

# Women's Weekend Adventure

11 - 13 September | Abergavenny - Hay on Wye

*Looking for your next adventure with slow travel by bike and a chance to fully reset?*

Reconnect with nature, challenge your body, and reset your mind with our fully guided 3-day bikepacking and wellness escape. A chance to take a proper break from modern life. Space to just be.



Ride  
Root  
Restore



*Explore more*



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*Join Gabrielle (backtothewoods) and Joe (founder of Roam bikepacking) for a weekend of true adventure and the space to properly slow down and just be.*

This trip is designed for like minded women looking for a physical challenge, and ready to reconnect with themselves, to nature, and to each other. No experience in any of the below needed. A regular/good level of fitness required to get up those hills!

Bikepacking 🌸 Forest Bathing 🌸 Yoga 🌸 Pilates

### *What's Included*

- 3 days guided bikepacking
- Pilates, Yoga & Forest Bathing
- Wild swimming opportunities
- 2 nights cosy hotel stay
- Breakfasts and lunches included
- All bikes & kit provided
- Small group (max 10 women)



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