



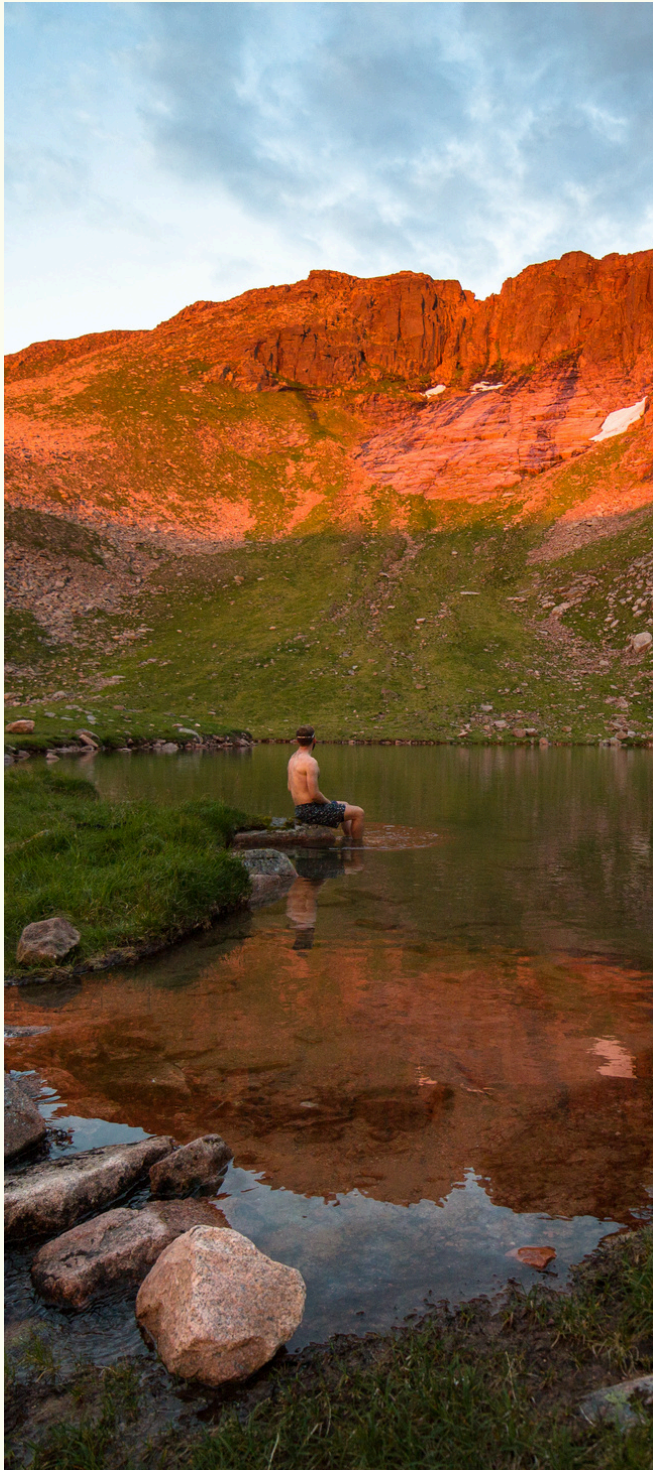
Wilderness Experiences

Your paragraph text



The Sweat Lodge

In Partnership with Calum Maclean



Wild Scotland

Combining an incredible Scottish location, wild swimming, a rustic woodland sauna, and wilderness skills, this truly unique event sees presenter and outdoorsman Calum Maclean collaborate with bushcraft experts at the Wilderness Folk School.

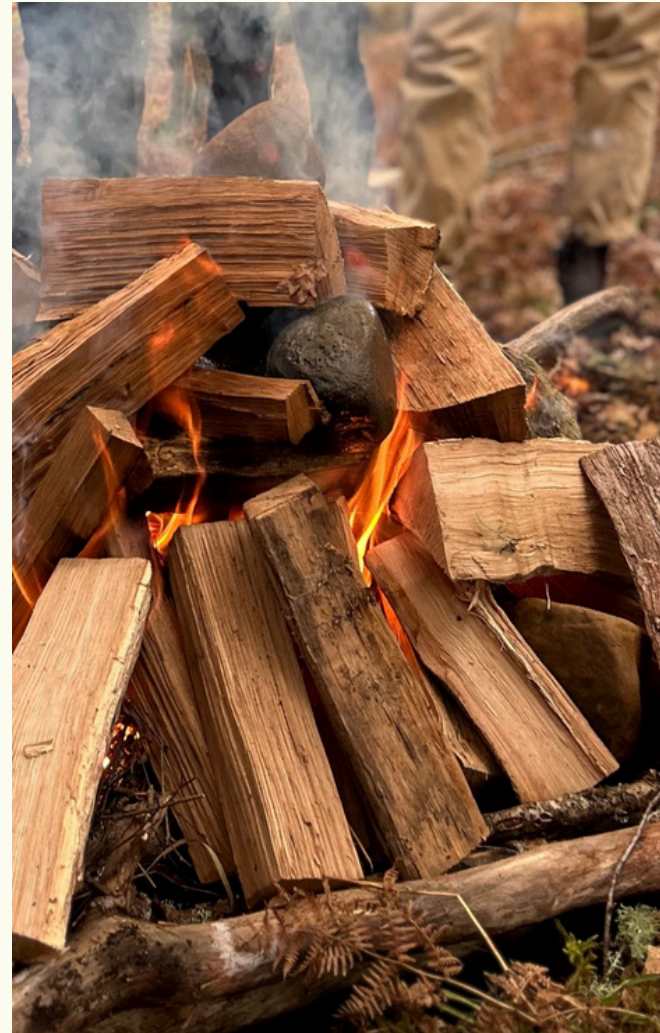


The Experience

We lead you through ancient woodland to our remote, secret wild swimming spot. Arriving at the waters edge, the Folk School team guide you in the building of a rustic sweat lodge (sauna) using native hazel wood.

