

Connecting Wilderness and People

Our vision is to preserve the world's last remaining wild places and highlight their impact on the health of the individual, society and the planet.

Dedicated to preserving the last of the world's wild places, the Wilderness Foundation UK nurtures understanding of the value of wilderness. For over 30 years we have been connecting people with wild places through our pioneering programme of initiatives.

Through our programmes, participants are able to embrace the spirit of wilderness. Importance is placed on personal development, respect of diversity, togetherness, simplicity of experience, and learning about the richness of an undisturbed natural environment.

Our programmes are designed to meet the needs of:

- Schools, Cadets and Youth Groups
- Individuals and groups of Adults
- Political Leaders and Corporations wishing to explore management development in a more-challenging environment, which offers authentic engagement between people.



Support

The Wilderness Foundation UK provides:

- Insurance Advice
- Equipment List and guidance
- Information on medical care and health and safety
- 24/7 Emergency Contact Support Line

Next steps

If you think this trip is for you please give us a call on **01245 443073** or send us an email at:

info@wildernessfoundation.org.uk

For further information on the work of the Wilderness Foundation UK including wilderness expeditions to South Africa, Botswana, Tanzania and beyond, please visit our website:

www.wildernessfoundation.org.uk

You can also follow us on Twitter:

[@WildernessUK](https://twitter.com/WildernessUK)

Registered Charity No. 1118493
(England and Wales)

No. 8 (Unit D) Whitbreads Business Centre
Whitbreads Farm Lane
CHATHAM GREEN
Essex
CM3 3FE

Tel: 01245 443043

Connect with Wilderness

17-21 October 2011

Cwm Eigiau, Conwy, Wales

www.wildernessfoundation.org.uk



“Why wilderness? Because it is the best classroom in the world.”

Sir Laurens van der Post CBE

Introduction to the Wilderness Immersion

Escape the everyday and discover your own deep connection with the natural world. The Wilderness Foundation UK's groundbreaking wilderness immersion programme is your ideal opportunity to experience an enriching and empowering transformation within the landscapes of your inner world, whilst surrounded by the beautiful remote nature of the Welsh mountains.

We will live together in this secluded location and venture out into the wild and natural surroundings for shared and individual experiences, encountering a sense of connection to environment, self and others that can come from spending time within a truly wild place. The immersion will follow and adapt to the process of the individual and group as it evolves, with a focus on exploring our relationship to the environment and the embodied feelings this evokes within us.

Participants will spend time:

- *Observing wild nature*
- *Engaging in group based exercises*
- *Mindful walking as a group*
- *Going 'solo'*
- *Writing journals*
- *Reflecting on personal experience as it emerges*



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The 5 day retreat includes food, accommodation at Cwm Eigiau Cottage and the support of Hayley Marshall and Rob Collister.

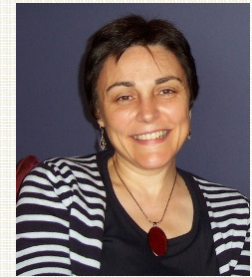
Cost per person: £479.00 (excluding travel to Wales)



Supporting your experience



Rob Collister



Hayley Marshall

The wilderness solo will be led by two of our respected and professional Wilderness Foundation colleagues, Rob Collister (International Mountain Guide), and Hayley Marshall (UKCP registered psychotherapist, experienced in working with personal development in the outdoors).

Rob and Hayley will pay attention to your physical and emotional well being, as well as providing the information and knowledge you require to be comfortable and to benefit from this unique wilderness experience.

Within a safely held and clearly contracted group space, we will put regular amounts of time aside for group process, and personal reflection in order for individuals to explore emerging experience both privately and collectively.

At the conclusion of the immersion we will prepare for the return home together as a group sharing experiences and making meaning of them. Participants will be supported to take what they need from this journey and to assimilate this back into their everyday lives.