



TRAILHAVEN

*In collaboration with guides
from the School of Lost Borders*

Invitation for a 8-day Nature-based Rite of Passage

October 18 - October 25, 2026, Spain

Why a Solo Fast?

Program description and pricing

Faculty

Introduction to TrailHaven and
the School of Lost Borders



Invitation for a 8-day Nature-based Rite of Passage

We are amidst a collective unraveling and rite of passage. A betwixt and between time that is both deeply unsettling and full of possibility. Our lives are shifting, the climate is changing, antiquated systems and structures are breaking down. You yourself may be going through a life change: a new job, aging parents, kids leaving the home...

This is a moment ripe for change.

What is this time asking of you? What is next for you? What is your individual and collective responsibility to tend to our communities, cultures, and planet? How can your personal and professional leadership be rooted in wholeness and integrity? Significant life transitions invite our hearts, minds and bodies to open to new ways of being. What is no longer serving you? What needs to be let go? What seeds do you want to plant for the future?

This program is offered by Trailhaven in collaboration with guides from the School of Lost Borders, and is designed to explore what's next in your life, and to celebrate your commitment to yourself, your dreams, your communities and the wider world.

Are you ready to cross the threshold?



Origins of Rites of Passage

www.trailhaven.com

Multi-Cultural Rites:

Human life moves through stages, changes, and transformations. Peoples from around the world have marked these life transitions with a diverse array of celebrations, ceremonies, and developmentally appropriate practices. These events have come to be known in modern times as “rites of passage,” a term coined by cultural ethnographer Arnold van Gennep. While rites of passage vary between (and even within) cultures, many have noted a pattern amongst them that includes three archetypal phases: A time of separation and preparation (Severance), a liminal phase of personal, cultural and spiritual significance (Threshold), and a necessary return to the community (Incorporation).

Modern Adaptations:

Ceremonies of initiation are a natural part of human development, yet they have been lost, hidden or destroyed through legacies of colonization. The result is a modern culture largely bereft of initiatory experiences that support our life and identity transitions. The School of Lost Borders (SOLB) is an organization born from a recognition that wellness in our cultures and planet require healthy initiatory practices. The School's founders sought to cultivate rites of passage to support the developmental yearnings of modern people coming from wide-ranging life experiences. Drawing from mythology, anthropology, indigenous teachers, and their experiences of taking people to the land, they designed an initiation ceremony with nature as its primary teacher to support personal and collective transformation that serves our earth and communities.

Indigenous Traditions:

Renewing meaningful initiatory experiences in a world that has been so deeply impacted by the traumas of colonization is difficult, sensitive work. For many modern people, the impulse towards initiation is intact, but the cultural structures that held rites of passage are not. This leads people towards self-initiation and seeking guidance from intact cultures and lifeways, indigenous and local knowledge, and reviving their ancestral wisdom. For SOLB (and so many others in the modern world) the generosity and influence of indigenous teachers is critical, as well as complicated – given the legacies of genocide and indigenous erasure in what is now the United States. Learning from and with indigenous traditions requires relationship, respect and consent. It demands those of us who come from orphaned cultural backgrounds to be accountable to reasons behind our orphanage, which often involves reckoning, repair, and a commitment to recover one's own earth-based cultures and practices. Reckoning with our past, present and future is part of a healthy, initiated adulthood.



What is a 'Solo Fast'?

The solo fast is a **contemporary rite of passage** that aims to meet the archetypal human impulse towards initiation. It is designed to help individuals navigate significant life and/or identity transitions by fostering deep self-reflection, relationship with nature, and a responsibility to our human and earth communities. From these roots, we foster a healthy sense of our purpose and our role in society and the larger ecosystem.

This ceremony centers around a time of solitude in nature. The act of going into nature alone to seek guidance, perform ceremonies and offerings, and to deepen connection with the earth and mystery can be found in many traditions. We encourage you to uncover practices that may exist in your own lineages, cultures, myths, and stories.

The ceremony invites people to explore the three phases of initiation:

- **Severance:** Participants prepare by consciously separating from their daily lives, reflecting on their current identity and realities and identifying aspects to release in order to move forward.
- **Threshold:** A solitary period in nature (lasting 2 days and 2 nights) where participants go without company, food (often), and distractions. During this precious time, they exist between their old life and the life yet to come, seeking insights and transformation.
- **Incorporation:** Upon returning, participants share their experiences with guides and one another. This phase focuses on integrating the changes and insights gained in order to bring them home into one's life and community.

