

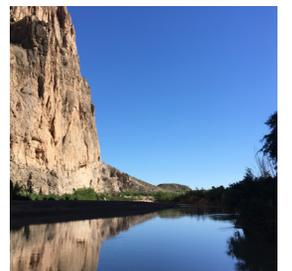
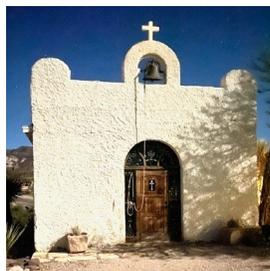


## Camino de Big Bend

WEST TEXAS | OCTOBER 17-21, 2022

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Join Threshold Expeditions for a pilgrimage through the mountains, rivers, and deserts of Big Bend National Park. As we traverse the place where “rainbows wait for rain,” we’ll spend time with sacred writings, contemplative practices, and meaningful conversations designed to cultivate mindfulness. Ghost mountains, great rivers, and desolate deserts will help us discover, reflect upon, and transform our lives.





Our journey takes us up the sky islands of the Chisos Mountains, renowned for their birds, bears, and ghosts, down into the canyons of the Rio Grande, where borders grow thin, and across the Chihuahuan Desert, full of hidden life and clarity. Lodging at the award winning Lajitas Resort, dining at local favorites, coaching with professional runners, nutritionists, mindfulness and spiritual guides, will have you emerging from this pilgrimage more grounded in mind, body, and spirit.

part of  
exclusive curated series

## Pilgrimage

MINDFULNESS + AWARENESS

These pilgrimages are for those seeking meaningful connection between their minds, bodies and nature. Expect to engage with:

