

# EXPERIENCES

Escape on an action-packed adventure, explore the Gower, refresh your spirit, get creative together. With our experiences, there's something for the whole group, whatever the weather.



✓ ACCREDITED



✓ PROVEN IMPACT



✓ SUSTAINABLY DRIVEN





# Anything but ordinary

**Our Group Experiences take you firmly away from the everyday and immerse you in extraordinary meaningful activities that will bring out the best in you.**

At Down to Earth Project, we believe that every adventure is an opportunity to connect, learn, and enhance your well-being by immersing yourself in nature.

Whether you're a school looking for an educational break, or a community group seeking a fun and engaging activity, our half-day, full-day, and multi-day residential programmes are designed to bring people together and foster meaningful experiences.

We offer a diverse range of outdoor adventures from hand on volunteering in our **In Our Nature Experience** to a mindful

relaxation in our **Re-Connect Experience** to exploring the breath-taking landscapes of Gower in our **Gower Explorer Experience**, through to our flagship **Down to Earth Experience**,

Whether you're eager to strengthen connections, build team spirit, foster creativity or simply reconnect with nature there's something for everyone.

So, gather your group, escape the ordinary and get outdoors!



**Mark McKenna MBE**  
*Founder*

# Our experiences



## Down to Earth Experience

Our flagship programme combining challenge, reflection, and team-building in a unique natural setting.



## In Our Nature

Hands-on volunteering that builds purpose, teamwork, and a shared sense of achievement.



## Re-connect

A restorative experience focused on mindfulness, stress reduction, and personal resilience.



## Gower Explorer

Guided exploration of the stunning Gower Peninsula, ideal for inspiring fresh perspectives and team reflection.



## Build Me Up

Unleash your creativity in a relaxed, community-focused setting where you'll master sustainable woodworking techniques using reclaimed or responsibly sourced wood.

**Enjoy our experiences as a half-day, full-day, or mix and match for a fun multi-day residential adventure!**

# Doing Good Things Together<sup>™</sup>

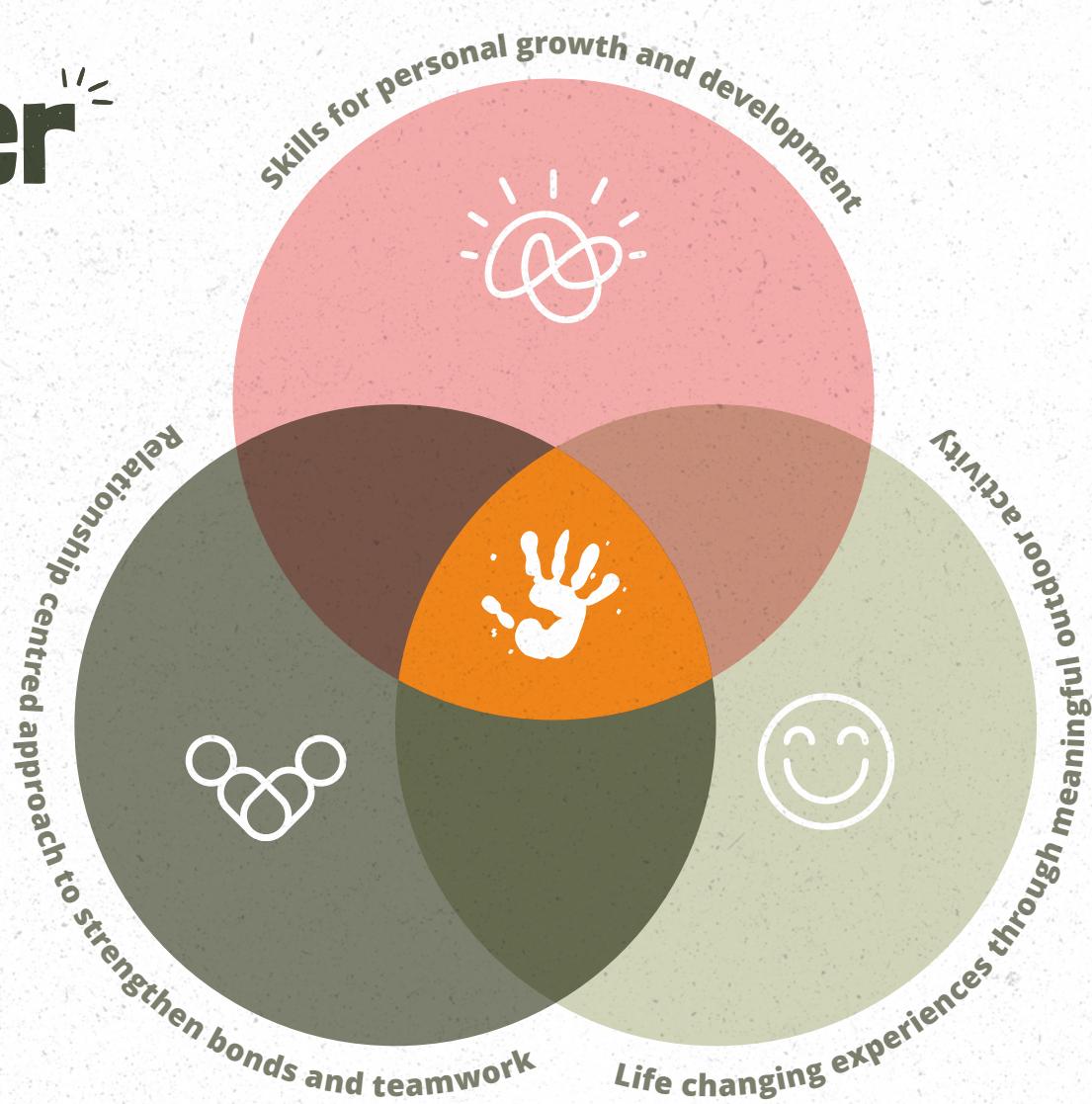
Step into the *Down to Earth Way*—where shared outdoor experiences inspire growth, connection, and meaningful impact.