The incredible gifts that the wilderness fast offers are undeniable and the experience is never the same for any two participants. There is an element of mystery to this process, with nature as the teacher. While we can't say exactly what will transpire, we do know this process is deeply impactful and common themes arise such as:

- **Self-Discovery:** Clarifying one's purpose, unique gifts and their vital role in their communities and as part of this planet
- **Healing:** Addressing and releasing limiting beliefs, past traumas and supporting the wellness of our world
- **Empowerment:** Rooting into who you truly are beyond outside expectations, gaining confidence to embrace new life roles
- **Community Connection:** Strengthening bonds through shared ceremonial experiences and truly being of service. This includes the responsibility of giving your gifts away and living the insights and dreams gleaned from your ceremony
- **Nature Connection:** Deepening one's relationship with the natural world, sensing into and understanding that we are a part of the earth and that our life depends on it



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What to expect

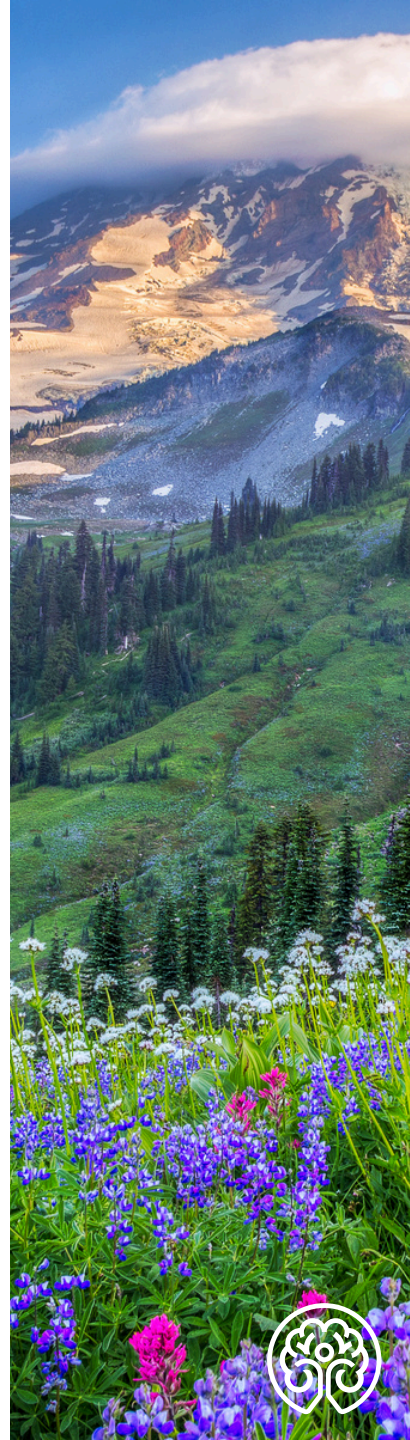
During the 8-day ceremony, we will go through **3 phases**:

- Preparation & Intention-Setting
- 2 Days & 2 Nights Solo Ceremony (with an optional fast)
- Return, Storytelling & Incorporation.

You will be supported on this journey physically, psychologically, and spiritually. There will be an **intention setting process** that will help you clarify your unique gifts, the truth of who you are and how to offer them from a place of true giveaway and accountability. We will help prepare you for the three days of solitude in nature. There is an invitation to fast during this time (abstaining from food, drinking only water) as it aligns with your intention and the wellness of your body and psyche.

During this **solo time**, you will reconnect with the mystery, wisdom and the wildness within you and around you. It is a chance to drop into an expansive and aligned place within yourself and the land. To allow what's dying to release and to bring forth what's emerging with greater clarity and conviction.

Upon returning from your solo time, the guides will **mirror and reflect the story** of your ceremony back to you, offering insights on how it weaves into your world and how to embody it more wholly. After that, our **incorporation process** will support you in bringing the truth of who you are into your daily life and the legacy you want to leave as a leader and a future ancestor.

