

Table 2: A illustration of the hero's journey as an outdoor adventure programme.

Campbell's Stages Of the Hero's Journey	A brief explanation of the stage	The outdoor programme compared with Campbell's stages
The ordinary world	The conventional world of order, stability and routine and the place for which heroic deeds are done.	Work. The training course of which this was a part. The rural landscape and hostel accommodation of the programme's base.
The call to adventure	The realisation, whether from within or from elsewhere, that change is coming to you.	The invitation to explore the hero's journey through an adventure on the coastal cliffs.
The refusal of the call	At first the hero is reluctant to risk the comfort of the ordinary and argues for no change.	Feelings of uncertainty and doubt about participation. Questions seeking clarification and re-assurance. Asking for 'an opt' out clause.
Meeting the mentor	At times of new possibilities the mentor is someone who is skilled in making the journey and can help you in yours.	The staff took different roles including the storyteller or interpreter of the journey and the guide to the cliffs, the mentor. The seals watching offered another kind of mentor.
Crossing the threshold	The point of commitment when the hero enters the ambiguous world of uncertainty and new dreams. The threshold is often guarded so that the hero has to show resolve.	Dropping down onto the cliff base. Losing sight of the rural landscape. Passing through a natural sea arch onto the coastline.
Tests, allies and enemies	The new world appears chaotic and the hero is clumsy making many mistakes. At the same time allies and enemies reveal themselves.	Cliffs, rocks, sea, weather, wildlife and tide. Sand sculptures of the things to leave behind washed away by the tide. Learning to use special gear. Activities to build trust and develop spotting skills. A traverse to test these skills. "Caught" by the tide and challenged to find an escape.
The ordeal	At some point all may seem hopeless but the hero's resolve at last gives the dream vision and passion. The quest is on!	Next day's descent by abseil into a new coastline. Traversing, abseiling and climbing to find a hidden cave.

The road back	The temptation to stay in the adventure can be strong. The hero may still have to demonstrate talent and standards to earn the passage home.	Finding a way to the destination cave even though it is a tougher journey than before. Applying the new skills effectively.
The treasure	Symbolised in all kinds of ways the quest reveals some truth, strength or talent that will prove crucial on the return.	Entering the cave and finding seal pups. Taking part in meditative activities to support reflection on insights.
Crossing the threshold	The step back into the ordinary world as someone forever different and with new capabilities.	Returning to the hostel and having an ordinary meal.
Return with the treasure	The insight gained on the journey now finds its real value when applied to the problems of the ordinary world.	Sharing, where appropriate, the insights from the cave. Locating these in narratives of family and work. Celebrating with sparkling wine.
Celebration	A celebration of a safe return, the recognition of the gift and accepting the new role for the hero in the community.	A recognition amongst those involved and with other colleagues and family not involved of the outcomes and consequences of the experience.