

# MenAware

Cloud Mountain Homeland  
Wednesday 20 - Sunday 24 May 2026



View from Cloud Mountain Homeland into the Tweed Caldera

## Our Journey

A MenAware Nature Retreat provides an experiential container where we explore our relationship with self, other men and nature in a safe and caring environment. During our time together we will investigate the possibility to live a fulfilled, authentic and sustainable life and how we can extend this into our relationships and the communities we live in. The retreat program will draw upon a flexible combination of yoga, meditation, mindful walking, discussions around the campfire, shared meals and our unique, creative celebration of mankind.

***THIS WILL BE OUR FINAL GATHERING AFTER 17 YEARS OF CONDUCTING MENAWARE NATURE RETREATS ACROSS AUSTRALIA.***

We are very honoured to return for this final retreat to **Cloud Mountain Homeland**, where the Yatra project started in 2006 and the MenAware project started in 2009. This beautiful, private property is nestled between the Nightcap and Mt Jerusalem National Parks, and offers breathtaking views into the Tweed Caldera with walking tracks leading directly into the parks on either side. Generations of Bunjalung People passed through this country along the historic Nightcap Trail and the area remains of strong spiritual significance for the community.

Our journey is conducted under the shelter of ethical guidelines that invites us to cultivate mindfulness, non violence, generosity, kindness and renunciation. Part of our retreat program will be supported by noble silence. Each night we will be accommodated in our personal tents. An accompanying support team will provide hearty vegetarian meals and take care of camp logistics. At times help will be required with food preparation, clean-up, and setting up/packing down our camp. A MenAware Nature Retreat is an alcohol and drug free event.

## Our retreat will start on Wednesday 20 May @ 4pm

Due to limited access to Cloud Mountain Homeland carpooling will be essential. The driveway to our retreat location is suitable for 4WD vehicles only. We will organise transport to and from Cloud Mountain Homeland from Murwillumbah and Uki at 1pm and 1:30pm respectively.

We will also assist with airport pick-ups and facilitate carpooling from further afield.

Please state clearly in your registration form if you drive a 4WD vehicle and can assist with carpooling or if you require a lift from one of the pick up locations.

The retreat program will start around 4pm. Dinner will be served at 6pm.

## Our retreat will end on Sunday 24 May after lunch @ 1pm

We will organise transport back to Uki and Murwillumbah arriving before 2pm.

## Facilitators

**Ken Golding** has a diverse history of social and environmental activism, meditation and artistic expression and has been engaged in creating and presenting innovative workshops, courses and activities for men for over 35 years. He has facilitated multiple yatras and nature retreats over the past decade and currently teaches Buddhist influenced meditation using the Recollective Awareness approach. Ken has a deep concern about our collective environmental and social future and believes that working with men cannot be done in isolation from these concerns.

**Ronny Hickel** has studied, practiced and taught in various traditions of yoga, and buddhist dharma for the last 30 years. He is a yoga and tai-chi instructor, a qualified outdoor recreation guide and has trained in Hakomi psychotherapy. His approach is shaped by his love and passion for the dharma, nature connection, deep ecology and the cultural richness of our tribal traditions as well as modern science. He resides between the Northern Rivers & Tasmania where he works in human development and outdoor recreation, facilitating the dharma, nature connection and men's work.

## What to bring?

- ☐ tent
- ☐ good quality sleeping bag (rated 0 degrees comfort or below)
- ☐ camping mat
- ☐ appropriate clothing for hot, cold and wet weather
- ☐ sunhat, beanie
- ☐ towel, swimwear
- ☐ good (walked in) shoes for hiking
- ☐ daypack
- ☐ water bottle (2L)
- ☐ lunch box
- ☐ cup, bowl, plate, cutlery
- ☐ meditation cushion/stool, blanket, camping chair (if needed)
- ☐ torch and spare batteries
- ☐ toiletries
- ☐ blister plasters, medication (if required)
- ☐ musical instruments, journal (optional)

## Cost: \$500 Base Fee & Dana

**Base Fee:** The base fee covers all running costs of the retreat including food supplies, catering, camping fees, support vehicle hire, fuel, equipment, administration costs, etc.

**DANA** means generosity and forms a substantial aspect of providing this retreat. Following an old Buddhist tradition the facilitators & organisers of this retreat do not charge a fixed fee for their contributions, but offer their services as a gift. At the end of the retreat there will be an opportunity to offer dana in the form of a monetary gift in return. Dana supports the livelihood of yatra facilitators & organisers, keeps the dharma accessible and affordable, and cultivates a spirit of generosity.

## How to book?

1. Fill out and submit the online registration form – [CLICK HERE!](#)
2. Secure your place by making full payment of the Base Fee.  
**Account Name:** Yatra Bushwalking Club Inc  
**BSB:** 722744 (Southern Cross Credit Union)  
**Account No:** 100134728  
Please state 'MA26' and 'YOUR NAME' in the reference box.
3. You will receive a confirmation email to confirm your booking. Please note that we can secure a place only after we have received your registration form and full payment. Please do not make any travel arrangements before your place has been confirmed.

**Cancellations before the 26th April 2026 will qualify for a refund** minus a \$100 non-refundable administration fee. Unfortunately we are not able to offer any refund after this date. If you need to cancel please make sure you inform us in time so that your place can be offered to someone else.



*with love and gratitude from Ken and Ronny*

**For more information please contact Ronny on:**  
**0422 075 488**  
**[yatracontact@gmail.com](mailto:yatracontact@gmail.com)**