Every programme we offer is rooted in our core values of **learning**, **connection**, and **wellbeing**. Through practical, hands-on activities, your group will build teamwork, resilience, and a deeper bond with each other and the natural world.

Our carefully designed experiences go beyond the typical team day—they empower individuals, strengthen relationships, and create lasting positive change.

With the Down to Earth Way, every challenge is an opportunity to grow.

Doing Good things together.



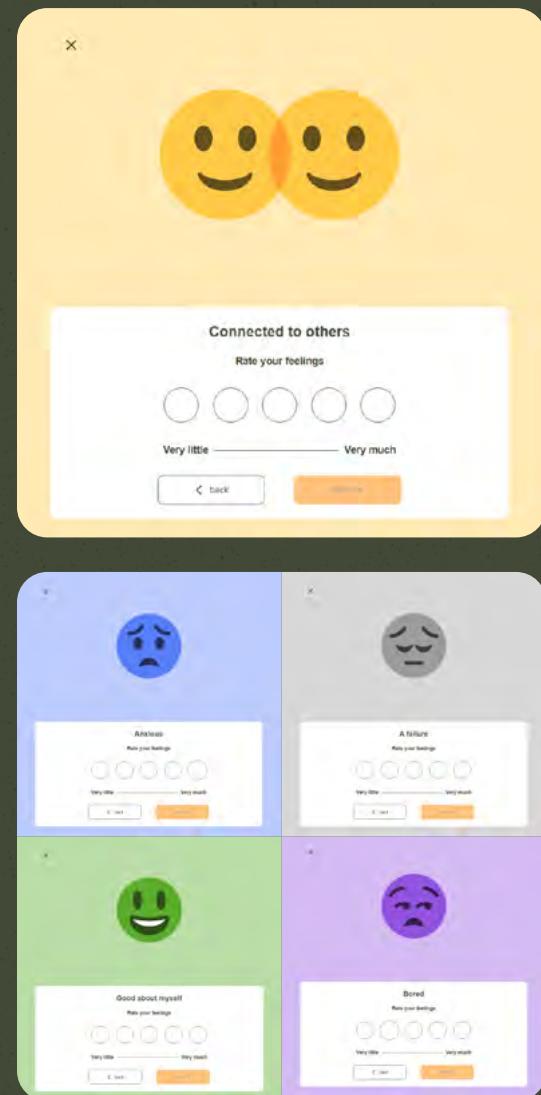
# Impact you can see and measure

**Our outdoor Experiences deliver real clinical impact—whether it's young people building with natural materials or neuro-rehabilitation through woodland management.**

To track change, we use My Emoji, our inclusive wellbeing tool co-designed with participants. It's simple, visual, and proven to measure depression, anxiety and mood—regardless of literacy.

