



Inspiring Journeys

Many of us lead busy lives, constantly reacting to the many demands that are made of us and often disconnected from ourselves, each other or a deeper sense of meaning in life. Our vision is to invite you to listen to the voice inside that calls for something more and to take a Journey.



Inspiring Journeys combine group based adventure experiences, in places of wild natural beauty with an experienced mountain leader and coach. This is an opportunity for you to re-awaken your body, to walk and move as we evolved to do surrounded by the wild beauty of mountains, forests, rivers and lakes. It is an opportunity to calm your mind and live life at a slower, maybe even a more natural rhythm. It is also an opportunity to listen to your heart and the heartbeat of the earth in which we are travelling.

“Thousands of tired, nerve shaken over civilised people are beginning to find out that going to the mountains is going home, that wildness is a necessity, and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life.”

John Muir (1838 - 1914)

These programmes are wilderness adventures and they are designed to involve physical activity. This is graded relaxed, moderate or demanding as a guide to what is required. But the aim is also for you to relax and each day will have plenty of breaks. This rhythm of activity and rest is so good at rebalancing mind, body and heart.



Your journey is group based. We will live communally in a shared tent or mountain hut and sometimes cook together.

Our aim is to create a team where each person can find their own space within the wider group and daily activity.

Time for conversation and reflection, for activity and resting. People have often said that the experience of being part of an emotionally connected team like this has been one of the unexpected joys from such an experience.

Your coach will spend time with each person, being curious, listening, asking questions, giving feedback and remembering what you said yesterday. The coach will also facilitate some of the group conversations and may include some individual, or group, exercises as appropriate.

Have a look here at a short video by National Geographic magazine on the benefits to you of following the call of the wild <http://channel.nationalgeographic.com/explorer/videos/this-is-your-brain-on-nature/>



The Dolomites



The Dolomites are a UNESCO World Heritage Site. The people are as unique as the mountains with roots in both Italian and Austrian culture.

Below are the stunning peaks of Tre Cime de Lavaredo, which we will walk alongside on this trip



The Dolomites have a unique beauty and charm that soaks into you like the warm evening sunshine. The warmth of the Italian culture, gentle green valleys and stunning steep mountains painted shades of orange, red and gold each sunset creates memories that will inspire you long after you have left.



Challenge Level



Physical Challenge (Effort) - Moderate

(walking up to 2800m altitude, up to several hours a day with 6-10kg backpack, 600m ascent on day 3)



Adventure Challenge (Excitement) - High

(Moderate scrambling on exposed high mountain paths)

Dates And Travel

You will be met by Land Rover at Venice airport at 16.00 on Mon 5 June. We will return you back to the airport for around 14.00 on Sat 10 June.

Costs

There are only 6 places available on this journey. The cost per person is £425 or €500. This includes all guiding, two nights in a tented base camp and transport to/from Venice airport.

In addition to this you will also need to pay separately as cash for three nights half board in mountain huts and any extra day snacks for the four day trek (approximately €100). You will also need to ensure that you have travel insurance for guided alpine treks and scrambling.



Your Guide



Ben Clayton-Jolly is an international mountain leader who has 30 years experience of leading treks and climbing in mountains around the world. He is also a experienced executive and life coach, and has a MA in Psychological Coaching.

Your Journey



Day 1 (Mon) - Our base camp will be in the area of Lake Misurina near Cortina d'Ampezzo. It will be a 2 1/2 hour drive up from the plains of Northern Italy through the heart of the Dolomites. We will sleep in shared tents and cook our meals together. Welcome to the Italian alps! The route choice below may be adapted depending on weather and local conditions.

Day 2 (Tue) - This will be a short walking day in beautiful scenery. We will begin in the green valley around Lake Misurina and take the chair lift up to 2115m. After coffee on the terrace of the refuge we will continue along the mountain trails to overnight at the Refugio Fonda Savio (2367m). **Day 3 (Wed)** - Continuing along the mountain trails and easy scrambles we will walk around the south side of the three peaks of the famous Tre Cime to overnight at one of the refuges beneath the mountain peak of Monte Paterno or Paternkofel. **Day 4 (Thu)** - This will be our adventure day. We will make our way up one of the routes to the summit of Monte Paterno. This stunning peak stands alone and was on the front line between the armies of Italy and Austria during the first world war. The mountain is a moving museum and memorial as we walk through the tunnels and trenches of 100 years ago. We will summit the peak at 2744m and descend to overnight at the Refuge Tre Cime/Drei Zinnen (2405m). **Day 5 (Fri)** - This wonderful walk will take us around the north side of Tre Cime from where we descend back to the Misurina valley. We will overnight back in our base camp. **Day 6 (Sat)** - After a relaxing start we will pack our tents and leave at around 11.00 for the drive back through the Dolomites to Venice



You will need a summer sleeping bag for base camp plus mountain clothing and boots for trekking. There will be easy to moderate scrambling on the route and sections of Via Ferrata (fixed cables). We will send you a suggested list of clothing and equipment, and supply helmets/harnesses for the Via Ferrata. The weather typically at this time of year is warm to hot, and dry, but it is the alps so there is always the chance of sudden thunderstorms and cold weather. On the 4 day trek you will need to carry a small rucksack with your spare clothing, sleeping bag liner, plus food and water for the day (around 6-10 kg weight).

"So glad I said 'yes' to this adventure. Wonderful, life affirming and definitely inspiring." 2016 participant.

If you would like to book a place or if you have any questions about this wilderness adventure then please contact Ben on + 44 7970 834120 or ben@inspiring-journeys.eu.

www.inspiring-journeys.eu will be online in spring 2017.