



## 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 invitation 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 are designed to involve physical activity. The level of challenge is graded relaxed, moderate or high 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 pleasures from such an experience.

Your coach will spend time with each person, listening, asking questions, giving feedback and remembering what you said yesterday. The coach will also facilitate some of the group conversations and will may include some experiences around mindfulness, flow and reconnecting to the wild and natural world (click on words to learn more)

Have a look [here](#) at a short video by National Geographic magazine on following the call of the wild called “This Is Your Brain On Nature”.

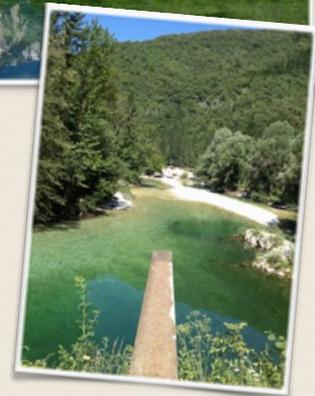


## Triglav National Park



The Triglav National Park is one of the most beautiful alpine landscapes in the European alps - stunning swimming lakes, wild karst mountains and warm Slovenian hospitality.

Triglav (seen below) is the highest peak at 2864m.



The pristine natural world of the Julian Alps on the inaccessible border with Italy and Austria enables us to enjoy the dreamlike blue-green rivers and lakes, walk through endless beech and pine forests, and climb up into the remote and rugged high alpine wilderness of the Triglav National Park.

## Challenge Level

### Physical Challenge (Effort) - Moderate/High

Walking up to 2800m altitude, for several hours and 700-1000m ascent each day, with a 6-10kg backpack.

### Adventure Challenge (Excitement) - Moderate/High

Easy/moderate scrambling on exposed high mountain paths.

## Dates And Travel

You will be met by Land Rover at Ljubljana airport at 16.00 on Mon 11 September. We will return you back to the airport for around 14.00 on Sat 16 September.

## 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 Ljubljana 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 €100-120). 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 an experienced executive and life coach, and has a MA in Psychological Coaching.

## Your Journey



**Day 1 (Mon)** Our base camp will be on the far end of Lake Bohinj, where the mountains rise up out of the lake, at a place called Ukanc, which translates at 'the end of the earth'. This is at the heart of the Triglav National Park and only a 75 min drive from Ljubljana airport. It is quiet, beautiful and on the edge of one of the best swimming lakes in Slovenia. We will be share tents and cook as one group.

Your 4 day trek will be a circular journey from Lake Bohinj (525m) over Triglav (2864m) and back. We will only be walking for a few hours each day but there will be 700-1000m ascent each day. Triglav will involve easy to moderate scrambling on exposed paths and sections of Via Ferrata (fixed cables). This will be a great adventure through stunning mountain scenery but you will need to have prepared physically for steep walks uphill. Our aim is to allow time for individual conversations, to savour the alpine world we are traversing and for the unexpected, which is such a inherent part of alpine journeys. **Day 2 (Tue)** After breakfast we will walk past the stunning waterfall of Slap Savica and ascend a steep path up the side of the glacial valley to overnight at the lovely Triglav Lakes hut (1685m). **Day 3 (Wed)** This long beautiful valley north is often described as the most beautiful approach to Triglav. We then cross a rocky pass to descend to the Dolicu Hut (2151m). **Day 4 (Thu)** This will be our adventure day to summit Triglav and end up on the far side at the Vodnikov hut (1817m). **Day 5 (Fri)** We will have a long descent through the pine and beech forests back to Lake Bohinj. **Day 6 (Sat)** We will break camp and drive back to the airport.



You will need a summer sleeping bag for base camp plus mountain clothing and boots for trekking. We will send you a suggested list of clothing and equipment, and supply helmets/harnesses for the Via Ferrata. During the three nights on the trek we will stay in mountain huts - well equipped refuges that serve good food and provide shared dormitory accommodation typical of alpine huts. The weather in September is normally 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](mailto:ben@inspiring-journeys.eu).

[www.inspiring-journeys.eu](http://www.inspiring-journeys.eu) will be online in spring 2017.