Used by the NHS, schools, community groups, health boards, and charities, My Emoji demonstrates clear outcomes and provides clear, inclusive evidence of change.

That means trusted data and powerful outcomes—making the impact of your time at Down toEarth visible and measurable, for everyone involved



# Down to Earth EXPERIENCE



FULL DAY

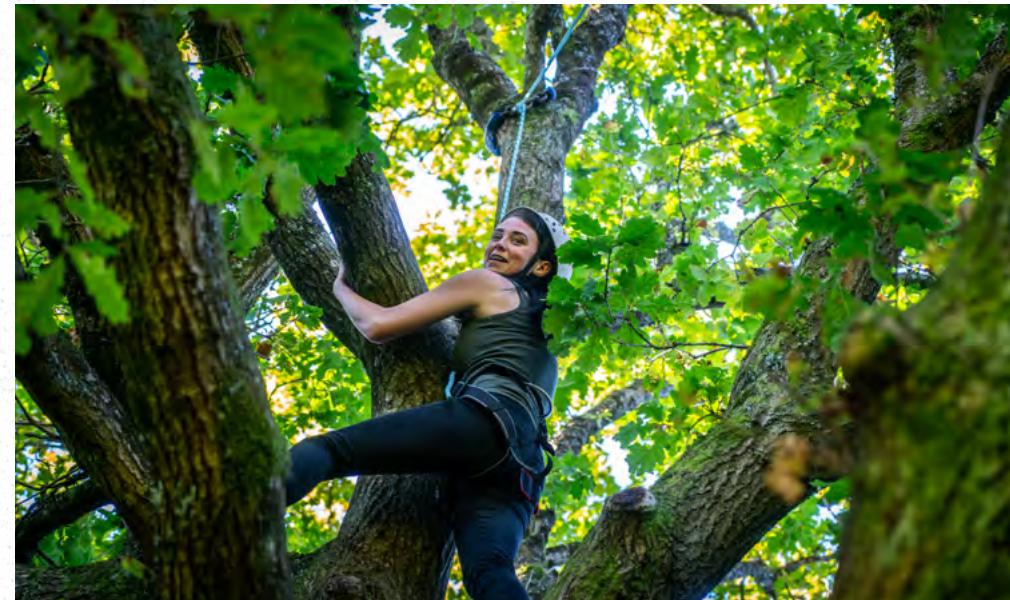


HALF DAY



RESIDENTIAL

Our flagship experience at Down to Earth, and our most popular with groups since 2005, offers a unique opportunity to reconnect with nature and nurture your wellbeing. You'll gently develop skills in mindful green woodworking, challenge yourself with a tree climb, and learn the ancient art of lighting a campfire without matches. As you gather around the flames to share food you'll reflect on the day's experiences, building deeper connections with your team and the natural world. This day is all about learning, connection, and embracing the sustainable use of the outdoors to enhance your wellbeing.



## Build Trust through the Tree Climb

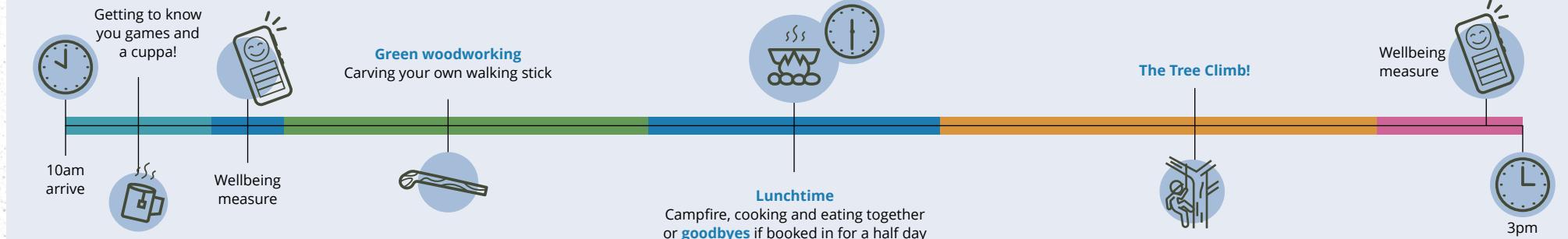
Encourage teamwork and communication as participants navigate the tree climb. Working together to overcome challenges builds trust and strengthens connections, enhancing both personal and group dynamics.

