visit your neighbourhood trees, to admire them and enjoy their presence and take a moment to thank them for the silent work they do for us.



Walk instruction 2: When you see a white van or a black crow, if it is safe to do so, cross over the road and keep walking in the same direction

Nature loves diversity.

The more natural diversity there is in a place, the healthier that place is.

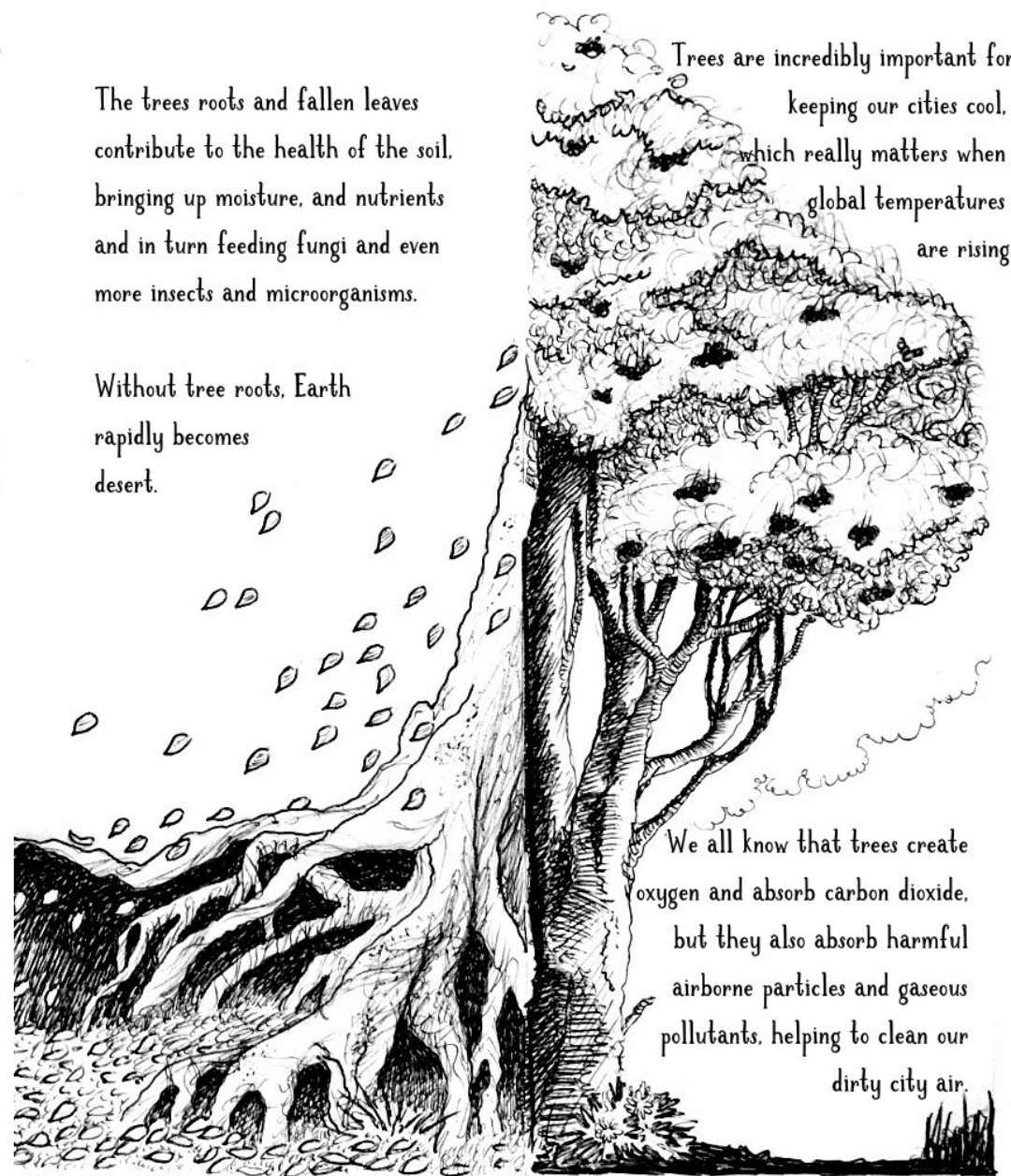
Each tree is an oasis of diversity, full of insects, mosses and fungi. Trees are homes, roosting places for birds and sometimes bats.



Walk instruction 3: Look out for a flower. Afterwards, at the next junction, walk down the road that calls to you.

The trees roots and fallen leaves contribute to the health of the soil, bringing up moisture, and nutrients and in turn feeding fungi and even more insects and microorganisms.

Without tree roots, Earth rapidly becomes desert.



Trees are incredibly important for keeping our cities cool, which really matters when global temperatures are rising.

We all know that trees create oxygen and absorb carbon dioxide, but they also absorb harmful airborne particles and gaseous pollutants, helping to clean our dirty city air.

Walk instruction 4: Walk as many paces as trees you can name.

Walk instruction 5: When it is safe to do so, cross over the road and keep walking in the same direction until you see a bird.