



Center for Nature Informed Therapy

## **Preliminary Itinerary**

The leaders will make every reasonable effort to follow the posted itinerary. Please keep in mind that weather or other conditions beyond our control may cause us to modify our plans to ensure the safety and wellbeing of the group.

### Day 1: Arrival in Munich, Germany

September 10<sup>th</sup> at 1 pm: Pick up at Munich International airport

- Shuttle drive to Bed & Breakfast hotel in Inning am Ammersee, a village 30 miles northwest of Munich, for time of rest before the afternoon programming.
- Shuttle pick up at 4:00 pm and drive to Grafrath for afternoon and evening programming and opening ceremony at Amperosee- Riverside BBQ included
- Return to Bed and Breakfast later that evening

*Topic:* Orientation & Welcome & Intention Setting

*Therapeutic Activities:* Yoga/Tai Chi; Group Nature Meditation by the River; Opening Fire and Council Circle

### Day 2: Departure to the Mountains

September 11<sup>th</sup> at 9 am: Pick up at B&B

- Shuttle drive for approximately 2-hours to Achenkirch, an alpine village in the Austrian state of Tyrol.
- Arrival at mountain hut Tuxerhof which will be our base camp for most of the week.
- After settling in at the Tuxerhof we will shuttle to Lake Achen in the afternoon. It is the largest lake within the federal state, and has a maximal depth of 133 meters. This afternoon will be spent recreating at Lake Achen. Swimming, walking, lounging, are some activities to choose from.



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Dinner

*Topic:* KEYS TO WELL-BEING – This week we will connect with the ten building blocks of individual and community well-being — the behaviors that research suggests will support your health and happiness, and foster positive connections with other people. #1 Mindfulness practice and mental wellness.

*Therapeutic Activities:* Yoga/Tai Chi; Mountain Meditation; Fostering Mindfulness activity. Small group mindfulness exercise. Council. Journaling prompts # 1.

Day 3: Nature Walk or Hike

September 12<sup>th</sup>; choose between an easy/moderate 1–2-hour nature walk or a more moderate to strenuous 3–4-hour hike with elevation gain.

- Both groups depart at 9 am for a day of alpine hiking. There will be a lunch stop at a mountain pasture eatery.
- The Nature Walk group will return early in the afternoon which allows for plenty of down time and rest.
- The hiking group will return later in the afternoon.
- Dinner & Evening Programming

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*Topic:* KEYS TO WELL-BEING. #2 Best Possible Self & Value Reflection.

*Therapeutic Activities:* Yoga/Tai Chi; Best Possible Self Exercise & Small Group Discussion. Council. Journaling prompts # 2.

*Hike/Walk Descriptions:*

Option # 1 : Nature Walk - Almwanderung Alpengasthaus Karwendel Bärenbadalm. 2 miles. It takes about 90 minutes to complete.

Option # 2: Hike - Dalfazer Waterfall & Alm



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*A 4.7-mile out-and-back trail near Eben am Achensee, Tyrol. Generally considered a moderately challenging route, it takes an average of 3 h 57 min to complete.*

## Day 4: Cycling the Karwendel Alpine Park

### September 13<sup>th</sup> Cycling Day

- After morning yoga/tai chi and a leisurely breakfast we will engage in a group bike ride. This easy 8-mile bike loop provides riders with a true wilderness experience in the Karwendel Alpine Park, some of Tirol's most pristine and beautiful surroundings. After lunch at the Gramai Alm hut we will spend some intentional time practicing nature-based mindfulness in the Alpine garden.
- After arriving back at our accommodation, everyone will enjoy down time until dinner. That evening you'll be invited to some Cinematherapy.

*Topic:* KEYS TO WELL-BEING – #3 Finding and Using my Strengths

*Therapeutic Activities:* Yoga/Tai Chi; Alpine Garden Meditation; Fostering Mindfulness activity. Small group exercise. Council. Journaling prompts # 3.

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### Day 5: Summit Day

### September 14<sup>th</sup> Hike you Heart out

- After getting an early start, one group will set out to summit Barenkopf which is a challenging 7-mile hiking route to a picturesque summit. This hike will engage participants in a 3,444 ft. elevation gain.
- The other group will enjoy a more leisurely hike with the help of a mountainside gondola. This group will have limited elevation yet still hiking mountain top trails.



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- That evening we will spend at the Atoll Achensee to tend to our tired muscles in the sauna, steam bath or if you desire an evening swim.

*Topic:* KEYS TO WELL-BEING – #4 Self-compassion & distress tolerance

*Therapeutic Activities:* Yoga/Tai Chi; Self-compassion exercise. Small group exercise. Cinematherapy. Council. Journaling prompts # 4.

#### Day 6: Path of Reflection

September 15<sup>th</sup> Check out of our base camp hut and walk the path of reflection

- Today we return from Austria to Bavaria. But before we leave Austria, we will spend time walking the path of reflection. This 2.5- mile path is dedicated to Tirol's only female saint St. Notburga. Along the route 18 stations provide meditative thoughts while you connect with nature.
- Late afternoon drop off at the B&B in Inning. Dinner will be on your own.

*Topic:* KEYS TO WELL-BEING – #5 The power of stillness/silence

*Therapeutic Activities:* Yoga/Tai Chi; Reflective Nature Walking; Nurturing spirituality. Small group exercise. Council. Journaling prompts # 5.

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#### Day 7: Abbey Andechs

September 16<sup>th</sup> Boat ride and pilgrim walk to Abbey Andechs

- Pick up from B&B at 10 am. Shuttle to ferry port Stegen where we will dock a ferry for a short boat ride to Herrsching on Lake Ammersee. 1-hour easy walk to the Abbey Andechs, a place of pilgrimage famed for its flamboyant Baroque church and its brewery, Klosterbrauerei Andechs.
- After a traditional Bavarian lunch we will return to the Amperooases for our final part of the program, a community meal and our closing ceremony.

*Topic:* KEYS TO WELL-BEING – #6 Compassion, Connection & Community



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*Therapeutic Activities: Yoga/Tai Chi; Reflective Nature Walking; Nurturing spirituality. Goals for the future. Small group exercise. Council. Journaling prompts # 6.*

Day 8: Departure Day

September 17<sup>th</sup> @ 9 am

Pick up from B&B and shuttle services back to the Munich airport.



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