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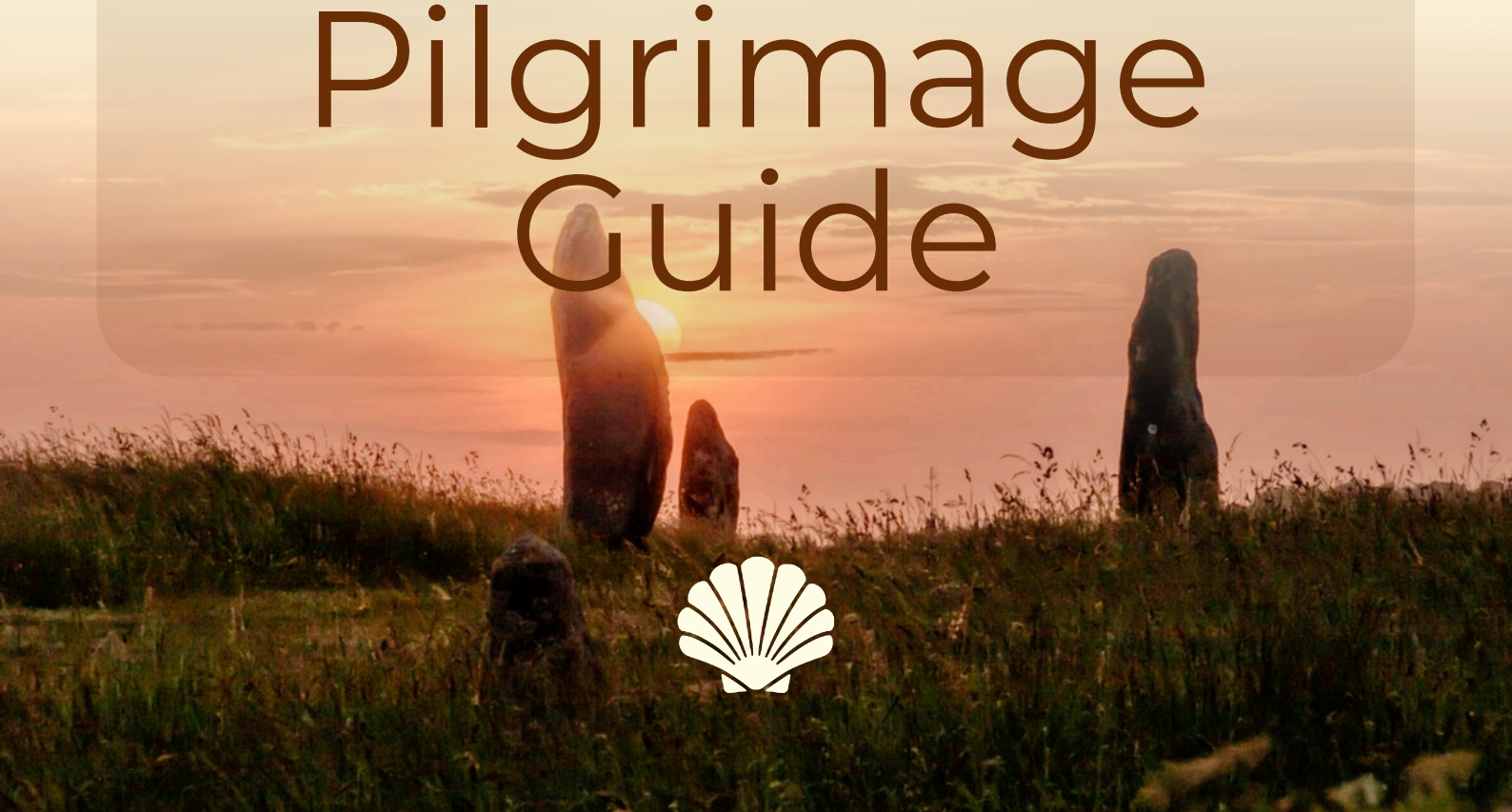
Avebury

PILGRIMAGE

Walk. Connect. Remember.

