
Welcome
Hikro-dose Nature Hike
MOVE • NOTICE • CONNECT • LISTEN • PAUSE • WONDER

Let's Introduce Ourselves

TAKE 15–20 SECONDS EACH

1. **Your name**
2. **Where you are right now**
3. **Something in nature you love**

Keep it short and fun!

A Quick Note

Hikrodosing Information Sessions on Meetup

- A friendly, educational discussion about combining low-dose psychedelics, hiking, and mindful connection with nature.
- Open to everyone who is curious
- General information, shared experiences and questions
- No substances, no promotion, and no booking or sign-ups here

Separate Offerings Through Psychetopia

I also facilitate small-group, nature-based psychedelic experiences independently through Psychetopia.

Those are separate from this Meetup group, and anyone curious can find more information on my website.

Psychetopia.com

Nature Connection Exercise

Find something from nature



A stone



A leaf



A piece of wood



Some dirt



A flower



A photo of a tree

So... why are people doing psychedelics?

People are drawn to psychedelics for many different reasons.



Perspective

Temporarily stepping outside of familiar patterns to see things in a new way.



Flexibility

Supporting neuroplasticity — helping the brain form new connections and loosen rigid patterns, opening the door to fresh possibilities.



Connection

Feeling more connected to self, others and the natural world.



Emotional Access

Approaching difficult emotions with greater openness and care.



Self-Compassion

Cultivating more kindness toward ourselves and less judgment.



Meaning

Exploring big questions about life, purpose and what matters most.

The goal isn't to escape yourself.

It may be an opportunity to meet yourself differently.

Why Hikrodose?

A gentle dose. A deeper connection.

Hikrodosing combines a small amount of psilocybin with nature, movement, sensory awareness and human connection to help you experience the world — and yourself — a little differently.



Move

Get out of your head and into your body. Walking in nature, gentle movement and playful activities help you feel grounded, present and alive.



Notice

Tune into the details you usually overlook — colours, textures, patterns and the subtle magic all around you.



Connect

Feel a deeper sense of connection to yourself, to others and to the natural world. Shared experiences can open the heart and create meaningful bonds.



Listen

Notice the layers of sound — the rustle of leaves, birdsong, the wind, and the quieter voice within. Nature and psilocybin can help sharpen your awareness and bring you into the moment.



Pause

Step away from daily distractions and allow space to simply be. Stillness in nature can bring clarity, perspective and a sense of ease.



Wonder

Rediscover curiosity, play and awe. A small dose can gently open your perception, helping you experience the familiar in a fresh and inspiring way.

Same world. *A little more magic.*

Psilocybin Dosing

Different intentions. Different experiences.



Microdosing

SUBTLE SUPPORT

Typical dose

50–200 mg



dried psilocybin mushrooms
(usually a fraction of a gram)

- Usually minimal perceptual effects
- Subtle shifts in mood, focus and wellbeing
- Often part of a daily routine



Hikro-dosing

PRESENT AND CONNECTED

Typical dose

≈ 1 gram



dried psilocybin mushrooms
(potency varies, not a guarantee)

- Noticeable but manageable effects
- Enhanced perception, mood, creativity and openness
- Often experienced in nature with movement, sensory practices and connection



Full Journey

DEEP EXPLORATION

Typical dose

2.5 – 5+ grams



dried psilocybin mushrooms
(depending on the medicine and individual)

- Often pronounced effects
- Altered perception, emotions, thoughts and sense of self
- Primarily inward-focused, with minimal external activity

The Chakra Hike

A 4-Hour Journey in Nature

MOVE • CONNECT • EXPLORE • BE

1. Root
I AM HERE



Welcome, safety, grounding

30 min

2. Sacral
I FLOW



Movement, play and the Collective Mirror

30 min

3. Solar Plexus
I AM ENOUGH



Silent walking, self-reflection

25 min

4. Heart
I AM CONNECTED



Tree connection, dyad, light snack

40 min

5. Throat
I EXPRESS MYSELF



Call and response, sound and silence

25 min

6. Third Eye
I SEE DIFFERENTLY



Exploring perception and awareness

25 min

7. Crown
I AM PART OF SOMETHING LARGER



Tree gazing, wonder, stillness

35 min



Return & Nourish – 30 min

Enjoy a nourishing meal, share, integrate and return with a full heart.

An inner journey.
A deeper connection.

Hikro-dosing Excursion

NATURE • PRESENCE • CONNECTION • PERSPECTIVE

Physical Fitness

A reasonable level of fitness is recommended. You should be comfortable walking on natural terrain, which may be uneven, muddy, or slippery.

Terrain by Location

Our Costa Rica excursions involve more challenging terrain than those in Canada or Phoenix. Regardless of location, we choose trails that offer a beautiful and supportive experience in nature.

Together as a Group

This is not a race. We move at a pace that works for everyone. If someone needs to slow down, take a break, or adjust the plan, we do so with patience, kindness and compassion.

Embracing Uncertainty

The medicine may offer unexpected experiences — including practical opportunities to explore patience, compassion, and letting go of control of things that are beyond our control.



Nobody Gets Left Behind

If you're capable of hiking faster, please come with a willingness to match the group's pace. This experience is about presence, connection and supporting one another, not covering ground.

Embracing *Uncertainty*

WE'RE IN NATURE — AND NATURE KEEPS IT REAL



The weather can change

It might be sunny, cloudy, or suddenly pouring rain. We go with the flow.

The terrain can be unpredictable

There may be mud, uneven ground, slippery rocks, or tree roots. We walk mindfully and support each other.

Wildlife is part of the experience

We might see amazing birds, insects, or other creatures. Yes ... even a bird might decide to leave a little surprise! It's all part of being in nature.

Things don't always go as planned

That's okay. Flexibility and a sense of humour help us stay present and open to whatever arises.

You're supported

We move as a group, look out for one another, and adjust as needed. There's no need to push through anything.

Let go, stay curious, and see what unfolds.