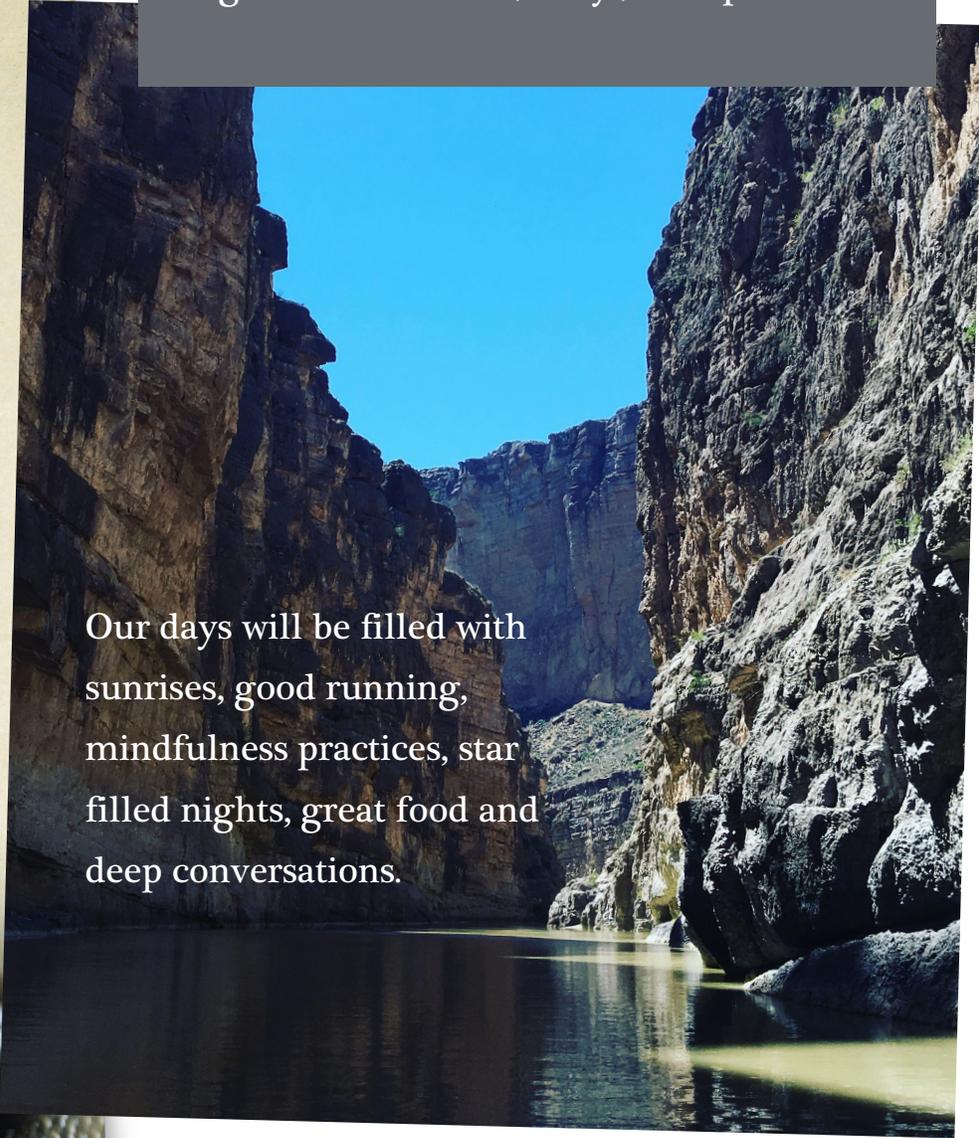
### *Meditations & Mindful Eating*

3 different types of meditation including: The Tao Te Ching, Abrahamic Scriptures, and the Poetry of the Southwest

### *Pilgrimage Passport & Journaling*

Join us for a unique blend of discovery, reflection and fun in this beautiful and inspiring place.  
6-15 miles per day.

Our days will be filled with sunrises, good running, mindfulness practices, star filled nights, great food and deep conversations.



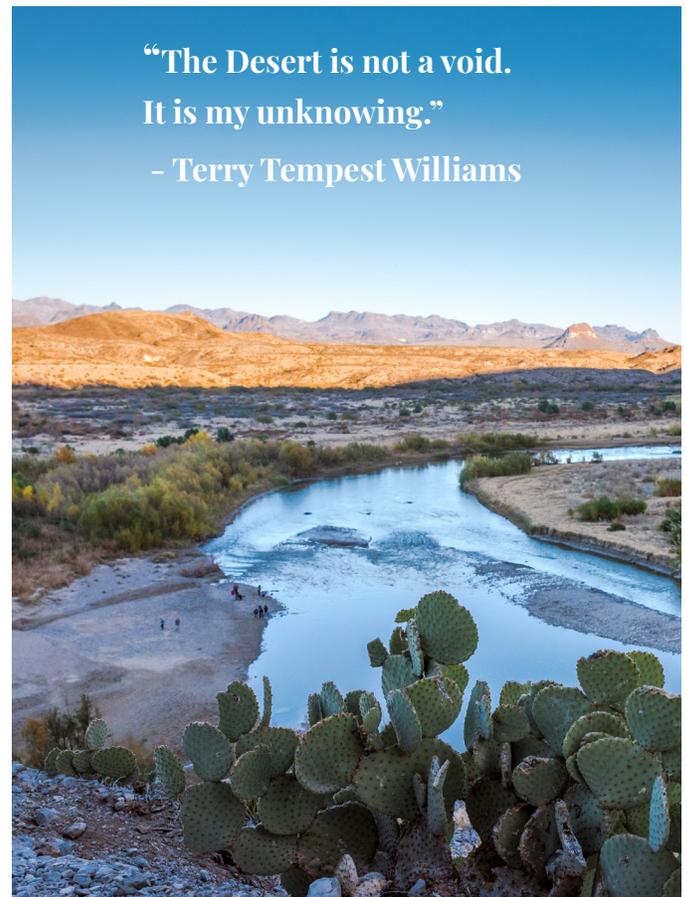


## Highlights

South Rim & Emory Peak      Body Scan Meditations  
Power Hike                      Evening Rituals &  
Individual Coaching          Conversations

## The Mountains

Our rhythm of coffee, meditation, and mindfulness practices continues before our shuttle delivers us into the Chisos Mountains for a twelve to fifteen mile power hike. The South Rim trail will take us through the birding paradise of Boot Canyon and out along the “best view in Texas” overlooking the Rio Grande and Mexico. An optional climb to the summit of Emory Peak (7,824’ and the highest point in the park) will challenge both your legs and your courage. Lunch in the Chisos Basin and optional afternoon side hikes will round out our mountain experience.



