



the  
leap

# *Midlife* Leaps

INVEST IN YOU WITH A LIFE-CHANGING MIDLIFE ADVENTURE



# Rediscover. Reconnect. Reignite.

Midlife isn't a crisis. It's a catalyst. A moment to pause, pivot and ask: what's next?

*Midlife Leaps* were born when our co-founder, Milly Whitehead, hit her own midlife moment and realised that adventure—real, raw and meaningful—was exactly what she needed to reset, reframe and rediscover her spark.

After two decades creating transformative travel for young people, she turned her focus to this rising tribe of midlifers craving something deeper.

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And just like that...  
*Midlife Leap* was created

These aren't holidays or wellness retreats.

They're immersive journeys combining cultural connection, hands-on contribution and bite-sized challenge which are designed to take you off the beaten track and straight into transformation.

MIDLIFE LEAPS

# Why purposeful adventure matters

Midlife is often framed as something to manage—with wellness retreats, bio-hacking tips, and clean-eating regimes offering short-term fixes. But what if this chapter was seen not as a problem to solve, but an opportunity to evolve?

*That's where purposeful adventure comes in.*

It shifts you out of autopilot. It challenges your comfort zone. It connects you to people, places, and projects that leave a mark.

Because the truth is: growth doesn't stop at 45. If anything, it gets more meaningful. A Midlife Leap gives you the space to reflect, the energy to reboot, and the clarity to rediscover what lights you up.

*This isn't just a holiday — it's a journey that redefines  
adventure, purpose, and connection.*



Every Midlife Leap is designed around *Challenge, Culture,* and *Contribution*, ensuring you experience variety, purpose and growth.

## Challenge

*Adventure that pushes limits and builds resilience.*

Trek across remote landscapes, dive into conservation work, or embrace new skills that stretch your comfort zone.

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## Culture

*Immersive experiences to broaden perspectives.*

Live and work alongside local communities, learning directly from them.

Participate in traditional customs, storytelling, and hands-on cultural exchanges.

## Contribution

*Meaningful projects that leave a tangible impact.*

Support community-led initiatives in education, conservation, and sustainability.

Leave behind something real – whether it’s protecting marine ecosystems or helping build schools.

IT'S A CHANGE OF STATE

# Midlife wins

Through the powerful combination of challenge, culture and contribution, you'll return:

## **Reconnect**

Rediscover what truly matters by stepping away from routine and into the present moment.

## **Recharge**

Find fresh energy through movement, nature, and purposeful living.

## **Contribute**

Be part of something bigger by working on projects that create positive impact.

## **Grow Confidence**

Embrace new experiences and feel the buzz of overcoming challenges.

## **Inspire Others**

Show your family and friends that bold living doesn't have an age limit.

## **Build Lifelong Friendships**

Travel with people on the same path and create deep, lasting bonds.

“Travelling with like-minded individuals creates bonds that go beyond the trip. The laughter, the teamwork, the shared sense of challenge—it's magic.”

NO ONE LEAPS ALONE

# Camaraderie: the power of the team

*This is where the magic happens.*

You'll join a team of like-minded people at a similar life stage—bringing instant connection, shared energy, and a sense of belonging from day one.

Together, you'll face challenges, swap stories, support one another, and celebrate the wins. The team becomes your safety net, your cheer squad and your evening G&T crew.

For many, it's the people they meet on the Leap who make it unforgettable—and who stay part of their lives long after the adventure ends. This dynamic isn't an add-on—it's at the heart of what makes a Midlife Leap truly life-changing.

“I didn't know anyone before I arrived—but by the end, I felt like I'd made friends for life. That shared experience was everything.”

WE TAKE THE REINS

# We handle everything— so you can let go

From the moment you book, we take the reins. Flights, transfers, accommodation, packing lists, prep calls, project logistics—you name it, we've got it covered.

For many midlifers, this is a rare opportunity to stop being the organiser, the planner, the fixer... and simply be.

Let go of the mental load. Say goodbye to spreadsheets. And finally enjoy the freedom of someone else taking care of the details.

“It was such a relief to hand it all over. For once, I didn't have to plan a thing—and it felt amazing.”





