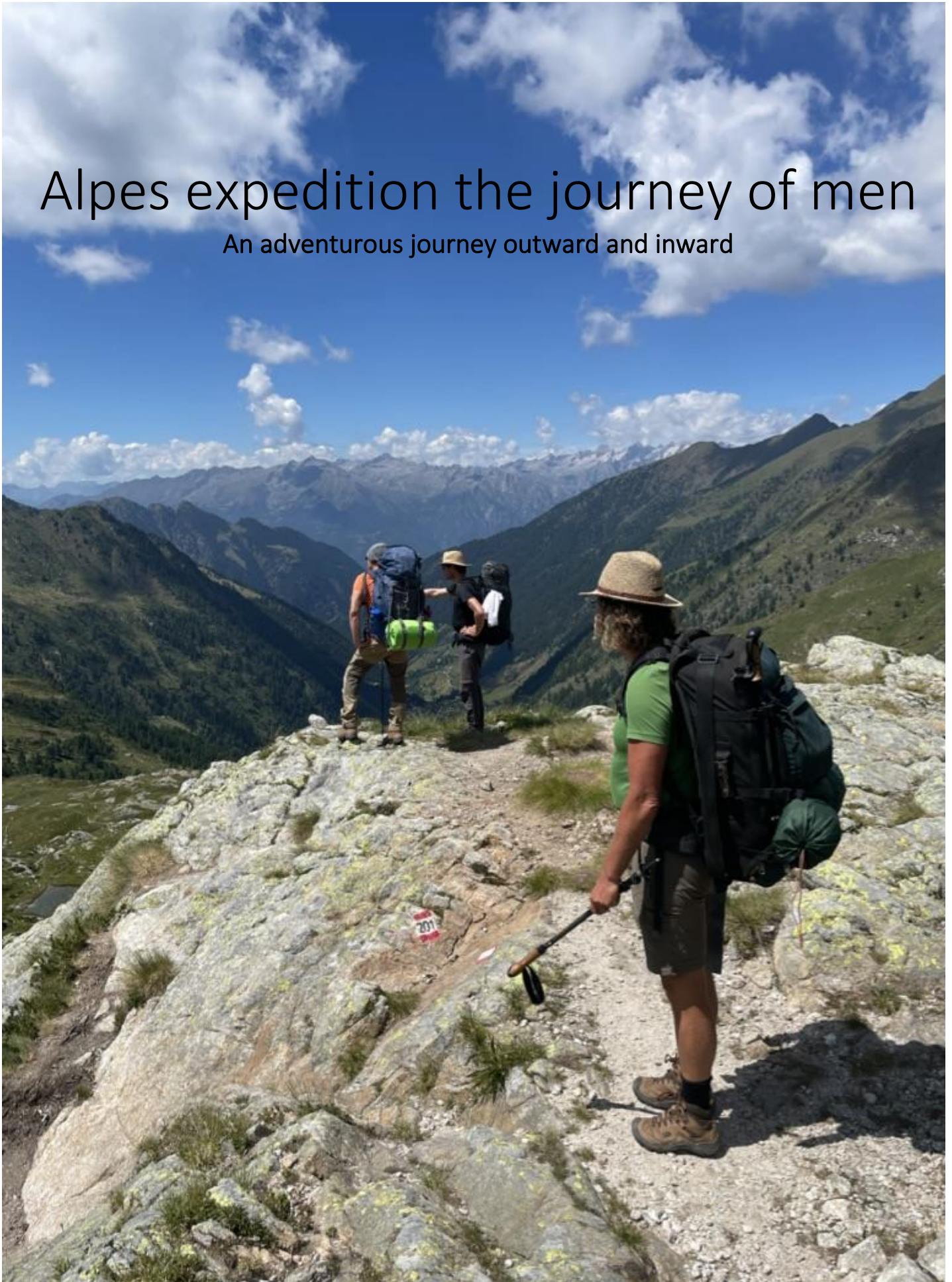


Alpes expedition the journey of men

An adventurous journey outward and inward



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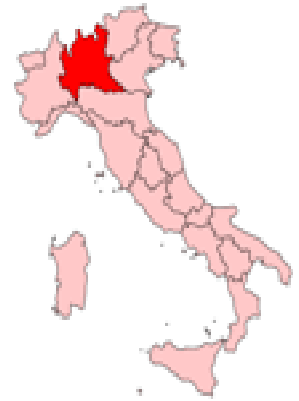
ALPES EXPEDITION THE JOURNEY OF MEN

5-day backpack camping trek in the Italian Alpi Orobie

DISTANCE YOURSELF FROM EVERYTHING IN YOUR LIFE, WHAT REMAINS IS YOU.

Where is the expedition going?

For this expedition we choose the high mountains of the Alpi Orobie in Italy, just above Bergamo. A diverse and relatively unknown high mountain range with excellent hiking trails, rugged passes and peaks of around 3,000 meters interspersed with green plateaus and valleys with mountain lakes. The area is not very touristic and has a typical Italian atmosphere. An area where there is still silence and space to meet nature around us and within ourselves.