“

*The day at Down to Earth was incredible! The green woodworking was calming, the tree climb challenging yet fun, and learning to light a fire without matches was such a great skill to pick up. Sharing a meal around the fire with the group was the perfect way to wrap up the day. I left feeling more connected to nature and the team – it was a truly memorable experience!*



## What to expect from the day (example programme)



### Promote Wellbeing with Nature and Fire

Gather around a fire to enjoy good food and reflect in nature. The calming atmosphere supports mental wellbeing and fosters a sense of unity and relaxation among participants.



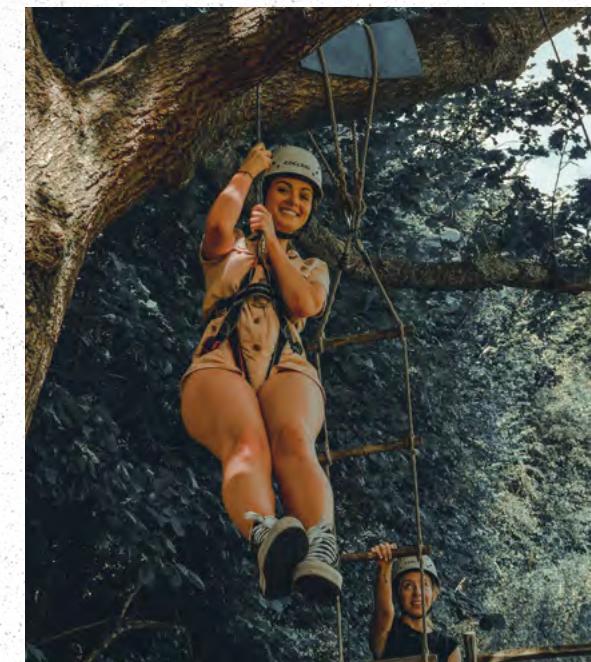
### Introduction to Green Woodworking

Engage in the mindful practice of carving walking sticks. This hands-on activity promotes focus, patience, and skill-building, offering a peaceful way to connect with nature and yourself.



### Develop New Skills through Hands-On Experience

Encourage growth and learning by engaging in hands-on activities. Whether climbing, carving, or connecting with nature, participants will develop practical skills that boost confidence and provide valuable tools for personal and team development.



### Book the Down to Earth Experience

See page 14 for information on booking, options and pricing

# In Our Nature



FULL DAY



HALF DAY



RESIDENTIAL

Find out what makes Down to Earth an award-winning experience you'll never forget. Get involved with a volunteering day, where you can make a positive impact on your community while connecting with nature! Participants are encouraged to get hands-on with our activities that promote sustainability. We'll be working on various projects, such as maintaining the forest garden and our sustainable buildings and green spaces. It's a fantastic opportunity to learn new skills, meet like-minded individuals, and enjoy the great outdoors. Whether you're a seasoned volunteer or a first-timer, your efforts will help preserve and enhance our natural environment. Let's roll up our sleeves and make a difference together!



## Encourage environmental Stewardship

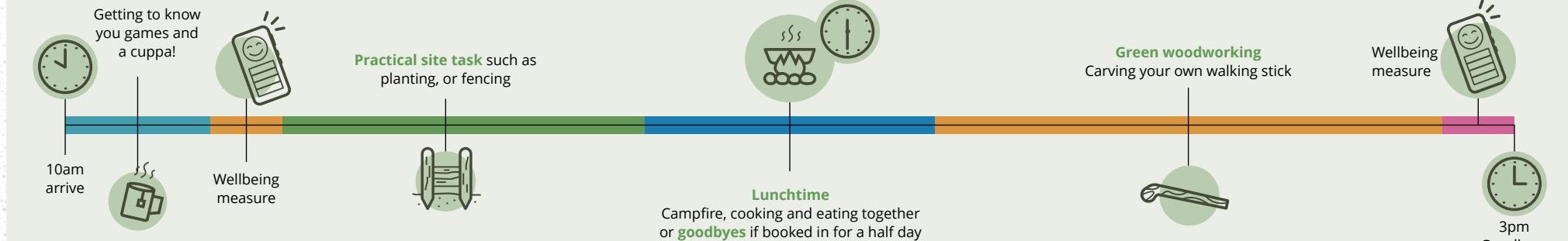
Foster a sense of responsibility for the care and preservation of natural resources through education and participation in eco-friendly activities

