



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

The I-Land

A 4-day walking-talking journey into self-identity round the Isle of Wight coastal path.

Description:

Journey inside, outside, with ipse wilderness, on this exploration into self-identity, self-confidence and self-expression. Get to know the lie of your own 'I-Land' and the shape of your unique psyche on this hearty, heart-opening coastal route. Find your edges and explore your boundaries as we circumnavigate the island, walking and talking our way into better self-knowledge.

Location:

Isle of Wight coastal path from Yarmouth to Ryde. Participants are responsible for their own travel to Yarmouth and onward travel from Ryde. Information about ferry services will be shared, or you are welcome to extend your trip with a holistic retreat with Skyros at The Grange in Shanklin from Monday 7th – Friday 11th June.

Dates:

Thursday 3rd June 10:00 – Sunday 6th June 18:00 2021.

Difficulty:

Stretching; walking distance 43 miles, 8-14 miles per day, undulating terrain, pace of 3 miles per hour.

Accommodation:

Shared rooms in B&Bs and holiday chalets. 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: Yarmouth to Brighstone (14 miles)

Opening ceremony at Yarmouth Castle 10am. Lunch at café in Freshwater Bay.

Overnight at Brighstone Holiday Centre. Pub supper. Evening circle time.

Day 2: Brighstone to Niton (8 miles)

Self-catered breakfast. Depart 9am. Lunch at Wight Mouse pub in Chale.

Overnight at B&B in Niton. Supper at pub. Evening circle time.

Day 3: Niton to Sandown (9 miles)

Full English breakfast. Depart 9am. Cafe lunch in Ventnor.

Overnight at B&B in Sandown. Restaurant supper. Evening circle time.

Day 4: Sandown to Ryde (12 miles)

Full English breakfast. Depart 9am. Lunch at café in Bembridge. Closing ceremony in Ryde. Ferry to Portsmouth from Ryde 6pm or onward travel and extension on Isle of Wight.

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

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