



Moses, a Byzantium mosaic

# CONTEMPLATIVE TRAILS & QUIET SPACES: OLD STRUAN COFFIN ROAD

## Old Struan Coffin Road near Blair Atholl

In remote places the path from church to burial ground may be known as a coffin path. 'This old coffin road between Loch Tummel and the River Garry was used for centuries to carry the deceased from townships in the Tummel Valley to the medieval St Fillan's Church at Old Struan'. It was a profound journey, taken by the grieving community.

[www.heritagepaths.co.uk/pathdetails.php?path=51](http://www.heritagepaths.co.uk/pathdetails.php?path=51)

Artsy Vibes, unsplash.com



## Old Struan Coffin Road nr. Blair Atholl

Wellbeing and the outdoors

Remember the days of old; consider  
the generations long past.  
Deuteronomy 32:7

### WHAT DO YOU NEED TO TOUCH?

- THE CRAGGY BARK OF A TREE, THE WET DEW ON THE GRASS, THE ROUGH TOUCH OF HARD STONE?

### WHAT DO YOU SMELL?

- WHAT MEMORIES DO THEY EVOKE?
- WHAT LONGINGS DO THEY STIR?

### WHAT DO YOU HEAR?

- FOLLOW THE SOUNDS
- LISTEN TO THEIR TONE AND VOLUME
- NOTE THE SENSATION AND IMPACT

[CORACLETRUST.ORG.UK/READING-CREATION](http://CORACLETRUST.ORG.UK/READING-CREATION)

TO BE STILL AND STILL MOVING  
INTO A DEEPER UNION  
A FURTHER COMMUNION  
TS ELIOT, FOUR QUARTETS