



# Going Deeper: Hillwalking & Meditation

## About the retreat

Going Deeper retreats are an ideal first regulars' retreat. They are suitable for anyone who has already done an introductory retreat or who has been attending their local Triratna centre and wants to take their practice deeper.

Going Deeper with Hillwalking builds on the established, successful Hillwalking retreat format and by intensifying the practice. Enabling us to connect more deeply with our experience both in the shrine room and in nature. We will continue exploring the Mindfulness of Breathing and Metta Bhavana and also introduce a stronger Just Sitting element to the practice, and more reflection, both on and off the cushion. These retreats will also include an introduction to Buddhist ritual. Longer periods of silence together and quiet walks will all support a deep and rich experience both of ourselves and the world around us.

The retreat will include three days of guided walks. There will be walk options available to suit different levels of fitness. All walks are in the local area, but some require a short drive to get to the starting point. You can also go on your own walks and our walk leaders will be able to advise you.

## A note on led walks

Typically, we will offer led walks falling into three categories. The relative difficulty is often not in the length of the walk but the steepness of the climb and the difficulty of the terrain under foot.

- **Tracks and Glens** – Typically 8 to 12 km along hill tracks, but also using quiet roads; made paths; and sometimes short sections of unmade paths. And climbing between 100 and 300m over the course of the walk
- **Hill and Moor** – Typically 8 to 12km using a combination of hill tracks, unmade paths and open hill. And may climb between 300 and 600m over the course of the walk.
- **High hills** – Typically 8 to 12km. Will generally be a combination of unmade paths and open hill, including steeper or more challenging sections. And may climb between 600 and 900m during the course of the walk.

## Are you Hill Fit?

In order to ensure safety of groups engaging in more demanding walk days (high hills walks and more challenging hill and moor graded walks) we need to know participants on these

walks are “hill fit”. Can you currently walk 3km, climbing 300m in 45 to 50 minutes reasonably comfortably. If your answer is yes, then you are “hill fit”.

If you find this difficult, there will be opportunities for you to participate in led walks on each of our walking days, but we will ask you not to participate in the more demanding walks.

Experienced hill walkers with expectations of longer walks over the higher mountains are of course also welcome, but we invite you to moderate your expectations to fit into the “retreat walking day” (max 6 hours) so you can participate fully in the retreat programme.

### **Is there anything special I need to bring?**

Yes!

A pair of well fitting walking boots with good grip and ankle support is essential for the Hill and Moor and High Hills walks as many of these walks include sections of uneven ground. Our guides will not take you on a walk if they consider your footwear unsuitable.

- Waterproof jacket and trousers.
- Refillable water bottle, sun cream and sun hat.
- Suitable clothing: Light weight trousers (not jeans), an under-layer that will “wick” moisture away from the skin (preferably not cotton), and a fleece for warmth. Have a spare top for additional warmth as well. A hat and gloves are essential.
- A small rucksack.
- Tupperware box or reusable sandwich wrapper for your lunch.
- If you are planning to go for your own walks make sure you also have a map (Explorer 365 -the Trossachs is best) and a compass.

### **What can you expect from the programme?**

The retreat day starts at 6.30am with a rising bell and then a double period of meditation at 7.00. Meditation sessions will be lightly guided and will normally last for between 30 and 40 minutes. On walking days, we will meet after breakfast to organise the day’s walks, returning to the centre in the afternoon for another meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist ritual.

On non-walking days there will be practice mornings with meditation teaching and periods of reflection – often taking advantage of the surrounding natural environment. There will normally be an opportunity to discuss your meditation practice with members of the retreat team one to one. There will be periods of silence, with two to three days of silence in the heart of the retreat.