

COMPASS POINTS:
SETTING DIRECTION FOR A FUTURE LIFE
Mountain Hiking in the English Lake District

JUNE 29 = JULY 6, 2018



Take time to understand the next necessary steps of your life more closely and to walk the beauty of the English Lake District, where Wordsworth, Coleridge and many others found inspiration among mountains, valleys, spectacular lakes, stone-walls and hedgerows. Our accommodations are both near a lively village (the site of David's very favorite brewery) and next to Coniston Lake. The cottages themselves are steeped in literary history, having been the setting for Arthur Ransome's beloved *Swallows & Amazons*. Our accommodations will provide not only characterful shelter, but bicycles for a quick trip into the village and rowing and small sail boats for excursions on the lake.

This trip will be a time to deepen your commitment to the direction your life is taking or loose it toward a new direction. For further inspiration, we will spend every afternoon amid the mountains and lakes that surround us, hiking the hills and arriving at small pubs and hostelryes for the evening meal. Each morning will begin with a talk by David, bringing poetry to bear on the insights he has gained through over twenty years of examining the necessities of work, career and relationship, providing food for thought for the day's hiking.

THE PARTICIPANTS.

An eclectic, often international group of 30-35 fellow adventurers interested in David's work and the focus of the trip.

ACCOMMODATIONS.

The Farmhouse and cottages of Bank Ground Farm are set on over 60 acres of breathtaking Lake District countryside with private lake frontage and panoramic views over Coniston Water to Coniston Village. Bank Ground

Farm is a working farm in the heart of the Lake District, rearing both cattle and sheep. Its farmhouse dates back to the 15th Century, with exposed oak beams and open log fires. Rooms are shared with one other person, with a limited number of single rooms available for a supplemental payment of \$550. If you would like a single room, please be sure to check the box on the application form. **Please note that we are not able to guarantee en suite bathrooms. Even with a single supplement, you may still be sharing a bathroom.**

THE WALKING AND HIKING.

Participants, besides contributing imaginatively to the conversation, should be physically fit and able to hike for five hours over rugged terrain. The region is mountainous, and some of the hikes have significant elevation gain. Please be as realistic as possible in assessing your abilities, as the hikes are an important part of the trip experience.

A WORD ABOUT MEALS AND DIETARY RESTRICTIONS.

We will share breakfast each morning in a common room. In addition, the tour cost includes one of the other meals per day - either generous packed lunches or dinner. You will need to be prepared to buy one lunch or dinner per day. Meals will be buffet feasts or generous packed lunches, depending on our walks or travels on a particular day. There will always be a hearty vegetarian option, as well as fruit and vegetables. We do our best to cover all bases, however, if you are gluten-free, vegan, or have other food intolerances, please bring along a few things to fill in the occasional gap, as there is not a market nearby.

AMENITIES.

Bank Ground Farm has wifi. Cell phone coverage is uneven and only some networks get a good signal. Vodafone works best. There is a coin operated laundry room for guests.

ARRIVAL.

We will meet you in front of the Radisson Blu Hotel in Manchester Airport at 1:00pm on Friday, June 29, 2018.

DEPARTURE.

We will transport you back to Manchester Airport the morning of July 6th, 2018, arriving a minimum of two hours early for flights departing on or after 10:00am. If you need to depart before that time, you will need to arrange a taxi at an additional charge.

PASSPORT.

Unless you are a UK resident, you will need a valid passport.

COST.

Total cost for the tour is \$4070. If you request a single room, there is an additional charge of \$550, bringing the total to \$4620.

If all payments made via check, the cost of the trip is \$3950.

WHAT THE TRIP PRICE INCLUDES.

David's services as seminar leader and local guide. All accommodations for the nights June 29th through July 5th, inclusive. All breakfasts. Either lunch or dinner each day, at David's discretion, depending on the day's activities. All transport in-country during the trip and return to Manchester airport the morning of July 6th, 2018.

NOT INCLUDED. Airfare. Lunch or dinner each day, depending upon the day's activities.

APPLICATION PROCESS.

We do not accept participants on a first come, first served basis. Instead, we collect applications through December 31st, and notify you of the status of your application on February 1st, 2018.

CANCELLATION POLICY.

If, after you are accepted on the trip, you should need to withdraw your application prior to March 1st, 2018, we retain 10% of the trip cost, or \$407. If you withdraw after March 1st, any refund will depend upon whether we are able to find someone else to fill your place, but in any case, will still be subject to the 10% retention fee.

WHAT TO BRING.

Your selection of clothing for this trip should be based on thoughts of comfort. On the walks you should be prepared for significant temperature changes, from hot and humid to chilly and wet. Accordingly, plan your clothing around the principle of layering so you can adjust. Good quality, light-weight, well-broken in hiking boots with ankle support are required for several of the walks, though running or walking shoes are sufficient for shorter, lowland excursions.

Please limit yourself to one medium-sized bag and one small carry-on, as we have limited space for luggage in the minibuses. Here are some essentials:

medium sized day pack and water bottle
outdoor pants
shorts
wool socks (1 light pair plus 1 thick pair make 1 ideal set for hiking)
walking or running shoes
light-weight hiking boots
shirts
long sleeved wool sweater or fleece
rain-proof windbreaker
wool hat
sun hat, sunglasses, swimming suit and sunscreen (in the spirit of optimism)
toiletries, prescription drugs and personal first aid
insect repellent

CURRENCY AND SPENDING MONEY.

The currency in England is the pound sterling (GBP). You are advised to bring at least \$40 US per day for a meal, drinks, etc. - more if you wish to buy local items, or if your appetite extends to the gourmet. Credit cards are not as widely accepted as in the U.S., however, there is an ATM in Manchester Airport.

WE STRONGLY ADVISE THAT YOU COVER YOURSELF FOR BAGGAGE, ACCIDENT AND TRIP CANCELLATION INSURANCE.