26th - 30th May 2027

Pilgrimage Guide



Welcome!

The Avebury Pilgrimage is five days of walking, sacred places, ceremony, reflection and community, set within one of Britain's most extraordinary ancient landscapes.

We'll follow ancient pathways between stone circles, burial chambers and sacred sites, spending our nights sleeping in historic churches that have welcomed pilgrims for centuries.

This is the original Wisdom Wellness pilgrimage, and it's a little different from our other adventures. The walking is gentle, the pace is unhurried, and there's plenty of time to explore, reflect and simply enjoy being together.

We'll share meals, stories, laughter, quiet moments and probably a few late nights. There's something rather special about spending five days with a group of people who begin as strangers and leave as friends.

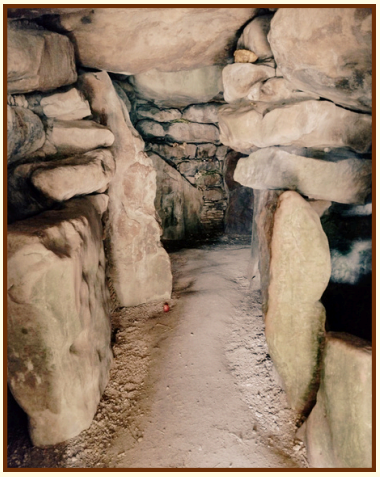
You don't need to arrive with any particular beliefs, spiritual experience or grand intention. Just bring yourself, a little curiosity and a willingness to step outside everyday life for a few days.

This guide will give you a feel for what to expect, from our unusual accommodation to the walking, food and activities. Full practical details will be sent out before the pilgrimage.

Jo







Our Pilgrim Churches

For four nights, we'll be sleeping in three beautiful historic churches, each with its own character and history of pilgrimage. By staying in these sacred spaces, we're bringing a little of that ancient tradition back to life.

St Catherine & St Peter, Winterbourne Bassett — Wednesday
Our first night is spent in a lovely little church with traditional wooden box pews. These create wonderfully cosy, private sleeping spaces, almost like little dens. Facilities are basic, with an outside toilet a short walk away and bottled water provided for drinking and hot drinks.

St James, Avebury — Thursday & Saturday
A much larger, more open church with a long history of welcoming pilgrims. The movable pews give us plenty of flexibility to make ourselves comfortable. There's an indoor toilet, running water and a small kitchen area, so we can even manage a warm flannel wash!

Christ Church, East Kennett — Friday
A beautiful, intimate church where we often settle down to sleep near the choir pews. This one has a separate kitchen with cooking facilities and a toilet. It's also where we'll gather around the campfire for hot chocolate, toasted marshmallows and our fire ceremony.

Winterbourne Bassett



Avebury



East Kennett



What to bring

This is church camping rather than conventional camping. There are no tents to pitch, but you'll need to bring your own sleeping mat or air mattress, sleeping bag and pillow.

There are no showers during the pilgrimage, although washing facilities vary between the churches. You'll also need comfortable walking clothes, sturdy footwear, waterproofs and a day bag for our walks.

A full kit list will be sent out before the pilgrimage.

Food and Drink

Food is a big part of our time together, and we keep things relaxed and sociable.

Breakfast is included each morning, with a simple continental-style spread to start the day.
Lunches are usually enjoyed at local cafés, with Friday's lunch provided and waiting for us at East Kennet.
Evening meals include local pubs, a shared community meal on Thursday and an Indian takeaway on Friday

Thursday evening is our community meal! Everyone brings something to share, and we'll gather in Avebury Church for food, conversation, music and a little entertainment. There's a village shop if you'd prefer to buy something on the day.

Breakfast and Friday's lunch are included. All other meals are at your own expense. Please let me know about any **dietary requirements** before booking.