“

*"Volunteering here has been an amazing experience – not only am I helping to create a more sustainable future, but I'm also learning so much about eco-friendly practices and how to grow food responsibly. It's great to be part of something that makes a real difference!"*



## What to expect from the day (example programme)



### Cultivate long term care for the environment

Inspire participants to take proactive steps towards protecting local ecosystems, such as wildlife conservation, forest preservation and water management.

### Teach sustainable practices

Provide tools and knowledge for individuals to practice stewardship at home, such as composting, energy conservation, and using sustainable materials.



### Encourage volunteerism

Motivate individuals to give their time and their skills to community driven environmental projects, fostering a sense of responsibility and collective action



### Book the In Our Nature Experience

See page 14 for information on booking, options and pricing

# Re-Connect



FULL DAY



HALF DAY



RESIDENTIAL

Join us for a Re-Connect experience, designed to refresh your mind and spirit in the great outdoors! We'll spend the Day immersed in nature, engaging in activities that promote relaxation and mindfulness. Enjoy moments of reflection and connection with others while discovering the calming effects of the natural environment. This experience is all about nurturing your health and wellbeing and recharging amidst the beauty of nature.



## Reduce stress

Encourage relaxation and stress relief through immersion in natural environments and mindfulness practices.

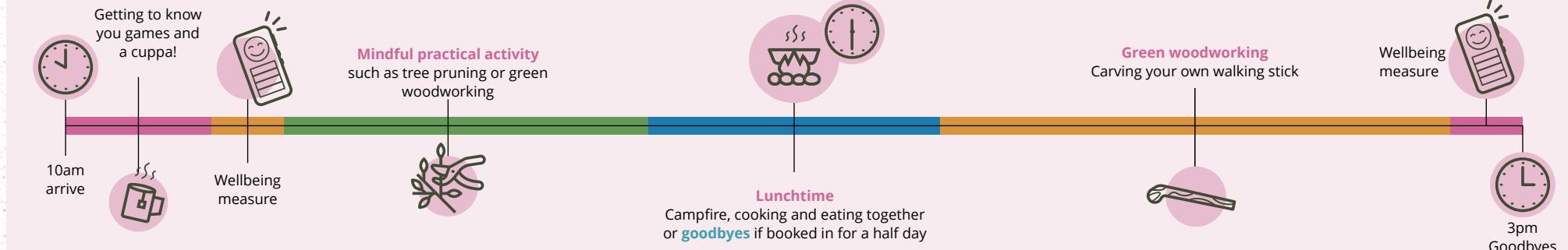
## Enhance mental health

Promote emotional wellbeing by fostering positive thoughts, reducing anxiety, and improving mood through nature exposure.

“

*“Em and Ian have been brilliant facilitators - they have given us space and time to build a team, develop connections, explore experiences AND teach us. It has felt seamless with a holistic approach, which has definitely maximised my learning.”*

## What to expect from the day (example programme)



### Connect with nature

Foster a deeper appreciation for the natural environment and its ecosystems.

### Foster community

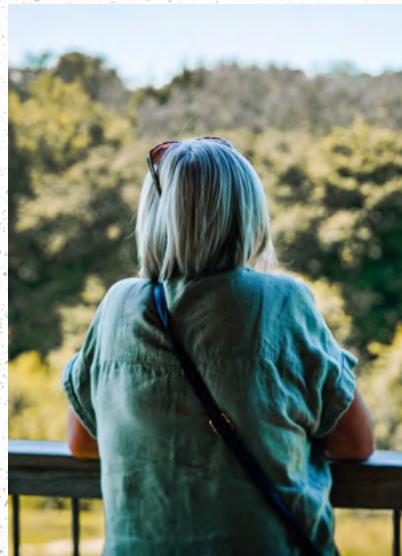
Build Connections among participants, encouraging friendships and shared experiences.

