



Healing Circle Labyrinth, Johnstown, labyrinth overview



Garden of Hope, Maitland, Maitland Chairs

# BALM FOR THE SOUL, Garden Experiences for the Canada 150

By Lisa Crandall

The gardens of the 1000 Islands and Rideau Canal Garden Trail are included among the designated Canada 150 garden experiences in Ontario. Launched in 2015, the trail is made up of more than a dozen carefully selected garden experiences. Many of them associated with private homes, scattered throughout the United Counties of Leeds-Grenville-Thousand Islands and Rideau Lakes. Two of these lovely garden experiences are; the Maitland Garden of Hope and the Healing Circle Labyrinth of Johnstown. For a map pinpointing all the garden locations see the Leeds Grenville Things To Do webpage. ([www.leedsgrenville.com](http://www.leedsgrenville.com))

## Maitland Garden of Hope

This 1.5 acre garden is situated on the property of Colleen O'Connell and David Cybulski, who are also among the founding members of the 1000 islands and Rideau Canal Garden Trail. Created by O'Connell and Cybulski themselves, this meandering walk is guaranteed to calm frazzled nerves and lower your blood pressure. Featuring more than 20 themed garden spots, including a woodland walk, a wildflower garden, a butterfly garden, a collection of native grasses and a touching garden. New this year will be a self-seeding pollinator garden. There are quiet benches and

resting places scattered amongst the greenery, where you are welcome to linger and savour the serenity.

In this garden the plants have all been carefully chosen to provide the longest possible season of food and shelter for the birds and insects who visit. A leisurely walk through the garden generally takes an hour to an hour and a half and the wide range of plant life creates a constantly changing vista. Visitors have the option of enjoying a guided tour (only available in the morning) or doing a self-guided tour.

From June 06 until September 01 the garden is open Tuesday through Saturday from 10 AM until 4 PM, but visits are by appointment only. There is no cost, but donations are accepted, as the garden is a fundraiser for "Our Kenyan Kids", a Brockville based charity. Located in Maitland on 1 Jones Court, the garden is south of the 401 and north of County Road 2. Call (613) 348-3125 to book your appointment.

This year's annual open house is scheduled for July 29 from 1:00 to 4:00 pm, with July 30 as the alternate rain date. The lilies will be at their best and there will be free refreshments, as well as unique Kenyan handicrafts for sale as a fundraiser for "Our Kenyan Kids."

## The Healing Circle Labyrinth (Johnstown)

Created by hand in 2008, the healing labyrinth was a labour of love by home owner Liz Daly and volunteers from her family. Originally intended to be a private space, Daly found it so important to her own healing journey that she decided to share it with the public. Last year there were over 800 visitors to the site.

Set in the shelter of a mature evergreen woodland, lined with more than 300 flower plants selected to represent the seven colors of the chakras, the winding path is 46 feet in length.

Patterned after the famous labyrinth of Chartes Cathedral in Paris, this smaller walk is designed as a relaxing meditative experience. Special events such as, full moon candle-lit walks and drumming workshops are also held here. Details are posted on their website.

Located at 2424 County Road 2 Johnstown, On. between Prescott and Cardinal, the garden is open daily by appointment, depending on the weather, between the months of May and November. Admission is by free will donation. Call (613) 925-1278 to book your visit. **LH**

**EDITOR'S NOTE:** Check out the map and listings of all the gardens on the 1000 Island and Rideau Canal Garden Tour.

[leedsgrenville.com/en/visit/thingstodo/Garden-Trail.asp](http://leedsgrenville.com/en/visit/thingstodo/Garden-Trail.asp)

Call ahead to book your time in the gardens.

**Maitland Garden of Hope**  
[www.maitlandgardenofhope.ca](http://www.maitlandgardenofhope.ca)

**Healing Circle Labyrinth**  
[www.healingcirclelabyrinth.ca](http://www.healingcirclelabyrinth.ca)