



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

Navigating Transitions

A walking-talking 4-day therapeutic journey around the shifting scenery of the Norfolk Coastal Path.

Description:

Journey inside, outside, with ipse wilderness, on this nurturing exploration of liminal spaces; whether you are going through changes in relationships, work, or life stage, this facilitated walk will help you to embody through movement, this process of transition. As the earth tilts from winter into spring, enjoy a shift into the acceptance of uncertainty, finding a grounded sense of self and connection to others.

Location:

Norfolk Coastal Path; Snettisham to Wells via Hunstanton and Burnham Deepdale. The final day includes a visit to Walsingham; a medieval pilgrimage site, before returning to Wells for departure.

Dates:

Saturday 21st March 10:00 – Tuesday 24th March 18:00 2020. (Spring Equinox)

Difficulty:

Stretching; walking distance 33 miles, 7-11 miles per day, flat terrain, pace of 3 miles per hour.

Accommodation:

Shared rooms in B&B, shared dorms in youth hostels. Single supplement available on request.

Cost:

£400 per person. This includes all accommodation, transport, activities and 2 breakfasts. Does not include pub/cafe meals or beverages.

Itinerary:

Day 1: Snettisham Park to Hunstanton (7 miles)

Opening ceremony at Snettisham Park 10am. Lunch at West Norfolk pub in Heacham.

Overnight at Hunstanton B&B. Pub supper. Evening circle time.

Day 2: Hunstanton to Burnham Deepdale (11 miles)

Full English breakfast. Depart 9am. Packed lunch en route.

Overnight at Burnham Deepdale Backpackers Hostel. Supper at White Horse pub. Evening circle time.

Day 3: Burnham Deepdale to Wells (11 miles)

Café breakfast. Depart 9am. Packed lunch en-route.

Overnight at Wells YHA. Fish and chips supper. Evening circle time.

Day 4: Wells to Walsingham (4 miles walking, return by train)

Self-catered breakfast. Depart 9am. Lunch at café in Walsingham. Closing ceremony. Return train 14:45.

Coastliner bus service from Wells back to Snettisham to collect cars and depart.

Contact **ipse wilderness** to book. 50% deposit payable on booking. Balance due 14th February.