



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

Love in Wilderness

A hearty wild weekend on Dartmoor for couples to reconnect, celebrate and adventure together

Description:

Take the plunge and experience together a guided hike and overnight wild camp in the wilderness of Dartmoor, which puts you back in touch with nature, yourselves and each other. This is a weekend held by a wilderness therapy facilitator, with eco-therapy activities designed to have you deeply share, listen and respect each other. Step up together to a relationship of authenticity, courage and passion.

Location:

Dartmoor. Pick up and drop off at Okehampton.

Dates:

Saturday 15th May 10:00 – Sunday 16th May 15:00.

Difficulty:

Challenging; walking distance 6 miles Sat / 3 miles Sun, undulating terrain, pace of 3 miles per hour.

Accommodation:

Tent – participants to bring all their own camping equipment. Some kit available to hire on request.

Cost:

£500 per couple. This includes transport from Okehampton, activities, camping evening meal and snacks. Does not include packed lunch or catered meals.

Itinerary:

Day 1:

Meet at Okehampton 10am for transport onto Dartmoor.

Walk onto moor for briefing and introductory activities.

Hike 6 miles with facilitated discussion topics. Packed lunch en route. Set up camp.

Evening meal. Optional evening activity.

Day 2:

Morning snack and break camp 8am.

Walk 2 miles off moor. Transport to Belstone. Brunch at pub.

Circular day walk ~3 miles with one-to-one reflection time.

Cream tea. Transport back to Okehampton for departure.

Contact **ipse wilderness** to book. 50% deposit payable in advance.

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