

MONT SAINT MICHEL

A NORMANDY TREK

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Departure: June 16th, Thursday, to Paris, (CDG Airport), Arriving June 17th, Friday, 2022

Completion: June 25th, Saturday, 2022, Return Flights - or Stay On and Travel!

Cost: Sponsored; participant responsible for airfare, lunches and dinners. Includes guides, facilitation, accommodations, breakfast each day and participants carry a lite day pack while their luggage is transported daily!

Our TREK program is an inner and outer JOURNEY, DISCOVER your CORE GIFTS, ways to bring them into the WORLD, new PEOPLE, distant LANDSCAPES where epic walking ADVENTURES prepare you to implement the INTENSIONS you have committed to for your FUTURE.

Get on TREK! For centuries, people all over the world have chosen to walk as a way to see the world and themselves with new eyes. Join with us as we walk the historic beaches of Normandy, France, winding through villages and cities on paths through lush forests, vineyards, farms and fields. Rich with history, we will walk the paths used by countless pilgrims making their way to the Mont Saint Michel, passing many historic pilgrimage sites. While our pilgrimage is not specifically a religious experience, our facilitation does lend itself to the idea of sojourning and taking personal time to reflect, evolve and move forward in our lives.

Every trek offers two journeys which happen on the same path. The first is the walking we will do. The second journey happens inside each of us, opening a path of self-reflection, helping us to see our future with a clarity that is often difficult when we are immersed in the regular routines of our daily life.

Each night, we will stop at an inn, sampling local food and culture. Evenings are the time for us to meet as a group, reflecting on our day and being guided through conversations that help us to express our gratitudes, see our personal core gifts and gain confidence in the path we choose to take when we return home.

This experience is designed for young adults aged 18-24 with average physical fitness who want to walk through beautiful countryside, experience culture that is new and exciting, and have reflective time away from the usual daily routines.

Previous experience trekking is not necessary. We are using a specially-designed route that keeps us on the traditional pilgrimage path to Mont Saint Michel, with periodic short train or bus hops around the more rugged terrain along the route. Although you will be tired at the end of the day, this is not an endurance test!

*“Each night, we will stop at an inn,
sampling local food and culture.”*



Guides: Andrew Bryan, Leslie Johnson, and Bruce Anderson



Andrew's experience as a nanopreneur has led him to a number of opportunities, from tutor to teacher, school administrator to educational consultant, coffee house owner, realtor, tourism marketing director, city councilor, school board chair, and son of a rancher's daughter active in his family's agribusiness, the list is varied and curious, but very much indicative of what has led him to guide international walking treks since 2011. His mind is always scanning the horizon for creative ways in which those he engages with can pursue their interests and build a path toward true inner and outer success. Andrew has realized this in himself through the development of walking treks

and sharing these pilgrimages with others! He is, of course, supported in this endeavor by his much cherished and over sized Hoka One One trail shoes!



Leslie resides in California with her husband and numerous animals and has four grown children. Her vision for TrekEpic originated through insights and fond memories experienced while hiking along Northern California trails with family and friends. She recognized that many young adults seeking their path in life would benefit greatly from a reflective experience that integrates movement and nature as a vehicle for personal exploration and transformation.



Bruce joined the TrekEpic team in 2012 with passion for bringing his 25 years of experience in community leadership, training, coaching and organizational development to the TrekEpic format. Bruce is renowned for bringing important timeless traditions from international cultures along with personal stories, humor and honed interpersonal skills to his role providing insights and guidance to others.

TREK SCHEDULE

June 16, 2022 - Flights to Paris, France

Participants depart USA or other countries to Paris, France. (CDG)

June 17, 2022 - Arrive Paris, France, train to Brix, Cherbourg

We work to have everyone schedule flights for a morning arrival. As the group gathers, we make our way to our first accommodation in the historic center of the city. We will have a late afternoon orientation and have our first meal together, celebrating the beginning of our trek.

June 18, 2022 - Brix + a day at the Normandy D Day Beaches

We will start our first day of walking with a guided tour of the Normandy Beaches where D Day took place in WWII. This will be an initial day of history, balancing the beauty of the region with the tragedy of war.