What makes this trip unique?

Most people travel to get away from home and forget about their problems. This expedition invites you to take a journey in the beautiful nature and to come home to yourself. During the journey, you will completely distance yourself from the hectic pace of your daily life, so that you will experience a sense of reset. The overwhelming nature of the high mountains makes everything disappear. Only you remain. During the expedition you will encounter yourself physically, mentally and emotionally. Exercises, rituals, and initiations help you get to the core of the adventure in your life now. You decide what you engage with and what you share. You discover a deep relaxation within yourself and with others.

What do you want to achieve?

- CONTACT WITH YOUR STRENGTH AND VITALITY.
- REST, RESET, SETTING A COURSE.
- GETTING TO KNOW YOURSELF BETTER.
- EXPLORING WHERE YOU ARE AND WHERE YOU WANT TO GO WITH YOUR LIFE.
- IMPROVE RELATIONSHIPS WITH YOURSELF AND OTHERS.



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Why only men?

Traveling with a group of men is a unique experience in male friendship. Enduring together, enjoying and laughing together, cooking, sharing experiences around the fire. Travel companions on the road outside and in, you are a support and mirror of each other's process. This creates trust, strength and vulnerability and a deep connection with your 'brothers' that most men have never experienced.

What are we going to do?

Every day we walk between 4 and 5 hours. When you walk, space automatically arises in your head. Walking also gets your brain 'moving'. As you walk, unexpected and in-depth insights naturally arise. Each day has a theme, you will be given questions or an assignment to explore your own theme. Sometimes alone, sometimes while walking in conversation with someone else. Through the conversations, you get new perspectives. Every day you share with each other in the circle what you experienced. The trainers provide a safe and in-depth setting.

During a briefing two weeks before departure, you will meet the other men and explore what you want to do with yourself during the trip. Your intention is the most powerful tool you got to shape your life. Our guide throughout the inner work is Joseph Campbell's "Hero's Journey". He described how the hero's journey is a metaphor for the journey you make as a human being on your way to yourself, your authenticity, your heart. You will go through the 8 phases of that journey through the beautiful hero story of Parzifal, which will give you courage, confidence, and inspiration for the road. The 8 phases offer you a framework for where you are on your journey, what is behind you and what lies ahead, and what the challenges and pitfalls are.

"If you can see your path laid out step by step, you know it's not your path. You make your own path with every step you take.

That's why it's your path."

Joseph Campbell



What did I experience at the end of this trip?

- MENTAL AND DIGITAL DETOX.
- COMING HOME TO YOUR ESSENCE.
- UNIQUE BROTHERHOOD WITH MEN.
- EXPERIENCE OF YOUR STRENGTH AND VITALITY.
- CLARITY ABOUT YOUR INTENTION AND DIRECTION.
- MORE BALANCE BETWEEN THINKING, FEELING AND DOING.



DAY-BY-DAY PROGRAM

THE JOURNEY OUTWARD

THE TRIP TO ITALY

You travel together by car or separately to Italy. Travel time is about 12 hours by car from Utrecht. We meet on Sunday at 16:00 at the typical Italian campsite in Branzi. You get your tent and set it up for the first time together with your tent buddy. Once we are settled, we sit down in the authentic restaurant on the campsite. For the time being, the last night in civilization.



DAY 1

After breakfast we saddle up our backpacks and hit the road. Soon we leave civilization behind us, more and more in the silence and space of the mountains. After 4 hours of walking, we reach our bivouac spot at a lake at 1900 meters. We set up camp for the first time. Setting up a tent, taking a dip in the ice-cold lake, cooking, eating, exchanging in the circle, sleeping. This is our simple daily routine for now.

THE JOURNEY INWARD

THE TRIP TO ITALY

is used to distance yourself from home, and to prepare yourself physically, mentally and emotionally. Sunday afternoon we will do an extensive briefing about the course of the expedition, and share with each other how we arrived internally and where we want to go.

**MY COLLEAGUES ASKED ME
WHERE I GOT SO MUCH PEACE
AND STRENGTH FROM.'**

ANTON

DAY 1

Today you let go of the hustle and bustle of home, while walking you sink deeper into your body. The nature around you and the silence creates space for something new to come. The story of the hero's journey begins which will be a mirror for your own journey. You walk, talk occasionally, share, and listen in the circle. This is how you deepen your theme and get to the core. You explore your adventure, which invites you to go outside your comfort zone. What do you want to explore, change, let go of.



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THE JOURNEY OUTSIDE

DAY 2

When you open your tent you can see the mountains in the rising sun. Today the tour takes us over our first pass. At the top we have views over the surrounding mountains and valleys. Our bivouac is located at the next lake. A dip in the ice-cold water gives you a boost.

