



# ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

## Canterbury Trails

A 4-day walking-talking journey along the ancient Pilgrims' Way from Rochester to Canterbury.

### Description:

Journey with ipse wilderness along the historic Pilgrim's Way, sharing with others the narratives of our lives. Each day we will use a story from Chaucer's 'Canterbury Tales' as inspiration, and using pair work and guided exercises, find new ways of telling our story, and listening to others. Follow in the footsteps of ancient English story-telling traditions, and walk your way into a new narrative.

### Location:

North Downs Pilgrim's Way; Rochester to Canterbury. The last day is crowned with a visit to the famous pilgrimage site of Canterbury Cathedral before returning to Rochester by train.

### Dates:

Thursday April 8<sup>th</sup> 10:00am – Sunday April 11<sup>th</sup> 17:00 2021.

### Difficulty:

Challenging; walking distance 42 miles, 9-15 miles per day, some steep ascents and descents, 3mph.

### Accommodation:

Shared rooms in B&Bs/inns. Single supplement available on request.

### Cost:

£400 per person. This includes all accommodation, transport, activities and breakfasts. Does not include other meals or beverages.

### Itinerary:

**Day 1:** Rochester to Thurnham (12 miles)

Opening ceremony at Rochester Castle 10am. Lunch at pub in Blue Bell Hill.

Overnight at Black Horse in Thurnham. Pub supper. Evening circle time.

**Day 2:** Thurnham to Lenham (9 miles)

B&B breakfast. Depart 9am. Lunch at Dirty Habit in Hollingbourne.

Overnight at Dog & Bear in Lenham. Pub supper. Evening circle time.

**Day 3:** Lenham to Chilham (15 miles)

B&B breakfast. Depart 9am. Lunch at pub in Boughton Lees.

Overnight at Woolpack Inn in Chilham. Restaurant supper. Evening circle time.

**Day 4:** Chilham to Canterbury (6 miles)

B&B breakfast. Depart 9am. Cathedral, closing ceremony & lunch. Train back to Rochester for departure.

Contact Julia at **ipse wilderness** to book. 50% deposit payable on booking.