



Mindfulness amongst the Peaks 14-17 April 2017

Slow down, breathe out and immerse yourself in the natural surroundings of the Peak District. A weekend that combines the practice of mindfulness with the natural release that wild places offer us. Aimed at both those who are new to mindfulness and those with some experience of mindfulness.

The Peak District National Park provides the perfect backdrop for this weekend of mindfulness in the great outdoors. Both the location, a converted farm high above Ladybower Reservoir, and the mindful focus of the weekend, provide the ideal way of stepping out of the busyness of everyday life and experiencing the nuances of the natural world at a slower pace.

The weekend will be led by an experienced mindfulness coach and will begin on Friday evening with a welcome and an introduction to mindfulness and its benefits for wellbeing. On the first full day we will use the farm and its surroundings to practice some mindful movement, walking and sitting. There will be a chance to explore local reservoirs. After dinner a campfire (weather permitting) will provide the opportunity to share experiences and a mindful marshmallow or two!

On the second day we'll head out for a hike into the surrounding hills and valleys, with an opportunity to weave in mindful practices to fully appreciate views of the atmospheric gritstone edges and spectacular rock formations nearby such as the Alport Castles.

Both beginners and those with some experience of Mindfulness are welcome; early morning meditation and mindful movement sessions (similar to Tai Chi) are offered but are very much optional. It's all about stopping, reconnecting and recharging, maybe even exploring how we each engage with this wild life of ours.

We'll be staying in beautiful isolation in the heart of the National Park (our nearest neighbour is a mile away). Our converted 18th Century farm has great facilities, with plenty of space to relax both inside and outside. If you've never come on an EC Adventure before, they're informal, friendly and great fun. We generally have singles, couples and small sets of friends coming along, from complete beginners to adventure professionals. What we all share is a love for adventure. Ages tend to range between mid 20s and mid 40s but anyone over 18 years old and young at heart is welcome.

WEEKEND ITINERARY

FRIDAY:

Please arrive from 5 pm at our accommodation. Any issues on the day please call Belinda on 07990 710304

At 6 pm we will serve a light dinner of soup and bread, followed by a welcome talk and introduction to the benefits of Mindfulness to set the scene at 7 pm



Address: Lockerbook Farm, Snake Road, Bamford, Hope Valley, Derbys S33 0BJ. NOTE: the postcode will get you close but not actually to the farm. Ensure you check the directions at the end of this document due to the remote location up a farm track.

Getting here: Many people lift share. If you can offer or need a lift (or just want to say "hi" to fellow attendees), then you can do this on the event facebook page here:

<https://www.facebook.com/events/1867919623437639/>

Closer to the time if you are still struggling then if you let us know where you will be coming from and we will give out your details to others in the group by email. We find this works really well people are often able to find someone to share a lift with, especially coming from Bristol/SW or London/SE.

SATURDAY & SUNDAY

Actual course content and activities over the weekend will be tailored to participants and are subject to change, but the below itinerary can be taken as a guide:

Start the weekend with an optional pre-breakfast meditation on Saturday. Today we'll stay close to our base with time spent in and around the venue introducing core mindful practices. There will also be an opportunity to get out and explore the local area on a short guided walk. We will have lunch at the centre and in the evening we'll have a campfire, weather permitting.

On Sunday we'll be out for the whole day, taking advantage of our location to get straight out into the hills, getting inspiration from our wild location to practice our mindfulness exercises along the walk.

MONDAY

We expect people to leave at different times on Monday, but we can discuss and coordinate options for walks or other activities in the local area for those who have time. Breakfast will be provided.

ACCOMMODATION

We are staying in a wonderful converted farm in a real "away from it all" location in the heart of the peak district. Beds are in shared rooms with adult sized bunkbeds. Bed linen is provided but you will need to bring towel. There is plenty of space to spread out and relax both inside and outside of the centre. If you haven't done 'communal living' for a while it is lots of fun but you might want to bring earplugs just in case!