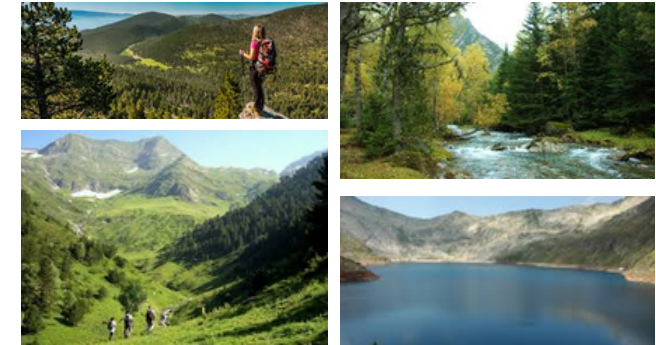


Program Outline and Logistics

- Oct. 18, Day 1** - Participants arrive by 3pm
- Oct. 19, Day 2** - Introductions & Orientation
- Oct. 20, Day 3** - Setting Intentions
- Oct. 21, Day 4** - Setting Intentions (continued + Finding your Solo Spot)
- Oct. 22- 23, Days 5-6** - Two day & night Fast
- Oct 24 - Day 7** - Return from solo & Stories
- Oct 25 - Day 8** - Incorporation - End by 12pm

Our location

The Vision Fast will be held in **Spain**, most likely in the beautiful **Parc Natural Alt Pirineu** in Catalunya. Details to come.



Camping

During the ceremony, we will all be camping. You are expected to bring your own camping, sleeping and cooking gear and food for the 8-day period, and cook your own meals during the entire ceremony (except for the 2-day fast). More detailed information will be shared after registration.

Detox

To get the most out of this experience, we invite you to hand in your phone, tablet or computer upon arrival, and manage your digital absence carefully with your family and colleagues. Emergency contact methods will be available.



Program pricing

www.trailhaven.com

The pricing scale* for this special 8-day program is **€2.500-€4.000 ex VAT**. These program fees are excluding any travel and personal travel and insurance expenses, yet inclusive of all faculty fees and camping permits.

To register, a **€300 deposit** is required to secure your seat on this course. This deposit signifies your commitment to the program and is deducted from the tuition balance. All deposits are non-refundable and non-transferable.

Remaining fees and Cancellations

The remaining fees are due 1 month before the event takes place, under the following conditions:

- If you cancel 60 or more days prior to the start date of the program, you will receive a full refund of any tuition paid, minus any deposits
- If you cancel 59 days or less prior to the start date of the program, and we can fill your spot, then you will receive a full refund of any tuition paid, minus any deposits
- If we cannot fill your spot, and you cancel within 59 days of the start of the program, then we hold you accountable for paying the full tuition fees.

If you are in need of a different payment schedule, please reach out to the organizers.

* Sliding Scale Payment Option

To honor the difference of financial resources among us, our program tuition is based on a sliding scale. We set forth no criteria and ask that you pay what is appropriate for your circumstances and access to financial resources.

Consider contributing MORE on the scale if you:

- have the ability to comfortably meet all of your basic needs
- belong to a sponsoring organization or are employed full-time
- have investments, retirement accounts, or inherited money
- travel recreationally
- own the home you live in
- have a relatively high degree of earning power due to level of education (or gender and racial privilege, class background, etc.)

Consider contributing LESS on the scale if you:

- have difficulty covering basic living expenses
- are supporting children or have other dependents
- have significant debt
- have medical expenses not covered by insurance
- are out of a job and income right now
- have not taken a vacation or time off due to the financial burden



I go to nature to be soothed
and healed - and to have my
senses put in order

| JOHN BURROUGHS



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Kelly McClelland - Guide



Kelly McClelland (she/they) is a bi-lingual (English & Spanish) rite of passage guide with the School of Lost Borders, nature-based psychotherapist and global educator. Kelly is part of the Diversity, Equity, and Inclusion (DEI) Councils for the School of Lost Borders and the Wilderness Guides Council (a global rites of passage collective). She guides social and environmental justice programs in Central and South America and has offered outdoor programs for Corporate and Senior leadership teams, higher-education, and youth for over a decade.

As a guide, she brings realness, an open heart and a commitment to radical solidarity and ancestral recovery. Kelly believes rites of passage can serve as a liberatory practice – that our ceremonies can tend to our lands, culture, and kin. That they can help us embody the truth of who we are and weave connection and accountability with our planet and our communities.

Infusing earth-connection with business and technology, Kelly has worked over 15 years in the marketing industry, leading global award-winning advertising campaigns, organizational strategy, and branding projects. Currently, Kelly is the Creative Director for Kinship, a social innovation project with the youth consortium for the United Nations focused on raising a cultural narrative of repairing our relationship with the web of life.



Peter van der Vlis - Guide



Peter van der Vlis (he/him) is a co-founder of TrailHaven, and a former co-founder of Aberkyn (a global leadership development firm now part of McKinsey & Company). He holds an MSc in Information Technology from Delft Technical University and an MBA from INSEAD. His education in executive coaching took place at the MMS Institute. In 2016-2017, Peter certified as Wilderness Guide Level 1 with the Wilderness Guide Association. In 2024, Peter enrolled in the Vision Fast training program from School of Lost Borders, and will complete their Mirroring Training in April 2025.

