



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”.

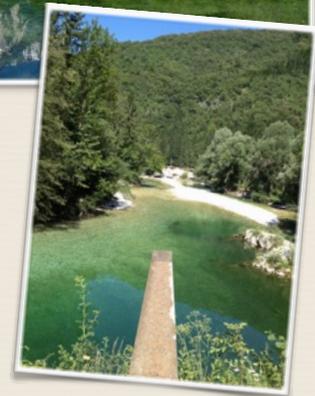


Triglav National Park



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 is the highest mountain 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) - High Walking up to 2800m altitude, with 1900m ascent on day 1, with a 6-10kg backpack. Physical preparation is essential.

Adventure Challenge (Excitement) - High Moderate scrambling on exposed high mountain paths.

Dates And Travel

You will be met by Land Rover at Ljubljana airport at 16.00 on Fri 29 September. We will return you back to the airport for around 14.00 on Mon 2 October.

Costs

There are only 6 places available on this journey. The cost per person is £400 or €460. This includes all guiding, two nights in a tented base camp, lunch meals and transport to/from Ljubljana airport.

In addition to this you will also need to pay separately as cash for one nights half board in a mountain hut (approximately €50) and any extra day snacks for the two day trek. 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



This long weekend journey could be called Triglav the adventurous way. It is physically demanding and requires physical preparation but it is a stunning alpine adventure that takes in the Plemenice ridge that rises up to the summit of Triglav from the north. This is the hardest non climbing route to ascend Triglav. There are extensive sections of Via Ferrata steel cables and we will walk along the top of the famous 1000m high north face of Triglav. This journey will also combine a quiet lakeside campsite and swimming in beautiful Lake Bohinj - the perfect relaxation after the mountain. Freshwater swimming lakes and the high mountains make this an ideal opportunity to escape the urban limits, clear your mind and find your own flow in the alpine wilderness of the Julian Alps.

Day 1 (Fri) 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 as '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. **Day 2 (Sat)** After breakfast we will drive for one hour and start in the Vrata valley at 1000m looking up at the stunning north wall of Triglav. Our route will take us to the Luknja pass at 1758m and we then ascend the Plemenice ridge. We will summit Triglav (2864m) and descend 300m on the south side to overnight at Krederica hut (2515m). This will be a long and physical day with 1900m ascent, and we will have to carry all the water that we need. **Day 3 (Sun)** We will descend the 1500m back to the valley by the Tominsek route. Again this is steep and much is protected by Via Ferrata cables. The views are again stunning and it will complete our circuit around Triglav. That evening you can relax swimming in Lake Bohinj back at our base camp. **Day 4 (Mon)** A relaxed morning savouring lake and mountains before we drive back to Ljubljana airport.



We will send you a suggested list of clothing and equipment, and supply helmets/harnesses for the Via Ferrata. 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 2 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 early summer 2017.