



## Wild Weekend

### Reinvigorate | Relax | Restore

Cycling, Wild Camping, River Walking, Wild Swimming, Campfire Feasting & Woodland Mindfulness.

**Price** | From £180pp

**Dates** | 18th/19th June, 16th/17th July 13th/14th August, 10th/11th September 2022

**Duration** | 2 days, 1night

**Accommodation** | Bell tent in ancient woodland.

**Difficulty** | Moderate: Some off-road country tracks and hills (we can push bikes up if needed :)

**Cycling Time** | Approx. 2/3hrs/day

**Extras: Bike Hire** | £40pp

Immerse yourself in a weekend of adventure and **escape** the stress of daily life. Leisurely cycling along the dramatic coast and through the stunning Kent Downs countryside, wild camping in an ancient Kent woodland, a campfire feast, woodland mindfulness and wild river swimming, paddleboarding or kayaking. En route, Colin will share interesting stories, tidbits, and facts to keep everyone entertained. Ideal for solo travelers, couples and small groups, these weekend retreats offer the perfect opportunity to reconnect with nature, friends, or family or form new bonds with others. A shared experience that you will remember forever.

# Itinerary

## Day 1

**Morning** | We'll meet at Margate station at 11AM where you will be introduced to your fellow adventurers before heading off along a traffic-free coastal path then into the countryside through several quaint villages and stunning countryside.

**Afternoon** | Lunch in a village pub whose exciting unconventional charcuterie menu is inspired by the wilds of Kent with seasonal locally foraged food. We'll then ride through the lush countryside and villages and to the smallest town in England.

**Evening** | Our wild camping location is a twelve-acre ancient Kent woodland. Glamping bell tent(s) will be set up ready for a tranquil night's sleep amongst the trees. Before we slumber, there will be time to relax and unwind while your guide prepares a hearty campfire stew, and/or create your own pizza using the woodland woodfired pizza oven. As the sun sets we'll gather around the campfire, feast, and share tales.

## Day 2

**Morning** | After a healthy breakfast, either relax, explore the forest or join our "mindfulness in the woods" session, inspired by the Japanese practice of Shinrin-yoku – Forest Bathing – using the peace and rhythms of the natural world.

**Afternoon** | Cycling through the stunning Kent Downs countryside and villages to a lush river spot for an afternoon of wild swimming and riverside picnicking. We will then head to the nearby train station where you can catch the train home feeling relaxed and restored.

## What's Included

**Accommodation** | One night of wild woodland camping in a shared bell tent(s) which will be set

up and ready for you. Flocked air mattress will be provided. Sleep to the sounds of owls at night and wake up to the sounds of the woodpeckers & nightingales.

**Guided Tour** | Colin is an experienced tour guide who has been regularly wild camping in Scotland for over twenty years. An artist, musician, and event producer with a passion for sharing adventures.

**Guided Mindfulness in the Woods** | This Japanese practice is a process of relaxation; known in Japan as shinrin yoku. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.

**Meals** | Dinner - a hearty vegetable stew using a recipe that has been perfected during Colin's wild camping trips in Scotland | Woodfired Pizza | Campfire banana boats and roasted marshmallows for dessert | Breakfast - Granola with yogurt and a selection of fresh fruit, nuts, and seeds.

**Powerpack for Phones | Cutlery & Crockery**

## Extras

**Bikes** | Hybrid or mountain bike with pannier racks, and helmets. Bungee cords are supplied so you can attach a small rucksack and sleeping bag to the pannier rack. You are welcome to bring your own bike if you wish.

**Paddleboarding/Kayaking** | 1hr river adventure along the river stour.

## What to Bring

A small rucksack, a sleeping bag that can be strapped to pannier racks (bungee cords supplied). Second rucksack if you need to carry on your back.

Comfy clothing and something warm for the evening.

Swimwear & towel.

Torch, sun protection, rain jacket if needed, toiletries, water bottle

Snacks & funds for lunch's & train.

Spare footwear for riverwalk.

[www.colskentbiketours.co.uk](http://www.colskentbiketours.co.uk)