Peter has facilitated wilderness trails since 2005, initially with the Foundation for Natural Leadership. Later, at Aberkyn, Peter co-created Aberkyn Wilderness Trails - designing experiential learning outdoor programs, taking senior leaders out into nature to reconnect with self, each other and nature.

Nowadays, at TrailHaven, Peter's work is fully focused on bringing the magic of nature back into leaders' lives. He loves the slowing down that TrailHaven promotes, allowing the brain to become focused after letting go of all distractions, such as phones and alcohol, and ultimately again becoming fully intuitive, generative, with access to deep internal wisdom and knowing - which helps to resolve problems instinctively and effortlessly.

Peter lives in Spain. His 3 sons are studying in The Netherlands. He enjoys staying fit and running, nature photography, tending to Bonsai trees and the feeling of freedom when riding his motorbike.



Will Scott - Guide



Will Scott (he/him) began guiding nature-based rites of passage in 2001 and has remained committed to the work of honoring life's transitions ever since, believing it to hold one of the many keys for healing in these troubled times. He has worked as a guide with Youth and Adult programs at the School of Lost Borders since 2007, and has been a trainer with School since 2016.

Will is also a co-founder of Weaving Earth Center for Relational Education. Weaving Earth (WE) offers transformative education at the confluence of personal, social and environmental systems change, as well as training and consultation for individuals, businesses and organizations. Will works as part of the executive team at WE and is also the Adult Programs Director.

Will's lineage comes primarily from the Celtic regions of Europe — representing both persecutors and the persecuted. Reckoning with this heritage and its present-day impacts is a critical part of his work, informing a life of inquiry into how the descendants of conquest might begin to rebalance their human and more-than-human relationships. He is a wildlife tracker, naturalist, bird lover, mentor, artist, uncle, friend, and committed change-maker.



Forget not that the earth delights
to feel your bare feet and the
winds long to play with your hair

| KHALIL GIBRAN



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On TrailHaven

TrailHaven has been created to facilitate transformational experiences for people in Nature in support of their personal, team, organization or community development. TrailHaven's purpose is **'to connect people through and with Nature'**. Our core values are authenticity, care, simplicity and joy. Our unique skill is creating magical In-Nature experiences, on any continent in any season, through designs that work, our relationship with superb locations and venues, skilled trail facilitators and caring and competent guides and other experts.

We offer experiential learning experiences in the outdoors to reconnect to self, others and the natural world. Immersive activities that slow down the body and mind to become focused, creative, intuitive, playful, connected. Nature is our main teacher, guiding us in exploring new ways of doing and being. We care deeply about our planet's ecology and are committed to leaving no trace during our stay in Nature.



TrailHaven works with certified WGA Wilderness Guides, UIMLA Mountain Leaders and UIAGM Mountain Guides.



Trailhaven's Trail Principles

Wilderness Trails are designed to challenge you and help you become a better leader. We offer a safe and caring learning environment designed to reconnect you to self, others and nature.

Witness Nature's magnificence: the seasonal cycles of growth and decay, the interaction and collaboration between all species.

WE DESIGN AND RUN OUR TRAILS USING **FOUR PRINCIPLES**

SIMPLICITY

We tend to overcomplicate the world and our work. **Nature's simplicity** puts our challenges into perspective.

SILENCE

There is power in silence. It creates space for intuition. It helps you **see, think and feel things differently**. Solutions will emerge without effort.

STRETCH

Break out of your comfort zone in a challenging and safe environment. We **learn outside our comfort zone**.

SYNTHESIS

Feel your **physical, emotional, mental and spiritual aspects connect**. We integrate all findings into a practical plan to take insights forward.



On the School of Lost Borders

For over 45 years, the School of Lost Borders has been offering programs to reintroduce modern day nature-based rites of passage ceremonies around the world. The School works through rites of passage, guide trainings, and other programs to support profound transformations individually and collectively.

The School's roots reach back to the civil rights and environmental movements in the United States of the 1960's which called out the need for initiated adults and elders. The span of community and participants range in ages, lifestyles, and cultures. SOLB's headquarters is in Payahuunadü, also known as the Owens Valley in California and their courses expand from the deserts of California, to the Rocky Mountains, to Europe, the UK, Australia, South Africa, and many diverse landscapes around the world.

The School operates from a place of deep trust in the wisdom of the land, the power of care-filled prayer and ceremony, and the innate beauty and wholeness of every human being.





TRAILHAVEN