

# Arete 2024

## A Wilderness Expedition for Fathers

June 27th – 30th

Join us for a 4-day wilderness journey for up to 10 fathers (including non-conforming and non-traditional father identities), using wildness and adventure as a way to tap into deep reserves of compassion and vitality in order to restore care for themselves, their families, and the earth.

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*"An arete is a crisp rock feature where two sides of a mountain come to a clear, dramatic, and defined point. Aretes are often difficult yet exhilarating."*

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### OVERVIEW

This is an invitation for fathers to retreat to the mountains for 4 days and three nights: to find the clarifying arete together, and to move through forests, valleys, and ridges that inspire and revitalize. This is a mountain journey that goes beyond recreation, working to re-create patterns of health, strength, and balance for fathers. Join our inspired group of dads in order to be in the mountains (alone and together), remembering the nourishment of the earth's rivers, and the solidity and definition of her ridges and peaks. The journey will be rugged, yet supportive of participants that have limited experience in the mountains, with an intentional skill progression helping participants to move safely and confidently in the wilderness. This early summer excursion will afford the opportunity to witness the dramatic changes in season and ecology and all the vitality that comes with this.

### DETAILS

- This adventure is intended to reconnect us with ourselves, other dads, nature, and spirit.
- We will be inspired, rejuvenated, enriched, and strengthened by this journey.
- Meditation and Contemplative Practices
- Storytelling & Ritual
- Celebration & Ceremony
- Includes Circles, Councils, and focused conversations
- Solo opportunities
- Infused with inspiration from spiral of Joanna Macy's Work that Reconnect and Bill Plotkin's soul-centric models.
- Wilderness as teacher: trusting the wisdom and power of wild lands to open internal spaces for growth and connection
- Peak climbs and other physical challenge
- Team building through the mundane and essential elements of self care, group-service, cooking, cleaning, and tending to camp needs

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If you're at all interested please reach out to learn more:

Tim Hare  
[Tim.a.hare@gmail.com](mailto:Tim.a.hare@gmail.com)

Noah Goldstein  
[noah@heartseedhealth.com](mailto:noah@heartseedhealth.com)

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More information on next page...



# PREREQUISITES

Self-define as a father

Interest in self discovery; desire for deepening connection to the earth and emotional intimacy with others

Ability to hike up to 7 miles in a day with a 40-50 pound backpack

No other previous experience or skills required. A secondary outcome of the journey will be to share and develop backcountry skills, especially for those that are looking to expand their knowledge-base and abilities

# YOUR GUIDES:

## Tim Hare

While often co-created and self directed, Tim's role as a guide will help to craft a container for the experience and also to sort out all the details that make it hard for dads to get out in this way to begin with! He has over 20 years of professional guiding and personal expeditions throughout the US West, Alaska, the Central Andes, Amazon, Patagonia, and the Nepal Himalaya, including notable mountaineering, rock, and alpine ascents. He has had the opportunity to work with a diversity of ages to create meaningful connections to the natural world and nurture personal growth and transformation. Tim's approach involves pure adventure, ecological literacy, engaged conversations, ceremony, writing, and other creative forms in order to connect to ourselves, each other, and the earth. He thrives in wild, topographically complex places, and has a way of helping others feel capable and competent in these settings. As a partner and father of two, he is blessed to be able to weave these experiences into his family life and greater community. He and Shannon, along with their two kiddos, Celia and Mason, have called the Boulder area home for 10 years, and have also used it as a base for extended domestic and international travels. Tim's current work is to support the building of regenerative culture in an increasingly degenerating world, using nature connection, changes in risk tolerance, and facilitated spiritual connection to the earth and our latent humanity. He has trained as an Active Hope facilitator within Joanna Macy's Work That Reconnects, and is motivated by the fact that working with fathers and families is one of the most direct ways to shape a new future and heal our fractured relationship with our Mother Earth. Tim is also a risk management professional, having worked as Director of Risk Management for an adventurous international education program for 7 years and is a certified Wilderness First Responder.



## Noah Goldstein

Many trails and journeys converge to bring Noah's skills, experience, and knowledge to this expedition. His roots are in training in ecology and conservation biology which matured his love of nature and backpacking to include trekking the Andes and Rainforests of Ecuador.

Noah ultimately found himself as a guide in the terrains of the body and psyche as a Doctor of Acupuncture and Chinese Herbal Medicine in his private practice, Heartseed Health. His approach integrates coaching and shadow work into acupuncture sessions to provide truly holistic healing. Because he views individual healing and cultural change and healing as fractals of each other he's been compelled to facilitate groups and work with communities. To that end he founded Council of Fathers, an organization that runs mens groups, workshops, and a podcast to help support and enrich the lives of dads (which ripples into their families). His family has taught and continues to teach him about the human experience. He, and his wife, Rachael, are raising three lovely and whimsical kiddos, Hazel (9), Zephyr (6), and Netta (2). They live in Boulder where they spend most of their free time in the spring, summer, and fall tending to the garden and land and celebrating the many gifts of the Earth, while living into the question of how to honor this sacred world while living in the anthropocene.

# COST:

Sliding Scale **\$1150 - \$1500 - includes food and guiding.**

That said, please do not hesitate to reach out if you are interested but the cost is out of reach. This is essential, community and earth-centered work, and cost should not be a barrier to access.

Not included - gear and transportation costs (we will arrange carpools from Boulder)