Selecting and heating rocks over the fire to create the heat source for our sweat lodge, you are learning an ancient technique used for thousands of years for recreation and ceremony.

As the smell of lunch cooking over the embers wafts through the canopy, Calum guides you in the benefits of swimming in Scotland's wild waters as you turn from the refreshing waters to enter the steamy heat of the woodland sweat lodge.



After a 2-course lunch cooked over the campfire, the team leads you on a plant walk to learn about Scotland's native flora. The landscape comes alive as you explore Gaelic history and folklore through Calum's eyes and the survival and bushcraft uses of plants and trees from the Folk School team. How to make glue from trees, which can be used for medicines, food, shelter, and cordage? Which plants were important to our ancestors?

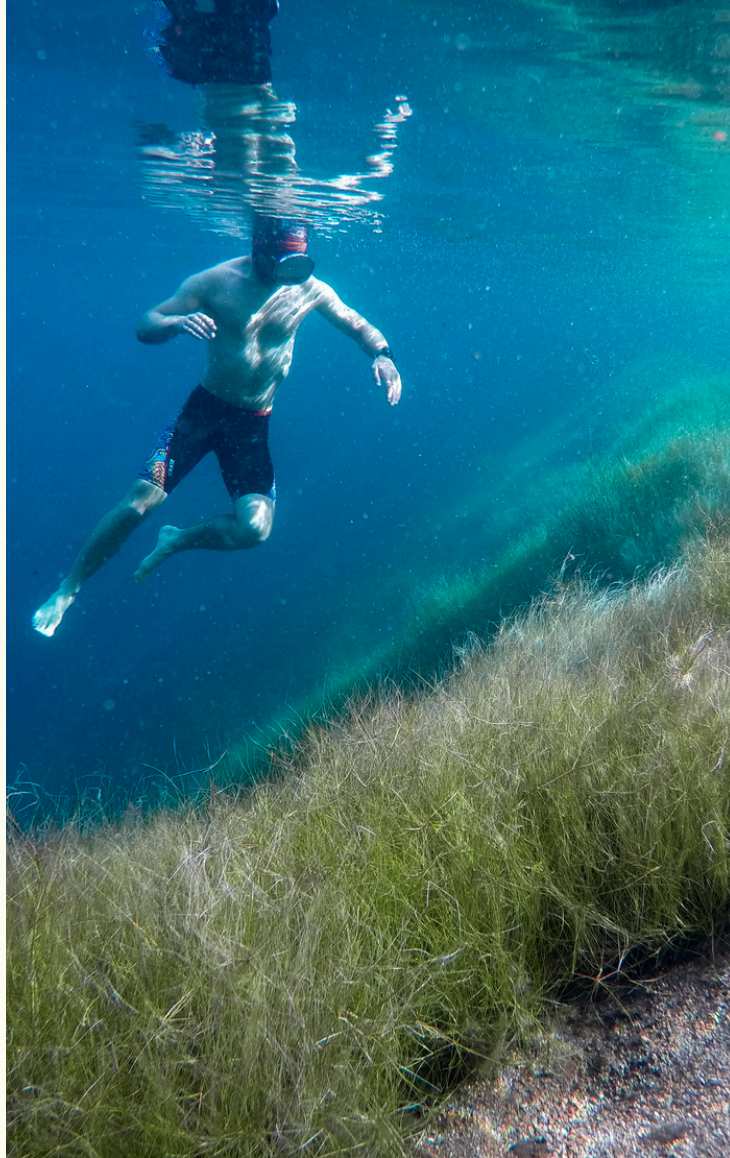


About Calum

Calum Maclean is an adventurer, broadcaster and writer, based in the heart of Highland Perthshire. Author of 1001 Outdoor Swimming Tips, he is currently undertaking a project to swim Scotland's longest river, the River Tay across an entire year.

As a native Scottish Gaelic speaker, Calum can open up a whole new world when it comes to understanding the outdoors in Scotland. Combining a knowledge of placenames with looking at native plants, local folklore, myths and customs, Calum can reveal more about the land around us and instill a sense of place.

www.caldamac.com



Wilderness Folk School

The Wilderness Folk School team are hand-picked group of some of the UK's most respected bushcraft instructors, wilderness guides and outdoor educators:

Itinerary

- Guided walk into our secluded wild swimming location
- Participate in the building of a traditional sweat lodge (woodland sauna), using native hazel wood.
- Learn how to light the fire and heat up the sweat lodge rocks.
- Wild swimming workshop with Calum followed by a decompress in the sweat lodge.
- 2-course lunch cooked over the campfire.
- Native flora and fauna walk with Calum and the Folk School team; learn about folklore, plant uses, Gaelic culture and more.

Details

Where

Ancient woodland, nr Aberfeldy, Perthshire

How long

1 day event to multi-day options available

Group Size

Up to 12

Suitable for

All ages and abilities, you are in safe hands.

Included

2-course lunch, snacks, warm drinks.

Info & Booking

wildernessexperiences@folkschool.uk

We can tailor this event to suit your requirements and seamlessly scale this up to a multi-day event to include overnight stays in the woods or luxury accommodation