

# the Transition Trail

A programme of day-tours, adventure and new learning in a beautiful and historic part of England



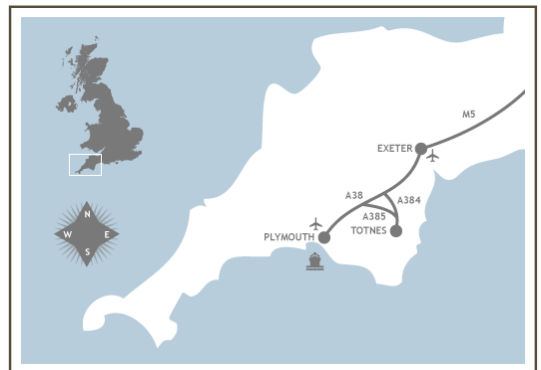
Challenging, connecting, informing and inspiring, this fun residential programme combines adventure, new learning, great food and beautiful scenery for a unique summer-break and an opportunity to positively engage with the issues of our time.

Reconnect with yourself, your history and your natural world. Be informed by new ways of thinking and doing. Be inspired by a showcase of projects and businesses that are leading society in a transition away from oil-dependence to an abundant and sustainable future.

Be part of an international group that becomes a team - living and working together, learning from each other and exploring the positive ways forward for ourselves, our businesses and our communities.

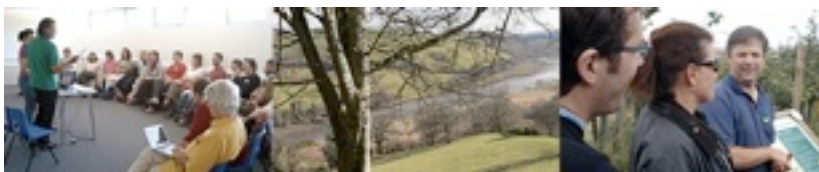
This is your opportunity to gain an insider's view of Transition Town Totnes and develop an in-depth understanding of the Transition model that is being taken up by communities around the world.

This is a unique chance to really live the principles of Transition. Enjoy!



## What you can expect

- guided visits to a showcase of inspiring businesses and projects
- to discover special hidden corners of the South Devon countryside
- in-depth exploration of the Transition model
- a practical introduction to permaculture
- opportunities to share skills and work on real outdoor conservation projects and gardens
- a deeper connection with your self, your ancestry and the natural world
- a team-based experience that is relevant to you and your needs
- quality food, company and scenery
- fun, healthy, active time in a beautiful and historic part of England



**Who is it for?** Anyone looking to become more active in these times of change, to learn about and live the Transition model and to spend some quality time in a beautiful and historic part of England.

**Languages** English will be the main language. Programme staff also speak Italian German, French and Spanish.

**Families** are welcome but parents and guardians are fully responsible for children in their care at all times. All sessions and activities are designed for

adults so may be tiring for some little ones.

**Abilities** This is a busy programme designed for people of average physical mobility. It includes some long days out in the countryside, walking through some areas of rough and muddy ground, potentially overgrown in places, as well as the occasional steep staircase and outdoor toilet. This is a safe and rewarding experience that some people may find satisfyingly challenging at times.

**Dates:** 15-22 August 2009

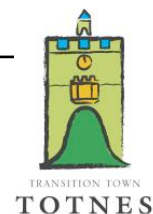
**Cost:** £699 inclusive full board

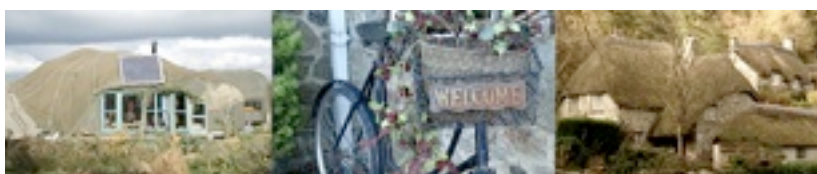
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### Some of the places you will visit:

**Landmatters Permaculture Project** community of eight households pioneering a model of sustainable land management and low-impact living.

**Tuckenhay** picture-postcard village on the River Dart, rich in industrial archeology from the days of water-power.

**Dartmoor National Park** southern England's wildest landscape.

**Totnes** beautiful and vibrant little Tudor town with proud history, lively market and modern sustainability credentials

**Riverford Organic Farm** award-winning organic vegetable business decorated for its business ethics, outstanding kitchen and produce.

**Dartington Hall Estate** medieval estate that hosts a range of artistic and sustainability-focussed projects, including Schumacher College.

**Landscape** pioneering integrated sustainable land-use, including eco-construction and future farming.

### Some of the people you will meet:

**Rob Hopkins** co-founder of Transition Town Totnes, author of the Transition Handbook and most public face of the Transition Network.

**Sophy Banks** key influence in the development of the inner aspects of Transition and co-founder of Transition Training.

**Naresh Giangrande** co-founder of Transition Town Totnes and Transition Training and initiator of TTT's energy group.

**Martin Crawford** pioneer of forest gardening in temperate climates and founder of the Agroforestry Research Trust, currently receiving significant attention for its potential for domestic and commercial horticulture and farming with high productivity and biodiversity and very low dependence on fossil fuels.



### The programme staff

Both are trainers accredited by the Transition Network with international experience.

**Hal Gillmore**, from a South Devon farming family, is actively involved in Transition Town Totnes and works part-time for Landscape at Schumacher College. His professional background includes tourism, business development, training and leading wilderness expeditions overseas.

**Ellen Bermann** born and lives in Italy and has German origins. Has a degree in geology and a passion for permaculture. Her professional background includes ecotourism and sustainability within the tourism sector, change management and editorial work. Co-founder of Transition Italia.

### Accommodation

You will stay in Sharpham House, a Palladian mansion set in a Capability Brown landscape, spectacularly located on a bend of the tidal River Dart with views upriver over Totnes onto Dartmoor and downriver over steep, wooded hills. The house is owned by the Sharpham Trust which manages the house, gardens and estate to sustainability principles, providing a peaceful location for study, reflection and relaxation. [www.sharphamtrust.org](http://www.sharphamtrust.org)



Accommodation will be in shared twin rooms with shared bathroom access. Some single rooms and private bathrooms maybe available at extra cost on request. Meals in the house are vegetarian, as local and organic as possible.

### Optional three-day extra

Pending availability and demand, you may extend your stay at Sharpham House from 22nd-25th August. Enjoy the tranquility of this magic place after your busy programme and make the most of your visit to this region. There is much to do and visit nearby including the world-famous Eden Project, model community farm - Occombe Farm, historic Dartmouth, boat trips and some great walking along fantastic coastal cliffs and beaches.

### A little bit of the history...

**Totnes** and its surrounding District is known and loved by residents and visitors alike - a lively, friendly place that retains its character as a traditional market town with a proud rural heritage, whilst accommodating a vibrant, forward-looking culture of dynamic thought, debate and activity.



As the world moves into a period of great uncertainty, the growing number of **Transition Towns** are embracing it as a time of great opportunity - a time to once again value our rural skills, our ingenuity, our creativity and our traditions. A time to value and engage our communities and all their members. A time to work together to imagine and create the kind of society we really want to live in.

According to medieval legend, Britain began in Totnes. More recently, Totnes gave birth to the Transition movement which has since spread to an ever-increasing number of communities around the world.

After just 3 years, there are 192 Transition Towns ... Islands, Estates, Villages ... worldwide, including cities such as Nottingham, Tokyo, Melbourne, Barcelona and London.