### Inspire creativity

Allow space for creative expression through activities like nature art, journaling or photography.



*"I feel so lucky to have been able to have the opportunity to do this course. It is so interesting and inspiring and I feel like it has been absolutely perfect for me. I'm looking forward to putting everything into practice."*



### Book the Re-Connect Experience

See page 14 for information on booking, options and pricing

# Gower Explorer



FULL DAY



HALF DAY



RESIDENTIAL

Discover Gower, the first place in Britain to be named an area of Outstanding Natural Beauty, where we'll dive into the natural beauty of this stunning area! Together, we'll journey through the breathtaking landscapes, uncover hidden gems, and learn about local wildlife and history. The experience will include engaging activities, guided nature walks, and fun group challenges. This is a fantastic opportunity to connect with nature and your group and to create lasting memories in the heart of Gower. Let's explore Gower together!



## Promote physical activity

Encourage participants to engage in hiking and other physical activities in a fun, outdoor setting.

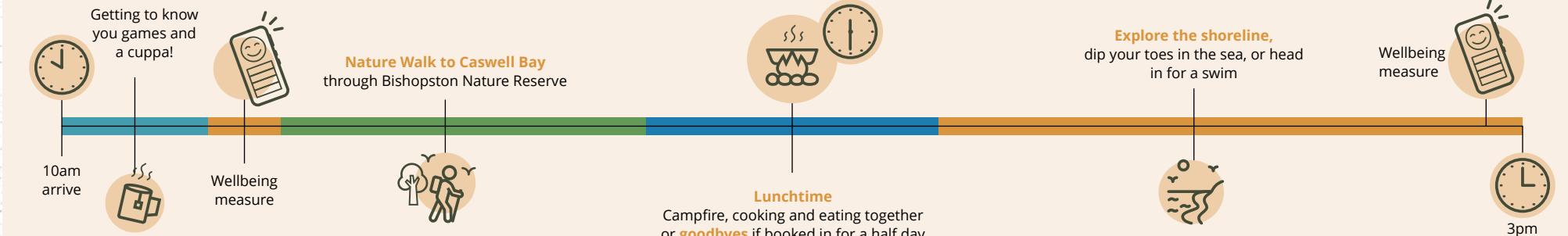
## Develop survival skills

Teach basic outdoor skills such as foraging, shelter building and navigation.



*“Such a beautiful day! What a way to inspire, motivate and enthuse. The Power of nature! Oh how we underestimate it”*

## What to expect from the day (example programme)



### Enhance environmental awareness

Educate participants about the unique ecosystems and biodiversity of Gower.

### Foster teamwork

Build community spirit by engaging in group activities and challenges.

### Create lasting impressions

Facilitate opportunities for participants to connect with one another and share experiences.



### Book the Gower Explorer Experience

See page 14 for information on booking, options and pricing

# Build Me Up



FULL DAY



HALF DAY



RESIDENTIAL

A Down to Earth Woodwork Experience is a hands on experience focused on teaching the fundamentals of woodworking in a sustainable way. Participants of all skill levels are invited to engage in creative practical woodworking projects using reclaimed or sustainably sourced wood. Guided by experienced facilitators, offering an opportunity to explore traditional craftsmanship in a relaxed community-orientated atmosphere, attendees learn essential woodworking techniques to create a product. A perfect blend of skill building, creativity and sustainable practices.



