



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

Waters of Life

Journey inside, outside, with ipse wilderness, on this gentle 3-day autumnal walking talking meander through the rich cultural history of the ancient Ouse valley in Sussex.

Description:

Following the contours of the River Ouse, we will be invited to reflect on our life's journey; on the ancient flow which has sustained us, and the currents which run deep within our souls. As we stop to soak up the literary, artistic context of this area of Sussex and the fascinating history of Lewes Castle and Museum, we will immerse ourselves in the riches of the landscape and our lives.

Location:

Sussex Ouse Valley Way; Newick to Southease, via Barcombe and Lewes, including visits to Charleston House and Lewes Castle.

Dates:

Saturday 23rd October 10:00am – Monday 25th October 17:00 2021.

Difficulty:

Nourishing; walking distance 17 miles, 4-7 miles per day, flat terrain, frequent stops, pace of 2mph.

Accommodation:

Shared rooms in B&B and hotel. Single supplement available on request.

Cost:

£400 per person. This includes all accommodation, entrance fees, transport & activities. Does not include meals, apart from breakfasts.

Itinerary:

Day 1: Newick to Barcombe Mills (6 miles). Meet at The Bull, Village Green, Newick. Packed lunch. Overnight at B&B in Barcombe. Pub supper. Evening circle time.

Day 2: Barcombe Mills to Lewes (4 miles). Lunch at café in Lewes. Visit museum and castle. Free time. Overnight at hotel in Lewes. Supper at restaurant. Evening circle time.

Day 3: Lewes to Charleston via Glynde (7 miles). Lunch at café at Charleston. Tour of house. Bus to Lewes. Afternoon tea and closing ceremony. Departure.

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