BEHIND EVERY MIDLIFE EXPERIENCE

# Purposeful travel, global impact

Wherever you go, you'll travel with purpose—thanks to our partnerships with trusted NGOs, conservation groups, and community-led initiatives. In Kenya, we collaborate with Oceans Alive, a dynamic marine conservation organisation working to protect coastal ecosystems and support local communities.

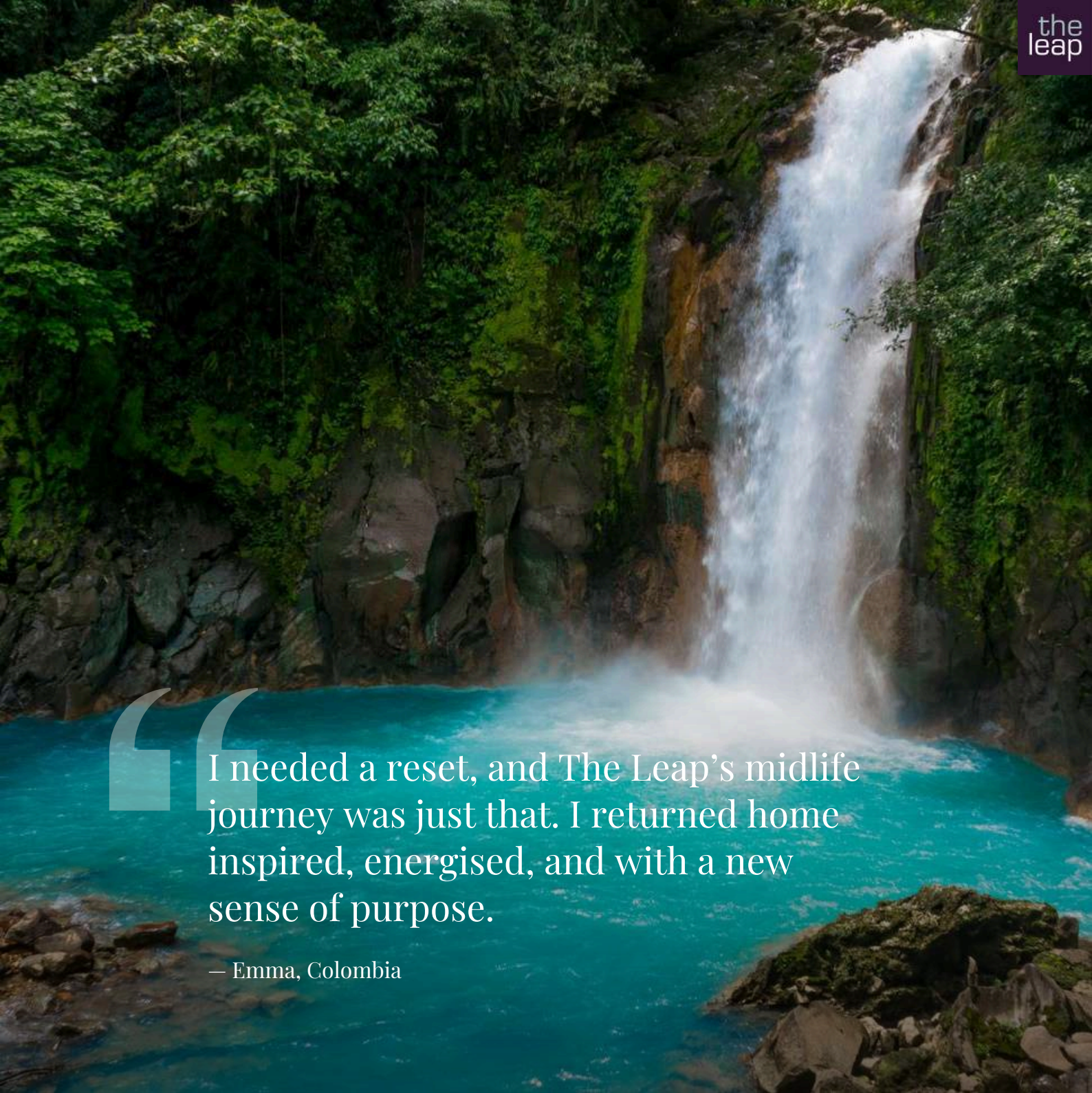
Through these partnerships, you will gain rare, behind-the-scenes access to people and projects that most travellers never see. This is off the tourist trail, and deep into the heart of local life.