## Promote sustainable woodworking

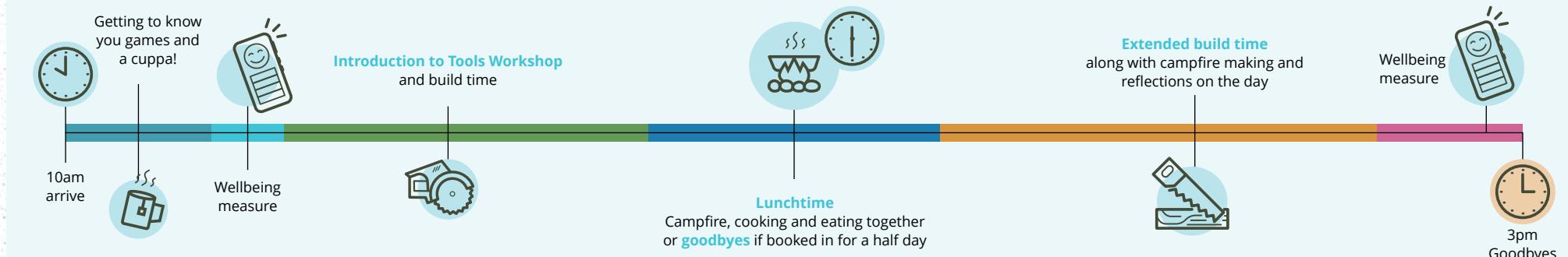
Encourage the use of reclaimed or sustainably sourced wood and techniques to reduce environmental impact.

“

*“Such a lovely place! I've loved every second of today, I don't want to leave! A very calm and welcoming space, with such a lovely team.”*



## What to expect from the day (example programme)



### Teach practical woodworking skills

Provide hands on instruction in essential woodworking techniques, such as measuring, cutting, sanding and assembling. Suitable for beginners and enthusiasts alike.



### Build community connections

Create a collaborative environment where participants can learn from each other, share ideas, and work together on projects fostering a sense of community

### Empower DIY skills

Equip participants with the confidence and knowledge to continue woodworking projects at home, supporting a self sufficient and environmentally conscious lifestyle.



## Book the Woodwork Experience

See page 14 for information on booking, options and pricing



# Pricing Information

Since 2005, we've been creating experiences that combine fun, adventure, and practical skills. Our sessions foster teamwork, resilience, and genuine connections, empowering participants to make a positive impact on themselves and others.

We offer flexible options for groups of between 6 and 20+, with the freedom to choose the duration and accommodation that best fits your needs.

## Book your Experience:

For more details or to book your experience, get in touch.  
Call **01792 232439** or email  
[info@downtoearthproject.org.uk](mailto:info@downtoearthproject.org.uk)

				
<b>Duration</b>	3 hours	5 hours	1 full day + 1 half day + 1 overnight stay	1 half day + 2 full days + 2 overnight stays
<b>Price</b>	<b>£55 per person</b>	<b>£85 per person</b> + any flexible choices	<b>£160 per person</b> + any flexible choices	<b>£265 per person</b> + any flexible choices
<b>Option</b>		Combine two half-day experiences for a full day!	Combine half-day and full day Experiences for a Residential Experience!	Combine half-day and full day Experiences for a Residential Experience!
<b>Day 1</b>	10:00 AM - 12:30 PM	10:00 AM - 3:00 PM	10:00 AM - 3:00 PM Accommodation check-in at 3:00 PM	10:00 AM - 3:00 PM Accommodation check-in at 3:00 PM
<b>Day 2</b>			10:00 AM - 12:00 PM Accommodation check-out by 9:00 AM	10:00 AM - 3:00 PM
<b>Day 3</b>				10:00 AM - 12:00 PM Accommodation check-out by 9:00 AM

## Flexible choices

At Down to Earth, we understand that everyone's needs and preferences are different. That's why we offer a range of flexible options to help you get the most out of your time with us.

Whether you'd like to add extra evening activities, adjust your meal options, or choose a specific accommodation style, we'll work with you to make sure your experience is just right.

### Evening Activities

**From £36 per person.**

Enhance your experience by adding an evening activity or two to the itinerary, options include:

#### A guided walk across Gower, to Arthurs Stone

Known as Arthur's Stone, or Maen Ceti in Welsh, legend has it that the king found the rock in his shoe and threw it all the way from Carmarthenshire. Touched by the hand of King Arthur, the stone grew in size. This is a beautiful walk from Little Bryn Gwyn across the Gower AONB - keep an eye out for the pretty, wild horses grazing the common!

**Duration:** 2 hours

**Approx distance:** 4 miles

#### An Introduction to Green Woodworking

Discover the art of green woodworking as you craft your own walking stick, using pyrography (wood burning) to decorate it

#### Bushcraft skills

Learn essential bushcraft techniques, including fire-building without matches. Afterward, you'll enjoy a campfire snack prepared over the flames.