“The Desert is not a void.  
It is my unknowing.”  
- Terry Tempest Williams

Upon returning to Lajitas, pilgrims enjoy time for rest, reflection, journaling, or social time. We’ll enjoy dinner at the resort pizzeria and then adjourn to our evening habits of conversation, stargazing, and calming liturgies.

“Gonna lay down my heavy load.  
Down by the riverside. Down by the  
riverside. Down by the riverside.”  
- African American Spiritual

## DAY 4 | THUR OCT 20, 2022

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### Highlights

Old Maverick Rd to Santa Elena Canyon Run      Prayer Bead Meditations

Individual Coaching      Terlingua Ghost Town

### The River

Coffee, meditation, sustenance- repeat. Today our shuttle delivers us to the Old Maverick Rd, where pilgrims will enjoy a fun, fast, downhill run (7-13.1 miles) paralleling Alamo Creek, and sweeping runners past Rattlesnake Mountain, an old farming settlement, and yucca lined approaches to the Rio Grande. At the end of the run, pilgrims will ford Terlingua Creek, and enter Santa Elena Canyon where its 1400' sheer cliffs guarantee a cool dip in the river. A catered lunch, Maxwell Scenic Drive, and an optional hike to Cattails falls will conclude our runs in the park.



A late afternoon craft and meditation session with wooden prayer beads provides pilgrims with tangible tools for a return to their regularly scheduled lives. The evening is capped off with a trip into Terlingua Ghost town for dinner, music and evening conversations and liturgies inside the local cemetery and chapel.

**“You will not find a prime minister in Big Bend, a president, or even a candidate, beyond the lion, the javelina, the eagle lighting on its nest.”**

**- Naomi Shihab Nye**

## DAY 5 | FRI OCT 21, 2022

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### Highlights

Sunrise Run to Balanced Rock

Leave Taking Ritual

### Life Preparations

Pilgrims will rise a wee bit earlier to take their morning brews and breakfast tacos before returning to Balanced Rock for an 8am sunrise ritual and mediation of leave-taking. With blessings, gifts, and contact information exchanged, pilgrims will then head home with the strength, community, and calm to meet whatever awaits them.





## West Texas

### MEALS

Curated alcohol will be included with several of the meals, but additional alcohol cost will be responsibility of the guest. Also included:

- Daily snacks
- 4 Breakfast
- 4 lunches
- 4 Dinner

### LODGING & LUGGAGE TRANSPORT

4 Nights at the award winning Lajitas Resort in Terilingua, TX.

All luggage transfer, housekeeping gratuities, daily shuttle to and from Big Bend Park trails and optional transfer at end of trip to El Paso International Airport.

### DESTINATION DETAILS

Local Time:

Central Standard Time Zone

October climate averages:

High °F 75

Low °F 55

Evenings and early mornings can be chilly; Refer to packing list for suggested gear.

### OTHER INFORMATION

Do not book air travel until you receive confirmation of trip from our curation director that the trip will proceed as planned. We strive to always make improvements to our trips and if we make any important changes before departure our trip curation director will be in touch.

Reservations for the spa at the Lajitas are recommended in advance and are not included in the price of the trip.

This trip is curated to cultivate the pilgrim experience with planned activities. Please be sure to check the trip schedule before making spa reservations. Additional gratuities for guide team not required but appreciated.

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Routes and itinerary are subject to change

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### ARRIVING & DEPARTING

Our group meets in El Paso Texas for an early departure drive to Big Bend National Park/Terilingua, TX. (4hr 23 mins). We will meet our group at 8:30 am in front of the Stanton House Hotel in El Paso for departure. Please reach out to our trip curation director if you plan to meet the group directly in Terilingua. We recommend flying into and returning from El Paso International Airport (ELP).

The trips ends 10 am after our time together at Balanced Rock. We will then begin our shuttle back to El Paso International Airport in time to make late afternoon departure flights. Please coordinate with the trip curation director if you wish to continue your stay in the Terilingua area or return to the Lajitas Resort to continue your own travels.

**Threshold**  
EXPEDITIONS

**Exclusive Running Expeditions  
for the Adventurous Travler**

ThresholdExpeditions.com