Every project is community-driven and ethically managed, meaning you will contribute to long-term, sustainable impact—from coral reef regeneration to clean cookstove building and freshwater initiatives.

*This is what purpose driven travel looks like.*



THE ANDEAN ALLIANCE FOR  
SUSTAINABLE DEVELOPMENT



I needed a reset, and The Leap's midlife journey was just that. I returned home inspired, energised, and with a new sense of purpose.

— Emma, Colombia

DONT JUST WALK THROUGH LIFE

Midlife is more than a phase—  
*it's your power move.*

Don't just drift through it.

Leap into it.

Explore adventures that challenge,  
connect and inspire.

# Find your perfect Midlife Leap

We've got different Midlife Leaps to match your mindset, your energy, and your sense of adventure.

Each Midlife Leap is crafted around our three core pillars: **challenge, culture + contribution**—but the setting, pace and purpose are all different.

Explore our current adventures or book a call with Milly to find the perfect fit for you, your goals, and your schedule.

Or view our [dates & prices here](#).

*Each country offers its own mix of adventure, connection, and impact. So where will your leap take you?*



MIDLIFE LEAP

# Kenya in action

BEACH + BUSH  
12 DAYS

Welcome to Kuruwitu, coastal Kenya—where coral reefs meet community impact, and every day brings new opportunity for learning, leadership, and adventure.

Working in partnership with Oceans Alive—a pioneering grassroots NGO—you will dive into real-world conservation and development projects that contribute to one of East Africa's most celebrated sustainability initiatives (even visited by King Charles in 2023).

This is purposeful travel at its best—off the tourist trail, hands-on, and rooted in long-term impact.

*Your day-to-day will include:*

- Regenerating coral reefs with marine biologists and promoting sustainable fishing practices
- Building clean jiko stoves to reduce deforestation
- Supporting water access and vertical garden projects for local families
- Sailing a traditional dhow on Kilifi Creek and bartering in local markets
- Going on safari in Tsavo National Park
- Joining football matches, church services, and shared meals to connect with local culture







MIDLIFE LEAP

# Colombia in action

CANYONS + JUNGLE + CARIBBEAN  
12 DAYS

Welcome to Colombia—a land of contrasts and charisma, where colonial cities, coffee farms, and Caribbean coasts collide with rhythm, resilience, and reinvention.

This journey takes you deep into the heart of modern Colombia, far from outdated stereotypes and closer to the communities that are shaping its future.

In partnership with local NGOs, social collectives, and conservation leaders, you will experience a powerful mix of challenge, creativity, and contribution.

*Your day-to-day will include:*

- Community engagement with local organisations
- Cartagena city exploration
- Jungle trek to Tayrona National Park beaches
- Canyon Hikes
- Reforestation projects







MIDLIFE LEAP

# Sri Lanka in action

TEA PLANTATIONS + BEACHES +  
CENTRAL HIGHLANDS  
8 DAYS

Welcome to Sri Lanka—an island of rich contrasts, where ancient temples rise above jungle canopies, elephants roam across golden plains, and communities thrive on resilience, warmth, and tradition.

This journey weaves together women's empowerment, wildlife, cultural immersion, and coastal exploration.

In partnership with a grassroots NGO, you will dive into meaningful projects that leave a lasting impact.

*Your day-to-day will include:*

- Volunteering with a women's empowerment centre, helping deliver confidence-building workshops and skills-based training
- Exploring the Central Highlands, hiking through tea plantations and misty forests.
- Practising daily yoga to ground the experience in reflection and wellness
- Connecting through temple visits, cooking classes, and conversations that offer deep cultural insight
- Embarking on an elephant safari through Udawalawe National Park
- Unwind or surf on the southern beaches









MIDLIFE LEAP

# Peru in action

HIGH ANDES  
12 DAYS

Peru is more than a trek—it's about immersing yourself in the raw, majestic beauty of the Andes, connecting with resilient Quechua communities, and taking on a soul-stirring challenge.

Start by living with Andean families, contributing to climate resilience projects like reforestation or irrigation restoration. Then, embark on a 4-day off-grid trek to Machu Picchu—far from the tourist trail.

Hike remote valleys, stay with mountain farmers, and feel the transformative power of the land and its people.