June 19, 2022 - Brix to Annoville to Donville-les-Bains

Now we are well on our way. We will walk an average of 8-12 miles a day, taking our time as we go. On average we walk about 2 miles an hour! As we make our way through the villages and fields, we'll keep an eye out for chapels and other sites where we can update our Pilgrim's Passports with unique "stamps." We will make our way to the Southwestern coast of the Cherbourg peninsula in the morning and begin our walk along the beaches and towns of the Manche region on the edge of the English Channel.

June 20, 2022 - Donville-les-Bains to Saint-Jean-le-Thomas

By now we are ready to get back out on the path in the morning, our bodies and minds wanting to just keep on walking, even though we might be a little tired and sore. We will continue along the coast to our next destination where we will stay for two nights.

June 21, 2022 - Saint-Jean-le-Thomas

Remember, if you are mapping out the stops along "the way" you'll notice some distances seem much longer than our 8-12 mile average, but, no worries, we have little tricks to hop, skip, and jump along! This, however, is a rest day, to give us a bit of rest and the opportunity to meet and do the Core Gift Discovery process we have been working up to in our evening gatherings.

June 22, 2022 - Saint-Jean-le-Thomas to Avranches

We will head land a bit today, veering off the coast line to explore the villages and farms of the region. Our day will be guided by the view of Mont Saint Michel in the distance, enticing us to carry on toward our goal of reaching the great cathedral island.

June 23, 2022 - Avranches to Ceaux

Now our momentum leads us onward toward our destination, we just keep on walking and talking, enjoying our time together along the path. As we have completed the Core Gift Discovery interviews, we now begin to consider the future and our next steps beyond our trek.

June 24, 2022 - Ceaux to Le Mont Saint Michel

Today we arrive at Mont Saint Michel, while a shorter walking day, the time spent on the island exploring it's famed history and allure will be a just reward for all the kilometers of walking behind us.

June 25, 2022 - Le Mont Saint Michel to Paris

We will return to Paris in the morning, giving everyone time to either make their departing flights, or prepare to travel onward. Accommodations from this point forward are the responsibility of participants, though we can certainly work together to help you formulate your plan to keep on "trekking", though perhaps not by foot after a great week of walking!

FREQUENTLY ASKED QUESTIONS

What will the weather be like?

Of course, the weather is unpredictable, but the historical weather maps show an average May temperature in the mid to upper 70's during the day on the Normandy Coast.

Will I need to get a lot of special gear?

No. You'll need some layered clothing, rain-gear, some sturdy boots or walking shoes, and a few other things. Once registered, we'll send you a standard detailed packing list.

Will I be carrying a heavy pack?

You will be bringing a medium-sized daypack to carry your gear.

What is the age range?

Adults 18-24 are welcome to register.

I need to make my travel plans. What time do I need to be in Lisbon to meet the group, and what time will I be able to depart at the end of the walk?

People will arrive and depart at different times due to individual travel itineraries, but plan on departing the USA on Thursday, June 16, and arriving at our hotel back in Paris no later than 5pm on Saturday, June 30. Our guides will typically meet you at the airport to ease the transition after your long flight. You will receive information about our arrival hotel and check-in procedure prior to departing the U.S.

How large is our group?

We are limiting the group to 8 participants and 2 guides. We have found over the past decade of trekking that this size allows for people to really get to know each other, yet is large enough for lots of variety of ideas and personal styles. Perfect size to maximize fun and learning.

Is this going to be physically demanding?

This is a walk, not an endurance test. Trek participants are generally tired at the end of the day, but not exhausted. We want you to still have energy at the end of the day so we can meet for our evening sessions without you falling asleep!

How many miles do we walk each day?

The daily mileage varies from 8-12 miles. We generally are walking between 9:30am-4pm, so we can cover the miles without feeling like we are rushed. Some days we will only walk for ½ day, since we will have other activities to do. Past experience says we generally walk about 2 mph during the trek. This is the average speed of somebody walking down the street in your town.

When you say “average fitness”, what do you mean?

