



TRUSTED GUIDE

North Sea Trail

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England

November 23 to December 1, 2024

About

135 km Along the coast of England

Norfolk Coast Path

The Norfolk Coast Path is a stunning and undeniably beautiful long-distance trail that showcases the golden beaches, historic coastal towns and glorious wildlife of the East Anglian coast. From pristine nature reserves, chalk cliffs directly in the sea and sweeping sand dunes. To centuries-old ports, churches that are often located right by the sea and gastro pubs serving fresh seafood.

It is one of England's most gentle National Trails. The terrain is varied but it is generally flat or with only gentle gradients. Autumn is the main bird migration period – so you'll spot stunning wildlife. The Norfolk Coast Path provides 84 miles (135 km) of walking from Hunstanton to Hopton-on-Sea through fantastic scenery and landscape. The majority of the Trail runs through the Norfolk Coast Area of Outstanding Natural Beauty (AONB). Joined with the Peddars Way, it became a Long Distance National Trail in 1986.

Slow down

Feel your feet in the sand, breathe in fresh salty sea air, look at the endless horizon. This walk gives you space to slow down.

Physical exercise in nature helps to de-stress, boosts your creativity and gives you insights. All you have to do is walk and receive.



November 23 to December 1, 2024

About

Everything you need to know

From November 23rd to December 1st we will walk 135 km from Hunstanton to Great Yarmouth / Hopton-on-Sea. Preparation and equipment are important for a good experience. That is why we support and advice you in the choice of gear and the necessary training. We suggest to make many walking hours in advance, in all kinds of weather and with your cloths and backpack (including drinks and food). By also doing strength and relaxation exercises you ensure more core stability which is beneficial during a long distance walk.

Your personal equipment is up to you. We provide you an extensive packing list with items that you will need anyway. Of course we are available for questions. For example regarding material selection such as shoes, backpack, clothing and personal first aid kit etc. Make sure you have travel insurance yourself.

We prefer to make as little impact on the environment as possible. Therefore we will travel out by train on Saturday and back on Sunday. You are free to travel with us or choose your own transport.



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We will stay in B&B's and/or hotels. The average walking distance per day varies between about 20 and 30 km, including backpack of max 10 kilos.

We have breakfast in our accommodations, have packed lunch along the way and dine together upon arrival at the B&B or in a local restaurant nearby. All the food mentioned above is included in the price. Do bring extra snacks by yourself to keep your energy up when needed. For example dried fruit, energy bars and/or nuts. Also make sure you carry enough water (and sports drink powder if you want) and possibly a thermos flask for tea or coffee. There are plenty of tap points along the way to refill water.

Furthermore, this is more than an adventurous long distance walk. We create conditions for reflection, personal insights and great conversations.

Therefore you will receive a personal logbook to write down (or draw) your stories and inspirations.

So if you are looking for a meaningful and personal walking adventure abroad, accessible by public transport, in a small inspiring group of up to 8 people and with two enthusiastic guides, come with us!

if you have any questions don't hesitate to contact us.

Greetings,
Peter and Malu.



*"This adventure is all about you.
And we're in it together."*



Move

By walking long distances for several days in a row, you are able to detach from your daily life, work and activities.

This creates space to reflect and gain a better vision of your future. We only move on foot: through the sand, beautiful dunes and fantastic scenery.

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Information about the trail.

The Program



- Saturday evening
- Check in and 'arrival' in Hunstanton
- Sunday (first stage)
 - Monday (second stage)
 - Tuesday (third stage)
 - Wednesday (fourth stage)
 - Thursday (fifth stage)
 - Friday (sixth stage)
 - Saturday morning
- Check out and 'reflection' in Hopton-on-Sea

We will communicate the exact route and number of kilometers per stage later. Assume that the days can vary between 20 and 30 km.

Connect

You make time to
(re)connect with
yourself, others
and with nature.

It brings us back to our nature
and ensures a deep impact.



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Investment

Included:

- 7 nights in comfortable and carefully selected hotels and/or B&B in a double (twin) bedroom that you share with another participant;
- All meals from Saturday evening till next Saturday morning (7 x dinner, 6 x lunch to go, 7 x breakfast);
- Guidance from (Wilderness) Guide Facilitators;
- Liability insurance;
- Trusted Guide Logbook;
- Online introduction and check-in;
- Online reflection meeting afterwards.

Not included:

- Travel expenses;
- Personal travel and accident insurance;
- Drinks during dinner and other personal expenses;
- Supplement for a single room if desired.

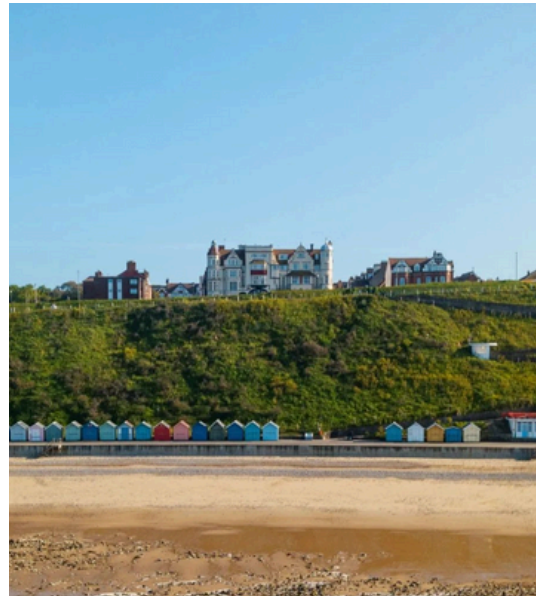
The personal investment in this North Sea Trusted Guide tour is € 2600 p.p. (incl. BTW) excluding travel costs.

Do you work for a company? We often have people who participate from their personal development budget. If we can help you with this, please let us know.

November 23 to December 1, 2024

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Impression of hotels



This is an example of hotels to give you an impression. The exact hotels depend on availability. We will communicate the exact hotels prior to the trail.

Contact

Want to know more?

Do you have specific questions, things to share or do you want to know more? Don't hesitate to contact us!

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