



Why I Created The Ember Trail Project 🔥

For a long time, the idea for this community lived quietly in my head.

Nature had become a powerful part of my own healing — a place where I could think clearly, regulate my nervous system, and reconnect with myself after some of life's more difficult chapters. Over time, the trail stopped being just a place I visited... and became a place that helped rebuild me.

But what truly brought this vision to life was something unexpected.



After sharing a hiking video, I began hearing from many women who admitted they didn't feel safe going into the woods alone. Some had always wanted to hike but felt intimidated. Others were curious about nature but didn't know where to start.

That stayed with me.

Because the outdoors is a gift. And no one should feel excluded from something so fundamentally human.

The Ember Trail Project was created to change that.

While this space was partly inspired by the need for women to feel safer in outdoor environments, it was never meant to serve just one type of person. It is for anyone seeking healing, confidence, connection, or simply a deeper relationship with the natural world.

Here, respect is the expectation.

Kindness is the culture.

And safety is foundational.

We are intentionally building an environment where women feel secure and supported — and where men who lead with respect and integrity feel equally welcome.

Because when the right culture exists, the outdoors becomes what it was always meant to be: accessible to everyone.

My hope is that through these experiences, people don't just hike with us — they gain the confidence to explore on their own, trust themselves again, and rediscover their inner resilience.

You don't need to be experienced.

You don't need to be fearless.

You just need to be willing to take the first step.

We'll walk the trail together.



Resilience looks good on you!

-Jamie Woods

Founder- The Ember Trail Project