

## Women's Active Weekend Retreat

### Fast Facts

Description:	A weekend away for the girls. Enough activity to justify the rest of the indulgences.
Skill Level:	None required but a basic amount of fitness will ensure you have a fun weekend.
Pace:	Moderate
Minimum Age:	18
Retreat Dates:	Thursday, July 8- Sunday, July 11, 2010
Cost:	\$509 (double occupancy) \$659 (single occupancy) \$369 (beach camping)
Includes:	All taxes, accommodations, meals, instruction, equipment and shuttles where applicable.

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### Weekend Overview



Sign up for a girls' weekend of outdoor activity, indulgence and relaxation on the shore of Lake Superior. This all-inclusive weekend includes beach camping and home-cooked meals; or you may choose to upgrade and reserve a room in Rock Island Lodge. Great times and new friends are guaranteed.

We begin on Thursday night with a welcome dinner followed up by belly dance workshop or another low-impact activity. After a hearty morning breakfast, our skilled instructors will give you an introduction to sea kayaking on the sheltered water of the Michipicoten River. After a shore lunch we'll head out for a mini-tour of the area via water. Dinner is served in our lodge overlooking Michipicoten Bay on Lake Superior. Friday night we'll have a beginner yoga session to relax those achy muscles. Saturday's options include a canoe tour of the river or possibly a bike tour of the area. There will be plenty of time for relaxation in the afternoon and a chance to sign up for some optional spa treatments. We end the day with a great dinner and a relaxation, Reiki and massage workshop in the evening hours. A nighttime bonfire on the beach is optional. Sunday begins with a satisfying yoga session, brunch and a hiking, biking or paddling outing. We wrap things up by mid-afternoon.

This non-intimidating, fun-for-all weekend is suitable for participants of any skill level. All paddling and hiking equipment is provided, as well as trained sea kayak instructors and outdoor guides; you may choose to bring your own mountain or touring bicycle.

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### Program Itinerary

The following is a sample itinerary:

Day	Timing	Activity
Thursday	Afternoon 6pm 7:30pm	Arrive at Rock Island, check in to accommodations. Dinner at Rock Island Lodge overlooking Lake Superior. Belly dance workshop in the front room (or other low impact activity)
Friday	8:00 am 9:00 Noon Afternoon 6pm 7:30	Breakfast at Rock Island Lodge Sea Kayak Basic Instruction Lunch on the beach Mini sea kayak tour of Michipicoten Bay Dinner Yoga workshop Campfire (optional)
Saturday	8:30 9:30 Noon Afternoon 6pm 7:30pm	Breakfast Options: canoe river tour/bike ride. Lunch Finish morning programs. Optional spa treatments Dinner Evening program TBD
Sunday	8:30am 9:00am 10:30 11:30 2pm 3pm	Muffins and light breakfast Morning yoga workshop Brunch Hike the Voyageur Trail Return and light lunch Farewells

### Equipment and Services

We Provide: All meals, accommodations (based on your choice), paddling equipment and applicable shuttles.

You Provide: Personal gear, camping equipment if you are camping (tents are available for rent), sense of adventure. A more detailed list provided on registration.

This is a wonderful weekend retreat for “the girls”. Rejuvenate and revitalize in nature.