



DEEP TIME WALK

for all lovers of Nature

Changing our relationship with the living Earth



Dr. Tina Fischbach

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What is it?

A Deep Time Walk is a transformative journey through 4.6 billion years of Earth history via a 4.6km guided walk in nature. It is an invitation to explore our connection to Earth, to change our perception of the world and to re-imagine our relationship with living ecosystems. The experience is designed to encourage a shift of consciousness, on a journey towards reimagining our relationship with Earth and bringing about a transition to a life-sustaining, profoundly regenerative civilisation.

During the walk, participants will stop at 18 so called Earth Stations to learn more about key events that have shaped the Earth as we know it today. At the Earth Stations, and during the walk, participants are invited to join activities to deepen their sense of Deep Time and their connection with the more-than-human world – think of reflections, short visualization and meditations, use of the senses and more.

Key concepts which emerged in Earth's long history – such as the complex interactions between life and the non-living world, eco-systems, tipping points and feedback loops, symbiosis & competition etc. will be discussed and their relevance for our today's predicament explored.

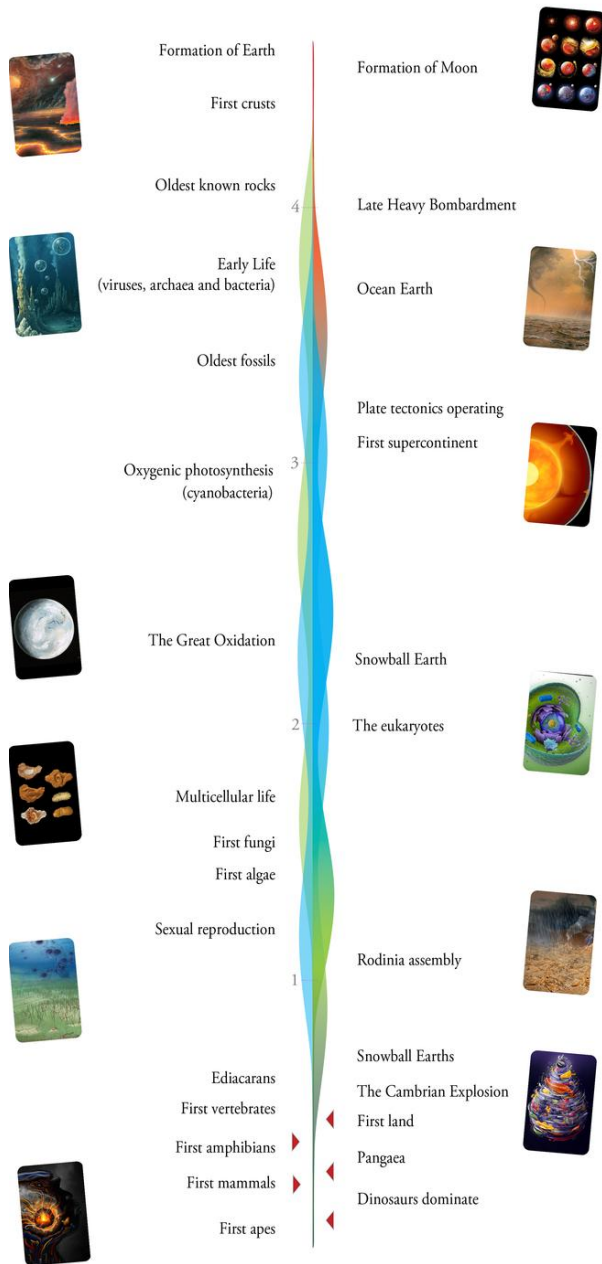
The information shared is backed by science and the most accepted current understanding of Earth's history, drawing from over 100 peer-reviewed academic papers from disciplines like Geology, Biology, Cosmology, Genetics etc.

Although scientific at its core, the Deep Time Walk is not meant to be a mere knowledge transfer, but a time-travel experience where 1 m of the walk represents 1 Mio years of our planet's history.

Spoiler alert – humans make their appearance only during the last couple of centimetres!

For more information, visit Deep Time Walk Project www.deeptimewalk.org 

Your walk into deep time



Earth's Revolutions

The pivotal moments from the formation of our Moon to the emergence of photosynthesis, complex life, and the recent appearance of modern humans (in just the last 30cm of the walk!).

Embodied Experience

An experience of the vastness of 4.6 billion years at a human scale, where each metre represents 1 million years.



Why join?

- Deepen your connection to nature and time
- Reflect on humanity's place in Earth's history
- Learn more about the climate and ecological change
- Engage in meaningful conversations and reflections
- A grounding, thought-provoking alternative to a 'typical' nature walk
- As part of your regenerative / mindfulness practice

What to expect?

- A 4,6km guided walk through nature (approx. 3,5 hrs)
- Multiple stops, highlighting major planetary events
- Storytelling, science and silence
- Reflections, visualizations and short meditations
- Gentle walking, engaging the senses and connecting with nature
- Languages: English, Dutch and German

No preparation is required, just weather-appropriate clothing, comfortable hiking shoes or similar, and curiosity.



Who is it for?

Anyone who loves being outdoors and wants to deepen their connection with Nature, seeking a fresh perspective on life on our planet:

- Nature lovers
- Citizens engaged in the climate and ecological crisis
- Curious walkers
- Families with older children (16+)
- Lifelong learners
- Artists & creatives

Upcoming dates & registration

I am offering regular walks in the Westduinpark in The Hague. For other locations or group / team events, please reach out to discuss the options.

To join or find upcoming sessions, visit:

 [Eventbrite](#)

 [Hipsy](#)

Or email: info@tinafischbachlifecoaching.com

Costs: participating in a public walk is 20EUR ex BTW; 10% of the fees will be donated to the Deep Time Walk Project; for tailored group events, please do reach out



What others are saying

"On Friday, we took a beautiful walk through the dunes and (!) through time. Tina guided us through it in a very pleasant way. The reflection moments during the walk led to meaningful conversations. Everyone should take a walk like this at least once in their life to realize how special life on our Earth is—and at the same time, how fragile."

"I thought you guided it in a really pleasant and good way. The information was very clear, and you gave space for our sense of wonder and our questions."

"I felt that everything was just right, and what you said really stuck with me. I'll definitely think of what you shared during my next walk. I can picture it clearly."

"I really enjoyed the walk and everything you shared. The way you told it was very vivid, and I felt like a true time traveller."

"Tina is a terrific facilitator. She manages to create a warm, profound and lighthearted container simultaneously. Can recommend spending time with her. :)"

"I really enjoyed how the walk combined stories from the past with things we can still see today."

"The Deep Time Walk is a fascinating and educational experience, where you really have the time to immerse yourself in it. Tina is a wonderful guide for this walk—kind, open, and with a sense of humour."



Your facilitator



With over 20 years of experience in corporate leadership and organizational transformation, I bring a unique blend of scientific insight, strategic acumen, and deep human-centered wisdom to my work. With a PhD in Biology and certified as a Mindfulness Mentor and Nature Coach, I support changemakers in the climate and ecology sectors to lead with resilience, clarity, and purpose.

My approach is grounded in both science and soul, drawing on systems thinking, embodiment practices, and regenerative principles.

The program **Regeneration for Changemakers** is born from my commitment to inner and outer sustainability, supporting those who care for the planet to also care for themselves.

Are you interested in the program, and would you like to get in touch? Here is how you can reach me:

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