



# ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

## Up on the Downs

An invigorating 3-day midsummer journey for young people along the South Downs Way.

### Description:

Celebrate the Summer Solstice with a dynamic journey through the changing moods and landscapes of the South Downs Way. Immerse yourself in the wilderness; camp under the stars, cook around the fire, dance in the darkness, paddle in the sea, and revel in the freedom of the wild. Explore the varying contours of the South Downs National Park and let the natural landscape aid the transition into well-being, self-awareness, deeper relationships with others and clarity and perspective on your life.

### Location:

South Downs Way; Bramber Castle to Eastbourne.

### Dates:

Friday 25<sup>th</sup> June 18:00 – Monday 28<sup>th</sup> June 17:00 2021 (summer solstice)

### Difficulty:

Challenging; walking distance 36 miles, 10-14 miles per day, undulating terrain, carrying kit, pace 3mph.

### Accommodation:

First night youth hostel dorm beds, and 2 nights camping. You must bring your own equipment.

### Cost:

£300 per person. This includes all activities, accommodation & self-catered meals. Does not include other meals or beverages.

### Itinerary:

**Day 1:** Bramber Castle to Truleigh Hill YHA (2 miles)

Meet at Bramber Castle 18:00 for opening ceremony, followed by pub supper, & acclimatisation walk.

Overnight at YHA. Evening circle time.

**Day 2:** Truleigh Hill to Housedean (10 miles)

YHA café breakfast. Depart 9am. Lunch at pub in Pyecombe.

Overnight at Housedean campsite. Cook supper over fire. Evening circle time.

**Day 3:** Housedean to Alfriston (14 miles)

Self-catered breakfast. Depart 9am. Lunch at café at Southease.

Overnight at Alfriston campsite. Pub supper in Alfriston. Evening circle time.

**Day 4:** Alfriston to Eastbourne (10 miles)

Pub breakfast. Depart 10am. Lunch at café in Exceat. Wild swimming at Birling Gap.

Closing ceremony at Eastbourne pier. Fish and chips supper. Depart via public transport.

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