



Solo in Wild Nature

relax, reconnect and recharge

Dates: 22.-24 June | 14.-16 Sept | 2.-14 Oct

Solo in Wild Nature is about making space to slow down, reflect and reenergise away from everyday life. The programme consists of a three to four day journey in the beautiful Spanish Pyrenees. Here we combine time in nature, space for reflection, adventures as a group and then time to just relax. At the heart of the programme is the 'solo' – a period of up to 24 hours spent alone in the wild. The solo is followed by a celebratory return to base, a facilitated review session and a close before some down time. Solo in Wild Nature is a magical and potentially transformative experience - something people often choose to do again and again. It is facilitated expertly with care and dedication by our very experienced team. The fee covers everything from local transfers and accommodation to all hosting, guiding and activities and all home cooked meals made with love.

What to expect

- An unforgettable reflective experience in the wild
- Reconnection with self, with others and with nature
- A way to experience the beautiful St Aniol valley through a range of activities from yoga to hiking to adventure activities (all within your ability)
- A connection with the Active Earth community

"The solo program at Active Earth was an amazing learning experience. The first days we hiked in the beautiful Sant Aniol valley and got familiar with the surroundings and each other. Also we learned more about being in presence and how human emotions work. After a yoga session and a delicious meal I went up to my amazing solo spot. Experiencing fears, emotions, happiness and connection with wild nature gave me the possibility to bring the learned theories into practice. This combination was very powerful for me. It gave me profound insights of what I was forgotten during my hectic life back home. Now I am definitely more connected to myself and my surroundings and it feels great :-). I wish everybody to have the unique solo experience. Andres and Korbi thanks a lot!" Camiel Bernards

Schedule (approximate)

- Arrival on Thursday to B&B accommodation
- A full first day exploring the valley together (choosing activities from hiking, canyoning, climbing, yoga and more)
- Group sessions based on deep ecology understanding – meeting, connect and share stories
- A pre-solo meal together and choosing solo spot
- Light activities to prepare for the solo – and all instructions provided
- The solo – set up and supported to every individuals level of need
- A celebratory welcome back dinner



- A group review session
- Optional: a free day in the valley enjoying your own time and relaxing as you wish
- Local transfers, meals and accommodation are all included

Previous experience or skills required?

This experience can be provided for all people with a basic level of physical fitness. We also provide all instruction and support required – you won't need any prior experience of physical activities in the wild. You will need some basic equipment such as sleeping bags, a list of which is provided on registration. We can also hire out all equipment necessary. Please don't hesitate to contact us if you have any queries on this at all.

About Us

Active Earth facilitators and guides have many years experience working in the wild and with a range of learning and hosting methods. Our work brings together a range of learning methods, wilderness guiding, deep ecology and practices such as yoga and meditation. More than anything, we work with open hearts and a commitment to helping human flourishing and to making important changes towards a sustainable world.

Programme Fee

425,- Euros

*For academic staff we are prepared to consider further price reduction. Please contact us directly.

Programme Dates

- 13.-15 April
- 04.-06 May
- 22.-24 June
- 14.-16 September
- 12.-14 October

Facilitators

Korbi Hort

Korbi has applied a profound understanding about the psychology of adventure and nature experiences across a wide range of projects. His work has created a growing network linking business leaders, psychologists, educators and outdoor professionals to a common mission: to facilitate the emergence of a peaceful world that our children will want to inherit. Korbi sees business leaders in the perfect position to put this mission into practice.

Korbi graduated at the University of Edinburgh in Outdoor Education with Environmental Studies and is currently studying for an MSc in Responsibility and Sustainability at Ashridge College. He is a founder of EasyDay and of ActiveEarth Training Limited.

Andres Roberts

Andres works with businesses and organisations to develop new ways of working for our future as human beings. He is a partner and consultant with Kessels & Smit The Learning Company – a unique consultancy with a growing international reputation. Andres designs and produces deep learning and transformation experiences using experience, interaction and play. He writes, speaks and connects on themes including creativity, play and the 'virtuous organisation'.

Andres is also studying for an MSc in Responsibility and Sustainability at Ashridge. Previously he was founder of Eudemonic, an innovation and learning agency in London and before that he worked in the private sector in strategy and marketing.

Safety

ActiveEarth

Training operates a comprehensive safety and risk management (SRM) policy (for download above on right-hand side). All staff are covered by our company liability insurance which will be sent to you on request.

Venue

The course is based in a modern mountain lodge high above the Sant Aniol valley in the Alta Garrotxa Nature Park, looking far into the high Pyrenees. We will cook together and enjoy a healthy and delicious diet of organic and locally sourced foods.



Booking

Places are given on a first come, first serve basis. Please make your booking by following the 'book course' link below the map on the right side. Should you have any questions please do not hesitate to [contact us](#).

Travel

The location is reached easily by rail, road or plane. There are good flight connections to Girona airport (www.ryanair.com), or Barcelona airport (and on Girona via a 1,5 h train journey). Getting to Girona by train is also very convenient. Please check out: <http://www.seat61.com/Spain.htm> for more information. We offer a pick-up service on Thursday evening from Girona. If you need further assistance with organising your travel, just contact us.

