



Centre Saint Hugues de Biviers

Centre for Ignatian Spirituality

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Summer 2014

International Hiking Retreat – French Alps

This retreat in the French Alps is housed by the Ignatian retreat centre St Hugues de Biviers at appr. 1.5 hour from Lyon or Grenoble airports.

Every day we will hike around six hours together with participants from different countries. We will discover mountain chains close to Grenoble such as Belledonne and Chartreuse. During the morning we walk in silence.



The rhythm of the hiking, the nature and the magnificent views all invite you to leave the concerns of home behind you and create the space you need.

During the meditations you will journey through this landscape with texts from the Bible.

The mutual exchange of thoughts with others is an important aspect of this retreat.

All of this will help to create the right conditions to re-read your life and recognize God's footprint on it.

The sharing takes place in either English or in French. The texts and the meditations are presented in two languages (French, English).

Participants should be able to speak one of these languages fluently; and speak a bit of the other language as well.

Hiking with a group of people in the mountains requires your physical condition to be very good. Each morning we climb for about 3 to 4 hours (excluding breaks) if the weather permits. The climb involves an ascent of about 800 to 1200 metres (2800-3900 feet) followed by an equivalent descent. Any doubts concerning your own capabilities can be discussed during the conversation which will take place after your pre-inscription.

The organization of the day is adjusted to the longer hikes, meaning that we leave the Centre every day early in the morning (7.45 am) to



return by the end of the afternoon. The drive to the starting point might take up to 55 minutes.

Accompaniment & organization of this session:

Guy Delage sj

Allard Kouwenhoven, member

of the Ignatian movement CLC

Dates: **Saturday August 23rd (5pm) – August 30th (9am) 2014**

Cost guideline: € 435,- (stay and accompaniment) ; extra for transport into the mountains: appr. € 40

Inscriptions per email to accueil@st-hugues-de-biviers.org or via our website (in French). The inscription only becomes definite after a telephone conversation with one of the organizers to ensure expectations have a good chance of being met from both sides.