

Dunkeld & Peaks Pilgrim walks (Southern Grampians)

...Awe, discovery and reflection through walking

Offers an

'Inaugural Pilgrim Walk'

Wannon circle walk (easy-moderate 3days 45K walk)

(Friday September 1- Monday 4 - 2017)

***In our time entering a way of intended slowness is the wisdom of the old pilgrim's
(Camino) knowledge***

The practice of taking time out to be unencumbered and mindful through walking is well attested through many traditions. Walking offers the gift of clarity by a thoughtful relaxed slowing down. Taking time to attend to transitional moments in our life is a soulful and liberating undertaking. In our hectic and busy life overwhelmed by choices, touching the earth, being open to 'not fully knowing', finding simplicity, meeting other sojourners and feeling enlivened in natural beauty opens us to see new possibilities. Just the experience of walking is rejuvenating and connecting.

You may just undertake for the sheer experience and pleasure of walking

You will be led by experienced and registered parks approved walking leader.

You will be supported by a team who have carefully planned the route for care safety and enjoyment

A full program will be available end of July.

Other elements within the pilgrim walk experience

*The program will offer opportunities for guided reflection on the experience of pilgrim walking. The processes will enable participants to integrate the discoveries emerging from the walk through gentle reflective activities and supportive processes. These will include- **conversation, art processes, hospitality, meditation or/and other reflective engagements***

An informational resource book and inaugural motif will be given to each participant

Leaders: **Phil Perret:** Safety, logistics and environmental co-planner **Pauline Yule:** General administrator and co-planner. **Eda Williamson** Registered tour walk leader-co planner. **Eleni Rivers:** Artist and Educator. **Paul Sanders** Zen teacher and co-planner. **Marty:** botanist and environmental educator.

Inaugural Cost offer: Residential: Single, full \$450, con. \$350. Couple, full \$800 \$Con. \$700 Early bird booking advised. Non-residential: Single \$250, Con \$200.

The costs will include: Accommodation, transport to and from walk when required, meals, processes and information booklet

Register Interest and Booking: cloudmountain97@bigpond.com/0407833515.

While one does not have to be an experienced walker-please recognise a reasonable fitness is required or a capacity to walk around 15-20 Ks per day.

REGISTER YOUR INTEREST TO PARTICIPATE NOW –residential/non residential spaces limited

Sponsors: Dunkeld Old Bakery, Grampian Views B&B, Eleni Rivers Studio, Dunkeld General Store, Uniting Church, Cloud Mountain Retreat, Dunkeld Progress.