



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

I Am She

A 5-day therapeutic women's pilgrimage from Ilam to Eyam in the Peak District.

Description:

Share a deep journey of courage, honesty and joy with a tribe of wild women, amongst the beautiful valleys of the Peak District. Dedicate time to connect with yourself and others in the simplicity of nature, focusing as we walk on the themes of journeying, acceptance and female empowerment.

Location:

Peak District Pilgrimage; meet at Eyam, we then car share to Ilam and walk back to Eyam over 3 days.

Dates:

Friday July 31st 18:00 – Tuesday August 4th 13:00 2020.

Difficulty:

Stretching; walking distance 35 miles, 10-15 miles per day, undulating terrain, pace of 3 miles per hour.

Accommodation:

Shared dorm rooms in youth hostels and B&B. Single supplement available on request.

Cost:

£500 per person. This includes all accommodation, activities, breakfasts, 2 packed lunches, and a YHA supper club. Does not include 1 café lunch and 3 restaurant suppers.

Itinerary:

Day 1: Meet at Eyam 6pm for pub supper.

Opening ceremony. Short evening acclimatisation walk. Car share to Ilam youth hostel for overnight.

Day 2: Ilam to Hartington (10 miles)

Breakfast at hostel. Depart 9am. Packed lunch en route.

Overnight at Hartington youth hostel. Supper at hostel. Evening circle time.

Day 3: Hartington to Bakewell (15 miles)

Breakfast at hostel. Depart 9am. Packed lunch en route.

Overnight at B&B in Bakewell. Pub supper. Evening circle time.

Day 4: Bakewell to Eyam (10 miles)

Breakfast at B&B. Depart 9am. Lunch at Café in Curbar.

Overnight at Eyam youth hostel. Communal supper at hostel. Evening circle time.

Day 5: Breakfast at hostel. Closing ceremony. Lift share to collect cars from Ilam and depart.

Contact **ipse wilderness** to book. 50% deposit payable in advance. Balance due 1st July.