*Your day-to-day will include:*

- Climate action volunteering (e.g. tree planting, sustainable farming)
- Homestay with Quechua families
- Cultural immersion: weaving workshops, traditional cooking, coca ceremony
- 4-day off-grid trek to Machu Picchu
- Wild camping in remote valleys + mountain farm stays
- Final night in Cusco to celebrate + reflect







MIDLIFE LEAP

# Costa Rica in action

TEA PLANTATIONS + CENTRAL  
HIGHLANDS + BEACH  
12 DAYS

Welcome to Costa Rica—where jungle meets ocean, adventure meets sustainability, and every moment connects you more deeply to the natural world.

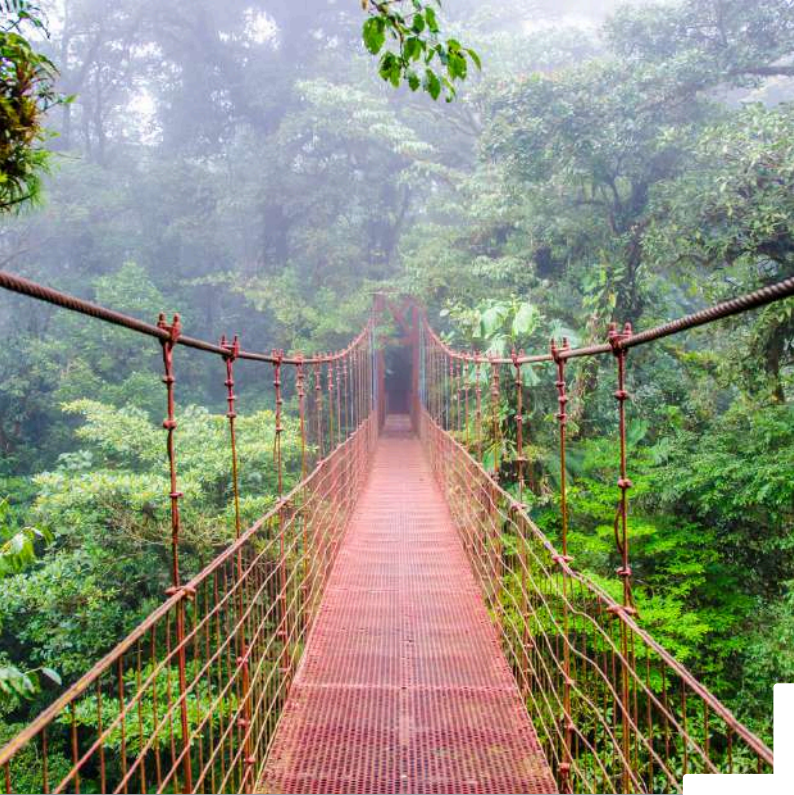
This is more than just a tropical escape. In partnership with local conservationists, farmers, and sustainability experts, students immerse themselves in projects that protect biodiversity and promote eco-conscious living.

Expect muddy boots, wide eyes, and the unforgettable rhythm of life in the wild.

*Your day-to-day will include:*

- Volunteering on sea turtle or wildlife conservation project—monitoring nesting sites, protecting habitats, and learning from local biologists
- Taking part in reforestation and permaculture work
- Zipping through the jungle canopy, river tubing, or hiking to remote waterfalls
- Visiting a coffee farm to explore sustainable agriculture and the global journey from bean to cup
- Unwinding at off-grid eco-lodges, reflecting by the campfire and soaking in hot springs beneath the stars







# A legacy of impact

Invested £3 million+  
into overseas projects

Sent 10,000+ Leapers  
into transformational  
experiences

Led 22+ years of  
responsible, purpose-  
driven travel

This isn't just a trip -  
it's an experience that  
changes you forever.

*Start Your Leap Today*







It challenged us in ways we hadn't anticipated, requiring us to be resilient, organised, and adaptable. It was amazing.

– Sophie, Peru

## SAFETY &amp; ACCREDITATIONS

# *Managing risk*

## Adventure with responsibility

### 24/7 Support

Every Leap programme includes round-the-clock support from both our overseas project leaders and UK team.

### Your Safety Comes First

The Leap prioritises safety, quality, and experience over cutting corners.

### Rigorous Risk Assessments

We adhere to the highest safety standards, conducting annual risk assessments and safety audits.

### Accreditation & Protection You Can Rely On

The Leap has been assessed, accredited, and trusted by the most respected organisations in the industry,







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Get in touch

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