

## Travel Destinations – Coaching in Nature

### Road Not Taken.com – Brad Glass

#### Fire and Ice: The Northern Lights of the Canadian Arctic



In March, Arctic skies are crisp and clear. 12-hour days strain to warm the land, and 12-hour nights offer a near guarantee of *aurora borealis*, or northern lights. Based at a wilderness lodge in northern Manitoba, about 500 miles south of the Arctic Circle, we'll adopt the vast landscape of the sub-Arctic as nature's tapestry for this program. The mysterious beauty of the aurora will grace our evenings, an experience shared by only a few. Although our home is the warmth & comfort of the lodge, we'll venture out by dogsled one day, build an iglu using ancient native techniques, sleep on caribou skins in the iglu, then return to the lodge the following day. This "day trip" offers a unique way to enhance your journey to self via a deep connection with the land. [March]

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#### Under the Tuscan Sun: A Villa in northern Italy

Dating to the 12<sup>th</sup> century, a hilltop Italian villa encompasses 1200 acres of fruit trees, vineyards and farmland, and offers dramatic views of the landscape of Tuscany. Twenty minutes from Siena, this estate is part working farm and part educational institution. We'll share time, space, history and experience with the leaders of this foundation, and you'll have the chance to experience Tuscany in a way that everyday tourists simply don't do.



This is a self-contained community, offering all you could ever want to sustain yourself, for a week or for a lifetime. Experience how early (and modern) farmers worked the land and lived their lives in perfect harmony with nature. [Summer]

#### The Midnight Sun: Summer Solstice above the Arctic Circle



The Canadian Arctic is a vast land of compelling natural beauty. Despite its reputation as a frozen wasteland, it's home to a phenomenal variety of plants and animals. Here life explodes all at once during the all-too-brief Arctic summer. We'll time our trip with the solstice, so you'll have the opportunity to spend an entire 24-hour period experiencing a sun that encircles you with its soft light and

warmth, yet never sets. Life's rhythms are awe-inspiring when you experience "life on the edge." A friendly lodge in the far northern territory of Nunavut, Canada (about 200 miles north of the Arctic Circle) is home base, but the tundra will be our classroom, where wildflowers carpet the land and musk ox roam free. [June]

#### The Great Bear Rain Forest: Islands of the British Columbia Coast

British Columbia's coastal islands offer phenomenal variety and beauty. Part of the great temperate rain forest of the Pacific Northwest, the islands have been home to native peoples for thousands of years, yet feel remote and untouched to most westerners. Our base will be a 71-foot ketch; we'll sail among the islands by day, and anchor in protected fjords each night. In surprisingly comfortable surroundings, we'll experience two different classroom scenes – the sailboat's galley, a charming haven for rainy days; and the rain forest of Princess Royal Island, where we'll walk in unparalleled scenic splendor, and perhaps see the rare Spirit Bear, an all-white subspecies of the black bear living only on these islands. [September]



#### A Tropical Paradise: A New Experience of the Hawaiian Islands



Early Polynesian explorers discovered the Hawaiian Islands almost 2000 years ago, with keen awareness and a deep connection to the sea as their only tools. They came to incorporate the land's energy into both their way of life and their system of faith. Today's Hawaii offers this same energy, infused in dramatic sea-cliffs, verdant rain forests, palm-studded beaches & volcanic slopes of this most isolated land mass on earth. We'll immerse

ourselves in the tropical splendor of Kauai or Maui, absorbing its silent, yet powerful lessons. [April to November]

#### The Quaint New England Charm of Old Cape Cod

Although Cape Cod is my back yard, it's a charming piece of New England, a unique place of sand dunes, beaches, old windmills, lobster traps and stone walls -- all part of the fabric of cape's lure. Enjoy the quiet peace offered by the Cape Cod that tourists don't see and allow its calm to become a part of your being. [May or October]

