



# ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

## Wild New Year's Eve

A wild day's journey on the South Downs, with reflection, celebration and intention-setting.

### Description:

Celebrate a New Years' Eve with a difference. Join ipse wilderness for a soul-filled, fun and refreshing way to see out the old and welcome in the new, with a hardy tribe of like-minded people. The trip culminates in a heroic wild-camp, a wild-swim and a hearty breakfast.

### Location:

South Downs Way; a circular route from East Dean, via Exceat and Friston forest, taking in the famous cliffs of the Seven Sisters.

### Dates:

31<sup>st</sup> December 10:00 – 1<sup>st</sup> January 11:00am.

### Difficulty:

Stretching. Walking distance 8 miles per day, hilly terrain, pace 3mph, cold conditions likely!

### Accommodation:

Wild camping in tent/bivvy bag. You will need to bring your own tent and camping equipment.

### Cost:

£50 per person. This includes all wilderness activities. Food and drink not included.

### Itinerary:

**Day 1 31<sup>st</sup>:** Circular route starting and finishing at East Dean (8 miles)

Meet at The Tiger Inn, East Dean 10am. Coffee and introductions, morning briefing.

Walk along SDW over Seven Sisters. Lunch at Exceat.

Supper at pub in East Dean.

Wild camp and NYE celebration!

### Day 2 1<sup>st</sup>:

Pack up camp. Short walk to viewpoint for closing ceremony.

Wild swim & breakfast at Birling Gap.

Departure.

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