

A group of people are camping in a lush green valley. They have set up several green tents and a tarp. The background features rolling green hills and mountains under a cloudy sky. A small stream or pond is visible in the foreground, reflecting the scene.

THE
LIVING
PROJECT

LIVE WILD

A 7-10 DAY WILDERNESS ADVENTURE IN
THE WEST HIGHLANDS OF SCOTLAND,
THE KNOYDART PENINSULA



LIVE WILD AN OVERVIEW

Beginning with an overnight train from London – Fort William (via Edinburgh), our 'live wild' adventure sees us based in the stunning and remote Knoydart Peninsula in the West Highlands of Scotland. Also known as "The UK's last remaining wilderness".

We can run this as a 7 - 10 day adventure using either a 'base camp model' or a 'journey' model' - depending on the team's needs and the wider expedition objectives. This programme can also be delivered as The John Muir Explore Award.

This is a wild adventure of exploration and self-sufficiency in which students have the opportunity to explore the mountains, lochs, flora and fauna of this wild landscape - touching on themes of sustainability, conservation,

YOUR LEADERS:

Led by two inspiring members of The Living Project team - regardless of the duration or model you choose - this is a journey of connection with self, with each other and with the natural world which we'll be exploring.



LIVE WILD INDICATIVE ITINERARY 'BASE CAMP MODEL'

DAY 1: Overnight train to Fort William – A Living Project leader will meet you at London Euston and travel up to Fort William with you overnight

DAY 2: Onward Travel to Inverie on the Knoydart Peninsula (local transport, ferry, trekking with our stuff to 'base camp'. Preparation for living wild / set up camp / landing exercise / group cooking / fire time / camping at Long Beach Inverie / stargazing

DAY 3: Morning yoga/movement & mindfulness / group cooking for breakfast / wild swimming / cold water immersion in the loch / hiking from base camp to explore surrounding areas/ play/ nature connection / foraging / journalling / base camp evening activities and group cooking / stargazing

DAY 4: Morning yoga/movement & mindfulness / group cooking for breakfast / wild swimming / cold water immersion in the loch / play / nature connection / journalling / trek to 'wild camp' away from base camp (weather dependent) stargazing /night walk

DAY 5: Morning yoga/movement & mindfulness / group cooking for breakfast / wild swimming / explore surrounding areas / play / nature connection / journalling / trek back to our long beach base camp in Inverie / evening activities and group cooking / stargazing

DAY 6: Morning yoga/movement & mindfulness / group cooking for breakfast / wild swimming / cold water immersion in the loch / rest /play/nature connection/ celebration dinner and fire ceremony

Day 7: Breakfast / break camp / depart Knoydart by Ferry and head for Fort William & Onward travel to London via overnight train



LIVE WILD INDICATIVE ITINERARY 'JOURNEY MODEL'

DAY 1: Overnight Train to Fort William – A Living Project leader will meet you at London Euston and travel up to Fort William with you overnight

DAY 2: Onward Travel to Inverie on the Knoydart Peninsula (local transport, ferry, trekking with our stuff to 'base camp'. Preparation for living wild / set up camp / landing exercise / group cooking / fire time / camping at Long Beach Inverie / stargazing

DAY 3: Morning yoga/movement & mindfulness / group cooking for breakfast / wild swimming / cold water immersion in the loch / break camp / trekking / journaling / lunch / WILD CAMPING (tents and/or bothy)

DAY 4: Morning yoga/movement & mindfulness / group cooking for breakfast / wild swimming / cold water immersion in the loch / break camp / trekking / Rewilding Project / Summit / WILD CAMPING (tents and/or bothy) / sunset & star gazing / night walk

DAY 5: Morning yoga/movement & mindfulness / group cooking for breakfast / wild swimming / cold water immersion in the loch break camp / trekking / journaling / WILD CAMPING (tents and/or bothy) / sunset & star gazing

DAY 6: Arrive back in Inverie lunch time / rest / celebration dinner and fire ceremony / sunset & star gazing

Day 7: Breakfast / break camp / depart Knoydart by Ferry and head for Fort William & Onward travel to London via overnight train



LIVE WILD THE JOHN MUIR AWARD

The John Muir Trust encourages people of all backgrounds to connect with, enjoy and care for wild places. The Trust's John Muir Award is an environmental award scheme focused on wild places.

It is inclusive, accessible and non-competitive, though should challenge each participant.

The Award encourages awareness and responsibility for the natural environment through a structured yet adaptable scheme, in a spirit of fun, adventure and exploration.