**Duration:** 2 hours

## Catering

**Breakfast packages:** from £7.50 p/h

**Sandwich and snack lunch:** from £7.50 p/h

**Lunch cooking activity – Down to Earth Organic home bred**

**Sausages on the fire:** from £7.50p/h

**Cold light lunch buffet:** from £12.00 p/h

**Hot evening meal:** from £18 p/h

We believe in embedding our approach in everything we do, including what we eat!

We work with a range of local ethical catering partners who can offer a variety of options for varying dietary needs, featuring organic, locally sourced ingredients, all prepared with sustainability in mind.

Of course if you would prefer to provide your own meal – that's fine too!

#### Refreshments

**Organic and fair trade drinks and biscuits:** from £2.20 per

## Accommodation

**On site camping:**

**On site Residential Centre  
(subject to availability):**

**9 en suite rooms accommodating up to 20 guests:** from £750 per night (£37.50 per person, per night based on 20 guests)

**Local hotel accommodation.**

A wide range of local options. More information available on request.  
From £130 per room, per night

## Accreditation

As an approved NOCN and Agored Cymru centre, we can offer full or part qualifications in a diverse range of subject areas from construction and cooking to woodland management.

**Pricing £46 per credit, per person**



# Our two sites – where your programmes will be based

Hand-crafted by and for our groups: our inspirational learning spaces have been created by the very people who get to use them, immediately communicating both how much they are valued and also their inherent potential to learn new skills through creating a lasting beneficial legacy to others



## Murton

**The first Down to Earth site on Gower, Our Murton site has been a pioneering example of sustainable design since 2005.**

This zero-carbon venue combines handcrafted natural timber framed and earthen buildings with green roofs, and cutting-edge renewable technologies.

We generate our own electricity with a 22kW solar array, harvest rainwater, and use wood burners fuelled by our own woodland. The site's biodiversity-enhancing architecture is a testament to what can be achieved through community-led sustainability.

Located just 10 minutes' walk from Caswell Beach and 5 minutes from Mumbles, Murton feels secluded yet is perfectly accessible.

This outdoor venue features a timber-framed roundhouse, offering a covered space for year-round enjoyment. A cob seating area with a fire pit creating a cosy, communal atmosphere, while a raised deck provides panoramic views across the site. Our site also includes an organic food garden with a polytunnel and pigs reared for organic meat, offering hands-on experience in sustainable, small-scale food production. Designed to enhance biodiversity, the venue fosters a deeper connection with the environment.

## Little Bryn Gwyn

This venue showcases jaw-dropping architecture built to exceptional sustainability standards.

Little Bryn Gwyn has been designed to demonstrate how our approach works with larger scale infrastructure and provides increased capacity and inspiration for larger group bookings,

Our south facing buildings are designed to be heated by the sun in the colder times of the year, and shaded from the sun in the warmer months. The 12kW solar electric (PV) array produces our electricity, and with a ground source heat pump and highly efficient wood burners, our buildings show it is possible to blend both old and new technologies

This site is nestled in the heart of Gower AONB and a stones throw from the historic Arthur's Stone on Cefn Bryn.



### Residential Centre

Adjacent to our training centre at Little Bryn Gwyn is a nine bedroom fully en-suite residential centre, which was built by young people on our vocational programmes. With thoughtfully arranged living areas, well equipped spaces, a cosy snug, welcoming communal areas, and a dedicated team of staff, it's the perfect base for an experience day or retreat.



Sleeps up to  
22 guests



Wheelchair-accessible  
wetroom bedroom



From £575  
per night



Search **Little Bryn Gwyn** on [Airbnb.co.uk](https://www.airbnb.co.uk) or scan the QR code



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Near Llanrhidian, Swansea SA3 1BG

What 3 Words: **scrolled.songbirds.toads**

Tel: 01792 232 439

Email: [info@downtoearthproject.org.uk](mailto:info@downtoearthproject.org.uk)



### Your booking with us makes a difference...

Since 2005 we have been supporting people to bring about positive change in their lives through meaningful outdoor activity. As a Social Enterprise, every penny we earn is used to fund this important work.

### Find out more

Tel: 01792 232 439

Email: [info@downtoearthproject.org.uk](mailto:info@downtoearthproject.org.uk)

[downtoearthproject.org.uk](http://downtoearthproject.org.uk)

Down  
To  
Earth

