



**Start Lines – Sol Journeys
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For many people, outdoor experiences involve some form of inner exploration. It might be as simple as finding our limits by pushing ourselves or it could be a spiritual revelation on a journey of discovery.

A new company, Tucson-based Sol Journeys, has formed to help people learn more about themselves through specially designed outdoor experiences – where the focus is on personal transformation while journeying.

“Our journeys are about discovering amazing new places, enjoying great food and lodging, and awakening your ‘inner adventurer’ through travel, hiking, backpacking, biking, yoga, and massage,” says Sol Journeys founder Jill Hewins. “On our retreat journeys we focus more on yoga and exploring the path to self-compassion.”

Hewins, an experienced bicycling (mountain and road) and hiking guide, has hired highly qualified guides, massage therapists – several from Canyon Ranch, and top yoga teachers who will guide you through every facet of your journey and inspire you to explore both your inner and outer landscapes.

2006 adventures include six-day backpacking trips on the Paria River, a Paria River Backpacking trip that focuses on personal growth through The Work – a powerful method of self inquiry, a six-day Hawaii adventure that combines massage treatments and daily yoga with exploring the southern half of the Big Island, a 12-Day road bike trip from Idaho through the mountains of Montana and a two-day mountain bike school in the Tucson area.

Hewins says trips planned for 2007 and 2008 include three- and four-day adventures in the Southwest, hiking in Machu Pichu and elsewhere in Peru, yoga and hiking in Hawaii, kayaking in Baja, yoga and trekking in New Zealand, meditation and hiking in Death Valley, epic biking adventures in Colorado and the Southwest and backpacking the canyons of Utah.

“We are also available for custom and private trips,” Hewins added. “We are currently putting together a Grand Canyon river trip for a client.”

For more information call 520-275-4759, email info@soljourneys.com or go online to soljourneys.com.