

COST £390

Including four-week
taught course, return
flights, transfers,
accommodation, plus
practical sessions.

FOLLOW
THE LAND

Trekking, Transhumance, Trail Pilgrimage

"I do not own the land; the land owns me". Australian traditional refrain

Experiential course on land consciousness with Nic Salazar Sutil
in partnership with Grampus

30 Places only, so book now!



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Course Overview

Follow the Land is a five-week transformational course including a placement in one of four destinations: **Romania, Bulgaria, Slovakia or Cyprus.**

Land consciousness starts with a process of unlearning.

For hundreds of thousands of years, humans lived nomadic lifestyles in relative harmony with the movement of land. In an age of total sedentarism and technological overdependence, what does it mean to rediscover the power of land following?

In this once-in-a-lifetime transformational course, you will learn how to reconnect with land, and achieve personal transformation in order to rebuild your sense of belonging.



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Course Contents

You will learn three different cultural forms of land following: trekking, transhumance and trail pilgrimage.

During the immersive three-week course before going on placement, you will learn about the geography of the ancient byway running along the North Downs, its connection with prehistoric trade routes in South East England, and you will find out about the Winchester to Canterbury Pilgrim's Way, associated in Medieval times with the pilgrimage to St Thomas Beckett's shrine.

You will get to know of literary connections with the land through the Medieval poem "Parlement of Fowls". You will learn to distinguish patterns in the land and native vegetation (elder, yew, hazel groves) and their connection to spiritual traditions of land following.

You will learn about land colonialism through road-building, enclosure and agribusiness.

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Course Timeplan

Immersive Course (UK): September 6- September 27, 2021

Monday, September 6: Online Session 1 (via Zoom)

Friday September 10: Pilgrim's Way Guildford to Gomshall (2 and a half hour walk)

Monday September 13: Online Session 2 (via Zoom)

Friday September 17: Pilgrim's Way Westhumble to Merstham (3 and a half hour walk)

Monday September 20: Online Session 3 (via Zoom)

Friday September 24: Pilgrim's Way Wrotham to Boxley (4 and a half hour walk)

Monday September 27, Online Session 4 (via Zoom)





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Placements

You will have the option of going on **one** of the following placements:

- **Cyprus E4 Long Distance Path**
- **Romania Wildlife Trail**
- **Slovakia Wall of Giants**
- **Bulgaria Devetaki Village Trail**

CYPRUS E4 Long-Distance Path

10th to 21st October (8 people)

The E4 European long-distance path is one of Europe's best-loved long-distance paths. Starting at Tarifa Andalusia, it ends in Cyprus. The stretch bit in Cyprus goes from Paphos to Larnaca, following the ridges of the Troodos and Machairas mountains. It corresponds quite well to the old Venetian trade route established to bring the rural wealth of Cyprus's mountains to the coast. The trek would start in Troodos, close to Mount Olympus and end in the Kornos forest. It is about 90 km. We will locate camping sites along the way for 3 x 2-person tents.

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ROMANIA WILDLIFE TRAIL (Trascau Mountains)

22nd to 30th October (8 people)

You will arrive at Cluj Napoca & transfer to the regional town of Aiud staying overnight in a small hotel. You will then be transferred to the mouth of the Girbova valley, then trek along the valley through 3 villages. You will see shepherds, churches, vineyards. You will camp overnight in Pădurea Sloboda (oak forest). On Day 3, you will trek through the alpine meadows and limestone flora, meet Cornel the hunter to hear about bears, lynx & wolves, overnight at Râmeț - in sleeping pods. On day 4 you will visit the ethnographic museum and trek down the mountain to Râmeț Monastery then follow the river to Strembt. Overnight in Râmeț schoolhouse. On Day 5, you will spend the day learning practical skills in fencing and rope making at Casa Victoria in Râmeț District. On Day 6, you will experience Limestone gorge trekking.

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SLOVAKIA WALL OF GIANTS

22nd to 30th October (8 people)

The giant rampart (also Spečený rampart or Fossa Giganteum in Latin) is a massive 60 km long earth rampart tentatively dated at 600 BC. It is said to have been built to keep nomads and hunter gatherers out of new lands cleared by Bronze Age farmers. You will conduct 10 km walking per day + an activity day, and follow the wall as it runs from the Sitno Hill to the south through the Štiavnica Hills, Pečenice, Dudince, Dolná Semerovce to the river Ipeľ. The part of the rampart near the village of Pečenice was declared a national cultural monument in 1963. You will be accommodated in small guest houses.

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BULGARIA Devetaki Village Trail

12th to 22nd September 2021

You will be visiting the astonishing villages of the Devetaki Plateau in the Stara Planina mountains of Northern Bulgaria. Over the 11 days, you will trek between villages - highlights include mountain forests, the Garvanitsa Caves and the waterfalls at Krushuna. You will engage in gentle 5-10 km walking per day and take part in different cultural activities including crafts and cookery organised by the Devetaki Plateau Association (NGO). You will learn about traditional music and dance, which play an important role in remembering the land, connecting people to a sense of belonging, and establishing community building in Devetaki.

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**Cost is £390
all inclusive**

The prize includes Immersive
5-week course, flights,
accommodation,
international transfers,
practical activities and course
materials

To book a ticket, or to find out more details on travel arrangements and requirements, please contact Nic at:

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