The primary determiner for you should be whether or not you experience physical symptoms that would make daily walking uncomfortable or unsafe. Certainly, if you have heart, joint, or other serious medical conditions you should not apply. If you are not a regular exercise walker, we suggest that you purchase an inexpensive pedometer and wear it for several days prior to coming. Many people are surprised to discover how far they walk during their average days while at home. We have never had a trekker who was unable to complete the journey because of the physical demands.

What happens during the evening sessions?

We will meet most evenings for 1-1 ½ hours, either before dinner. The sessions are designed to help you reflect on who you are, your hopes for the next period of your life, and commitments you want to make involving activities, careers, relationships, and personal development. They are designed with a variety of short activities including telling stories, writing short reflections, silence, and sharing ideas. This is not therapy! This is not forced sharing of stories you are not comfortable telling the world! We want you to look forward to gathering with other participants and getting and giving inspiration.

What other costs might I have beyond the registration fee?

We cover accommodations, in-country travel which is part of our itinerary, breakfasts, guides, and evening facilitation. Your sponsorship does not include your airfare, and you are responsible for your lunch and dinner costs. Trekkers often bring a little extra money to purchase mementos along the way.

What is the “in-country travel” you refer to in the previous question?

Our route involves us taking several short bus, train and/or ferry rides. Previous trekkers have told us they enjoy these rides as another way to see the countryside and also to spend time with local residents. Some of us like the chance to rest our legs!

Is it possible for us to get lost?

We are not in remote wilderness. We are walking between towns on established trails, across farmland or woodlots, on country lanes, and beaches.

Will my health insurance cover me in France?

Many health plans cover travelers going outside the USA, but you should check with your specific provider for coverage and what to do in case of illness or accident in order for your insurance to cover the costs. Most health insurance websites have information for foreign travelers. It's a good idea to bring your health insurance card. You might also consider travel insurance as a supplement to your primary coverage. The organizers of this trek do not provide insurance of any type for participants.

What are the accommodations?

We are staying in a variety of different hotels and inns, all of them average quality. This is not a luxury tour! The registration fee is based on double-occupancy. We try to switch roommates each night so you have more opportunity to get to know everyone.

What about getting money when I am trekking?

There is easy access to ATM machines in most towns, and credit or debit cards are widely used. Cards with a "chip" are much easier to use while traveling in Europe. We recommend participants notify their bank of travel plans prior to departure.

What about bringing electronic gadgets?

There is no right answer to this. Many trekkers come on trips specifically to get away from the usual demands of staying connected all the time, and believe bringing a cell phone offers the basic contact, email, and emergency connection they need. Other trekkers are so dependent on their laptop they can't imagine leaving home without it. One additional note: If your electronic devices are stolen, we will not cover the cost of replacement. We have not had problems with thievery, but it is always a possibility when traveling.

What about getting work done while I am trekking?

We recommend you NOT plan on getting significant work done while on this trip. You will not have the available time, and experience tells us it usually interrupts a trekkers ability to really be present with other trekkers and the beauty we will be surrounded by. Many trekkers do some brief checking in with home or work in the evening to catch up with important details.

If I choose not to bring electronics, what do I do about emergencies?

The guides will have cell phones with international calling plans and laptops which you can use in an emergency.

Do you have recommendations about setting up my phone for foreign use?

Most of the places we will stay have wi-fi available at no cost, so you do not need to purchase an expensive data plan for your phone prior to departing. Many trekkers add international texting to their phone plan for the time they will be gone, since it's a reasonable cost to do so. You can also get a local SIM card upon arrival. It's difficult to find inexpensive international calling plans, so most trekkers rely on texting.

What is Trek Epic all about?

Trek Epic has a focused mission of serving young adults 18-24, 25-32 years old, so this adult trek is not a part of its established mission or activities. Check out TrekEpic.org for more information and links to our videos! We also offer a gap year program and adult pilgrimages through Emerge Adventures. Visit EmergingYoungAdults.com.

If you have other specific questions, don't hesitate to contact:
Andrew Bryan, Trek Guide
Call or Text +1-208-484-5835

Registration
Please contact Andrew Bryan for details on registration.
You are confirmed for your trek when you have purchased your flight!
As we say in France, *"Bon Courage."*

