

MR PORTER

STRESSED IN THE CITY? IT'S TIME TO REWILD YOURSELF

For all the wonders of 21st-century life – zippy internet, a taxi at the drop of an app, the ability to turn on the heating without being home – sometimes we wish for a simpler existence. One where we trade in tower blocks for towering trees, power showers for lake swimming and evening takeaways for morning foraging. Right?

PayPal founder and all-round Silicon Valley icon Mr Peter Thiel knows what we mean. He may have bought swathes of isolated land in New Zealand for the impending AI apocalypse (no, really), but in the meantime, he's enjoying an idyllic, back-to-basics escape from the noise of the real world.

The desire to shun modernity and connect with nature isn't only a billionaire's fantasy. Human rewilding, as it's known, is a real movement. An offshoot of the rewilding conservation projects aimed at restoring land to its natural state, human rewilders take themselves off to remote places to immerse themselves in nature and learn how to survive and thrive in the great outdoors. These are not places for chest-beating alpha males – human rewilding is thoughtful, welcoming and spiritual, often combining skills such as knifemanship and medicinal foraging with meditation and mindfulness.

If that sounds appealing and you long to be free of the screen you are reading this from, you can dip a toe in at one of these retreats, where you will be introduced to the concept, learn new skills and recharge your batteries. And if the still of the wild sends you to a dark place, you can always get an Uber back to the bright lights...

Tony Riddle





“Start thriving, not just surviving.” That’s Mr Tony Riddle’s mantra. For nearly 20 years, the super-fit, barefoot-running lifestyle coach has been on a mission to teach the restorative powers of rewilding to stressed city slickers.

During his five-night retreat at Somerset’s peaceful 42 Acres, you will learn to disconnect from negative modern-day behaviours (read: phones and laptops) and encouraged to connect with your spiritual and emotional side through natural movement and primal play, barefoot walking, fire-making, cold-water immersion and the Japanese therapy of forest bathing, which involves walking slowly and mindfully through nature.

This is not for the uptight: every morning starts with a round of hugs from your fellow rewilders and the day is spent rolling about in the woods and attempting to take stock of your life and emotions. The payoff? Deeper sleep, a clearer mind and a sense of empowerment for you to, hopefully, carry home.

tonyriddle.com