Award Benefits for young people:

- Environmental awareness from exploring wild places
- Knowledge and skills gained from experience in the outdoors and involvement in conservation activities.
- Shared experiences with friends, colleagues and role models.
- Opportunities to take responsibility for change at a local and national level.
- Strengthens character values of cooperation, achievement, challenge, self-esteem...
- Strengthens values relating to care, respect, nature connection, belonging, sense of place, curiosity, responsibility...

If you're interested in tying this adventure to the John Muir Award, talk to us about how we can incorporate it.



INCLUSIONS

- A 'prep session' at your school with the students in the weeks leading up to your adventure
- 2 qualified + experienced leaders & local support team
- One free school leader place (additional leaders charged at full price)
- The Living Project Comprehensive Risk Management including insurance with AIM
- All group camping kit & emergency kit/ support
- Overnight train from London Euston to Fort William + return
- All local transport
- All food, snacks & drinks (healthy & wholesome). This will be a mix of communal cooking, and meals at local eat-houses. Our camp food (when we're out in the wild) is by Firepot - An award-winning range of kiln-dried expedition food that is critical to staying healthy in the wild that includes vegan, gluten-free meals, compostable packaging, and extra-large portions.
- Local accommodation fees
- All local camping fees
- Personal journals + pencils
- The Living Project Certificate of adventure
- All hot drinks, herbals teas & excellent coffee



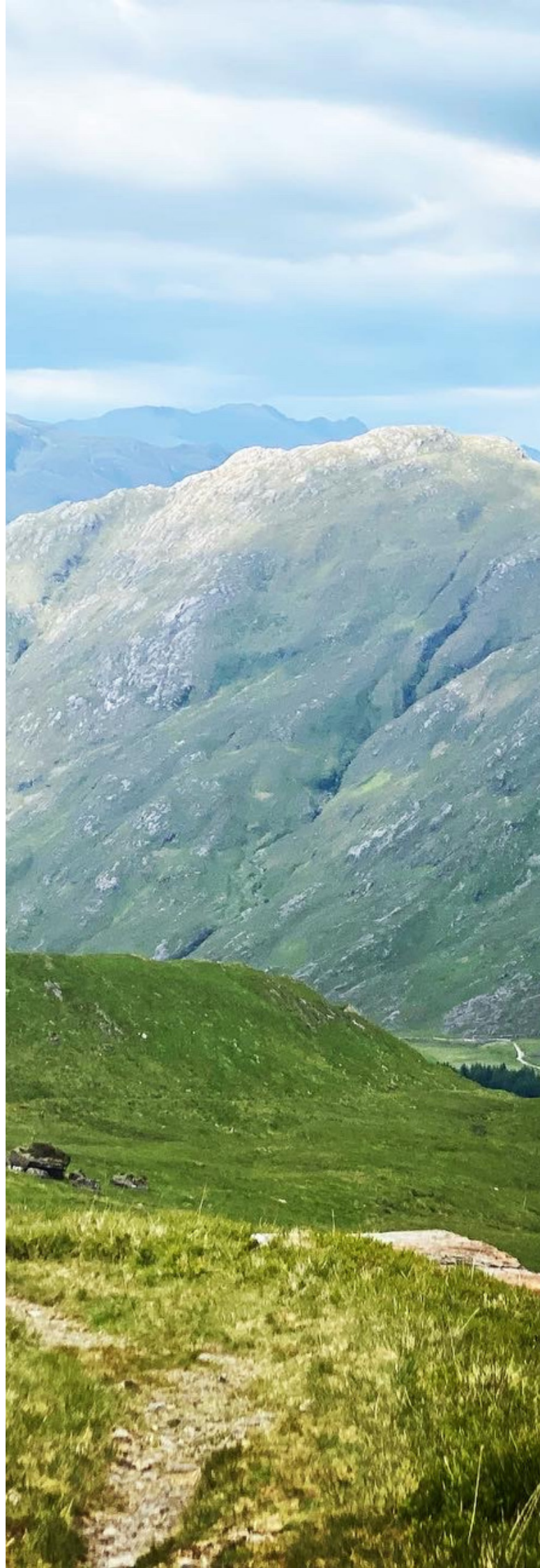
EXCLUSIONS

- Transport to and from London Euston (to and from home)
- Personal kit, sleeping bags & mats (a kit list will be provided)
- Additional snacks + food during travel to and from Fort William
- Personal medications
- Personal spending money

PRICE

Please note that the price depends on the adventure duration:

- 7 day adventure £825
- 10 day adventure £995
- Live wild as an 8 day John Muir Explore award expedition: £950



**IF YOU WANT TO FIND OUT MORE OR TO TALK TO US -
WE'D LOVE TO HEAR FROM YOU...**

WWW.THELIVINGPROJECT.LIFE/FOR-SCHOOLS

HELLO@THELIVINGPROJECT.LIFE

**BE TRUE.
LIVE WILD**