FOOD

We do not normally provide food on Friday evening due to people arriving at different times but as we'd like you to arrive in plenty of time for the welcome talk at 7 pm we are providing a simple dinner of soup and bread for everyone. We will also provide breakfast on Saturday, Sunday and Monday mornings and group dinners on Saturday and Sunday. Please bring a packed lunch with you for Saturday & Sunday.



Please let us know ASAP if you have any dietary requirements.

WHAT TO BRING

Please note - there will be periods where we may be walking slower than normal, or sitting outside, please make sure you bring some warm layers in case the weather is chilly.

Waterproofs (waterproof jacket and trousers ESSENTIAL)
Walking boots with proper ankle support (NOT trekking trainers/approach shoes)
gaiters (non essential)
Suitable base layers (thermals)
Fleece/woolly jumper
Walking trousers (non-cotton preferable, NOT jeans)
hat, gloves, scarf/buff
At least one other full set of dry clothes

Comfortable, loose fitting clothing for some indoor Mindfulness practices
Comfortable, warm clothes if you want to take part in the morning mindful movement sessions which will be held outdoor if possible
Small blanket - nice for indoor lying-down exercises but optional

Rucksack to carry all your kit during the day on walks
Rucksack liner or tough bin liners to waterproof all your kit

Washkit + Towel
Personal first aid kit (non essential)
Any medicines you normally take
Ear plugs
Water bottle/thermos (at least 2litres)
Torch (head-torch preferable)
Map and compass (non essential)

Please note:

- If you do not have the right kit you may not be able to participate. We do have some equipment to lend out so contact us well in advance if you need anything.
- On arrival you will be asked to sign a medical declaration form and provide us with next of kin/emergency contact details. If you have a medical condition or injury that we should be aware of please let us know in advance. Please contact us asap if there is anything you think may affect your participation.



PAYMENT SCHEDULE

Price includes:

- Mindfulness coaching & instruction from an experienced mindfulness coach and guided walks with experienced walk leaders as above
- 3 nights accommodation in shared rooms
- 3 x breakfasts
- 2 x dinners (Sat/Sun)
- Light supper on Friday
- EC Host

Thank you for booking onto this trip. If you booked your place by paying a £75 pp deposit for this trip then unless otherwise arranged the remaining balance for this trip is due Friday 3rd March 2017.

Please see below for the details of how much to pay. If you are unsure of how much you owe please email amy@explorersconnect.com

- Remaining Earlybird BALANCE (if you booked on/before 13th Feb 2017) is £174 for non-EC CLUB Members
- Remaining Standard BALANCE (if you booked after 13th Feb 2017) is £189 for non-EC CLUB Members
- EC CLUB members receive a £15 discount

Paying your balance:

You should have received an email from our booking system with the subject:

Booking confirmed - 'Explorers Connect' Friday, 14 April 2017 17:00

This email will contain a link which you can simply click to pay your balance. You will automatically be taken to a page with the correct details on for your booking where you can pay online. If you have any problems email amy@explorersconnect.com.

Please note if we have had neither payment nor contact from you regarding payment by the 3rd March 2017 then we will assume you are not coming in which case you will lose your place and your deposit.

Please note if we have had neither payment nor contact from you regarding payment by the 14th March then we will assume you are not coming in which case you will lose your place and your

deposit. If you booked before the Earlybird deadline but pay your balance late you will lose your Earlybird discount

DIRECTIONS

Lockerbrook Farm can be found just over a mile up a track from the A57 Snake Pass between Sheffield and Manchester. It is signposted 'Lockerbrook Farm Centre'.

The track is accessed via **Rowlee Farm (see map below)** from the only crossroads on the A57 which is also signposted 'Lockerbrook Farm Centre'. There are big yellow signs warning you of a crossroads and a cycle crossing. Turn right from Sheffield and left from Manchester. Drive up through Rowlee Farm, past the farmhouse on your left and the barn on your right. Continue through the first of two wooden gates (always to be shut after you pass through please) which says 'Lockerbrook 1 mile' and follow the track until you reach us. More detailed instructions from specific locations are available below.

Please be aware that the track has some steep sections, sharp corners and a rough track surface but normal cars and (and normal sized minibuses) are able to access the centre with very little difficulty and have been doing so for 50 years.