DAY 3

Today we make a challenging climb via the magnificent Passo Portula. We set up camp in the vicinity of the rifugio Calvi.

'It became clear why I sometimes get stuck and what I can do about it. I am in touch with my feelings again after a long time'

Alexander

DAY 4

If the weather is good, we will climb through a steep valley to the Passo D'Aviasco from where we can see the Laghi Gemelli lakes below us. We will pass by Rifugio Laghi Gemelli, with the best cuisine in the region. If we have time and inclination, we will stop for a delicious lunch.

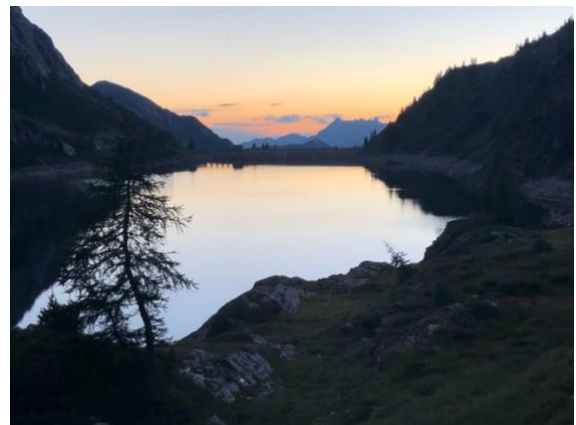
THE JOURNEY INWARD

DAY 2

Every morning we start with exercises to awake body and mind. Today you will look back where you came from. What role did your parents play in your process of becoming a man? In the evening we do a powerful ritual as initiation into the world of men.

DAY 3

You unconsciously carry all kinds of things with you that you would rather avoid. Feelings and patterns that hinder your development. Today is a day of opening, accepting, and cleaning up. At the end of the day, supported by male power, you give back to the fire what you no longer need.



DAY 4

Today you are reinforcing your own course. You connect your desires and dreams with relaxation and confidence. Coming home to yourself. In the evening we celebrate the inner homecoming, where enjoyment and letting go are central.



THE JOURNEY OUTSIDE

DAY 5

Today we descend from the mountains. The path is narrow at times, and in places quite steep, challenging and strenuous. Back at the campsite, we celebrate freedom, vitality and connection in the evening with a festive meal at the campsite ristorante. The liveliness of the Italians is even more noticeable after a few days of silence. You yourself are so satisfied that you enjoy the moment inwardly in peace. Of the food, of yourself, and of the camaraderie.



DAY 6

After breakfast we say goodbye to each other, happy and recharged, and a little melancholy. You still have the journey back home to gradually make the transition back to your life.

THE JOURNEY INWARD

DAY 5

Today's theme is to stay true to yourself, to what you have discovered for yourself as insight, course, essence. Before we are back in civilization, we finish the journey inwards with a closing ceremony in which you symbolize your proceeds and we give each other resources to manifest the change in your daily life.

*'My connection to myself
and others have deepened.'*

Jos

DAY 6

This journey is over, your own journey continues. You will take intense and unforgettable experiences and friendships with you as a memory. You have new insights about who you are and what is important to you. You have connected more deeply with the man you are and want to be. You've cleared old patterns. You experience your own vitality, freedom and connection.



Practical information

Where are we going?

The trip goes to the Alpi Orobie, in the Italian Alps. Our meeting point is camping San Simone in Branzi. From there we trek with backpack, tents and food into the unspoiled nature of the high mountains. We go on an adventure into the wilderness.

For whom?

The group consists of a maximum of 12 men of different ages and backgrounds with a desire to develop themselves and love nature. We walk 4 to 5 hours a day with a backpack of 15 – 18 kilos. If you're normal fit, you can handle that just fine.

What do you need?

You provide your own materials. After your registration, you will receive a packing list. But don't worry, things like hiking boots, backpack, sleeping pad are also fine and affordable to rent. You can find the possibilities in the materials list.

Dates 2025

July 14-18. This is a 5-day camping trek, which does not include travel time to and from the location in Italy on your own. After signing up, you will get access to the WhatsApp group to travel together with others. Expect to drive for 12 to 14 hours. There are also flights to several airports near Milan. Two weeks before departure there is an extensive briefing and introduction to all participants.

How much does the expedition cost?

From €1095, -- (Check the applicable rate on the website/rates) Included are 5 nights in a 2 person tent, 2 x dinner on the arrival and departure day, all meals during the hike. Not included are the costs for the trip to and from the location, any extra nights in mountain huts in case of bad weather (around €70,-- pppn. Including dinner and breakfast), and other drinks and food at huts along the way. The [general terms and conditions](#) of DEREISVANDEMAN apply to this trip. The costs are often deductible from income tax as training costs.

How can I sign up?

You [can book directly on DEREISVANDEMAN](#). Also look for the early bird discount. Mail or app Ynze ynze@dereisvandeman.nl / 06 2616 6363 with your questions or doubts, or to make an appointment for a meeting.

