

Philosophy

Adventure experiences in wild places have the power to change the way we think and feel. These experiences often lead to positive personal transformations that improve our relationships with each other and our environment. Our primary aim is to support these transformations through inspirational outdoor programs.

Our philosophy is grounded in the ideas of the Deep Ecology Movement and in the conceptual framework of 'Ecopsychology'. We are also influenced by the work of Thich Nhat Hahn, Arne Naess, Mahatma Gandhi, Fritjof Capra and Victor Frankl, amongst other liberal and radical thinkers and practitioners.

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