Itinerary

Wednesday 26th May

Arrival at Winterbourne Bassett – Settle in, welcome and introductions – Opening ceremony and intention setting – Dinner at The Winterbourne

Thursday 27th May

Morning meditation - Breakfast – Windmill Hill – Adam and Eve Stones – Walk into Avebury – Lunch at Circles Café – Free time – Bring & share community meal

Friday 28th May

Morning meditation - Breakfast – Silbury Hill – West Kennet Long Barrow – Walk to East Kennet – Lunch at the church – Free time – Indian takeaway – Campfire, hot chocolate and marshmallows – Sacred fire ceremony

Saturday 29th May

Morning meditation - Breakfast – The Sanctuary – Silent barefoot walking – The Ridgeway – Six Barrows – West Kennet Avenue – Lunch at Unhenged Café – Inner Dance or Yin Yoga – Dinner at a local pub

Sunday 30th May

Morning meditation - Breakfast – Guided tour of Avebury Stone Circle – Closing ceremony and blessing – Lunch at Unhenged – Return transport to Winterbourne Bassett – Depart







Route & Terrain



What to expect
Avebury is a gentle pilgrimage, with relatively easy walking across mostly flat countryside, ancient pathways and open fields.

There are a few gradual inclines, particularly around Windmill Hill and West Kennet Long Barrow, but nothing especially steep or technically demanding.

Our walking distances are:

- Thursday — approximately 6.5 miles
- Friday — approximately 3 miles
- Saturday — approximately 3 miles
- Sunday — a gentle stroll around Avebury Stone Circle

Preparing for the walk
You don't need to be an experienced hiker to enjoy this pilgrimage, but you should be comfortable walking six to seven miles in a day.

Although the terrain is relatively easy, we'll be walking on grass, farmland and uneven paths, so comfortable, sturdy footwear is important.

Your day pack
You'll need a small backpack for water, waterproofs, snacks and anything else you might want during the walks.

Our overnight belongings will be transported between the churches, so there's no need to carry your sleeping kit along the route.

A note on pace
We walk together, and we don't rush. There will be plenty of stops for exploring sacred sites, taking photographs, resting and enjoying the landscape. The intention is to experience the places we're visiting, rather than simply cover the miles.

If you're unsure whether the walking will be manageable for you, please get in touch before booking.

Ceremony & Reflection

Sacred intention is at the heart of pilgrimage, and throughout our five days together we'll weave in ceremonies, meditation and moments of quiet reflection.

These practices are invitations rather than obligations. You don't need to follow any particular spiritual tradition, and you're welcome to participate in whatever way feels right for you.

Opening & Closing Ceremonies

We'll begin by coming together in sacred intention, taking time to consciously step away from everyday life and enter the pilgrimage.
At the end of our five days, we'll gather again to reflect on our experiences, close the pilgrimage and receive a departing blessing.

Fire Ceremony

Friday evening is one of my favourite parts of the pilgrimage.
We'll gather around the campfire at East Kennet for a simple ceremony of release and transformation, considering what we're ready to put down or leave behind.
There will also be hot chocolate, marshmallows and probably a fair amount of laughter.

The Sanctuary

At the Sanctuary, we'll take time to walk barefoot and in silence, connecting with the earth beneath our feet and the ancient sacred landscape around us.

Inner Dance or Yin Yoga

On Saturday afternoon, we'll have a dedicated session for slowing down and reconnecting with ourselves.
Depending on the final arrangements, this will be either an Inner Dance experience or a restorative Yin Yoga session.

Avebury Stone Circle

On Sunday, a local Pagan Priest will guide us through the stone circle, sharing his knowledge and relationship with this extraordinary sacred place.

As with all our activities, the programme may be adapted to suit the weather, the group and the conditions on the day.

Ready to join us?
Visit wisdomwellness.co.uk to book your place, or email jo@wisdomwellness.co.uk if you have any questions.